 Agenda
Thursday, February 17, 2022

7:00 a.m. – 5:00 p.m. Registration

8:00 – 11:00 a.m.

We Are Family (Medicine) Pre-Course: Understanding The 12-Lead Squiggly Lines; A Primer for Providers (*Separate registration required.*)

Ben Taylor, PhD, PA-C, DFAAPA

This session begins with the basics and then goes beyond comprehending the 12 lead ECG to take your interpretation skills to a higher level. Content includes an easy way to determine the QRS axis and its clinical implications; recognition of right and left bundle branch blocks, and ECG criteria for recognizing myocardial ischemia, injury, and infarction. More advanced content includes recognition of fascicular blocks, bifascicular blocks, and the potential dangers associated with them; ECG signs of atrial and ventricular chamber enlargement; ECG effects of drugs and electrolyte disorders, and myocardial infarction mimics, to include pericarditis, and early repolarization.

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

- Apply a systematic approach to the interpretation of ECG’s
- Identify dysrhythmias and their relevant implications
- Describe 12-Lead ECG features of ischemia, injury, and infarction
- Recognize ventricular hypertrophy, atrial enlargement, and bundle branch blocks

12:00 – 1:00 p.m. Lunch (on own)

1:00 – 3:00 p.m.

We Are Family (Medicine) Pre-Course: Diabetes Technology: Integrating Guidance, Gadgets, and Gizmos (*Separate registration required.*)

Jonathan M. Weber, MA, PA-C

Blood glucose control is declining among adults with diabetes while, at the same time, the variety of glycemic monitoring methods are surging in number. One of the major limitations in reversing the trend of declining glucose control is low provider confidence with the integration
of diabetes technologies. How can the primary care provider keep up with and apply these burgeoning technologies to help reverse this trend?

This workshop aims to provide practical strategies, experiential exercises, and multiple cases for participants to review available glucose monitoring methods, practice skills, and improve capability in the integration of CGM and related technologies. By the end of the workshop, each participant will leave with a set of enhanced skills and evidence-based approaches for successful integration of glycemic control methods into their practice.

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

- Compare and contrast the spectrum of ambulatory glucose data collection options
- Explore practical tips for integration and application of CGMs and related devices for your practice
- Discuss common access to care hurdles and strategies to improve access to glucose monitoring devices
- Describe risks, advantages, and disadvantages of each reversal agent and blood product
- Develop efficient processes for accessing, downloading, and reviewing data in the primary care clinic
- Analyze and interpret ambulatory glucose profile (AGP) data from CGMs and BG meters and formulate evidence-based treatment plans

**We Are Family (Medicine) Pre-Course: Strings Attached: Intrauterine Devices for the Primary Care PA (Separate registration required.)**

Breann Garbas, DHSc, PA-C, DFAAPA

This session will provide an overview of the need for long acting reversible contraceptives (LARCS), which will focus on IUDs. It will discuss general information to include indications, contraindications, placement timing, pain management, strategies for difficult insertions, and possible adverse events. IUD selection for specific patient population will be reviewed and then case based practice will be covered so that attendees will be prepared to go directly into the hands on workshop.

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

- Review the indications for the selection of an intrauterine device (IUD)
Friday, February 18, 2022

7 a.m. – 5:30 p.m.  Registration
7 – 7:45 a.m.  Breakfast Product Theater - Sponsored by Dexcom
8 - 8:15 a.m.  Welcome From Course Directors
8:15 - 9:15 a.m.  CSI: Interpreting Abnormal Laboratory Results
Laura Gunder McClary, DHSc, MHE, PA-C, CLS (ASCP)

The CBC, CMP and UA are the most commonly ordered laboratory assays. This session seeks to provide clinical guidance for interpreting the most common causes of abnormal results as well as proposing appropriate follow up testing.

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

- Identify common etiologies and follow up for abnormal CBC (complete blood count) results
- Identify common etiologies and follow up for abnormal UA (urinalysis) results
- Identify common etiologies and follow up for abnormal CMP (comprehensive metabolic panel) results

9:30 - 10:30 a.m.  Diabetes 101: A Call to Action for Primary Care Providers
Jonathan M. Weber, MA, PA-C

The spectrum of clinical presentation, classification and disease progression of diabetes varies considerably from pre-diabetes to advanced diabetes with multiple complications. There are a dizzying number of pharmacologic and technological innovations that have emerged to help patients better manage their diabetes. However, a recent study shows that blood glucose control is declining among adults with diabetes. This reveals a huge gap in the effectiveness of care for patients with all types of diabetes.

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

- Review epidemiology, risk factors, screening tools, and diagnostic criteria for prediabetes and diabetes
• Probe the relationships between prediabetes and diabetes to CVD, CKD, and other complications
• Explore the role of the primary care provider within the context of consensus guidelines for diabetes care and diabetes self-management skills, education, and support (DSMES)
• Formulate evidence-based treatment plans within case-based scenarios based on cardiovascular outcome trials (CVOT) results and consensus guidelines for diabetes care

10:30 - 10:45 a.m.  
Exhibits/Break

10:45 - 11:45 a.m.  
Dermatology for Every Day

Cynthia Griffith MPAS, PA-C

Do you want to become an expert on skin from tinea to impetigo to skin cancer? This systematic look at skin is the place to start! Clinical photographs will highlight these common diagnoses you will see daily in your clinical practice and how to diagnose these using cultures, KOH, biopsy and your clinical acumen!

At the conclusion of this session, participants should be able to:
• Recognize common bacterial infections of the skin and treatment (impetigo, cellulitis, erysipelas, erythrasma, folliculitis)
• Recognize common fungal infections of the skin, their diagnosis and treatment
• Recognize malignant skin lesions, risk factors for development, diagnosis and treatment options

12 p.m. – 1 p.m.

COVID 19 – Yesterday, Today, and Tomorrow

Rafael Pomales, Jr., PA-C
Robert S. Smith, MS, DHSc, PA-C, DFAAPA

The presenters will review the history of COVID – 19, the evolution of the disease, current and future variants, and their potential effects on the disease process. There will be a review of most common signs and symptoms, the most current treatment, and preventive modalities available to primary care providers. Finally, the presenters will review the long term effects of COVID-19, and how to address and treat patients who have been affected by this process.

At the conclusion of this session, participants should be able to:
• Discuss the history of COVID 19
• Identify the most common signs and symptoms of COVID 19
• Identify the long-term effects of COVID 19, and how to treat those effects
• Apply presented materials in daily practice

1 – 2 p.m.
Exhibits and Lunch (Provided)

2 – 3 p.m.
Achieving Level 5 Patient Satisfaction
Prentiss Taylor, MD, FACP
At the conclusion of this session participants should be able to identify drivers of patient satisfaction, which include empathy, respect, cheerfulness, verbal and nonverbal communication skills, active listening, and being fully in the magic moment. We will cover case studies with insights on how to consistently achieve the highest patient satisfaction scores.

At the conclusion of this session, participants should be able to:
• Demonstrate how to project empathy- verbally and nonverbally
• Recall and illustrate the Stanford Presence 5 principles in the examination room
• Demonstrate how to Say No to guideline-nonconcordant requests and still earn 5/5 scores
• Apply selected Motivational Interviewing techniques to elicit the patient's priorities
• Employ these skills to telemedicine visits

3 – 3:15 p.m.
Exhibits/Break

3:15 – 4:15 p.m.
Infectious Diseases update with an emphasis on COVID
Divya Ahuja, MD, MRCP(London)
During this session, updates on vaccination, monoclonal antibodies and other therapeutics to treat mild and moderate COVID-19 will be covered.

At the conclusion of this session, participants should be able to:
• Discuss updates in the prevention and treatment of mild COVID-19 for a non hospitalized patients
• Discuss best practices in the management of hospitalized patients with COVID-19
• Review the antibiotic recommendations for postoperative wound infections
4:30 – 5:30 p.m.

**Stigma is Killing Our Patients: Dismantling the Stigma of Substance Use Disorders**

Alanna Boulton, MSHS, MSHA, PMP

Stigma generated and reinforced by healthcare practitioners results in humiliation, reduced access to care, and ultimately fuels the cycle of addiction for people with opioid and other substance use disorders. Stigmatizing perceptions related to opioid use disorder (OUD) are instilled in medical education resulting in biases that increase during time spent in training, revealing the “hidden curriculum” of negative attitudes towards individuals with OUD.

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

- Define the three main types of stigma and apply these definitions to the care of people with substance use disorders (SUD)
- Explore the role of early training in producing and reinforcing stigma of people with SUD
- Develop strategies and best practices for integrating training related to stigma and bias into health professional education across different settings
- Describe available tools that can be used to address the current gap in health professional education in stigma and bias for people with substance use disorder

5:30 – 6:30 p.m.

**Networking Event**

Saturday, February 19, 2022

7 a.m. – 5:45 p.m.

**Registration**

7 - 8 a.m.

**Exhibits and Breakfast (Provided)**

8 - 9 a.m.

**Counting Carbs - What Every PA Should Know**

Lorraine Mongiello Dr.PH, RDN CDE

Most patients with diabetes know that they should be counting carbohydrates, but many do not know why or how much is right for them. Do you? If not, this session will guide you through the most basic to the most advanced levels of this effective method of meal planning for glycemic control. Additionally, you will learn how to calculate insulin-to-carbohydrate ratios, individual insulin sensitivity factors and correction doses for pre-meal hypo/hyperglycemia. Accounting for the amount of fiber, sugar alcohols, protein and fat in a meal will also be explained, as will adjusting insulin or carbohydrate for physical activity.
At the conclusion of this session, participants should be able to:

- Teach their patients how to modify their diets to improve glycemic control
- Determine recommended carbohydrate intakes for their patients with type 2 and gestational diabetes
- Calculate a starting insulin-to-carbohydrate ratio for their patients
- Cite target blood glucose levels for all their patients with diabetes and cite ways to help patients reach their targets

9:15 – 10:15 a.m.

The ABC's of a Pediatric Visit: A Cautionary Tale of Diagnostic Misses

Tanya Fernandez, MS, PA-C, IBCLC

This session will explore common abnormalities in the pediatric population that can be overlooked during a well or acute ambulatory visit to the family medicine office, including growth, development; mental health issues; and diseases by organ system. The session will also offer suggestions for minimizing diagnostic misses and provide pragmatic guidance on when watchful waiting or a referral is needed.

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

- Discuss a standardized format for taking a pediatric well-visit history to minimize missed diagnoses
- Identify abnormal exam findings commonly missed in the pediatric patient
- Describe commonly overlooked communication, motor and social emotional development concerns in the pediatric patient
- Identify appropriate screening tools for detecting pediatric abnormalities
- Determine those findings that require specialty intervention or referral and those that can be monitored by the primary care provider

10:15 - 10:30 a.m.

Exhibits/Break

10:30 - 11:30 a.m.

Street Drugs 101: What You Need To Know Now

Claire M. Zagorski, MSc, LP

The illegal drug context in the United States is changing rapidly, and new waves of novel substances and drug supply contaminants mean new and unfamiliar health risks for our patients. This session will provide an overview of the current drug landscape, how it's changed
over the years, what the major health risks are for our patients now, and how to discuss these risks with our patients in a constructive and non-stigmatizing way that's more likely to be heard, considered, and acted upon.

At the conclusion of this session, participants should be able to:
- Describe the current illegal drug context as it impacts patient care
- Differentiate common health-related drug myths from reality
- Demonstrate constructive and non-stigmatizing ways to discuss illegal drug use and its risks with their patients

11:45 a.m. - 12:45 p.m.

Review of Common Ophthalmology Conditions

Nancy E. Reid, DMSc, DHSc, PA-C

This presentation will cover common ophthalmology conditions that are encountered in a primary care setting with emphasis placed on when to refer for urgent or emergent conditions.

At the conclusion of this session, participants should be able to:
- Identify common eyelid disorders and the treatment for those disorders
- Discuss the pathophysiology behind acute closed-angle glaucoma and chronic open-angle glaucoma
- Differentiate between orbital cellulitis and periorbital cellulitis

12:45 - 2 p.m.

Exhibits and Lunch (Provided)

2 – 3:45 p.m.

First Breakout Session (Choose One)

Challenging (and Compassionate!) Conversations with Colleagues

Laura Kirk, PA-C

Conflicting interactions within healthcare teams are not only common, but they are also normal and an opportunity for growth and increased efficacy in partnership. In this session, we will explore team hierarchy and common themes of challenging conversations, as well as participants' hot buttons. We will explore tools for de-escalation, reducing assumptions, establishing psychological safety, and perspective-seeking. Through periods of breakout skills practice throughout the session, participants bring their own cases of challenging conversation and will apply tactics for compassionate shared decision-making to utilize with their colleagues.
At the conclusion of this session, participants should be able to:

- Identify common points of conflict in healthcare teams
- Reflect on personal hot buttons in challenging conversations at work and apply tools for engaging with skill
- Consider hierarchy within healthcare teams and learn strategies for establishing psychological safety and effective partnership
- Practice gaining perspective through open-ended questioning, active listening, and responding with compassion
- Apply tactics for shared decision-making in challenging conversations with colleagues

**Harms of PA Burnout and What You Can Do Now: Take Your First Two Steps**

Heidi Brown, PA-C  
Talia Sierra, DMSc, PA-C

Provider burnout is becoming increasingly prevalent and there is an increased awareness. This workshop will help you discover how this can harm not just you, but your patients and all aspects of life and explore some aspects you can start changing now. You will develop a self-care plan to put into motion steps you can be doing now to find more satisfaction in work and life. Exploring what it is you want in an ideal job will show you where you can make changes to improve the overlap between what you have now and what you want, as well as put you in a stronger place to negotiate what you want in the future, from this position or other positions. We will also discuss issues with workplace efficiency and help you identify areas of strength and weakness to help you get out on time, and your life back!

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

- Explain the harms of PA Burnout
- Develop self-care plan
- Describe your ideal job/life, describe your ideal job/life and assess overlap
- Describe where you can implement practical changes in the next two weeks
- Identify areas of strengths and weakness with workplace efficiency

**Neurologic Exam Refresher**

Leslie Clayton, PA-C. MPAS, DFAAPA
The Neurologic exam is a useful element of patient assessment in the primary care setting. Many providers have not refreshed their techniques since school. Performing a proficient neurologic exam can help provide reassurance, better define the need for advanced imaging or provider clarity for diagnostic determinations. The participants will have the opportunity to refresh their examination skills as well as update the correlation for positive findings.

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

- Review in office neurologic exam techniques
- Correlate neurologic exam findings with common neurologic pathologies
- Address common mistakes in the neurologic exam that can decrease accuracy
- Practice exam techniques

What’s in a Name? Describing Eponymous Extremity Fractures

Sarah Bolander, DMSc, PA-C, DFAAPA

This session is designed to be interactive and put your fracture knowledge to the test. Common extremity fractures and fracture-dislocations often have eponyms to quickly identify them, but these may not accurately describe the fracture patterns or associated injuries. Participants will be challenged to appropriately name various musculoskeletal injuries and most importantly, understand how to articulate the components of each fracture pattern. Basics of fracture terminology will guide this session and clarify unique names.

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

- Review fracture terminology
- Identify common radiographic findings associated with extremity fractures
- Accurately describe common extremity fracture patterns
- Determine components of eponymous fractures and fracture-dislocations

3:45 – 4 p.m.
Exhibits/Break

4 – 5:45 p.m.
Second Breakout Session (Choose One)

- Challenging (and Compassionate!) Conversations with Colleagues
- Harms of PA Burnout and What You Can Do Now: Take Your First Two Steps
Sunday, February 20, 2022

7 a.m. - 5 p.m. Registration
7 - 8 a.m. Breakfast (Provided)
8 - 9:45 a.m. Third Breakout Session (Choose One)
  • Challenging (and Compassionate!) Conversations with Colleagues
  • Harms of PA Burnout and What You Can Do Now: Take Your First Two Steps
  • Neurologic Exam Refresher
  • What’s in a Name? Describing Eponymous Extremity Fractures

9:45 - 10 a.m. Break

10 – 11 a.m. Chest Imaging Refresher: What you should and need to know!
Gopal Allada, MD

Chest imaging is the most common radiology modality in medicine today. Most have had basic imaging lectures in their graduate programs but have learned “on the fly” throughout their careers. This can certainly be very helpful but has led to different providers learning different things about the same issues.

At the conclusion of this session, participants should be able to:
  • Identify major thoracic anatomical structures on chest imaging
  • Learn thoracic imaging vocabulary
  • Identify the appropriate thoracic imaging modality

11:15 a.m. – 12:15 p.m. Eighty Is Not Fifty: Assessment of the Older Adult Patient
Freddi Segal-Gidan, PA, PhD

To provide optimal care for an older adult patient requires the PA clinician to make adaptations from their usual approach. Focus on the history of function and personal values is key to providing person-centered care. The use of validated assessment tools to aid in identification of changes in daily function, cognition and mobility that can be incorporated into the clinical assessment will be reviewed. Identification of physical exam findings with age and those that warrant attention will be presented. The application of the 5 MS of geriatrics-mind, mobility, medications, multicomplexity and matters most -- will
be used as a framework for approaching the assessment of the older adult.

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

- Describe a functional based approach to the history in an older adult patient
- Incorporate geriatric assessment tools into the assessment of an older adult patient
- Identify common differences in physical exam findings associated with increasing age
- Describe the 5 Ms of geriatrics

12:15 – 1:30 p.m.  
Lunch (On Own)  
1:30 – 2:30 p.m.  
**Mad, Bad, Sad, Could It Be GAD? What You Need To Know About General Anxiety Disorder!**

Jay C. Somers, MS, PA-C, DFAAPA

Anxiety is known as “the great masquerader” for many reasons. In this lecturer, we will review common and little-known presentations and find ways to diagnose and treat when time is limited. Address QUALITY of life issues first and you will find addressing QUANTITY of life issues substantially easier! Recognizing and treating your patient’s anxiety significantly improves the quality of life for the patient AND the provider.

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

- Identify the DSM criteria for making a diagnosis of GAD
- Describe several simple scales used to investigate GAD
- Discuss GAD symptoms in pediatric populations and how they can differ from adults
- Employ common medications used to treat GAD in adult and

2:45 – 3:45 p.m.  
**Hypertension: The Pressure is On**

Viet Le, MPAS, PA-C, FACC, FAHA

Hypertension is a disease with major implications for our patients' short- and long-term health journey. This presentation uses actual case studies collected over twelve years in both the hospital and outpatient setting, to illustrate how minor differences in the history alone can direct the importance of a detailed neurologic exam and specific diagnostic testing. The cases are brief with less than a five-minute history, yet certain subtle points are emphasized so that key diagnoses are made.
At the conclusion of this session, participants should be able to:

- Recognize how to approach hypertension as a systemic disease, its multiple manifestations/sequelae, associated diseases/risk factors, and how co-existing conditions impact when and what anti-hypertensive medications classes/agents to initiate first
- Demonstrate knowledge of unique treatment issues in specific categories of patients including the elderly, African Americans, and diabetic patients
- Identify and apply aggressive risk management strategies for patients with resistant hypertension
- Recognize old versus new concepts in the approach to treating hypertension
- Recognize the initial approach and non-pharmacologic management of patients with hypertension

3:45 - 4 p.m.
Break
4 - 5 p.m.

Caring for the Special Needs Population

Thomas Meersman, DHSc, MMS, PA-C

Individuals with autism spectrum disorder (ASD) and developmental disorders (DD) often experience more difficulties during history and physical examination than neurotypical peers. Providing behavioral support based on specific exam techniques and research can facilitate the evaluation of these unique patient populations. This lecture reviews the underlying pathology unique to individuals with ASD and DD, providing context to the history and physical exam challenges common in this population. Medical evaluation of individuals with ASD/DD may require extra time, simpler communication techniques, and trial-and-error to provide sufficient familiarity with the medical environment to garner full child participation. Use of communication tools and distractive items may assist the PA clinician with the performance of a history and physical exam in individuals with ASD/DD. Evidence-based communication techniques, coping kits, and alternative exam techniques are reviewed to assist the PA clinician in the evaluation of individuals with ASD/DD.

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

- Categorize the unique sensory needs of children with autism spectrum disorder (ASD) and developmental disorders (DD).
- Identify the responses that children with ASD/DD experience during physical exams, highlighting challenges related to anxiety and specific phobias.
• Apply behavioral techniques to assist with the use of instruments/procedures that are often problematic in the examination of children with ASD/DD
• Describe the common components of coping kits, visual communication tools, and anxiolytic adjunctive modalities and demonstrate the proper use of these elements during the examination of children with ASD/DD
• Discuss current research on the examination of children with ASD/DD, delineating components that may prove useful to clinicians and parents/caregivers

Monday, February 21, 2022

7 a.m. - 1 p.m.  
Registration

7 - 8 a.m.  
Breakfast (Provided)

8 - 9 a.m.  
Reimbursement for Family Medicine

Michael Powe

Coverage and payment policies for PAs and NPs continue to undergo a rapid transformation. Understanding the reimbursement landscape can assist in the ability to maximize your revenue generation and clinical value to employers, while navigating the expansion of value-based payments.

At the conclusion of this session, participants should be able to:
• Coverage and payment policies for PAs and NPs continue to undergo a rapid transformation. Understanding the reimbursement landscape can assist in the ability to maximize your revenue generation and clinical value to employers, while navigating the expansion of value-based payments
• Explain the policy changes and coverage updates implemented by Medicare in 2022
• Describe the components of reimbursement policies that will impact PAs and NPs as payment systems transition to value-based reimbursement
• Identify strategies to improve the recognition and tracking of the contributions and productivity of PAs and NPs in family medicine

9:15 – 10:15 a.m.  
Medical Malpractice Survival 101

Ben Taylor, PhD, PA-C, DFAAPA
Education about malpractice and how to prevent it could be the difference between a long career and one cut short by the emotional, professional, and financial consequences of surviving one. This course offers advice and tips to help you understand the malpractice process and learn how to protect yourself against lawsuits. We will discuss issues surrounding medical negligence in the relationship of provider and patient and standard of care. We will identify your legal options when involved in a malpractice claim and describe the consequences of a malpractice lawsuit.

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

- Restate tips that help you avoid a malpractice case
- Identify legal options when involved in a malpractice claim
- Recognize strategies for deposition/trial preparation and strategies during the trial
- Employ the “do’s and don’ts” after being served in a malpractice suit
- Cope with post-litigation emotional scars

10:15 - 10:45 a.m.  
**Break for Hotel Check-Out**

10:45 - 11:45 a.m.  
**Nuances of the Newborn Visit**

Elizabeth Elliott, MS, PA-C

This session is designed to give those in primary care an overview of the normal newborn period, including exam findings and most common concerns of parents. Newborns, coupled with anxious and sleep-deprived parents, can seem like a difficult situation. Yet, in addition to understanding the physical exam and history questions, knowing basic care strategies can put everyone at ease. Signs of acute illness will also be covered, as these appear differently in this period than in older infants.

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

- Explain standard newborn care to a new parent
- Identify exam signs of illness in the newborn period
- Discuss the most common concerns of new parents

12 - 12:45 p.m.  
**Welcome to Medicare: Wellness Exams That Are Reimbursed By Medicare**

Jeffrey Katz, PA-C, DFAAPA

At the end of this session participants will understand what is and what is and just as important what is not covered by Medicare for
preventative services. Participants will be able to discuss the Health Risk Assessment and its value in patient care. We will also discuss cognitive assessment and care plan services.

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

- Describe the differences in Medicare coverage of physical exams
- Identify the components of the Initial Preventative Physical Exam (IPPE)
- Identify the components of the initial and subsequent Annual Wellness Visit
- Use the Health Risk Assessment

12:45 – 1:00 p.m.  Closing Remarks

* This agenda may be updated or modified without notification.