

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

An Update on Asthma Guidelines and Treatment

AAPA Category 1 CME Credits: 1

Description: The 2018 Global Initiative for Asthma (GINA) Guidelines are the most current and up-to-date asthma diagnosis and treatment guidelines available. This session outlines the GINA guidelines for the diagnosis of asthma, the correct staging of asthma, and the most recent recommendations for the treatment of asthma. It also highlights what is new in asthma diagnosis and treatment based on the GINA guidelines for 2018.

Educational Objectives

At the conclusion of this session, participants should be able to:

Recognize the current (2018) GINA Guidelines for the diagnosis and treatment of asthma

- Describe the new guidelines including the latest treatment recommendations for asthma and acute exacerbations of asthma
 - Interpret in-office spirometry results and what those results mean for asthma management
 - Recognize an asthma exacerbation and how to manage an exacerbation based on the latest GINA guidelines
-

Anaphylaxis: Early Recognition and Treatment

AAPA Category 1 CME Credits: 1

Description: This session addresses the rapid recognition of the anaphylactic patient including the myriad of signs that may show up and indicate an anaphylactic process. It also covers the initial and late-phase treatment of the anaphylactic patient, the long term follow up, and the prevention of future anaphylactic events.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Recognize the early signs and symptoms of an anaphylactic reaction
 - Describe the early treatment options as well as the late-phase and biphasic treatment of an anaphylactic reaction
 - Discuss the long term follow up of the anaphylactic patient as well as prevention measures that can help avoid a future anaphylactic event
-

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

Dermatology Updates: Top 5 Tips to be in the Know - What's New in Dermatology

AAPA Category 1 CME Credits: 0.75

Description: This session reviews clinically important changes in dermatology over the past year, including new medications, new guidelines, and new OTC treatments available. The 2018 American Joint Committee on Cancer cancer staging guidelines for melanoma staging have recently been updated. The National Comprehensive Cancer Network recommendations for sentinel lymph node biopsy were released in 2017. This session also covers the myriad of new biologic treatments for psoriasis as well as new topicals and injectables to treat atopic dermatitis, urticaria, and hidradenitis suppurativa. It also highlights a new prescription strength OTC that will be beneficial for many patients to prevent photoaging.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Identify and compare new melanoma guidelines and treatment options for advanced stage melanoma
 - Recognize new psoriasis medications including recently approved biologics
 - Explain and discuss new topical and oral treatments for atopic dermatitis
 - Review newly approved treatments for urticaria, hidradenitis suppurativa and acne
-

Fast 15: Pediatric Asthma

AAPA Category 1 CME Credits: 0.5

Description: This session covers the 2007 asthma guidelines as they apply to children. Plus, highlights some of the newer asthma medications that can be used in children.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Name major and minor risk factors for the diagnosis of asthma
 - Recognize when to start daily controller medications and how to gauge response
 - Know when to consider use of injectable biologics in asthmatics
 - Describe pros and cons of using different inhalation devices in children
-

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

IHS: Rickets and Vitamin D Deficiency in Alaska Native Children

AAPA Category 1 CME Credits: 0.75

Description: This session is part of the Indian Health Services Symposium. The session addresses the high rates of rickets identified among Alaska Native infants and present evidence for the association between declining vitamin D concentrations in Alaska Native women of childbearing age with decreasing intake of traditional marine diet over time. A brief review of endogenous and dietary sources of vitamin D as well as results from recent Alaska specific vitamin D research is covered. A summary of the statewide efforts that were made to educate providers on the American Academy of Pediatrics recommendations for vitamin D supplementation and rickets prevention is discussed. For example pharmacy formularies were changed from vitamin A/D/E liquid to vitamin D drops to improve adherence; a statewide work group was formed and continues to evaluate rickets prevention. The important role that PAs have to ensure adequate Well Child Care in Alaska is highlighted.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Describe risk factors for vitamin D deficiency and rickets in children
 - Recognize the role of infant vitamin D supplementation in the prevention of rickets
 - Recognize the role of prenatal vitamin D deficiency in the risk of subsequent rickets
-

My Tummy Hurts: Surgical Causes of Pediatric Abdominal Pain

AAPA Category 1 CME Credits: 1

Description: One of the first things taught in pediatrics curriculum is that kids are not 'little adults.' Not only are their body systems different and their treatments necessitate consideration of their size, but they also are not able to communicate their symptoms in the same ways as adults. Consequently, the art of diagnosis for pediatric patients requires a different skill set. When a pediatric patient is brought to the clinic by their parents with a chief complaint of abdominal pain, the differential diagnosis is broad. This session focuses on key etiologies of pediatric abdominal pain, which require surgical consultation and intervention. It covers pyloric stenosis, malrotation and volvulus, intussusception, appendicitis, and testicular torsion. There are fundamental aspects of the history and physical exam that clarify the differential and inform selection of diagnostic studies. With these tools a definitive diagnosis can be made and treatment can be initiated.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Identify key differences in the history of pediatric patients with abdominal pain
- Identify physical exam findings pertaining to surgical etiologies of pediatric abdominal pain

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

- Choose the appropriate diagnostic imaging and laboratory tests to aid in the diagnosis of pediatric abdominal pain
 - Recognize common causes of pediatric abdominal pain necessitating surgical treatment
-

Parents, Interviewing, Injuries: Oh My! Demystifying the Initial Investigation and Management of Suspected Child Sexual Abuse

AAPA Category 1 CME Credits: 1

Description: PAs in emergency medicine, urgent care, and primary care frequently encounter possible cases of child sexual abuse; cases that can be difficult to navigate personally, professionally, and legally. This session prepares you to engage parents and children in a productive, comprehensive manner, document your findings in a legally sound way, and address common pitfalls that can make this encounter more stressful and fraught for both the provider and the family.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Discuss child sexual abuse, including common and less common presentations and navigating the forensic medical examination for children
 - Recognize techniques that can be used to help encourage parents to be an active role in the investigation
 - Recall some common techniques for the adequate forensic interview of children without compromising the legal integrity of the investigation
-

Pediatric Bone Tumors: Lumps, Bumps and Holes in Bone

AAPA Category 1 CME Credits: 1

Description: This session covers some of the most common pediatric bone tumors and how to systematically evaluate them radiographically. It focuses on determining whether a lesion has benign versus malignant features.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Describe radiographic characteristics of benign bone tumors in children
 - Describe radiographic characteristics of malignant bone tumors in children
 - Identify common benign bone tumors in children
-

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

Pediatric ENT: Pearls for the PA-C

AAPA Category 1 CME Credits: 1

Description: This session covers some of the more common pediatric ear, nose, and throat complaints encountered in a primary care and urgent care setting; otitis media (recurrent acute OM and chronic OM with effusion), epistaxis, rhinosinusitis, tonsillitis, and tonsillar hypertrophy with sleep disordered breathing. It reviews up-to-date clinical practice guidelines and evidence-based practice recommendations from the American Academy of Otolaryngology-Head and Neck Surgery and the American Academy of Pediatrics. Pearls for best exam techniques for the pediatric ear, nose, and throat is highlighted.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Explain the basics as well as the nuances of the pediatric ear exam
 - Implement updated clinical practice guidelines (CPG) for management of otitis media, per AAOHNS and AAP
 - Recognize concerning features of sinonasal complaints and epistaxis, and manage or refer accordingly
 - Discuss standard of care in management of pediatric chronic rhinosinusitis
 - Identify indications for appropriate indications for surgical management of tonsillar hypertrophy and/or tonsillitis, within updated CPG
-

Pediatric Respiratory Infections

AAPA Category 1 CME Credits: 1

Description: Children frequently present to PAs in different settings with respiratory complaints. It can be challenging to differentiate the different respiratory infections that young children can have. This session covers various respiratory pathologies in children with a review of diagnostic modalities and up to date treatment strategies.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Differentiate between varying presentations of respiratory infections
 - Describe the distinctive pathophysiology in respiratory disease
 - Explain appropriate therapeutic interventions and endpoints
-

Pediatrics CME

Total AAPA Category 1 CME Credits: 10.75

Stopping the Stork: Contraception Update

AAPA Category 1 CME Credits: 0.75

Description: Contraceptive discussions with patients often seem to revolve around condoms, a pill, the shot or tubal ligation. But there is much more to offer and our patients deserve the best method for them based on their health, reproductive potential and personal preferences. This session reviews the pros and cons of the variety of methods available as well as how to have a risk-benefit conversation in a time limited appointment. It's a helpful refresher for most PAs, whether or not they are actively prescribing contraception.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Recognize the contraceptive choices available as well as indications and contraindications
 - Review of male contraceptives in development
 - Explain relative risk in a way patients can easily understand
 - Assist patients decide which method is most appropriate for them, with an emphasis on pre-conception and post-delivery discussions
-

Toeing, Bowing, and Flatfeet In Children: Kids Come in All Shapes and Sizes

AAPA Category 1 CME Credits: 1

Description: This lecture will demonstrate a systematic method for evaluating lower extremity alignment in children. Using a case-based approach, we will discuss the wide range of normal variation in the lower extremity for in-toeing, out-toeing, genu valgum, and genu varum. We will also dispel negative myths surrounding flat feet and 'W' sitting in children.

Educational Objectives

At the conclusion of this session, participants should be able to:

- Recognize the normal progression of rotational variation
 - Conduct assessment of lower extremity alignment
 - Distinguish physiologic variants vs. pathologic lower limb deformities
-