

Gender Dysphoria and Gender Affirming Care in the Pediatric Population

Caitlin Davenport, MS-PAS, PA-C

A view of pediatric gender-affirming care options and impact through the lens of the literature and the experience of a parent clinician.

Learning Objectives:

1. Review the terms and perspectives of gender through history and its current impact to the youth of today
2. Describe the non-medication tools for gender affirming care
3. Illustrate the mental health effect of gender dysphoria and the impact of appropriate gender-affirming care as stated through the current best practice guidelines
4. Discuss the role of the clinician in legal advocacy as it applies to medical practice and ethical responsibilities to patients

Blink: A Rapid Review of Ophthalmology

Tara McSwigan, MPAS, PA-C

There are few aspects of our patient's care that impacts their quality of life quite as much as their ability to see. Yet so often intimidated by the ocular medicine, many of us resort to treating the basics and referring out the rest. Then we reconsider our obligation to this population? So we look to the books, then review for the boards, but yikes, how the blueprint for the PANCE/PANRE proves extensive?! At which point we figure, given the small margin of questions pertaining to the eye, the easy-out is to skim such preparation, expect to miss "so many," and hope for the best. Yes? No! It may be the very honest, but for sure, very wrong answer. Because then it's the real world: it's your mama's eye, and a skimming-through, sub-par clinician is not acceptable. Our obligation to our profession is a passable board score; our commitment to our patients is competency and confidence in ocular care. This discipline becomes very reasonable to manage with a systematic ocular approach coupled with the methodical narrowing of the differential diagnosis. For the boards, for your next patient, shall we blink through the blueprint? Yes please! We've got this, and they have assurance of stellar eye care.

Learning Objectives:

1. Execute a quick and accurate ocular history and physical exam
2. Identify a host of eye pathologies and presentations
3. Successfully answer anticipated ocular questions on PANCE/PANRE

Managing Migraine: Navigating the Novel Therapies

Amanda Mace, MSPAS, PA-C

Migraine is one of the most common causes of disability among adults. Still, diagnosis and appropriate treatment is often delayed. This lecture will review migraine diagnosis, prevalence, pathophysiology, and discuss the newer medications - CGRP monoclonal antibodies, gepants, and ditans

Learning Objectives:

1. Discuss migraine pathophysiology
2. Highlight diagnostic criteria for migraine
3. Distinguish 3 newer classes of migraine specific medications
4. Review MOA and safety consideration

Lunch Session: What She Heard: The Art of Rapid Rapport

Tara McSwigan, MPAS, PA-C

As patients present for medical assessment and evaluation, they assuredly find themselves in some version of vulnerability. Clinical "care" is a tricky blend of physical well-being and emotional investment, hence the trust and rapport of patient-PA relationship has great impact upon patient health, compliance and follow-up. This sense of comradery is especially difficult to establish in "rapid" settings, like urgent care or the emergency department, but is possible with mindfulness to particular patient expectations and needs. "Great" provider intentions will not always be well received, yet humble and consistent introspection serve to teach us betterment of process. As patients will themselves to our care, it is our duty to meet them with competence, kindness and a willful spirit.

Learning Objectives:

1. Explain the key components of a quality visit
2. Identify intentional measures to promote a rapid rapport
3. Describe the challenges and benefits of rapport in "rapid" settings

The Imperfect Trifecta: Diabetes, Metabolic Syndrome, and Cardiovascular Disease

Natasha Smith, MS, PA-C, MHSA

Discuss Epidemiology of DM and Cardiovascular Disease and how they are connected including discussion of how metabolic dysfunction/diabetes and lead to cardiomyopathy, formation of atherosclerotic lesions/CAD. This lecture will discuss how metabolic disease increases systemic oxidative stress, inflammatory response, and advanced glycation products which in turn also increase CAD and microvascular dysfunction. This discussion will review studies which have looked at glycemic control among diabetic patients and the effect on microvascular and macrovascular events. Also, this lecture will discuss the appropriate management of patients with cardiometabolic disease and review evidence-based management which reduces adverse cardiac outcomes for patients with diabetes and pre-diabetes.

Learning Objectives:

1. Explain the connection between consumption of sugar and hormone imbalance and how this can lead to elevated LDL and increase metabolic risk for CHD
2. Describe how Metabolic Dysfunction leads to Cardiomyopathy, Hypertension, and Dyslipidemia
3. Discuss oxidative stress and advanced glycated end products and how this can lead to CAD

Polypharmacy in Older Adults

Blake Hoppe, DO, MS, MeD

Polypharmacy is an avoidable cause of medical harm. It can cause serious problems in older adults.

Learning Objectives:

1. Describe physiologic changes with aging.
2. Recall the Beer's criteria.
3. Review medications carefully that patients are taking and that are being prescribed.
4. Recognize adverse effects of Polypharmacy.

Preconception Counseling: Preparing your patient for pregnancy

Jennifer McDanel, MPAS, PA-C

Review standard counseling for all patients of childbearing age including pre-conception genetics. To include a focus on counseling patient with co-existing morbidities: diabetes, hypertension, obesity, psychiatric illness, etc.

Learning Objectives:

1. Identify patients who would benefit from counseling prior to conception.
2. Review medication safety for common conditions in the child bearing population.
3. Increase providers comfort in addressing health management during pregnancy.

No Knee-d to Worry: An ACL Update

Robert Emery, PA-C, MBA, DFAAPA

The anterior cruciate ligament ACL injury is one of the most common knee ligament injuries. Refresh your knowledge of the ACL, how it is injured, and the treatment options including new innovations.

Learning Objectives:

1. Review key history and physical examination maneuvers related to ACL injuries
2. Identify and differentiate ACL reconstruction graft types
3. Understand rehabilitation goals following ACL reconstruction surgery
4. Introduce new topics related to ACL injuries

Pharmaceutical Management of Insomnia

Sandy Robertson, PharmD

Insomnia is a distinct disorder that creates a substantial health burden, yet it remains underrecognized and undertreated. Primary care clinicians (PCCs) provide most of the insomnia care in the US, but many lack knowledge and confidence in treating this disorder.

Learning Objectives:

1. Describe the physiology of sleep and wake as it relates to insomnia management.
2. Identify patients with insomnia by routinely asking about sleep and associated symptoms, as well as employing recommended diagnostic methods.
3. Select appropriate pharmacologic treatments for patients with insomnia, when indicated, based on patient characteristics and risk-benefit profiles.
4. Incorporate DORAs into the multimodal treatment approach for treating insomnia, as appropriate.

Pain Management for Patients in Recovery

Allison Morgan, MPA, PA-C

This presentation describes the current statistics regarding the opioid epidemic, reviews the current management of opioid use disorder and explores options for both acute and chronic pain management for patients with opioid use disorder using case illustrations.

Learning Objectives:

1. Summarize the current state of the opioid crisis
2. Explain the need for pain management in patients at-risk for, actively using, or in long-term recovery from a substance use disorder
3. Illustrate the neurobiological pathways that are operational in both substance use disorders as well as acute and chronic pain conditions.
4. Examine non-opioid and non-pharmacological approaches to pain management
5. Review the pharmacological management of opioid use disorder
6. Examine the proper use and titration of buprenorphine and other opioids in acute and chronic pain situations

ENT PEARLS: Not Just Another Foreign Body

Katie Kugler, PA-C, MeD, DFAAPA

ENT complaints are one of the most common presenting problems in primary care and urgent/emergency care. This lecture will review common ENT conditions with the focus on those with similar symptoms, that are hard to diagnose, and include ENT procedural tips. By the end of the lecture you will have an ENT Tips and Tricks resource to help you in the future!

Learning Objectives:

1. Assess common otolaryngology presenting complaints in children and adults
2. Differentiate between difficult to diagnose ENT conditions that may present with similar symptoms
3. Develop an ENT "Tips and Tricks" resource to assist with difficult to diagnose or manage otolaryngology conditions including procedural hints for common ENT office procedures

But Why – with What Evidence are you making that decision?

Jennifer Barnett, DMSc, PA-C, DFAAPA, CPHA

This lecture draws inspiration from the "Things We Do for No Reason in Medicine" series featured in the Journal of Hospital Medicine, aiming to critically examine the evidence - or lack thereof - behind various medical evaluations and treatments in healthcare. By delving into selected practices covered in the series, participants will engage in a comprehensive review of current medical practices, exploring instances where routine procedures may lack robust evidence to support their efficacy. The session seeks to foster a culture of evidence-based medicine, encouraging healthcare professionals to critically assess their clinical decisions and embrace practices rooted in sound scientific reasoning. Through this exploration of unnecessary medical interventions, participants will be equipped with the knowledge and tools to enhance the quality and efficiency of patient care, ensuring that interventions are grounded in evidence-based principles.

Learning Objectives:

1. Explore instances where routine procedures may lack robust evidence to support their efficacy.
2. Review current evidence and provide ways to focus on value-based care in both inpatient and outpatient settings.
3. Consider ways to implement into your practice.

Dribble, Dribble, Shoot... I missed the Toilet. Diagnosis and Management of Benign Prostatic Hyperplasia

Brittney Franley, MSHS, PA-C

Benign prostatic hyperplasia (BPH) is one of the most common diseases in the aging male. According to US Census in 2022, the male population is roughly 49.6% and of those males 47.1% are over the age of 40. Prevalence of BPH can manifest as early as 40 years of age in males. Lower urinary tract symptoms (LUTS) are the most common presenting symptoms and healthcare providers should be able to recognize common presenting symptoms in order to better care for their male patients. A comprehensive evaluation from the healthcare provider should include a thorough history, proper physical exam, and use of appropriate lab and diagnostic studies in order to allow the patient to make an informed decision in either medical or potential surgical management.

Learning Objectives:

1. Define BPH
2. Identify risk factors associated with BPH
3. Identify the anatomy of the bladder, prostate and urethra
4. Recall the pathophysiology of prostatic histology
5. List key history questions that will aid in the appropriate diagnosis and management of BPH
6. Recognize signs and symptoms to help accurately diagnose BPH
7. Interpret a urinalysis
8. Identify laboratory and imaging abnormalities commonly used when evaluating a male patient with lower urinary tract symptoms
9. Develop/formulate a differential diagnosis based on common presenting symptoms
10. Review supportive, medical, and surgical treatments for BPH.

Oh My Islet Cells: A Surgical Approach to Pancreatic Disease

Zachary Weik, DSc, MHS, PA-C

The number of pancreatic concerns are limited relative to other abdominal organs, but the diagnoses are fairly common and range from mild self-limited presentations to life-threatening conditions where a timely diagnosis is paramount. Most pancreatic ailments are amenable to surgery, with resection being the only chance of cure for some disease processes. This session will cover the common presentations for pancreatic conditions along with surgical techniques for management, with a focus on historical context of evolving treatment strategies.

Learning Objectives:

1. For the following disorders of the pancreas, identify indications for conservative versus surgical treatment. Discuss a general knowledge of procedure, potential complications and perioperative care associated with each disorder: a. Acute pancreatitis b. Chronic pancreatitis
2. Recognize the criteria used to predict the prognosis for acute pancreatitis.
3. Outline the etiology, epidemiology, signs and symptoms, diagnosis, treatment, and prognosis for pancreatic cancer.
4. Explain the relationship between pancreatic cancer staging, treatment, and prognosis.

Atypical Presentations of Typical Neurological Diseases

Maureen Patt-Bogut, PA-C

A sampling of neurology case studies and relevant clinical pearls. A day in the life of a neurology physician assistant. Some common and not-so-common presentations of classic neurologic diseases.

Learning Objectives:

1. Recognize typical and atypical acute stroke symptoms.
2. Recognize AHA guidelines for TNK/TPA and appropriate tx for secondary stroke prevention
3. Describe history and physical exam pearls for evaluating a patient with weakness.
4. Describe Upper Motor Neuron vs. Lower Motor Neuron exam findings to determine appropriate diagnostic testing.

Not Another Exanthem! Review of Pediatric Rashes

Breanne Blake, PA-C

Not another exanthem! Pediatric rashes can all look the same! This presentation will be a board review style presentation to help demystify the common pediatric rashes.

Learning Objectives:

1. Differentiate common pediatric rashes
2. Identify the etiology of common pediatric rashes
3. Develop an appropriate treatment plan
4. Integrate important patient education in regard to infection control and prevention

The Fuss about Puss: Prosthetic Infections

Lisabeth Ernharth, MPAS, PA-C

Description needed

Learning Objectives:

1. Determine presence of infection in a prosthetic/bionic part through history and physical exam
2. Outline a diagnostic approach to a patient with a suspected infection
3. Facilitate a multi-disciplinary treatment plan.

Turbo Tummy

John Maulfair, PA-C

Diarrhea affect over 1 billion people world wide yearly and ranges from an acute self limited inconvenience to a harbinger of serious illness. In this lecture, diarrhea is divided into acute and chronic causes with history, physical exam, and proper testing providing the key to underlying cause and successful treatment.

Learning Objectives:

1. Distinguish between subacute, acute, and pseudodiarrhea
2. Identify and treatment of acute infectious diarrhea and noninfectious acute diarrhea
3. Compare and contrast secretory, osmotic, inflammatory, and other causes of chronic diarrhea
4. Highlight key history, physical exam finding and testing to isolate the cause of chronic diarrhea

It's Just Pneumonia, Right?

Lisabeth Ernharth, MPAS, PA-C

Description needed

Learning Objectives:

1. Overview the epidemiology of pneumonia.
2. Review the pathophysiology of pneumonia
3. Distinguish pneumonia from a list of differential diagnoses from a patient presenting with respiratory complaints
4. Determine appropriate treatment plan tailored to the presenting patient

New Approaches to Asthma Treatment Selection and Assessment

Barbara P. Yawn, MD, MS, MSc FAAFP

Asthma is a common disease in children and adults that causes extensive morbidity and impaired quality of life. As primary care clinicians (PCCs) increase their ability to select appropriate inhaler therapy and assess asthma control, patient outcomes are expected to improve. PCCs need education on navigating the landscape of treatment access for patients with asthma so that patients can receive optimal therapy. PCCs also need to remain updated as to recent FDA approvals for asthma therapy, including the recent approval of a new combination inhaler to prevent and treat asthma exacerbations. Consequently, education of PCCs to address these gaps is needed so that unmet needs can be addressed, and outcomes improved.

Learning Objectives:

1. Select optimal inhaled therapy for asthma based on patient characteristics, clinical evidence, and guideline recommendations.
2. Evaluate asthma control & treatment response routinely using validated assessment tools.
3. Apply effective strategies for helping patients adhere to the treatment regimen.

No Baby Fever Here: Contraception Update

Heather Adams, MPAS, PA-C, DFAAPA

This presentation will review the currently available contraceptive options, comparing and contrasting categories, risks, benefits, and mechanism of action. The presentation will also review a process/algorithm to help providers meet patient contraceptive goals in a safe and effective manner. In addition, the presentation audience will be made aware of the CDC Medical Eligibility Criteria for the use of prescription contraceptives.

Learning Objectives:

1. Review currently available contraceptive options
2. Discuss risks, benefits, and mechanism of action of contraceptive options
3. Review categories of contraceptives and how this can aid in contraceptive selection

You've Got Anemia, Now What?

Dane Thomas, PA-C, DFAAPA

Anemia is encountered in all areas of medicine. It is important to know how to identify anemia and how to best approach it in the specific field of medicine you are practicing. This lecture aims to provide an overview of anemia and how to approach it from a general practitioner's standpoint. This is done through real life case studies to engage the viewer and apply the textbook information into clinical practice. It also aims to help providers identify when a formal hematology evaluation is needed.

Learning Objectives:

1. Recognize how to identify anemia
2. Compare and contrast the various causes of anemia
3. Identify typical laboratory and clinical findings
4. Highlight treatment options for anemia
5. Identify when to refer to hematology

Leaning into Lung Cancer Screening

Nicole Larson, MPAS, PA-C

It has been 10 years since the USPTF recommended low-dose CT scans for lung cancer screening in high risk patients. This session is an opportunity to explore the impact lung cancer screening has had on the global, national and local landscape as well as the continued obstacles to access and care.

Learning Objectives:

1. Examine the impact of lung cancer on a global, national and local level and the impetus to develop effective screening strategies.
2. Describe the research leading to and the evolution of lung cancer screening criteria including recent and potential future updates.
3. Engage providers of all specialties to promote utilization of lung cancer screening, particularly to under-served communities.

PANREview of Thyroid Disease

Megan Dougan, PA-C

Getting ready to prepare for PANRE or would just like a general review of thyroid disease, then this session is for you. We will be covering the PANRE blueprint performance expectation for thyroid disease which includes thyroid nodules, hyperthyroidism and thyrotoxicosis, hypothyroidism, thyroid cancer, and thyroiditis.

Learning Objectives:

1. Review thyroid topics as indicated on the NCCPA PANRE/PANRE LA Blueprint list to include: benign thyroid nodule, hyperthyroidism and thyrotoxicosis, hypothyroidism, thyroid cancer, and thyroiditis
2. Include the performance expectations for the thyroid related topics
3. Highlight normal anatomy/physiology resulting in the secretion, regulation, and suppression of thyroid hormones
4. Discuss the etiologies and epidemiology of thyroid nodules and thyroid cancers
5. Recognize the clinical presentation of thyroid disorders
6. Interpret a differential diagnosis and a diagnostic management plan for thyroid disorders
7. Identify the complications, prognosis, and associated risk factors of thyroid disorders

Death By a Thousand Cuts: Navigating Anticoagulation Risks and Management

Jennifer Campbell, PA-C

This talk will review the use of anticoagulation in the cardiac patient with atrial fibrillation. Speaker will cover considerations in selecting anticoagulant therapy, alternate therapies available, and risks associated with prescribing. We will also cover the “New News” on combining anticoagulants and antiplatelet therapies.

Learning Objectives:

1. Understand the key principles of anticoagulation therapy.
2. Identify the different anticoagulants and their indications
3. Learn strategies for effective management and monitoring of anticoagulation therapy.

New Horizons in Heart Failure

Nicole Theofanis, PA-C

During New Horizons in Heart Failure we will examine the current trends in heart failure as well as the ways that maximizing guideline directed medical therapy can help combat these trends. When medication doesn't seem to be enough for your heart failure patients, we will consider adjunctive therapies that can be beneficial as well as when it's time to refer patients to an advanced heart failure specialist.

Learning Objectives:

1. Explain the neurohormonal response to heart failure.
2. Outline how each component of guideline directed medical therapy affects the neurohormonal response to heart failure.
3. Highlight the benefit of Medication Optimization Clinics for rapid titration of guideline directed medical therapy.
4. Summarize the updates from the 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure.
5. Review adjunctive therapies for the treatment of symptomatic heart failure when medications alone are not sufficient.
6. Identify patients with signs/symptoms of advanced heart failure who require referral to an advanced heart failure specialist.