

Savannah, GA
Session Note Handouts
May 2-5, 2022

SkinBonesCME.com

DAY ONE – Monday, May 2 Dermatology Lakshi Aldredge, MSN, ANP-BC, DCNP 1.50 APRN Credits 6.5 AMA PRA Category 1 CreditsTM 6.5 ANCC Contact hours

Approach to the Patient with Cutaneous Disorders

Then this session is for you! We will provide a fun and interactive, case-based overview of approaching the patient with a skin complaint. We will review common dermatologic nomenclature, what clues to look for to help nail the diagnosis and provide important tips on managing and educating your patients. This is the "fundamentals in dermatology" session that we all wish we had in our clinical, educational programs!	

Overview of Papulosquamous Disorders

dermatology, including atopic dermatitis, psoriasis, contact dermatitis, and all those under red itchy rashes and bumps! You'll have fun viewing many skin condition images and identifying clinical features to help distinguish one skin rash from another. We will also be providing the latest evidence-based guidelines on common conditions so you will be fully updated and "in the know"!

Infectious Disorders of the Skin (Rx=0.5) This session will provide you with a comprehensive overview on the management of common

bacterial, viral and fungal cutaneous conditions from Impetigo to Lyme Disease. Wondering if you need to do a biopsy or send a tissue culture or bacteria swab? We'll provide you with the latest updates on the most appropriate tests to obtain the correct diagnosis. We will also be updating you on the latest information on the cutaneous manifestations of the COVID-19 virus and treatment management.	
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-
	-

What's New in the Dermatology Drug Cupboard? (Rx=0.75)

Confounded by that pesky skin rash? What to do with that skin infection? This session will go you the most up-to-date, evidence-based guidelines for the treatment of common skin condit We will review therapeutic classes of topical and systemic medications, treatment parameter monitoring guidelines, and patient teaching pearls. You'll leave this session feeling confider and prepared to treat the most challenging dermatologic conditions.	tions. rs,

Diagnostic Dilemmas in Dermatology (Rx=0.25)

Put your knowledge to practice in this fun and interactive case-based session. We will pressome common and not-so-common clinical cases of dermatological dilemmas and help you with the best answer. Grab your Sherlock Holmes hat and magnifying glass and prepare pleasantly puzzled!	u come

DAY TWO – Tuesday, May 3
Orthopedics
Gerald Weniger, PhD, ATC, PA-C
0.5 APRN Credits
6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

Not Just Child's Play: A Review of Pediatric Orthopedics

Salter-Harris classification? Do you remember the differences between a slipped capital femore epiphysis and Legg-Calve-Perthes disease? This presentation will review these pediatric musculoskeletal conditions as well as osteochondritis dissecans, apophysitis, various fracture patterns, and more.	al

Don't Shoulder the Burden: Demystifying Physical Exam of the Shoulder

wrist, foot, or ankle. But for some reason, evaluation of shoulder pain is often more daunting. SLAP tears? Hawkins-Kennedy Test? Bankart tears? O'Brien's Test? This presentation will help you make sense of all the orthopedic acronyms and eponyms so that you can more confidently evaluate a patient with shoulder pain. Useful special tests will be explained and demonstrated.	
	_

We'll Give You a Hand: Wrist & Hand Pathologies You May Be Missing

conditions like carpal tunnel syndrome, wrist sprains, and trigger finger. But what about more obscure pathologies? This presentation will review less common musculoskeletal conditions of the hand and wrist such as Keinbock's disease, mallet finger, Jersey finger, skier's thumb, scaphoid fractures, and more.

Keys to the Knee: Simplifying Evaluation of the Knee

test or anterior drawer? Is McMurray's test still clinically useful? What is a Thessaly test? This presentation will discuss these special tests and more; while making sense of a musculoskeletal exam of the knee. Special attention will be directed towards acute and degenerative meniscus tears, and when referral to orthopedics is prudent.

Get a Leg Up on Musculoskeletal Pharmacology (Rx=0.5)

Are you running out of options for treating joint and muscle pain? Have NSAIDS and acetaminophen stopped working? Ready to lessen your use of opioids? This presentation will review alternative medications for MSK pain. It will also provide an introduction to joint injections such as hyaluronic acid injections, platelet-rich plasma therapy, and other emerging procedures.

DAY THREE – Wednesday, May 4 Cardiology & Emergency Medicine Leslie Davis, PhD, RN, ANP-BC, FAANP, FACC, FAHA, FPCNA

2.25 APRN Credits

6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

Spot that Rhythm: 12 Lead ECG Interpretation (Part 1)

with the images on the printed copy of the 12 lead ECG. You will learn which two leads are the most useful to determine rate and rhythm. By the end of the first session, you will be a pro at on the-spot interpretation of the underlying heart rate and rhythm.

Turned to the Side, Slower, Wider, What's Wrong: 12 Lead ECG Interpretation (Part 2) In this session, you will learn what is meant by axis, including likely causes and significance of

an axis deviation, if present. You will use the "eyeball test" as one of the three ways to determine if left ventricular hypertrophy is present on a 12 lead ECG. You will get hands-on practice using a systematic approach to determine the difference between a right versus left bundle branch blocks in ECGs with wide QRS waves.

Spot that Heart Attack: 12 Lead ECG Case Studies

infarction in case studies of 12 lead ECGs. You will get hands-on practice in interpreting case studies to apply the knowledge gained. After this session, you will be able to recognize acute ischemia like a pro.	
	_
	_

Stop the Stroke, Prevent the Bleed in Patients with Atrial Fibrillation (Rx=1.0)

In this session, you will utilize evidence-based risk stratification scoring tools to determine whether your patient with atrial fibrillation needs chronic anticoagulation to prevent stroke while considering the likelihood of bleeding. We will compare newer versus traditional anticoagulation options to stroke prevention, even for those with chronic kidney disease. The discussion will conclude with reviewing a systematic approach to managing bleeding, including the use of newly approved reversal agents, as appropriate, in patients on chronic anticoagulation

Ref and Pef: The Not So Identical Twins of Heart Failure (Rx=1.25)

The treatment of patients with heart failure (HF) has become very complex, including figuring out how to optimize guideline-directed medical therapy for patients with HF with reduced ejection fraction and HF with preserved ejection fraction. In this session, we will cover the latest treatment guidelines for treating adults with both types of HF. We will review how to start and titrate optimal medical therapy, including traditional baseline therapy and two new classes of medications. You will learn strategies for how to overcome barriers to medication titration from an expert in the field, including which circumstances would trigger a referral to a HF specialist. Templates for conducting phone visits (within 72 hours) and clinic visits (within 7-10 days) for those hospitalized for HF will be shared for immediate use in your clinical practice. Patient education resources and a user-friendly app for health care providers will also be shared.

DAY FOUR – Thursday, May 5
Women's Health
Nisha McKenzie, PA-C, CSC, NCMP, IF
1.75 APRN Credits
6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

LARCs: Use of Contraception Across the Lifespan (Rx=0.5)

in the month should they start? And what are some of the reasons you might NOT begin them This talk will walk you through the long-acting reversible contraceptive options, risks, benefits and efficacy, as well as placement and removal techniques. We'll go through case studies with twists and turns representative of what we see in real life.		

LGBTQIA+ Informed Health Care: Making Sense of the Letters

non-biased healthcare to members of the LGBTQIA+ community. We will work through language as it applies to the LGBTQIA+ community and the additional risks and apprehensions members of this community face in relation to healthcare.	

The "S" Word: Demystifying Female Sexual Health (Rx=0.5)

Female sexual health is given very little time within medical training. Here we will discuss the science behind female sexuality and address the fact that it is not merely a light version of male sexuality. For decades women have asked their medical providers to "clean out the cobwebs" while doing pelvic exams. This cry for help often remains unanswered due to, well due to so many factors – lack of time, lack of training, lack of available resources, discomfort, or bias within the topic of sexuality. Let's debunk some of the myths. Open and transparent talk about female sexuality and how we can address this to help our patients within our daily practice.	
	_
	_
	_
	_
	_
	_
	_
	_

V is for Vagina, Vestibule, Vulva - And All Things Amazing (Rx=0.5)

for cancer. We are going to take a pause at these important layers discussing dermatologic disorders, vulvar and vestibular pain disorders, and recurrent vaginal infections. We will go through recognition, evaluation, and treatment of all disorders of the V!

From Menstrual Disorders to Menopause (Rx=0.25)

The span of time between menarche and menopause can be fraught with complications, from n bleeding to irregular bleeding, to heavy bleeding and all things between. PCOS, Endometriosis Primary Ovarian Insufficiency, and PMS/PMDD are just a few of the things we will cover. Lea how to recognize and treat some of the most common menstrual disorders, as well as how to address some of the most common symptoms people endure as they approach and walk-throug menopause.	