



TUESDAY NOVEMBER 4

- 10:00 AM - 4:00 PM** **PSPA BOARD OF DIRECTORS MEETING (LUNCH - 12PM)**
3:00 - 6:00 PM **REGISTRATION DESK OPEN**
6:30 - 7:30 PM **CONFERENCE COMMITTEE AND VOLUNTEER DINNER**

WEDNESDAY NOVEMBER 5

- 7:00 AM - 6:00 PM** **REGISTRATION DESK OPEN**
7:30 - 9:00 AM **CONTINENTAL BREAKFAST**
8:45 - 9:00 AM **PRESIDENTIAL WELCOME**
9:00 - 10:00 AM **FANNING THE FLAMES: WHY IS EVERYONE SO ANGRY AND HOW TO KEEP IT COOL?**
 - Justine Samanas, PhD, PA-C, CAQ-Psych
10:00 - 11:00 AM **SLEEP MEDICINE- SLEEP APNEA AND BEYOND**
 - Nicole Mentzer, MSN, CRNP
10:00 AM - 12:00 PM ***WORKSHOP: BASIC LASER EKG**
 - Alan Heckman, DMSc, PA-C
 Enhance your 12-lead EKG interpretation skills in this interactive workshop. Using laser pointers, participants will actively engage in the analysis and recognition of ischemia, conduction abnormalities, axis, and hypertrophy. This hands-on workshop will boost confidence and improve clinical decision-making for PAs in all specialties.
11:00 AM - 12:00 PM **DIFFICULT-TO-CONTROL DIABETES: CONSIDER HYPERCORTISOLISM**
 - Ashlyn Smith, PA-C
12:00 - 1:30 PM **LUNCH SESSION - LICENSING AND DISCIPLINE ISSUES AFFECTING PAS AT STATE BOARDS**
 - Wesley Rish
1:30 - 1:45 PM **NETWORKING BREAK**
1:30 - 3:30 PM **PROFESSIONAL DEVELOPMENT FORUM: WHAT KEEPS ME UP AT NIGHT**
 - Deanna Bridge Najera, MPAS, MS, PA-C, DFAAPA
***WORKSHOP: DISASTER OPERATIONS RESPONSE FOR PAS**
 - Alan Heckman, DMSc, PA-C
 Prepare to respond effectively in disaster situations with this hands-on workshop. Through interactive case studies and simulations, participants will develop critical decision-making skills to operate within the incident command system and collaborate with emergency response teams. Equip yourself with the knowledge and confidence to provide lifesaving care when it matters most.
1:45 - 2:45 PM **GETTING DOWN WITH THE SICKNESS - SEPSIS OVERVIEW AND SURVIVAL GUIDE**
 - Donald Wieder, PA-C
2:45 - 3:45 PM **BUMP ON THE HEAD- TOP TEN LUMPS AND BUMPS OF THE HEAD AND NECK**
 - Tiffany Heikel
3:30 - 4:30 PM **PRESIDENTIAL RECEPTION + MEET AND GREET**
3:30 - 5:30 PM ***WORKSHOP: MEDICAL SPANISH**
 - Hoonani Cuadrado, MSPAS, PA-C
 The reality for many physician assistants is that Spanish is the first language of a large percentage of the population served. Today's PAs must adapt to meet the challenges that come with the growing demographic diversity in the health care population. Unsure of how to begin to learn medical Spanish? This introductory course will encourage beginners to incorporate Spanish into their medical practice and provide tips/resources for improving communication to Spanish speaking patients.
3:45 - 4:00 PM **NETWORKING BREAK**

WEDNESDAY NOVEMBER 5, CONTINUED

4:00 - 5:00 PM URINE LUCK TODAY! YOU HAVE A CUTE KIDNEY INJURY!

- Brooke Olenowski, PA-C

5:00 - 6:00 PM BREAST CANCER DIAGNOSIS, TREATMENT, AND RECONSTRUCTION: WHAT EVERY GENERAL PRACTITIONER NEEDS TO KNOW.

- Matt Wetherhold, MS, PA-C

THURSDAY NOVEMBER 6

6:45 - 8:00 AM BREAKFAST WITH EXHIBITORS

6:45 AM - 5:30 PM REGISTRATION DESK OPEN

7:00 - 9:00 AM *WORKSHOP: PLACEMENT OF CHEST TUBES

- TJ Berger, MS, PA-C, RPSGT

This dynamic and interactive workshop provides participants with a comprehensive review of all critical aspects related to chest tube management. Through a combination of in-depth instructional training, hands-on practice, and open discussion, attendees will gain practical skills and enhance their understanding of this essential medical procedure.

8:00 - 9:00 AM YOU DRIP, I DRIP, WE DRIP: EVALUATION AND TREATMENT OF RHINORRHEA, OTORRHEA, AND SIALORRHEA

- Katie Kugler, PA-C, MEd., DFAAPA

9:00 - 10:00 AM THE (MIS) DIAGNOSIS AND (IN) APPROPRIATE TREATMENT OF VENOUS DISEASE AND ULCERS

- Thomas Bozzuto, D.O.

9:00 - 11:00 AM *WORKSHOP: BEYOND THE SURFACE: THE DEPTH OF POCUS IS YOUR GAIN!

- Jordan Reed, MHS, PA-C

- Patrick Heagey, MPAS, PA-C

Point of care ultrasound (POCUS) has become an essential part of a clinician's toolbox both from diagnostic and therapeutic perspective. Its utility has become the standard of care in many clinical settings in both inpatient and outpatient settings. This workshop aims to provide health care professionals and students alike with an opportunity to gain a greater understanding of the basic principles of ultrasound, and most importantly gain hands-on experience using POCUS through practical applications to enhance diagnostic accuracy and its utility for bedside procedures which can ultimately improve patient outcomes and access to care. Participants will engage in a short didactic curriculum followed by interactive demonstrations and practice sessions which will allow learners to gain confidence in the development of their own POCUS skill set and an a greater knowledge of its importance as an essential tool for rapid bedside use which can influence clinical decision making.

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

11:00 AM - 12:00 PM TICK TALK: AN UPDATE ON THE DIAGNOSIS AND MANAGEMENT OF TICK-BORNE ILLNESSES

- Michelle Fischer, MMS PA-C

12:00 - 1:30 PM LUNCH SESSION - HOW TO MAKE HEALTHY HABITS STICK

- Dimitrios Tsatiris, M.D.

1:30 - 2:30 PM STOPPING THE SHAKES: MANAGING ALCOHOL USE DISORDER

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

1:30 - 3:30 PM *WORKSHOP: ORTHO - SPLINTING

- Sarah Atkins, PA-C

I will review common fracture patterns in all extremities. We will review common mechanisms of action for fracture patterns. Understanding the cause of injury can help understand the splinting application. We will practice splinting on each other. I will demonstrate appropriate technique and tips for improved comfort without compromising stability. We will review important physical exam components for fracture types to determine emergent findings. We will briefly discuss nutritional factors for healing.

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

3:30 - 4:30 PM VEIN VIGILANCE: VTE PROPHYLAXIS UPDATE IN THE SURGICAL POPULATION

- Ian Sale, MPAS, PA-C

- Patrick Heagey, MPAS, PA-C

3:30 - 5:30 PM *WORKSHOP: WHAT I WISH I KNEW: BUILDING A SUSTAINABLE CAREER IN MEDICINE

- Tracy Bingaman, MSPAS, PA-C

In this reflective workshop, Tracy Bingaman shares the lessons she learned the hard way, helping healthcare providers avoid common pitfalls and build careers they love. From setting boundaries to avoiding (or recovering from) burnout, this workshop will equip attendees (students, new graduates) with practical tips to sustain a long, rewarding career in medicine without sacrificing personal well-being.

4:30 - 5:30 PM LOCALIZE THE (NEURO) LESION

- Caitlin Davenport, MS-PAS, PA-C

THURSDAY NOVEMBER 6, CONTINUED

5:00 - 7:00 PM EDUCATION FORUM: A PANEL DISCUSSION ON LEADERSHIP IN PA EDUCATION

- Michael Roscoe, PhD, PA-C, DFAAPA
- Dipu Patel, DMSc, ABAIM, MPAS, PA-C
- Linda Sekhon, DHSc, PA-C

7:00 - 11:00 PM WELCOME RECEPTION AND SILENT AUCTION



WELCOME RECEPTION AND SILENT AUCTION

Kick off the conference with our annual Welcome Reception and Silent Auction! Mingle with fellow attendees, enjoy drinks and hors d'oeuvres, and get in the spirit with a masquerade-themed party. Browse the silent auction items and support the PSPA PAC. It's a night of fun, networking, and giving back - don't miss out!

**Thursday, November 6, 2025
7:00-11:00pm**

FRIDAY NOVEMBER 7



24th Annual PSPA 5K FUN RUN & WALK

FRIDAY, NOVEMBER 7, 2025 • 7:00 AM

ALL PROCEEDS BENEFIT ANGELS AND DRAGONFLIES CHILDREN'S CHARITY

6:30 - 8:00 AM BREAKFAST WITH EXHIBITORS

6:30 AM - 6:30 PM REGISTRATION DESK OPEN

7:00 - 9:00 AM *WORKSHOP: KNOW YOUR NUMBERS: TRACKING PRODUCTIVITY FOR CAREER GROWTH AND BURNOUT PREVENTION

- Tracy Bingaman, MSPAS, PA-C

This workshop will empower healthcare providers to recognize and demonstrate their value using data. Participants will learn actionable steps to track their productivity, align their metrics with employer priorities, and use these insights to improve compensation, patient care structures, schedules, and work-life balance. Attendees will leave equipped with tools to build sustainable systems for tracking, analyze their impact, and communicate their value to others effectively.

FRIDAY NOVEMBER 7, CONTINUED

- 8:00 - 9:00 AM SUBSTANCE USE DISORDERS SIMPLIFIED**
- Deanna Bridge Najera, MPAS, MS, PA-C, DFAAPA
- 8:00 AM - 12:00 PM STUDENT FORUM 2025**
- Kyle Richert
- Tara McSwigan, DPAS, PA-C
- Jessica Woolfolk, MSPAS, PA-C
- Amy Flaherty, MPAS, PA-C
- Tracy Bingaman, MSPAS, PA-C
- Samantha Burk, MPAS, PA-C
- 9:00 - 10:00 AM STRATEGIES TO ENHANCE PATIENT-CLINICIAN COMMUNICATION FOR PAIN MANAGEMENT CARE**
- Denise Vanacore, PhD, ANP-BC, FNP-BC, PMHNP-BC
- Danielle Collins, RN, BSN
- 9:00 - 11:00 AM *WORKSHOP: INTEGRATING LIFESTYLE MEDICINE INTO CLINICAL PRACTICE AND PA EDUCATION**
- Renee Hammoud
- 10:00 - 11:00 AM NETWORKING BREAK WITH EXHIBITORS**
- 11:00 AM - 12:00 PM PAIN MANAGEMENT ASSESSMENT AND INFORMED CLINICAL DECISION-MAKING FOR OPIOID AND NONOPIOID MEDICATIONS**
- Danielle Collins, RN, BSN
- Denise Vanacore, PhD, ANP-BC, FNP-BC, PMHNP-BC
- 12:00 - 1:30 PM PSPA MEMBERSHIP LUNCHEON**
- 1:45 - 2:45 PM CLEAR THE AIR: CASE-BASED APPROACH TO TACKLING PULMONARY CONDITIONS IN PRIMARY AND ACUTE CARE**
- Michelle Fischer, MMS PA-C
- 1:45 - 3:45 PM *WORKSHOP: THE ART OF SUTURING**
- Lisa Wetherhold, MS, PA-C
- Matt Wetherhold, MS, PA-C

This hands-on workshop is designed for physician associates seeking to develop or refine their foundational suturing skills. Participants will be introduced to the principles of wound closure, including proper instrument selection, suture material choice, and basic closure techniques. Through guided practice on simulation models, attendees will learn and perform simple interrupted, running, and deep dermal sutures using appropriate aseptic and tissue-handling techniques. Whether preparing for surgical rotations, urgent care procedures, or closures in the OR, this session equips PAs with the practical skills necessary to perform effective and safe wound closure in a variety of clinical settings.
- 2:45 - 3:45 PM STRESS TESTING: WHICH TEST SHOULD I ORDER?**
- Roxana Arvanaghi, PA-C
- 3:00 - 5:00 PM POSTER PRESENTATIONS**
- 3:45 - 4:15 PM NETWORKING BREAK**
- 4:15 - 5:15 PM MASH (FORMERLY NASH): A BURGEONING EPIDEMIC**
- Jesse Coale, DFAAPA, MDiv, PA-C
- 6:30 - 10:00 PM STUDENT AWARDS CEREMONY & STUDENT CHALLENGE BOWL**

STUDENT CHALLENGE BOWL AND AWARD CEREMONY

Join PSPA on Friday night as students from across the state compete in a battle of medical knowledge at our Annual Challenge Bowl! 2025's notable PA students will also be recognized during this time at our Student Awards Ceremony. Mark your calendars; this is a "can't-miss" event!



November 7, 2025
6:30 - 10:00 PM

SATURDAY NOVEMBER 8

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

7:00 - 8:00 AM **BREAKFAST SESSION: SCREENING FOR SUCCESS: NAVIGATING THE U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATIONS**

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

8:00 - 9:00 AM **NO MORE PERIODS, YAY! BUT NOW EVERYTHING ELSE IS FALLING APART! - AN UPDATE ON MENOPAUSE AND BONE HEALTH**

- Jacqi Kernaghan, MS, PA-C, DFAAPA

9:00 - 10:00 AM **MORE THAN GERD: A SURGICAL APPROACH TO HIATAL HERNIAS**

- Nicole Larson, MPAS, PA-C, FAPACVS

10:00 - 11:00 AM **VALVE DISEASE AND AN UPDATE ON TRANSCATHETER REPLACEMENTS/REPAIRS**

- Catherine Roden, MHS, PA-C

11:00 AM - 12:00 PM **AESTHETIC MEDICINE PAST, PRESENT AND FUTURE**

- Ilaina Moyer, MHS, PA-C

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