

Pensacola Beach, FL Session Note Handouts May 21-24, 2024

SkinBonesCME.com

DAY ONE – Tuesday, May 21

Dermatology

Gina Mangin, MPAS, PA-C

2.0 APRN Credits

6.5 AMA PRA Category 1 CreditsTM

6.5 ANCC Contact hours

Connect the Dots: What Is That Spot?

Melanoma awareness has increased over the last 10-15 years, and patients are paying attention to their "spots." But what are all the spots that can develop on the skin? Can you name that spot? During this session, attendees will be shown the most frequent benign lesions and "spots" seen during a routine skin exam. Treatments, procedures, and techniques to remove the "spots" will also be reviewed and discussed.

Bippity Boppity Boo Get Me Ready for My Zoom! (Rx=0.50)

looking at themselves. This session will review the most common rashes and complaints a dermatologist will see on patients' faces. But, most importantly, the treatments used to clear their faces will be detailed to have our patients "zoom" ready. Now, let's not forget the number one thing our patients notice wrinkles. We will discuss the treatment of neurotoxins that help keep our patients looking youthful and refreshed. Conditions such as acne, rosacea, perioral dermatitis, Seborrheic dermatitis, pityriasis alba, and lupus will be discussed. The number one cosmetic procedure, injection of neurotoxins, will also be detailed.	

The Three S's of Dermatology: Skin Cancer, Sunshine, and Sunscreen (Rx=0.50)

I live in Florida, the sunshine state, and the majority of Floridians love the sun. But what can the sun causeskin cancer! The diagnosis and management of actinic keratoses, SCC, BCC, and melanoma will be reviewed, discussing surgical and topical options for patients. A summary of the effects of UV radiation on the skin will be discussed, along with a deeper dive into sunscreen. Is sunscreen safe? The questionable myths about sunscreen use and applications will be answered and outlined.

Tinea or Not? (Rx=0.50)

Participants will be shown pictures of two rashes, one a tinea and the other a non-tinea rash. I will review the clinical presentation of cutaneous tinea infections and the common rashes mistaken for tinea. Common Tinea infections reviewed; Tinea Corporis, Tinea Manun, Tinea Faciei, Tinea Versicolor, Tinea Unguium, Intertrigo, Tinea Capitis, Tinea Crusis, and Tinea Incognito. Treatment options for tinea will be reviewed and detailed.

What Is That Itch? (Rx=0.50) The first question we ask a patient with a rash is if it itches. The next question our patient asks

is, what is causing that itch? This session will review the common dermatological that commonly cause itch and drive our patients madly insane with that itch. The rashes includes Lichen Planus, Scabies, Dermatitis Herpetiformis, Atopic Dermatical Pemphigoid, Urticaria, ID reaction, Stasis Dermatitis, Prurigo Nodularis, and Tra Acantholytic Dermatosis.	al conditions e presentation of titis, Bullous

DAY TWO – Wednesday, May 22 Orthopedics Zach Lerner, DNP, ARN 2.0 APRN Credits 6.5 AMA PRA Category 1 CreditsTM 6.5 ANCC Contact hours

Feeling Alright: Pain Management of Orthopedic Patients' Part 1 (Rx=0.25)

related to orthopedic conditions. We will review basic and focused exams as well as what imaging and labs to order and when it is appropriate; highlight common associated diagnoses, discuss a variety of appropriate treatment options ranging from manual therapy to pharmaceutical and interventional therapy and review some cases of what you might see in a clinical setting. The goal of both parts 1 and 2 will be to obtain some level of provider comfort in specialty and non-specialty settings when dealing with patients suffering from orthopedic pain.

Feeling Alright: Pain Management of Orthopedic Patients' Part 2 (Rx=1.0)

This lecture will build on part one of this two-part lecture. We will focus more on pharmacological treatments and highlight the importance of the PDMP, knowledge of opioid equivalency, and safer non-opioid treatment options for patients suffering from both post-operative and chronic pain. We will also discuss the hot topics of a variety of different opioid alternatives including the risks of serotonin syndrome and how these can all apply to treating
patients with orthopedic pain.

Practice Makes Better: Case Studies in Orthopedics (Rx=0.25)

They say practice makes perfect, but, in this case, we are just working on getting better at clinic evaluation and decision-making for patients with orthopedic problems. Therefore, we will review a selection of cases to help increase the comfort level of orthopedic presentations that are both common and rare. The cases will range from entry-level to difficult and hopefully get your thoughts flowing and your problem-solving going. Ultimately this should help providers evaluate and break down a case to help patients obtain better clinical outcomes.

"Back" to Basics: Managing Back Pain in the Orthopedic Patient (Rx=0.25)

While back pain can sometimes be a nerve-racking chief complaint, we see on the chart; it does not have to be. This lecture will discuss risk factors, causes, examination, and identification of common orthopedic back presentations ranging from mild to emergent. We will also discuss appropriate diagnostic testing and labs as well as a variety of appropriate treatment options. The goal of this lecture is to help give providers a better comfort level so that they can bring more comfort to patients presenting with low back pain.

On the Road Again: Recognition and Management of Common Orthopedic Injuries of the Foot and Ankle (Rx=0.25)

to get around. This lecture will cover common orthopedic injuries of the foot and ankle. We will review the sometimes difficult and confusing foot and ankle anatomy, discuss a variety of injuries that often present to primary or urgent care, and formulate an understanding of basic treatment plans that will hopefully get our patients back "on the road again."	n

DAY THREE – Thursday, May 23 Cardiology/Emergency Medicine Margaret Bowers, DNP, FNP-BC, AACC, CHSE, FAANP, FAAN

1.25 APRN Credits

6.5 AMA PRA Category 1 Credits[™]
6.5 ANCC Contact hours

Making the Most of a Cardiac-Focused Telehealth Visit

ehealth visit. Using a case study approach, you will learn how to complete components of a rdiovascular exam in the virtual environment while leveraging technology.

Hdl, Ldl Cholesterol Oh My! (Rx=0.50)

This session will cover pharmacologic treatments for different components of a lipid panel. Using a case-based approach, we will review treatment options for diverse clinical situations, including patients who are "intolerant/allergic" to specific treatments. Finally, we will discuss various pharmacologic options for treating dyslipidemia.		

Urgent Cardiac Situations: What Not to Miss!

setting. The discussion will focus on high-risk low volume events such as acute coronary syndrome, spontaneous coronary artery dissection, aneurysms, and hypertensive emergencies. The focus will be on the subtle and not-so-subtle signs and symptoms that may indicate the potential for decompensation.	

I Got Rhythm, or Not- Managing Atrial Fibrillation (Rx=0.25)

sing a case-based approach, you will learn about pharmacologic strategies for antities and rhythm control, and when to refer to cardiology for advanced interventions	icoagulation,

Replacing "Failure" With "Function" in Heart Failure Management (Rx=0.50)

During this session, you will learn about the latest evidence-based guidelines for managing hear failure with reduced, mildly reduced, and preserved ejection fractions. In addition, the Pharmacokinetics and dynamics of the newest medications will be covered, as well as best practices for titration of guideline-directed medical therapy.

DAY FOUR– Friday, May 24 Women's Health Aleece Fosnight, PA-C, CSC-S, CSE, NCMP, IF 0.50 APRN Credits 6.5 AMA PRA Category 1 CreditsTM 6.5 ANCC Contact hours

Fast Facts - Updates for Prevention and Screenings

Confused about what you should do and when? This session will bring concise guidelines and top need-to-know points on prevention screenings for cervical cancer, breast cancer, colon cancer, STIs, mental health, sleep, intimate partner violence, osteoporosis, contraception, and more! Plus - we will cover vital screenings for special populations, including gender non-conforming, trans-identified, and queer folx.

All "V" Things: Vulva, Vestibule, and Vagina

pelvic exam to performing quick and efficient assessments, participants can apply guiding principles to real-life case examples. In this session, audience members will leave with a "V" manual for diagnosing and treating abnormal discharge, pelvic pain, dryness, itch, and skin changes.	

Hot and Heavy Topics

Are you a true patient advocate? During this presentation, we will tackle tough conversations around medical providers' implicit and explicit bias - fatphobia, transphobia, ageism, racism, sexism, ability, and slut-shaming. These behaviors perpetuate systemic discrimination and lead to patient barriers in healthcare. Apart from awareness, this session will discuss examples of actions that medical providers can take immediately to mitigate the effects of implicit bias.

SEX - Inclusive Encounters

sexuality is essential for empowering patients to voice their needs and smash societal sexual shame. During this session, we will discuss the essentials of taking a sexual history, PrEP counseling, what is sex, what are the types of sex people are having, and biopsychosocial influences to the sexual response cycle. And we can't forget discussions around optimizing sexual function for desire, arousal, and orgasm.

The Menopause Playbook (Rx=0.50)