



Agenda

Friday, February 3, 2023

7a.m. – 4p.m.

Registration

8– 12p.m.

We Are Family (Medicine) Pre-Course: Primary Care Procedures

(Separate registration required.)

Ben Olmedo, MMSc, PA-C

This four-hour hands-on course will provide a review of basic (primary care) procedures for the Primary Care provider to include: suturing (simple interrupted, running, vertical / horizontal mattress suture), administering anesthetics (local, field and digital blocks), skin biopsy (shave vs punch), fluorescein eye exam with woods lamp, foreign body removal, incision & drainage of an abscess and nail trephination (draining subungual hematoma). With a focus on kinesthetic learning, our instructors will assist in developing the hands-on skills to effectively execute these basic primary care procedures in any outpatient ambulatory setting. The workshop will cover materials, indications, contraindications, patient/provider safety, consent and techniques for executing each procedure. Attendees should wear comfortable clothes to the workshop.

12– 1p.m.

Lunch (on own)

1– 4p.m.

We Are Family (Medicine) Pre-Course: Introduction to Primary Care Ultrasound *(Separate registration required.)*

Joseph Carter, PA-C

This three-hour hands-on course will provide an introduction to the use of Hand-Held Ultrasound at the "bed-side" in Primary Care with a focus on resource limited settings. The workshop will conduct Hand-Held Ultrasound familiarization, indications/contraindications, limitations and common clinical questions that can be further evaluated through the use of Ultrasound. A combination of phantom models and live models will be utilized to demonstrate and practice the basic employment of hand-held ultrasound to assess the following: Heart, Lungs, Abdomen, Basic DVT Screen, Skin/Soft Tissue pathology and Ocular Injury/Pathology. Attendees should wear comfortable clothes to the workshop.

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

- Illustrate the basic employment of Hand Held Ultrasound for Primary Care
- Describe the indications, contraindications and limitations of Handheld Ultrasound in Primary Care Settings
- Discuss the ways that Handheld Ultrasound can be used to answer clinical questions at the bedside in Primary Care
- Review skin/soft tissue pathology and ocular injury/pathology
- Demonstrate basic DVT screening and lung screening

Saturday, February 4, 2023

7 a.m. – 5:30 p.m.

Registration

7 a.m. – 8 a.m.

Breakfast (Provided)

8 - 8:15 a.m.

Welcome From Course Directors

8:15 - 9:15 a.m.

Over the Long Haul: An Approach to Post-Covid Conditions

Elissa Love, MS, PA-C

Long Covid is an umbrella term associated with a wide-range of physical and psychological symptoms and conditions following recovery from SARS-CoV-2 infection. Because this rapidly emerging syndrome can present as a spectrum of symptoms, it is important for primary care providers to recognize common clinical features and feel confident with providing patient-centered care for this challenging facet of the Covid-19 pandemic.

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

- Identify common physical and psychological manifestations of Long Covid in the primary care setting
- Develop clinical evaluation and monitoring plans based on emerging evidence-based approaches
- Implement individualized medical management plans to optimize patient function and quality of life
- Recognize the value of interdisciplinary care-teams, including Long Covid Clinics, and when to refer

9:20 - 10:20 a.m.

Well-Child Care: The Cornerstone of Pediatric Healthcare

Elizabeth Elliott, MS, PA-C, DFAAPA

This session will review the components of well-childcare for the primary care provider. In addition, we will review Bright Futures resources, the gold standard materials available to providers for

efficient and complete well-childcare visits. These resources will be presented in the context of a practice environment so that attendees can envision best ways for implementation.

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

- List the components of the well-child visit according to Bright Futures
- Describe the various tools and materials available to providers for well-child visits
- Utilize their own practice model to develop a standardized way of approaching well-child visits

10:30 - 10:45 a.m.

Exhibits/Break

10:50 - 11:50 a.m.

I Just Don't Get These Squiggly Lines - The Basics of the EKG

Ben Taylor, PhD, PA-C, DFAAPA

This lecture is designed for practitioners who have a need or interest in reviewing the basics of the 12-lead EKG. It is designed to provide participants with a review of basic principles for analysis of cardiac rhythm strips and dysrhythmias. It will begin with an interactive discussion of your basic EKG rhythms, including atrial/junctional arrhythmias, ventricular dysrhythmias, and AV blocks, identify all QRS complex components, heart rate calculation, and rhythm identification, and then covers the basics of the 12-lead EKG. Participants are then introduced to a brief systematic approach of interpreting the 12 lead.

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

- Identify components of the EKG waveform
- Employ a systematic process to evaluate and analyze EKG rhythm strips
- Discuss the steps in interpreting an EKG rhythm strip
- Recognize common EKG dysrhythmias

11:50 a.m. – 1 p.m.

Exhibits and Lunch (Provided)

1 p.m. – 2 p.m.

Physiologic Debris and Detritus Clogging the Biologic Pipes? Managing Coronary Artery Disease

Viet Le, PA-C, FACC, FAHA

Coronary artery disease is the leading cause of death in the US. Successful management requires strong partnerships between primary care and cardiology. We will discuss the pathophysiology, modifiable risk factors, acute to chronic management, and potential acute and

chronic sequelae of coronary artery disease to improve optimal patient-centric survival/quality outcomes.

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

- Summarize the risk factors associated with coronary artery diseases
- Outline the pathophysiology of coronary artery diseases and review atherosclerotic cardiovascular disease (ASCVD; CAD/MI, Ischemic Stroke, and Peripheral Artery Disease)
- Explain the modifiable factors to reduce recurring coronary artery disease events
- Discuss acute to chronic management of CAD (pharmacologic, surveillance, surgical and activity safety/“clearance”) and the role of the inter-professional team in improving outcomes for patients with CAD
- Review potential acute and chronic sequelae of CAD events

2:05 – 3:05 p.m.

Orthopaedics for the Weekend Warrior: What's Causing All This Pain?

Travis Randolph, PA-C

During this presentation, we will discuss common Orthopaedic injuries of the Weekend Warrior that are frequently seen in Family Medicine practices. We will discuss physical exam findings, indications for imaging and findings on radiographs, along with treatment options to help alleviate patient's pain and when referrals are indicated.

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

- Develop a differential diagnosis for Orthopaedic injuries based on physical exam findings
- Identify Orthopaedic pathology seen on Radiographs
- Determine the need for advanced imaging such as MRI and CT scans for Orthopaedic injuries
- Develop treatment plans for commonly seen Orthopaedic injuries in Weekend Warriors
- Determine when surgery referrals for Orthopaedic injuries are indicated

3:05 – 3:30 p.m.

Exhibits/Break

3:30 – 5:30 p.m.

First Breakout Session (Choose One)

Abnormal Lab Results: Deciphering the Mysteries

Laura 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. The session will also include case studies.

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

- Identify the most common abnormal lab and their etiology for a complete blood count (CBC)
- Identify the most common abnormal lab results and their etiology for a basic metabolic panel (BMP)
- Identify the most common abnormal lab results and their etiology for a urinalysis (UA)

Advanced Interpretation of the 12-Lead - Lets Do This!

Ben Taylor, PhD, PA-C, DFAAPA

This workshop is for clinicians that have an adequate understanding of the basic EKG rhythms or want to expand their knowledge of the 12-lead. Participants will review the basics of EKGs including axis at a glance, ischemia VS infarct VS injury, arrhythmias, and enhance their understanding of common dysrhythmias with improved skills in key content areas of the 12-lead.

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

- Apply a systematic approach to the interpretation of EKG's
- Identify dysrhythmias and their relevant implications
- Determine the mean QRS axis and state the common causes of axis deviation (LAD, RAD)
- Describe 12-Lead EKG features of infarction & ischemia

Sick or Not Sick – Pearls of Pediatric Assessment

Elizabeth Elliott, MS, PA-C, DFAAPA; Kathleen P. Thompson, MPAS, PA-C

This session will focus on the basics of the initial evaluation of the pediatric patient. We will review the components of the general pediatric assessment to assist providers in determining the condition of their patient. It will cover the “look from the door”, as well as focused attention on specific components of the evaluation. In addition, we will review how to identify critical findings in the assessment. The session will be largely case based with facilitated discussions to assist attendees in becoming more proficient in assessing pediatric patients in the outpatient setting.

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

- Review the components of the general pediatric assessment
- Apply the findings of the general assessment to determine patient condition
- Identify critical findings in the components of the basic pediatric assessment

Update Round-up! Applying the Latest Guidelines for Diabetes and Cardiovascular Disease

Isabel Valdez, PA-C; Elissa Love, MS, PA-C; Lis Shell, PhD, PA-C

Hypertension, diabetes, and hyperlipidemia are significant contributors to atherosclerotic cardiovascular disease (ASCVD) which is a leading cause of morbidity and mortality. To ensure the best outcomes for patients, it is imperative that primary care providers are equipped and confident in identifying and effectively managing these conditions. This multi-faceted, interactive workshop will serve to update providers on current, evidence-based screening recommendations, diagnostic criteria, and approach to management of hypertension, diabetes, and ASCVD in the outpatient primary care setting. Integrative case-based learning activities will reinforce participants' fundamental knowledge and understanding of core practice principles for common and complex disease presentations. Practical and useful clinical pearls for recognizing relevant cultural and social determinants, which may impact shared decision-making, approach to motivational counseling, and successful lifestyle modifications, will be discussed.

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

- Employ recommended screening methodologies from the USPSTF and other authorities
- Apply current diagnostic guidelines for diabetes from ADA/AACE and hypertension and atherosclerotic cardiovascular disease (including hyperlipidemia) from ACC/AHA
- Implement individualized treatment plans using recommended algorithms for evidence-based pharmacotherapeutics and shared-decision approaches
- Counsel and motivate diverse patient populations on cardiovascular health with culturally informed lifestyle modifications and social determinants of health

5:30 – 6:30 p.m.

Networking Event

Sunday, February 5, 2023

6:45 a.m. – 5:15 p.m.

Registration

–6:45 – 7:30 a.m.

Breakfast Industry Session sponsored by Regeneron

8 - 10 a.m.

Second Breakout Session (Choose One)

Abnormal Lab Results: Deciphering the Mysteries

Advanced Interpretation of the 12-Lead - Lets Do This!

Sick or Not Sick – Pearls of Pediatric Assessment

Update Round-up! Applying the Latest Guidelines for Diabetes and Cardiovascular Disease

10- 10:30 a.m.

Exhibits/Break

10:30 – 11:30 a.m.

Summarizing the 2023 Updated GOLD Guidelines for the treatment of COPD

Brian Bizik, PA-C

We will review the new 2023 GOLD Guideline recommendations and how these apply to the general practice environment. We will look at therapy including newer triple inhalers as well as detailed look at exacerbation treatment and prevention.

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

- Review the 2023 Global Initiative for Chronic Obstructive Lung Disease (GOLD) Guidelines
- Summarize recommendations for the diagnosis and classification of COPD disease
- Apply guidelines for COPD treatment to the general practice environment
- Formulate a plan for comprehensive treatment and exacerbation prevention

11:30 a.m. - 12:30 p.m.

Exhibits and Lunch (Provided)

12:30 - 2:30 p.m.

Third Breakout Session (Choose One)

Abnormal Lab Results: Deciphering the Mysteries

Advanced Interpretation of the 12-Lead - Lets Do This!

Sick or Not Sick – Pearls of Pediatric Assessment

Update Round-up! Applying the Latest Guidelines for Diabetes and Cardiovascular Disease

2:30 – 3 p.m.

Exhibits/Break

3p.m. – 4p.m.

LGBTQ+ 101: Implementing Best Practices into Clinical Care

Lis Shell, PhD, PA-C

Lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) individuals have unique healthcare needs and have experienced stigma and health inequalities when compared to the general population. These health inequities have been due in part to discrimination, lack of healthcare provider training, and decreased access to health insurance and care. LGBTQ+ individuals are at increased risk for substance abuse disorders, mental health concerns, cancer, and specific chronic conditions. They also have higher rates of certain infectious diseases, such as human immunodeficiency virus and other sexually transmitted infections. This session will help healthcare providers identify disparities unique to LGBTQ+ patients and offer approaches to implement culturally competent care.

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

- Provide inclusive quality care to LGBTQ+ individuals
- Address the health disparities of LGBTQ+ individuals
- Identify common acute and chronic conditions affecting the LGBTQ+ community

4:05 p.m. – 5:05 p.m.

The Icky, Sticky, and Smelly: Chronic Wound Care

Heather Schuster, PA-C

A wound - yuck! What do I do with this? When do I refer the pt? What is medihoney? Ever had questions or feel stuck regarding chronic wound care? This session is for you...if you can hold your lunch.

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

- Recognize a chronic wound and describe distinguishing factors
- Identify the etiology of a non-healing wound
- Discuss treatment options for chronic wounds
- Assess the need for a multidisciplinary approach to wound healing

5:30 – 7 p.m.

Dinner Industry Session sponsored by Dexcom

Monday, February 6, 2023

7 a.m. – 5:20 p.m.

Registration

7 - 8 a.m.

Breakfast (Provided)

8 - 9 a.m.

A Brief Review of Common Rheumatologic Diseases: Diagnosis and Treatment

Shannon Ghizzoni, PA-C

This session will review the treatment guidelines for Rheumatoid Arthritis, diagnosis and treatment options for common rheumatic conditions, and cover evaluation strategies and treatment guidelines for patients with osteoporosis.

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

- Discuss diagnostic approaches and treatment options for common rheumatic conditions encountered in primary care: RA, PsA, AS, lupus
- Review the 2021 ACR Treatment Guidelines for Rheumatoid Arthritis
- Review evaluation strategies and treatment guidelines for patients with osteoporosis

9:05 – 10:05 a.m.

The Patient Will See You Now: Telemedicine 2.0

Hina Mazaruddin, PA-C

Please join us as learn practical applications of telemedicine for the Family Practice Medicine provider. We will review various reimbursable telemedicine options that could be integrated into your current practice and what trends to expect in the future. We plan to review some physical examination modifications that can be done on a synchronous telemedicine platform to better take care of our patients along with providing you resource and information on where you can learn more. Looking forward to your attendance in person...or virtually!

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

- Describe the various types of telemedicine
- Discuss how telemedicine can be utilized/integrated for present and future use
- Perform various modifications for physical examination on a telemedicine platform

10:05 – 10:20 a.m.

Break

10:20 – 11:20 a.m.

Reimbursement Update 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 maximizing revenue generation and demonstrating value to employers and the health care system broadly.

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

- Describe the components of reimbursement policies that will impact PAs and NPs as payment systems transition to value-based reimbursement
- Explain the policy changes and coverage updates implemented by Medicare in 2023
- Identify strategies to improve the recognition and tracking of the contributions and productivity of PAs and NPs in family medicine

11:25 – 12:25 p.m.

Substance Use Disorders in Primary Care

Vicki Waters. MS, PA-C

Research demonstrates patients with an alcohol use disorder (AUD) are twice as likely to be seen by their primary care provider than those without an AUD. Recent studies also find that health care providers may not be good at recognizing substance use disorders (SUDs) in the outpatient setting. Thus, there is a need for health care providers to recognize the sequelae of SUDs and better identify and assist alcohol or drug-dependent persons. This presentation will provide an overview of Screening, Brief Intervention, and Referral to Treatment for SUD and tools to incorporate alcohol and drug screening, intervention, and education into your daily practice and all aspects of medical care. We recognize that many healthcare workers already screen and assist. Still, we want to ensure that we are all asking the same questions and providing consistent, SBIRT-appropriate, evidence-based, and high-quality services.

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

- Identify the main components and explain the rationale and research support for SBIRT
- Discuss medical and social influences on our understanding of substance use

- Explain the Stages of Change Model for use in SBIRT and understand how to apply the stages of change in clinical practice
- Provide a brief overview of treatment options and criteria
- Outline the steps to obtain your X-waiver through the Provider Clinical Support System

12:30 – 2 p.m.

Lunch (On Own)

2 – 3 p.m.

First, Do No Harm: Polypharmacy and Deprescribing

Jessica Wright, PA-C

Both in training and in practice, clinicians are educated to prescribe in order to cure, prevent or improve what ails our patients. However, research that supports medical decision-making and pharmacology frequently does not include older adults, and clinicians typically receive little training in the benefits and risks to deprescribing. That being said, we have all had the sense that what we, the medical community, has to offer may not always be in the best interest for all of our patients. This talk will provide tools to identify medications that may be causing harm or are no longer indicated and to provide an organized and evidence-based approach to deprescribing.

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

- Define and discuss polypharmacy, including prevalence and outcomes
- Describe normal physiologic aging and how it affects pharmacokinetics
- Discuss approaches to deprescribing
- Practice case-based deprescribing
- Identify resources for deprescribing

3 – 3:15 p.m.

Break

3:15 – 4:15 p.m.

Do Anxiety and Depression Make You Smarter?

Jay Somers, PA-C, DHSc

This lecturer is a basic primer on general anxiety, panic disorder, and major depression. These conditions are commonly encountered in primary care settings. We will review the DSM criteria and discuss the nuance in diagnosing mental health conditions. Furthermore, I intend to present common ways of making patients feel comfortable bringing up and describing their mental health concerns in a primary care setting.

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

- Diagnose general anxiety and panic disorder using the DSM criteria
- Use several simple scales to help identify anxiety and depression
- Diagnose major depression using the DSM criteria
- Talk to patients about their mental health

4:20 – 5:20 p.m.

Dermatology for the Family Medicine PA!

Cynthia Griffith, MPAS, PA-C

This session we will see many pictures of skin disease like varicella, eczema, tinea on a range of skin types and tones. We are talk about practical treatment tips for steroid cream. Including which ones to use where and what rashes that will not respond to steroid. We will end with when to refer, dermatologic red flags, and what to do when steroids don't fix it.

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

- Describe common skin diseases on a variety of skin types with emphasis on darker skin tones
- Discuss practical tips about steroid cream
- Know when to refer

Tuesday, February 7, 2023

7 a.m. - 11:45 a.m.

Registration

7 - 8 a.m.

Breakfast (Provided)

8 - 9 a.m.

Caring For One is Caring For All: Primary Care Prevention Updates

SarahAnn Keyes, MS, PA-C, DipABLM

This lecture will cover the basic updates on the preventive care measures most common in primary care including nutrition, physical activity, sleep, stress management, social support, substance use cessation, and screening tests and measures (PSA, bone density, PAP smear, colonoscopy, and immunizations). Additionally, the talk will emphasize the importance of self-honoring practices for the care of the provider, the patient, and the community.

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

- Recall the most recent guidance for common preventative screening measures in primary care
- Describe each of the six pillars of lifestyle medicine

- Appreciate the importance of self-honoring practices for the care of the provider, the patient, and the community

9:05 – 10:05 a.m.

Advanced Mental Health - Schizophrenia and Bipolar Disorder

Jay Somers, PA-C, DHSc

This last session on advanced mental health treatment will review the DSM criteria for bipolar disorder types 1 & 2, as well as Schizophrenia and subtypes. The lecture will review the nuance in these complex conditions and common presentations.

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

- Use the mood disorder questionnaire to screen for mania
- Diagnose bipolar and schizophrenia using the DSM criteria
- List several reasons for ER or specialist referral when addressing mental health concerns

10:05 - 10:30 a.m.

Break for Hotel Check-Out

10:30 - 11:30 a.m.

Viral Exanthems and Enanthems in the Pediatric Population

Elizabeth Elliott, MS, PA-C

This session will review manifestations of common viral infections in the primary care pediatric population.

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

- Identify common viral exanthems and enanthems presenting in pediatric primary care
- Recognize significant history and physical exam findings specific to viral exanthems and enanthems
- Review general courses of illness and common therapies for viral exanthems and enanthems

11:30 – 11:45 a.m.

Closing Remarks

*** This agenda may be updated or modified without notification.**