

San Antonio, TX
Session Note Handouts
October 8-11, 2024

SkinBonesCME.com

DAY ONE – Tuesday, October 8

Dermatology

Kristin Rygg, PA-C

1.5 APRN Credits

6.5 AMA PRA Category 1 CreditsTM

6.5 ANCC Contact hours

I'll Take Spots for 400 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.	

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 plandermatitis will be reviewed.	

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

and treatment of frequently seen facial conditions, including acne, rosacea, cysts, and facial dermatosis. In addition, pityriasis alba, perioral, lid, lip, and seborrheic dermatitis will also be reviewed.	

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

It's Friday at five, and your patient is red and itchy. What do you do? When, what, and where do 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 us including what, when, and where to use it.	
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DAY TWO – Wednesday, October 9
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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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 how clinicians can best utilize the current pharmacologic options for acute and preventive migraine treatment. Attendees will gain confidence with the current diagnostic criteria for episodic and chronic migraine understand mechanisms of action for newer migraine-specific CGRP antagon medications.	

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 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 nec 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 – Thursday, October 10 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

telehealth visit. Using a case study approach, you will learn how to complete components of a 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! (Rx=0.25)

This session will address urgent cardiac situations that should not be missed in a primary care 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)

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

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

failure with red Pharmacokineti	ation, you will lead uced, mildly reduces and dynamics ration of guideling	uced, and pres of the newes	served ejectio t medications	n fractions. In a will be covered	addition, the	

DAY FOUR – Friday, October 11 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

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.	
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All "V" Things: Vulva, Vestibule, and Vagina Let's expose the truth about all things "V"! From learning the nuts and bolts of a consensual

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 fough conversations around medical providers' implicit and explicit bias - fatphobia, transphobia, ageism, racism, exism, 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.	
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The Menopause Playbook (Rx=0.50)

Ready to arm your patients with play-by-play strategies to take on menopause? With the numbe 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.					