

42nd Annual Winter CME Conference

Event Agenda

Thursday, January 30, 2025 at 12:30pm ET - Sunday, February 2, 2025 at 12:30pm ET

i All times listed in Eastern Time (US & Canada).

Thursday, January 30, 2025

11:00am - 12:30pm

REGISTRATION OPENS

12:30pm - 1:30pm

""MIC"" * (*MAXIMAL ID CONTENT:) RECENT UPDATES IN INFECTIOUS DISEASES TRENDS AND TREATMENT"

Timothy P. Lahey, MD, MMSC Infectious disease physician and Director of clinical ethics, University of Vermont Medical Center. Professor of medicine at the Larner College of Medicine, UVM, Burlington, VT.

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review the latest developments in prevention of HIV
 2. Update understanding of the latest infectious diseases outbreaks
 3. Discuss cutting edge topics in infectious diseases
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1:30pm - 2:30pm

""ARE WE GETTING ANY SMARTER?" CONCUSSION EVALUATION AND MANAGEMENT ACROSS MANY SPECIALTIES"

Andrew Perron, MD Associate Dean for Graduate Medical Education (GME), Designated Institutional Official (DIO), Professor of Emergency Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe the scope of the concussion problem.
 2. Identify evidence-based methods for evaluation a concussion acutely.
 3. Identify best practices for concussion recovery and return to school / sport.
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2:30pm - 3:30pm

""VEXING VECTORS" THE EVOLUTION OF TICK BORNE ILLNESSES IN 2025: RECOGNITION EVALUATION AND MANAGEMENT"

Brian Kloss, DO, JD, PA-C Board Certified Emergency Medicine Physician and Assistant Professor, SUNY Upstate Medical University and VA Medical Center, Syracuse, NY

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe well-known and emerging tick-borne illnesses.
 2. Discuss treatment recommendations for mammalian meat allergy and anaplasmosis, two rapidly emerging tick-borne illnesses.
 3. Explain to their patients prevention strategies on tick-borne illness.
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3:30pm - 4:00pm

COFFEE BREAK - VISIT EXHIBITS

4:00pm - 5:00pm

"STAYING ON TRACK" TASK INTERRUPTION IN MEDICINE MUCH MORE THAN AN ANNOYANCE

Andrew Perron, MD Associate Dean for Graduate Medical Education (GME), Designated Institutional Official (DIO), Professor of Emergency Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Discuss the scope of the task interruption problem both in terms of volume and downstream consequences.
2. Describe the negative clinical impact task interruption can cause.
3. Identify some coping strategies to utilize in a high task interruption clinical environment.

5:00pm - 6:00pm

""GOT GUT?" GREAT GI CASES IN PRIMARY CARE: COMMON PROBLEMS WITH UNUSUAL PRESENTATIONS"

Rick Davis, PA-C Physician Assistant Division of Gastroenterology, Hepatology, and Nutrition University of Florida College of Medicine, Gainesville, FL

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Differentiate serologies for viral, autoimmune, and cholestatic liver disease by case-based presentations
2. Review case-based approaches to presentation, diagnosis, and management of chronic esophageal diseases
3. Develop a differential diagnosis and treatment options in elderly patients presenting with chronic diarrhea
4. Discuss in a case-study the approach to abdominal bloating in a young adult patient

6:00pm - 7:00pm

"IT BEGINS NOT WITH A BANG BUT WITH A WHIMPER" THE INSIDIOUS THREAT OF BURNOUT... RECOGNITION AND TOOLS TO MITIGATE

Emily Riemer Health and Healthcare Provider Burnout Coach, Holly Springs, NC

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. List the 3 dimensions of burnout as defined by the World Health Organization
2. Define the extent of burnout in PA population and it's earliest manifestations
3. Relate how mindfulness awareness can 1) reduce stress and burnout for physician assistants, and 2) lead to improved patient interactions.
4. Identify the 3 key factors necessary for practicing mindful awareness successfully.

7:00pm - 8:00pm

WELCOME COCKTAIL HOUR

Join your peers and faculty for a welcome cocktail hour immediately following the last lecture.

Friday, January 31, 2025

7:00am - 8:00am

BREAKFAST

8:00am - 9:00am

"TIA CVA... ARE YOU MIA?" LATEST APPROACHES TO IMAGING MODALITIES AND INTERVENTIONS IN ACUTE STROKE IN 2025

Jillian Belmont, DNP Director of APP Services, University of Vermont Medical Center, Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Identify common and misleading stroke symptoms and the significance of detailed patient history.
 2. Describe the role of accurate diagnosis in guiding specific stroke treatments and review essential diagnostic tests.
 3. Differentiate between stroke causes and discuss contemporary treatment methods, including revascularization.
 4. Explore new stroke rehabilitation techniques and cutting-edge technologies like robotics and nerve stimulation.
 5. Comprehend the effects of post stroke fatigue and mood disorders, and examine management strategies.
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9:00am - 10:00am

"STABILITY CAPABILITY" EVIDENCE BASED TIPS AND TRICKS FOR CRITICAL PATIENTS

Joshua White, MD Emergency Department, Gifford Medical Center, Randolph, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Discuss the latest literature and techniques for airway management in the ED.
 2. Review the latest literature on vasopressors and their utilization in the critical care patient in the ED.
 3. Describe the latest literature on the management of septic shock in the ED.
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10:00am - 10:30am

COFFEE BREAK - VISIT THE EXHIBITS

10:30am - 11:30am

"LIFESTYLE OVER LEXAPRO" IMPRESSIVE EVIDENCE FOR DIET, NUTRITION, AND EXERCISE IN THE MANAGEMENT OF DEPRESSIVE AND COGNITIVE DISORDERS

Jonathan Burgess, MD Psychiatrist, University of Vermont Medical Center, Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe the mechanisms of oxidative stress and neuro-inflammation in relation to depressive and cognitive disorders
 2. Describe how nutrient insufficiencies, deficiencies, and aberrant nutrient-associated genes may impact neurotransmitter production, as well as the production of neuro-inflammatory markers
 3. Describe how global dietary changes improve mood and enhance remission rates from depression and may prevent the risk of cognitive disorders
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11:30am - 12:30pm

"JUST DO IT !" NEW EVIDENCE AND PARADIGMS IN SPORTS MEDICINE THAT CAN CHANGE YOUR PRACTICE

Joshua White, MD Emergency Department, Gifford Medical Center, Randolph, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Discuss the recent literature on concussions, latest recommendations, and impacts on athletes.
 2. Review the recent literature on overuse injuries, particularly in runners, the latest recommendations, and impacts on athletes.
 3. Outline the latest evidence (or lack thereof) on supplements as they apply to athletic performance.
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12:30pm - 3:30pm

FREETIME/LUNCH ON OWN/VISIT EXHIBITORS

1:30pm - 3:30pm

"WORKSHOP 1 (Optional): ""MANAGING BURNOUT BEFORE BURNOUT MANAGES YOU"" PRACTICAL TECHNIQUES AND TOOLS FOR WELLNESS AND CAREER PRESERVATION"

Emily Riemer Health and Healthcare Provider Burnout Coach, Holly Springs, NC

2.0 CE Credits

At the end of this lecture the audience will be able to:

1. Review workplace factors and situations with a positive impact on clinician well-being.
 2. Describe Work System factors of the Systems Model of Clinician Burnout and Professional Well-Being.
 3. Assess areas of individual opportunity for improved well-being in the workplace
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1:30pm - 3:30pm

WORKSHOP 2 (Optional): "IMAGINE BEFORE IMAGING!" PHYSICAL EXAMINATION AND TESTING OF THE POTENTIAL SPINAL COMPLAINT: SORTING OUT THE DIFFERENTIAL

Sarah Britton, MSN, APRN Center for Pain and Spine, Dartmouth-Hitchcock Medical Center, Lebanon, NH

2.0 CE Credits

At the end of this lecture the audience will be able to:

1. Perform sensory examination of the upper and lower extremities as well as identification of the associated nerve.
2. Perform motor testing of the upper and lower extremities along with identification of the spinal nerve associated with tested motor function.
3. perform deep tendon reflex testing of the upper and lower extremities and identify abnormalities that may be associated with upper motor neuron pathology.
4. Identify abnormalities of Babinski, clonus, and Hoffman's, indicative of upper motor neuron pathology.
5. Perform special testing of the cervical and lumbar spine that can suggest nerve root impingement.

3:30pm - 4:00pm

BREAK - VISIT THE EXHIBITS

4:00pm - 5:00pm

""MENTAL HEALTH 911" APPROACH AND MANAGEMENT FOR THE DYSREGULATED PERSON"

Krista Buckley, MD Psychiatrist, Assistant Professor of Psychiatry, University of Vermont Medical Center, Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe the pathophysiology and diagnoses associated with dysregulation
2. Discuss therapeutic approaches to managing acute dysregulation
3. Review treatment to help prevent dysregulation

5:00pm - 6:00pm

""HIP KNEE WITH YOUR BEST SHOT"" WHEN CONSERVATIVE MEASURES FAIL - JOINT REPLACEMENT PRIMER FOR THE PCP"

Alexander Orem, MD, MS Orthopaedics, Dartmouth-Hitchcock Medical Center, Lebanon, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review criteria for joint replacement candidate including same day surgery candidates
2. Analyze optimization of risk factors to construct an effective preoperative assessment
3. Review benefits of newer surgical approaches
4. Discuss best practices for screening complications during the post op period

6:00pm - 7:00pm

"KIDNAPPING" UPDATED SAFE INFANT SAFE SLEEP GUIDELINES AND PRODUCT DANGERS

Rebecca Bell, MD Pediatric Critical Care Physician, Associate Professor, University of Vermont Medical Center, Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review the most updated infant safe sleep guidance from the AAP
2. Discuss the barriers to safe infant sleep practices faced by families
3. Review the new infant sleep product bans and recommendations

7:00pm - 9:00pm

BOARD MEETING

Saturday, February 1, 2025

7:00am - 8:00am

BREAKFAST

8:00am - 9:00am

"LIVER LANGUAGE, NEW ACRONYMS FOR A WHOLE NEW PARADIGM". METABOLIC-DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE (MAFLD) AND METABOLIC DYSFUNCTION STEATOHEPATITIS (MASH)

Rick Davis, PA-C Physician Assistant Division of Gastroenterology, Hepatology, and Nutrition University of Florida College of Medicine, Gainesville, FL

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Explain the pathophysiology of metabolic dysfunction-associated steatotic liver disease (MAFLD) and metabolic dysfunction associated steatohepatitis (MASH) and cirrhosis.
2. Make the diagnose of MAFLD/MASH in a primary care practice and when to refer to a specialist.
3. Recognize the complications of MAFLD/MASH
4. Discuss current and future treatments for MAFLD/MASH

9:00am - 10:00am

"IS THERE A BUTTERFLY EFFECT COMING?" CURRENT CONTROVERSIES IN INTERNATIONAL ADVOCACY THAT COULD CHANGE OUR PROFESSION

David Kuhns, PA-C Emeritus, CCPA- Retired, MPH, DFAAPA

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review current advocacy efforts in Canada, United Kingdom, Ireland, The Netherlands, Australia and New Zealand
2. Highlight current political and professional controversies in those countries
3. Identify international employment opportunities
4. Describe pitfalls and other considerations of working abroad

10:00am - 10:30am

BREAK - VISIT EXHIBITS

10:30am - 11:30am

"MOUD AND CLEAR" A NEW PARADIGM FOR SUCCESS IN OPIATE USE DISORDER

Katie Marvin, MD Medical Director, Lamoille Health Family Medicine, Stowe, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Discuss the importance of and evidence behind medication assisted treatment for OUD
2. Present the philosophy behind a Rapid Access to Medication option in primary care
3. Present a few steps for establishing MAT and RAM in a primary care facility

11:30am - 12:30pm

""SYMPTOM SOLUTION -- IT'S NOT JUST FOR END OF LIFE"" A PALLIATIVE CARE PRIMER FOR PCP'S"

Rachel Gaidys, MD Palliative Care Physician, Central Vermont Medical Center, Berlin, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe the difference between palliative care and hospice
2. Review the roles of palliative care in-patient and out-patient
3. Discuss /prioritize key points in having a palliative care conversation with a patient.

12:30pm - 3:30pm

FREETIME/LUNCH ON OWN

1:30pm - 3:00pm

WORKSHOP 3 (Optional): PICK A PSYCHIATRIST'S BRAIN ON BRAINS: EXPERT Q & A; CASE MANAGEMENT PEARLS FOR PRIMARY CARE MANAGEMENT

Jonathan Burgess, MD Psychiatrist, University of Vermont Medical Center, Burlington, VT

1.5 CE Credits

At the end of this lecture the audience will be able to:

1. Review cases in psychiatry
2. Describe how to envision particular psychiatric phenotypes, combined with therapeutic and psychopharmacologic interventions appropriate for each psychiatric disorder.
3. Compare efficient and accurate ways to communicate differential diagnosis and presenting concern to mental health providers

3:30pm - 4:00pm

COFFEE BREAK - NETWORK WITH YOUR PEERS

4:00pm - 5:00pm

""THE NOSE KNOWS" - RHINOPLASTY IMPROVING FUNCTION AND APPEARANCE; MANAGING REFERRALS AND EXPECTATIONS"

Benoit Gosselin, MD Associate Professor of Surgery, Geisel School of Medicine, Dartmouth, Hanover, NH; Otolaryngology, Dartmouth-Hitchcock Medical Center, Lebanon, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review the functional anatomy of the nose in relation to facial cosmesis
2. Discuss common functional and aesthetic issues affecting patients' quality of life
3. Present pertinent physical findings in relation to rhinoplasty planning
4. Show the steps involved in a rhinoplasty

5:00pm - 6:00pm

"ONE PILL CAN KILL" UNDER-APPRECIATED PEDIATRIC TOXICOLOGY DANGERS YOU CANNOT MISS

Brian Kloss, DO, JD Clinical Associate Professor of Emergency Medicine, Upstate University Hospital, Syracuse, NY

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Identify the value and services provided by the National Poison Control Center, allowing audience members be more confident with the toxicologic examination and reporting of ingestions
2. Review pediatric toxicologic ingestions, with emphasis on the most common pediatric ingestions and their respective management
3. Describe trends in adolescent marijuana use/abuse, as well trends in recognition and management of unintentional infant marijuana intoxication

6:00pm - 7:00pm

BEYOND "BARIATRICS" EVALUATION, REFERRAL & PREPARATIONS FOR METABOLIC AND BARIATRIC SURGICAL PROCEDURES

Megan DeSantis, PA-C Bariatric Surgery, Weight Management, Southern New Hampshire Weight Management, Nashua, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review the definition, epidemiology and classification of obesity
2. Offer and overview of the treatment options of obesity – a continuum of care
3. Discuss the pre-operative screening, educational and pre-optimization pathway for metabolic and bariatric surgical (MBS) procedures

Sunday, February 2, 2025

7:00am - 8:00am

BREAKFAST

8:00am - 9:00am

"FENTANYL & FRIENDS" CURRENT TRENDS AND PRESENTATIONS IN RECREATIONAL SUBSTANCE USE DISORDERS

Brian Kloss, DO, JD Clinical Associate Professor of Emergency Medicine, Upstate University Hospital, Syracuse, NY

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Describe the origin of America's opiate crisis with emphasis on prescription opiates, heroin and fentanyl
2. Recognize and treat acute opiate overdose, as well as the acute and subacute sequelae of opiate abuse and use
3. Identify cutting agents and adulterants added to the opiate supply chain, with emphasis on xylazine

9:00am - 10:00am

"UP LAPAROSCOPE" SPOTTING ACUTE & CHRONIC BARIATRIC SURGICAL COMPLICATIONS

Megan DeSantis, PA-C Bariatric Surgery, Weight Management, Southern New Hampshire Weight Management, Nashua, NH

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review the anatomy of most commonly performed MBS procedures
2. Discuss the signs and symptoms of early and late complications of MBS procedures and next steps for investigations or interventions
3. Review special considerations for the immediate and long term care of the MBS patient

10:00am - 10:30am

COFFEE BREAK - HOTEL CHECK-OUT

10:30am - 11:30am

""THIS AIN'T YOUR GRANDFATHER'S DIABETES" IDENTIFICATION, DIAGNOSIS, AND TREATMENT OF ATYPICAL DIABETES"

Matthew Gilbert, DO., MPH, Associate Professor, Department of Medicine, Division of Endocrinology and Diabetes, Endocrinology and Diabetes Clinic, South Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review of common monogenic forms of diabetes: GCK-MODY (MODY 2) & HNF1A-MODY (MODY 3)
2. Discuss the diagnosis and treatment of latent autoimmune diabetes (LADA)
3. Discuss the diagnosis and treatment of Ketosis-Prone Diabetes
4. Review the treatment of patients with diabetes secondary to pancreatic disease

11:30am - 12:30pm

""IUD...INTRAUTERINE DECISIONS" APPROACH TO PELVIC PAIN IN A PRIMARY AND ACUTE CARE PRACTICE"

Bronwyn Kenny, MD Obstetrician/Gynecologist, Program Director, Women's Services, Assistant Professor, Obstetrics & Gynecology, University of Vermont Medical Center, Burlington, VT

1.0 CE Credit

At the end of this lecture the audience will be able to:

1. Review common causes of pelvic pain in female patients
2. Systematically approach a differential diagnosis of pelvic pain
3. Discuss first line treatment options
4. Review criteria for referral to GYN