

Orlando, FL Session Note Handouts June 3-6, 2024

SkinBonesCME.com

DAY ONE – Monday, June 3

Dermatology

Kara Roman, MMS, PA-C

1.50 APRN Credits

6.5 AMA PRA Category 1 CreditsTM

6.5 ANCC Contact hours

Dermspeak Jeopardy-Style: Review the Lingo of Lesions and Rashes This fast-paced game show version of visual diagnosis will help set the stage for a day of

reviewing dermatologic conditions. By reviewing lesion morphology and distribution patterns, participants will be able to sharpen their skills and gain confidence in making these important diagnoses. Case presentations will stimulate discussion along with hundreds of interesting dermatologic images to assist in disease recognition. Don't miss this opportunity to refine your ability to quickly and confidently diagnose dermatologic disease and have some fun as you start your day.	

Tackling Topical Therapies and Routine Skin Care (Rx=0.50)

"If it is wet, dry it; if it is dry, wet it; and if you don't know what to do, put a steroid on it." Dermatologic pharmacology is not so simple. Many topical medications are utilized in primary care to manage conditions ranging from xerosis to contact dermatitis to cutaneous infections. The proper preparation, amount, and duration of therapy should be considered to be used most effectively. This presentation will help the primary care provider make sense of the various commonly prescribed topical medications, including topical corticosteroids, anti-infective agents, emollients, and several new agents that have recently become available. Medication dosing and safety will be addressed, as well as pearls and practical pointers for the most effective use of these products. Learn the what, when, and how of dermatologic pharmacology. This session will conclude with practical tips for taking care of the skin, from cleansing to moisturizing and skin cancer prevention.

Bites, Stings, and Other Itchy Things (Rx=0.50)

productyou get a rash, and it itches. When an allergen is responsible for triggering the immur system, an allergic skin condition is a result. Allergy-mediated skin manifestations can be superficial, like contact dermatitis or urticaria, or can lead to more systemic reactions, such as toxic epidermal necrolysis or anaphylaxis. Participants in this session will review the common skin findings in several allergic and pruritic conditions and the diagnostic testing and management strategies that will improve the skin's look and potentially save lives.

An Update on Skin and Soft Tissue Infections (Rx=0.50)

The skin is a great line of defense, but it is not always perfect at keeping out microbial invaders. When microbes invade, infection ensues. The epidemiology and clinical presentations of common skin infections, including tinea (capitis, corporis, pedis, cruris, unguium), HPV, molluscum, cellulitis, and abscesses, will be reviewed in this session. The differential diagnosis and methods for confirming diagnosis based on clinical presentation will be discussed and recommended treatment options for each type of infection will be specified.

Inside Out – Dermatologic Manifestations of Systemic Disease

even malignant conditions. Our job is to recognize the signs that make us dig deeper for the diagnosis. Cases and images will ensure you feel confident that you will not miss these importa internal medicine manifestations. This session will confirm the saying, "It's more than skin deep."	

DAY TWO – Tuesday, June 4
Orthopedics
Laurel Short, DNP, FNP-C, AQH
0.50 APRN Credits
6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

Mastering Your Musculoskeletal Exam

Musculoskeletal (MSK) problems are in the top reasons for primary care visits. Over half of chronic medical conditions in the United States are related to MSK diagnoses. These conditions are a leading cause of disability, resulting in both individual and societal burden. Achieving confidence with your head-to-toe musculoskeletal exam is the first step in diagnosing and managing MSK issues. This interactive session will provide a solid foundation for optimizing orthopedic care in the primary care setting. Emphasis will be placed on practical options for multimodal pain management in your busy practice setting.	
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Mastering Your Musculoskeletal Exam (cont'd)

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Key Strategies for Pharmacologic Migraine Management (Rx=0.50)

Did you know migraine is one of the top 10 causes of disability worldwide? It is often the disability from migraine attacks that compromises quality of life, this condition both a pain problem and a life problem. This presentation will use a case-based approach to illustrate hos clinicians can best utilize the current pharmacologic options for acute and preventive migrain reatment. Attendees will gain confidence with the current diagnostic criteria for episodic and chronic migraine understand mechanisms of action for newer migraine-specific CGRP antagenedications.	ne id

Relative Energy Deficiency in Sport

RED-S refers to Relative Energy Deficiency in Sport, and despite the term being developed nearly a decade ago there is significant unawareness of the condition among providers.
Previously called the Female Athlete Triad, it is characterized by low energy availability due to a calorie deficit. The condition was developed in 2014 by the International Olympic Committee and can affect both males and females, including elite and recreational athletes. It can lead to irreversible damage, impairing almost every system in the body if left untreated. RED-S often goes unrecognized until drastic injury or mental collapse occurs. This session will review the definition, how to recognize early signs and symptoms, and multimodal treatment strategies to keep athletes of all ages healthy and nourished.

The Three Common Mistakes in Spine Assessment

Is it a shoulder issue or neck problem? It is pain related to the lumbar spine or hip? These are common challenging scenarios for the primary care provider. There are many etiologies for neck and back pain, and often symptoms resolve with conservative measures. This session will focus on history and exam findings that allow for accurate diagnosis of neck and low back pain. Teaching approaches include exam demonstration, when to consider diagnostic testing, and comprehensive treatment plans. Discussion will include use of both pharmacologic and non-pharmacologic modalities.

DAY THREE – Wednesday, June 5
Cardiology/Emergency Medicine
Sarah Schettle, PA-C, MS, MBA
0.50 APRN Credits
6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

"Take On Me": A Cardiology Primer

This session will provide an overview of cardiology basics to refresh and bring to mind important concepts to help distinguish between "normal" and "abnormal" and understand basic anatomy and physiology concepts in cardiology.	3

"Beat It": Understanding Arrhythmias

This session will review the appearance of common arrhythmias and concerning arrhythmias, identify key aspects to look for to distinguish between arrhythmias, and discuss intervention strategies to consider.

"Under Pressure": How to Manage Hypertension (Rx=0.25)

recommendations for hypertension, and discuss monitoring recommendations such as labs to be obtained as medications are titrated.		

"Every Little Thing She Does is Magic": Cardiac Murmurs Demystified

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"Billie Jean Is Not My Cardiologist": How to Manage the Heart Failure Patient (Rx=0.25)

This session will delve into the different types of cardiomyopathies, different stages of heart failure, interventions to consider, and management strategies for the heart failure patient.

DAY FOUR- Thursday, June 6 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

Let's end the STIGMA! Creating a safe space for inclusive conversations around healthy 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)

Ready to arm your patients with play-by-play strategies to take on menopause? With the number of menopausal women reaching 1.1 billion worldwide by 2025, medical providers must be prepared to have conversations supporting individuals in perimenopause and beyond. This metamorphosis leads to more than just hot flashes. So, let's talk about the real symptoms that deserve real conversations. In this session, we will also explore hormonal supportive therapy, non-hormonal medications, and alternative modalities for taking a holistic approach to reframing the menopausal transition.