



48TH ANNUAL CME CONFERENCE

November 29 - December 2, 2023
Hershey Lodge • Hershey, PA



TUESDAY NOVEMBER 28

- 10:00 AM - 4:00 PM** **PSPA BOARD OF DIRECTORS MEETING**
Open to all PSPA members. Must RSVP to conference@pspa.net no later than Monday, November 6, 2023.
- 12:00 PM - 1:00 PM** **PSPA BOARD OF DIRECTORS LUNCHEON**
- 4:00 PM - 7:00 PM** **REGISTRATION DESK OPEN**
- 6:30 PM - 8:00 PM** **PSPA CONFERENCE COMMITTEE AND VOLUNTEER DINNER MEETING**

WEDNESDAY NOVEMBER 29

- 7:00 AM - 6:00 PM** **REGISTRATION DESK OPEN**
- 7:30 AM - 9:00 AM** **CONTINENTAL BREAKFAST**
- 8:45 AM - 9:00 AM** **WELCOME FROM OUR PSPA PRESIDENT**
- 9:00 AM - 10:00 AM** **OVERVIEW OF MYOCARDITIS AND NEW DATA OBTAINED DURING SARS/COVID-19 PANDEMIC**
- Catherine Roden, MHS, PA-C
- 10:00 AM - 11:00 AM** **YOU SPIN ME RIGHT 'ROUND: ASSESSING OTOLOGIC DIZZINESS**
- Meghan Schmidt, MSPAS, PA-C
- 11:00 AM - 12:00 PM** **THE NEVER-ENDING BATTLE AGAINST STIS**
- Deanna Bridge Najera, MPAS, MS, PA-C
- 12:00 PM - 1:30 PM** **LUNCH SESSION: WAIT, I CAN GO TO JAIL?**
- Kevin Hickman, DMSc, MJ, MHA, PA-C, CHC
- 1:30 PM - 1:45 PM** **NETWORKING BREAK**
- 1:30 PM - 4:30 PM** **PROFESSIONAL DEVELOPMENT FORUM**
- Negotiations 101**
- Tracy Bingaman, MSPAS, PA-C
What you didn't learn in PA school: how to pitch a raise, prove your value to your employer and land that raise you've been dreaming of. PAs graduate school with an incredible array of medical knowledge but the area of negotiation we are significantly lacking.
- Emotional Intelligence**
- Maureen Sullivan, Ed.D., PA-C
On our journey as PAs, we must have a solid understanding of the impact our emotions and actions, both verbal and nonverbal, have on patients and team members. Studies have shown that by enhancing these non-cognitive skills, healthcare leaders will be better communicators, more effective and engaging, and have the advantage of building an exceptional team. Emotional Intelligence is a powerful tool that is critical for exceeding goals, improving team relationships, and creating a healthy, productive workplace. It is most important for connecting and engaging in lasting relationships with patients and colleagues.
- Onboarding Considerations**
- Kevin Hickman, DMSc, MJ, MHA, PA-C, CHC
Learners will explore the challenges and best practices of onboarding new hire PAs and NPs. While there are many components to onboarding a new hire that occur concurrently, understanding what each component of the process is responsible for assists in getting new hires to start on time. The speaker will discuss examples of what causes delays in the onboarding process and communication strategies with new hires to mitigate these delays.

WEDNESDAY NOVEMBER 29, CONTINUED

- 1:45 PM - 2:45 PM** **BREATHE EASIER: UNDERSTANDING AND MANAGING CHRONIC OBSTRUCTIVE PULMONARY DISEASE**
- Michelle Fischer, MMS PA-C
- 2:45 PM - 3:45 PM** **STAY ALIGNED AND WATCH YOUR SPINE - A COMPREHENSIVE EVALUATION OF SPINE AND SPINAL CORD INJURIES**
- Steven Cohen, MPA/HCA, PA-C
- 3:45 PM - 4:00 PM** **BREAK**
- 4:00 PM - 5:00 PM** **BEYOND DIET AND EXERCISE: UPDATE ON THE MEDICAL TREATMENT OF OBESITY**
- Katherine Curci, PhD
- 4:00 PM - 6:00 PM** **WORKSHOP: THE ART OF SUTURING**
- Lisa Wetherhold, PA-C
- Matt Wetherhold, MS, PA-C
- Lane Bower, MHSc, PA-C Emeritus, DFAAPA
This workshop will cover the basics of suturing materials, preparation, and proper techniques for obtaining that perfect closure. A brief overview of the different types of suture material available and the proper application in various situations will be discussed. There will be plenty of direct experience to practice your newly learned basic suturing skills including basic interrupted, continuous, subcutaneous, and mattress technique closures.
- WORKSHOP: ORTHO - REFERRALS R US?**
- Robert W. Emery, PA-C, MBA, DFAAPA
If you practice in primary care, urgent care, pediatrics, or any practice setting, you will certainly come across some type of an orthopedic issue. Often, you may find yourself trying to determine if you should treat an issue conservatively or just placing the referral to your local orthopedic specialist? This workshop is designed to help providers of varying practices recognize common orthopedic pathology, differentiate when certain issues can be managed more conservatively versus if a more urgent referral is in order. It is a great review of both upper and lower extremity orthopedics.
- 5:00 PM - 6:00 PM** **CAN'T I JUST REFER TO THE NEPHROLOGIST? CLINICAL PEARLS OF NEPHROLOGY FOR ALL**
- Brooke Olenowski, PA-C
- 6:00 PM - 7:30 PM** **PRODUCT THEATER DINNER (ADDITIONAL INFORMATION TBA)**

THURSDAY NOVEMBER 30

- 6:45 AM - 5:30 PM** **REGISTRATION DESK OPEN**
- 6:45 AM - 8:00 AM** **BREAKFAST WITH EXHIBITORS**
- 7:00 AM - 8:00 AM** **PRODUCT THEATER BREAKFAST**
- 8:00 AM - 9:00 AM** **TIGHTENING THE CUFF ON BLOOD PRESSURE MANAGEMENT**
- Julie Jones, PA-C
- 8:00 AM - 10:00 AM** **WORKSHOP: POINT OF CARE ULTRASOUND FOR BEGINNERS**
- Katie Kugler, PA-C
This course is a primer for those participants who are want to begin building a foundation for Point of Care Ultrasound skills. It will consist of lecture and hands on ultrasound probe technique learning utilizing a real-time simulated model.
- WORKSHOP: CARDIAC POINT OF CARE ULTRASOUND**
- David Chu, MD Pulmonary and Critical Care
- Shane Kinard, MD Hospitalist
- John Madara, MD Pulmonary and Critical Care
This course is for beginners in Point of Care Ultrasound (POCUS) who have a basic understanding of ultrasound technology and the beginner techniques utilized for POCUS. It will consist of lecture and personal hands on Cardiac POCUS practice on standardized patients. Please note, this course will not certify or qualify the participant to perform cardiac POCUS independently as further education will be required for competency.
- WORKSHOP: ABDOMEN AND AORTA POINT OF CARE ULTRASOUND**
- David Chu, MD Pulmonary and Critical Care
- John Madara, MD Pulmonary and Critical Care
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THURSDAY NOVEMBER 30, CONTINUED

This course is for beginners in Point of Care Ultrasound (POCUS) who have a basic understanding of ultrasound technology and the beginner techniques utilized for POCUS. It will consist of lecture and personal hands on Abdomen and Aorta POCUS practice on standardized patients.

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9:00 AM - 10:00 AM RED EYE? THERE'S MORE THAN VISINE FOR THAT: EVALUATION AND TREATMENT OF RED EYE

- Tara McSwigan, PA-C

10:00 AM - 11:00 AM NETWORKING BREAK WITH EXHIBITORS

10:00 AM - 12:00 PM WORKSHOP: POINT OF CARE ULTRASOUND FOR BEGINNERS

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WORKSHOP: CHEST AND PLEURA POINT OF CARE ULTRASOUND

- David Chu, MD Pulmonary and Critical Care

- John Madara, MD Pulmonary and Critical Care

- Shane Kinard, MD Hospitalist

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11:00 AM - 12:00 PM MY PAIN IS ALWAYS 10/10 OR I CAN ONLY TAKE DILAUDID

- Deanna Bridge Najera, MPAS, MS, PA-C

12:00 PM - 1:30 PM LUNCH SESSION: NCCPA UPDATE - FOCUS ON THE PANRE ALTERNATIVE

- Alicia Quella, PhD, PA-C

1:00 PM - 3:00 PM WORKSHOP: POINT OF CARE ULTRASOUND FOR BEGINNERS

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THURSDAY NOVEMBER 30, CONTINUED

1:30 PM - 2:30 PM **NOCICERY EVIL: MANAGEMENT OF ACUTE PAIN IN THE TRAUMA PATIENT**

- Zachary Weik, DSc, MHS, PA-C
- Patrick Heagey, MPAS, PA-C

2:30 PM - 3:30 PM **NETWORKING BREAK WITH EXHIBITORS**

3:00 PM - 5:00 PM **WORKSHOP: POINT OF CARE ULTRASOUND FOR BEGINNERS**

- Katie Kugler, PA-C

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3:30 PM - 4:30 PM **KEEPING UP WITH THE RESPIRATORY BUGS**

Updates on the Frontline Management of Acute Pulmonology Diagnoses

- Christine McCormick, MS, MMS, PA-C

4:30 PM - 5:30 PM **MORE THAN COVID: VACCINE PREVENTABLE DISEASE**

- Rene Najera, DrPH

5:00 PM - 7:00 PM **PAEA EDUCATION FORUM: CHATGPT AND PA EDUCATION**

- Linda Sekhon, DHSc, PA-C
- Nicole Burwell, PhD, PA-C, DFAAPA

ChatGPT is a language model which uses artificial intelligence to produce written responses to a user's natural language prompts. It can adapt to responses based on user feedback or additional prompts and has unsettled many in PA education. ChatGPT can write and revise text and code on command, raising questions about academic integrity, the nature of our assignment, and opens the door to looking at new ways we may ask students to think and learn.

5:30 PM - 7:00 PM **PRODUCT THEATER DINNER (ADDITIONAL INFORMATION TBA)**



FRIDAY DECEMBER 1

6:45 AM - 6:30 PM	REGISTRATION DESK OPEN
6:45 AM - 8:00 AM	CONTINENTAL BREAKFAST
7:00 AM - 12:00 PM	FUN RUN
7:00 AM - 9:00 AM	WORKSHOP: ABG INTERPRETATION - TJ Berger, PA-C Attendees will begin with an in depth analysis of the physiology of acid/base derangement and how the human body attempts to compensate and correct these to regain homeostasis. This will include the discussion of the clinical presentation, differential diagnosis, physical exam findings, laboratory and diagnostic imaging abnormalities, and management of metabolic acidosis, respiratory acidosis, metabolic alkalosis, and respiratory alkalosis. In depth review of blood gas acquisition (including indications and contraindications), Aa gradient, documentation and conversion from VBG to ABG.
	WORKSHOP: MEDICAL SPANISH - Hoonani Cuadrado, MSPAS, PA-C This workshop is designed to introduce participants into the world of medical Spanish. Beginning with an in-depth examination of the Hispanic culture as it relates to medical care, one will gain knowledge in the development and identification of basic medical Spanish as well as the ability to formulate and interpret the composition of basic medical phrases. This will allow for an enhanced communication and understanding between your patients and yourself.
8:00 AM - 9:00 AM	PULMONARY EMERGENCIES: APPROACH TO MANAGING THOSE OFTEN SEEN IN THE ED - Christine McCormick, MS, MMS, PA-C
9:00 AM - 10:00 AM	FIX MY BROKEN HEART: ACUTE CORONARY SYNDROME - Natasha Smith, MS, PA-C, MHSA
10:00 AM - 11:00 AM	NETWORKING BREAK WITH EXHIBITORS
10:00 AM - 12:00 PM	WORKSHOP: EKG INTERPRETATION FROM A-Z - Alan Heckman, PA-C This interactive learning workshop provides a solid foundation for mastering the art of EKG interpretation, from waves to segments to complexes and more.
	WORKSHOP: LABOR & DELIVERY - Heather Fritz, PA-C PAs can deliver babies in Pennsylvania, so why are only 1.2% of PAs in the specialty of ob-gyn? PAs are trained both didactically and clinically to care for pregnant females, deliver babies vaginally, and care for a postpartum female. The aim of this workshop is to refresh clinical knowledge and skills for the ob-gyn specialty and labor and delivery. Participants will review the different trimester needs of a pregnant female, review the stages of labor, and practice a vaginal delivery with a high-fidelity birthing mannequin. We hope to increase the confidence and interest of PAs to enter the specialty of ob-gyn in Pennsylvania.
11:00 AM - 12:00 PM	LIMPS, BREAKS AND BACK BUMPS: EMERGING TREATMENT TRENDS IN PEDIATRIC ORTHOPEDICS - Paul Bradford, MEd, MMS, PA-C
12:00 PM - 1:45 PM	PSPA MEMBERSHIP LUNCHEON
1:45 PM - 2:45 PM	THE SCREENING AND ASSESSMENT OF ALZHEIMER'S DISEASE: WHAT CAN YOU DO? - Freddi Segal-Gidan, PA, PhD
2:45 PM - 3:45 PM	PANEL DISCUSSION: IS COVID OVER YET? DEBRIEFING THE IMPACT OF THE COVID PANDEMIC - Sarah Lewis, MHS, PA-C - Larissa Whitney, DBA, MHS, PA-C - Kristi Gruber, MEd, PA-C, RT - Daniel Weiss, MSPAS, PA-C
3:30 PM - 4:30 PM	POSTER PRESENTATIONS
3:45 PM - 4:00 PM	BREAK
4:00 PM - 5:00 PM	YOU'RE HOT AND YOU'RE COLD: A CLINICAL OVERVIEW OF BIPOLAR DISORDER - Miriam Dineen, MMS, PA-C, CAQ-Psych

FRIDAY DECEMBER 1, CONTINUED

5:30 PM - 6:30 PM CHALLENGE BOWL DINNER



SATURDAY DECEMBER 2

7:00 AM - 8:00 AM BREAKFAST LECTURE: ENDOMETRIOSIS: THE BASICS AND BEYOND

- Gerald Harkins, MD

7:00 AM - 12:00 PM REGISTRATION DESK OPEN

8:00 AM - 9:00 AM PEDIATRIC DEVELOPMENTAL MILESTONE UPDATE- HOW DO WE BEST GUIDE OUR PATIENTS?

- Laura Critchfield, PA-C

8:00 AM - 12:00 PM STUDENT FORUM

PANCE at a Glance

- Jeff Boswell, DES, Presentation & Exhibits Manager, NCCPA

PANCE at a Glance focuses on helping students prepare for the PANCE - not like an exam review course, but in a way that builds confidence by helping to create a plan for exam day success. Students will get a full-picture view on the entirety of the PANCE experience, from how and when to apply for the exam, through what to expect on exam day at a Pearson Vue testing center.

PANCE at a Glance looks specifically at how clinically practicing PAs construct the questions on PANCE, dissects the current Content Blueprint for PANCE, and uncovers useful preparation tools that some students may not realize are available.

Financial Health for the PA Student and Beyond

- Kyle Richert & Gary McGovern, Wealth Management Advisors, McGovern Wealth Group

Tackling Burnout from a Student's Perspective

- Justine Samanas PhD, PA-C, CAQ-Psych and Rosa Fannie DPAS, PA-C

- Student Speakers: Patrick James Barney PA-S, Sofia Papastamos PA-S, Ripal Patel PA-S

Burnout is a long-term stress reaction that has been linked to both negative outcomes in patient care but also in provider's wellbeing. The term burnout became more prominent during the COVID-19 pandemic with health care organizations and other institutions looking at ways in which we can prevent this from occurring. Given the intensity of PA education, burnout often occurs leaving students with limited resources on how to navigate these symptoms but still be successful.

9:00 AM - 10:00 AM WE ARE ALL IN THIS TOGETHER: INTEGRATION OF PRIMARY CARE & BEHAVIORAL HEALTH

- Christopher Tobias, MS, MHA, CHFP, PA-C

- Christian Credle, PsyD

10:00 AM - 11:00 AM HEAL THE BURN: THE 1ST 24 HOURS IN BURN CARE MANAGEMENT

- Debbie Harrell, MSN, RN, NE-BC

11:00 AM - 12:00 PM TYPE 2 DIABETES AND BEYOND: BREAKING BOUNDARIES WITH NOVEL THERAPEUTIC OPTIONS

- Cara Orr MS, MMS, PA-C

12:00 PM - 12:15 PM LAST CHANCE RAFFLE