

Virginia Beach, VA
Session Note Handouts
August 6-9, 2024

SkinBonesCME.com

DAY ONE – Tuesday, August 6

Dermatology

Kristin Rygg, PA-C

1.5 APRN Credits

6.5 AMA PRA Category 1 CreditsTM

6.5 ANCC Contact hours

Red and Bumpy and Dry Oh My! (Rx=0.50)

what's on their face? What to do when it's not just ache. This session will cover the diagnosis and treatment of frequently seen facial conditions, including ache, rosacea, cysts, and facial dermatosis. In addition, pityriasis alba, perioral, lid, lip, and seborrheic dermatitis will also be reviewed.

It's Not Just a Base Tan

What are the long-term consequences of baby oil, tanning beds, and a lack of SPF? You guessed itskin cancer! It's the most common cancer in the US, and statistics show that 1 in 5 will develop skin cancer in their lifetime. This session will look at the most common skin cancers, and a few must not miss diagnoses. We'll review actinic keratosis, BCC/SCC, Melanoma, Extramammary Paget disease, and CTCL.

But, Is It Contagious? (Rx=0.50)

Contagious or not?! Does your patient need to avoid friends, family, or sexual partners? This session will look at common skin conditions patients present with and frequently wonder if they are contagious. Pityriasis Rosea, Condyloma, Zoster, Herpes, Hidradenitis Suppurativa, and plan dermatitis will be reviewed.				

I'll Take Spots for 400 This session will look at common and not-so-common skin spots to help aid you in their

diagnosis, treatment and refer to dermatology as warranted. This lecture will focus on identifying and treating benign lesions, including hemangiomas, SKs, LPLKs, Molluscum, Warts, Nevi, acrochordons, café o lait, and blue nevi.

Let's Make a Rash Decision (Rx=0.50)

you put that steroid? This session will look at the diagnosis and treatment of several common rashes and skin conditions to help relieve your patient and get you to happy hour on time. This session will include irritant and allergic contact dermatitis, eczema, psoriasis, tinea infection, scabies, drug eruptions, and life-threatening rashes. We will also review the basics of steroid use including what, when, and where to use it.

DAY TWO – Wednesday, August 7
Orthopedics
Gerald Weniger, PhD, ATC, PA-C
0.25 APRN Credits
6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

Knock Their Socks Off: Foot & Ankle Pathologies You May Be Missing

planter fasciitis, lateral ankle sprains, and Achilles tendinitis. But what about more obscure foot and ankle pathologies? This presentation will review less common musculoskeletal conditions of the foot and ankle such as Morton's neuroma, Lisfranc injuries, Achilles tendon rupture, and syndesmosis (high ankle) sprains. Often neglected principles for treating inflammation will also be covered.

All Hands-on Deck: Atypical Hand, Wrist, & Finger Injuries

Most clinicians are familiar with the evaluation and treatment of common hand and wrist 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, UCL tears, and more.

A Shoulder to Lean On: Simplifying Evaluation of Common Shoulder Problems

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.

Everything You 'Kneed' to Know: Making Physical Exam of the Knee More Clear Evaluation of the knee has changed and evolved over the years. Do you perform a Lachman's

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

Not the Standard of Care: ED Case Studies in Medical Malpractice (Rx=0.25)

accepted norm review severa Compartment	ns of medical problems of	actice and cau tudy scenario Imonary embe	uses injury to s in orthoped olus? Oh my	the patient. lics and emer ! Avoid futu	This presentagency medici	tion will ne.

DAY THREE – Thursday, August 8 Cardiology/Emergency Medicine Margaret Bowers, DNP, FNP-BC, AACC, CHSE, FAANP, FAAN

1.25 APRN Credits

6.5 AMA PRA Category 1 CreditsTM
6.5 ANCC Contact hours

Making the Most of a Cardiac-Focused Telehealth Visit

In this session, participants will learn how to get the most out of completing a cardiac-focus telehealth visit. Using a case study approach, you will learn how to complete components o cardiovascular 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!

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

ing this session, you will learn about treatment options for patients with atrial fibrillation. It is a case-based approach, you will learn about pharmacologic strategies for anticoagulation and rhythm control, and when to refer to cardiology for advanced interventions.	,

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 hea 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.	ırt

DAY FOUR – Friday, August 9 Women's Health Nancy Berman, MSN, ANP-BC, NCMP, FAANP 1.25 APRN Credits 6.5 AMA PRA Category 1 CreditsTM 6.5 ANCC Contact hours

Treasure the Bones: Osteoporosis and Fracture Prevention Strategies in Men and Women: Part 1 (Rx=0.50)

This session will introduce a comprehensive approach to the identification of women and men at risk for fracture based on bone densitometry and their 10-year fracture risk using the FRAX calculation. There will be a discussion on who should be screened and then interpretation of results of the bone density and FRAX calculation. There will be discussion of the approach to patients based on whether they are at high or very high risk for fracture. In session part 1, there will be a discussion of the initial workup of patients, non-pharmacologic therapy, and initial therapy of the osteoporotic patient at high risk for fracture with pharmacologic therapy. Treatment of patients at high risk due to therapy such as aromatase inhibitors and androgen deprivation therapy will be discussed. Case studies will be presented for managing osteoporotic patients at high risk for fracture.

Treasure the Bones: Osteoporosis and Fracture Prevention Strategies in Men and Women: Part 2 (Rx=0.25)

This session will review the approach to patients who are at very high risk for fracture based on their bone density or FRAX calculation. This will include discussion of sequencing of pharmacologic therapy with bone building anabolic agents followed by maintenance with anti-resorptive agents. Current controversies will be discussed including long-term use of bisphosphonates, adverse events including osteonecrosis of the jaw (ONJ) and atypical subtrocanteric femur fractures and drug holidays. Concerns about discontinuation of rank ligand inhibitors and the risk for a rapid increase in vertebral fractures will be discussed. Case studies will be presented for managing osteoporotic patients at very high risk for fracture.

Menopause Magic: Learn Tricks for the Management of Women at Midlife and Beyond (Rx=0.50)

This session will provide the attendee with an overview of the menopause transition into the post-menopause with an emphasis on symptom management. There will be an update on guidelines for hormone therapy including issues of long-term use and use after the age of 65. The concept of a window of opportunity for treating women early in the post menopause with less cardiovascular risk than older women will be discussed There will be discussion of FDA approved hormonal and non-hormonal therapy and dietary supplement options for the treatment of hot flashes. There will be a discussion of the identification and treatment of the genito-urinary syndrome of menopause (GSM). Case studies will be utilized to provide clinical management decision-making.

Capture Current Cervical Cancer Prevention Guidelines: New Screening and Risk-Based Management

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Cervical cancer prevention has changed significantly in recent years with less frequent screening and the addition of HPV testing as a stand-alone test along with the option for the Pap and HPV test together as cotesting. This session will review the appropriate use of Pap testing, the rationale for HPV testing along with the Pap (co-testing) in women 30 and older and the use of HPV testing as a primary screen (stand-alone test) in women 25 and older by two of the FDA approved HPV tests. There will be a discussion of the new American Cancer Society Guidelines for screening and a review of the new 2019 ASCCP Risk-Based Management Consensus Guidelines for management of abnormal screening and subsequent follow-up with case studies. These guidelines are a shift from results-based to risk-based management relative to the risk of an existing CIN 3 (pre-cancer).

Alphabet Soup: AUB and PALM COEIN for Systematic Diagnosis and Management of Abnormal Uterine Bleeding

Abnormal uterine bleeding (AUB) presents due to both structural and non-structural reasons and AUB is a symptom and not a diagnosis. This session will review a systematic approach to the identification and classification of AUB, leading to a diagnosis using the Palm-Coein classification system. This system allows the clinician to assess structural diagnoses including polyps, adenomyosis, leiomyoma, and malignancy. Non-structural diagnoses include coagulopathy, ovulatory dysfunction, endometrial, iatrogenic, and not yet classified. There will be a review of the appropriate workup and the subsequent options for management of AUB, including both medical and surgical interventions. This will include symptom management and use of newer GnRh antagonists for heavy menstrual bleeding due to fibroids. These agents expand the options for management by the NP and PA in practice before referral to gynecology for possible surgical entities including myometemy, and material ablation, and hysterostomy.
for possible surgical options including myomectomy, endometrial ablation, and hysterectomy.