

# 41st Annual Winter CME Conference

## Event Agenda

Thursday, January 18, 2024 at 12:00pm ET - Sunday, January 21, 2024 at 12:30pm ET

**i** All times listed in Eastern Time (US & Canada).

### Thursday, January 18, 2024

11:30am - 12:30pm

**REGISTRATION OPENS - LUNCH ON YOUR OWN**

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12:30pm - 1:30pm

**AND IT'S BEEN DOWN HILL SINCE THEN? THE EVOLUTION OF HEALTHCARE ON THE HEELS OF THE PANDEMIC - THE GOOD, THE BAD, AND THE ULGY**

JOSHUA WHITE, MD

1.0 CE Credit

OBJECTIVES:

1. Discuss the current challenges in the healthcare system
  2. Describe systemic drivers behind some of these challenges
  3. Identify systemic drivers behind some of these challenges
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1:30pm - 2:30pm

**NOT SO HARD TO SWALLOW: NEW THERAPIES FOR ESOPHAGEAL DISEASES**

RICK DAVIS, PA-C

1.0 CE Credit

OBJECTIVES:

1. Describe new endoscopic therapies for Zenker's diverticulum and achalasia with per oral endoscopic myotomy vs. surgery
  2. Discuss new treatments for GERD including oral potassium-competitive acid blockers (p-CAB's) and endoscopic trans oral incision-less fundoplication (TIF)
  3. Examine new therapies for eosinophilic esophagitis
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2:30pm - 3:30pm

**LIFE THREATENING WEAKNESS: CAN'T MISS DIAGNOSIS THAT DO GET MISSED**

ANDREW PERRON, MD

1.0 CE Credit

OBJECTIVES:

1. Identify some emergent causes of global weakness that present to the ER
  2. Describe how to rule out life-threatening causes of weaknesses
  3. Apply the emergent treatment of life-threatening causes of weaknesses
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3:30pm - 4:00pm

**COFFEE BREAK AND MEET THE EXHIBITORS**

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4:00pm - 5:00pm

**PRINCIPLES TO AVOID THE PRINCIPAL: A CMO'S PERSPECTIVE ON HOW TO "STAY ABOVE THE FRAY"**

JOSHUA WHITE, MD

1.0 CE Credit

OBJECTIVES:

1. Identify common reasons providers find themselves facing disciplinary action
  2. Identify the behavioral drivers behind those situation
  3. Make changes in their own practice to avoid disciplinary meetings
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5:00pm - 6:00pm

**SHOULD I STAY OR SHOULD I GO? TURNING INPATIENTS INTO OUTPATIENTS: WHEN, WHAT, AND WHERE?**

ANDREW PERRON, MD

1.0 CE Credit

OBJECTIVES:

1. Describe the evidence based decision rules for outpatient treatment of PE
  2. Discuss the limitations of pneumonias prediction scores
  3. Describe what the HEART score does and does not tell you
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6:15pm - 9:00pm

**WELCOME RECEPTION - ORVIS FLAGSHIP STORE**

Join us for an evening of networking, shopping, food & drink, while experiencing all Orvis has to offer.

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Friday, January 19, 2024

7:00am - 8:00am

**BREAKFAST & MEET THE EXHIBITORS**

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8:00am - 9:00am

**SH\*T STORM? EMERGING TRENDS IN DIAGNOSIS/PREVENTION/MANAGEMENT OF C. DIFFICILE COLITIS**

RICK DAVIS, PA-C

1.0 CE Credit

OBJECTIVES:

1. Demonstrate best testing for the diagnosis of C.difficile infection and initial therapies
  2. Discuss recent FDA-approved Live Biotherapeutic Treatments (LBTs) for recurrent C.difficile infection
  3. Recognize which patients to consider for treatment with a C.difficile toxin B monoclonal antibody for prevention of C.difficile re-infection.
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9:00am - 10:00am

**S'NOT WHAT YOU THOUGHT: SINUSITIS DX & MANAGEMENT - STATE OF THE ART 2024**

BENOIT GOSSELIN, MD

1.0 CE Credit

OBJECTIVES:

1. Review the anatomy and pathophysiology of sinus disease
  2. Present the current management guidelines for acute and chronic sinusitis
  3. Discuss surgical management of patients with sinusitis
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10:00am - 10:30am

**COFFEE BREAK AND MEET THE EXHIBITORS**

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10:30am - 11:30am

**PULITZER PRIZES: TOP 10 EBM REVIEWS IN THE PAST YEAR**

ADRIAN BANNING, DHSC, MMS, PA-C

1.0 CE Credit

OBJECTIVES:

1. List some of the most important patient-oriented primary care peer-reviewed publications from the past year
  2. Describe the validity of the evidence discussed
  3. Synthesize current evidence as it applies to your current practice
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11:30am - 12:30pm

**SPECIAL K: THE EMERGING ROLE OF KETAMINE IN PSYCHIATRIC DISEASE STATES**

JONATHAN BURGESS, MD, MPH

1.0 CE Credit

OBJECTIVES:

1. Discuss the acute and subacute mechanisms of classical psychedelics and ketamine
  2. Identify how the acute and subacute mechanisms may impact core symptoms of depression
  3. Describe hypothesized time course of neuroplasticity for classical psychedelics and ketamine and why classical psychedelics are monthly administrations vs ketamine which is a twice or tri-weekly administration during active treatment phase
  4. Examine what to expect regarding side effects and medication interactions with classical psychedelics vs ketamine in comparison to currently established psychiatric medications
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12:30pm - 2:00pm

**A LUNCHTIME PRESENTATION - WHERE'S THE BEEF? THE EVIDENCE FOR PLANT-BASED DIETS**

ADRIAN BANNING, DHSC, MMS, PA-C

1.5 CE Credits

What does it mean to eat a whole food, plant-based diet and why is everyone talking about it? In this session, conducted while you enjoy a delicious whole food, plant-based lunch, you'll learn about the strong breadth and depth of evidence supporting this style of eating for both prevention and treatment of a wide variety of diagnosis. Bon appetite!

OBJECTIVES:

1. Define what is meant by a "Whole Food Plant Based (WFPB) Diet"
  2. Summarize the evidence that support WFPB eating
  3. List techniques of motivational interviewing that can be utilized to encourage WFPB eating
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2:00pm - 3:30pm

**WORKSHOP 1: ECG PATTERNS YOU NEED TO KNOW THAT THEY NEVER TAUGHT YOU**

GEORGE HIGGINS, MD

1.5 CE Credits

OBJECTIVES:

1. Recognize ECG patterns that portend sudden and unexpected death, including Brugada Syndrome, Arrhythmogenic Right Ventricular Cardiomyopathy, Hypertrophic Cardiomyopathy and prolonged QT-interval predisposing to Torsades de Pointe
  2. Recognize ECG patterns that are associated with acute coronary syndromes including right ventricular infarction associated with acute inferior STEMI; posterior STEMI; Wellen's Syndrome; De Winter Syndrome; and Sgarbossa Criteria for AMI in the presence of LBBB
  3. Recognize ECG patterns that are associated with anti-dromic and orthodromic supraventricular tachycardia
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3:30pm - 4:00pm

**COFFEE BREAK AND MEET THE EXHIBITORS**

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4:00pm - 5:00pm

**ICYMI ID: CAN'T MISS NEW DEVELOPMENTS IN INFECTIOUS DISEASES**

TIM LAHEY, MD

1.0 CE Credit

OBJECTIVES:

1. Review new developments in prevention of HIV and other viral infections
  2. Recognize serious infections we are learning can now be treated (at least partly) with oral antibiotics
  3. Discuss cutting edge topics in infectious diseases
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5:00pm - 6:00pm

**IT'S ONLY ABOUT THE MOST IMPORTANT ASPECTS OF YOUR PROFESSIONAL CAREER: AN UPDATE FROM THE NCCPA**

DAWN MORTON-RIAS, PA-C, ICE-CCP

1.0 CE Credit

OBJECTIVES:

1. Describe the options available for recertification: The PANRE and PANRE LA exams
  2. Describe the new CAQs available for Board Certified PAs
  3. Describe the ways PAs contribute to the work of NCCPA
  4. Recognize the many ways NCCPA communicates with PAs and other resources available
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6:00pm - 7:00pm

**PARTY FAVORS: DISLOCATIONS OF JAW, SHOULDER & KNEE - FUN PROCEDURES YOU MIGHT PERFORM AT YOUR NEXT FAMILY REUNION**

GEORGE HIGGINS, MD

1.0 CE Credit

OBJECTIVES:

1. Evaluate the patient with vertigo, including performing the HINTS exam, to differentiate central from peripheral vertigo
  2. Perform immediate reduction procedures for a number of orthopedic dislocation conditions of the jaw, shoulder and knee
  3. Perform modified Valsalva maneuver to more effectively terminate supraventricular tachycardia
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Saturday, January 20, 2024

7:00am - 8:00am

**BREAKFAST**

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8:00am - 9:00am

**I NEVER SAID THAT! TECHNIQUES AND TIPS TO IMPROVE PATIENT COMMUNICATION, MOTIVATIONAL INTERVIEWING AND BREAKING BAD NEWS**

ADRIAN BANNING, DHSC, MMS, PA-C

1.0 CE Credit

OBJECTIVES:

1. Define motivational interviewing
  2. List evidence-based techniques for improving communication with patients, including trans-disciplinary approaches
  3. Describe improved patient outcomes with optimized clinician communication
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9:00am - 10:00am

**PREVENTING YOUTH FIREARM SUICIDE THROUGH COUNSELING AND COLLABORATION**

REBECCA BELL, MD

1.0 CE Credit

OBJECTIVES:

1. Describe the connection between impulsivity, access to firearms, and youth suicide
  2. Describe the trends in suicide rates among adults and youth over time and the drivers in disparities across states and demographics
  3. Describe the approach to counseling families on firearm safe storage
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10:00am - 10:30am

**COFFEE BREAK AND MEET WITH EXHIBITORS**

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10:30am - 11:30am

**DEPO MAD ROLE: MEDICAL MALPRACTICE IN 2024 - IMPROVING CARE & MINIMIZING RISK**

ROBERT BALDOR, MD, FAAFP

1.0 CE Credit

OBJECTIVES:

1. Describe who gets sued
  2. Discuss why patients sue
  3. Identify the impact of the HER
  4. Describe how to minimize your risks
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11:30am - 12:30pm

**NERVE ROOTS: SERIOUS NEUROLOGICAL DISEASE THAT PRESENTS IN SUBTLE WAYS – HOW TO STAY VIGILANT**

GEORGE HIGGINS, MD

1.0 CE Credit

OBJECTIVES:

1. Use illness scripts to avoid harmful biases that lead to anchoring and premature closure
  2. Recognize the risk factors and subtle signs and symptoms in young adults presenting with headache resulting from cerebral venous thrombosis and idiopathic intracranial hypertension
  3. Recognize the risk factors and subtle signs and symptoms in patients presenting with low back pain resulting from spinal epidural abscess and vertebral osteomyelitis
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12:30pm - 3:30pm

**FREE TIME - LUNCH ON YOUR OWN**

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12:45pm - 2:45pm

**BOARD MEETING (LUNCH PROVIDED)**

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3:30pm - 4:00pm

**COFFEE BREAK AND MEET WITH EXHIBITORS**

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4:00pm - 5:00pm

**FOCUS PEOPLE: A PSYCHIATRIST'S GUIDE TO MANAGING ADHD FOR THE PRIMARY CARE PROVIDER**

KRISTA BUCKLEY

1.0 CE Credit

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5:00pm - 6:00pm

**ENDOCRINE IN THE ELDERLY: THE NUANCES OF DIABETIC MANAGEMENT IN THE GERIATRIC PATIENT; STATE OF THE ART 2024**

MATTHEW GILBERT, DO

1.0 CE Credit

OBJECTIVES:

1. Identify clinical characteristics that should be considered when individualizing an A1c target for older adults
  2. Discuss ways to mitigate the risk of hypoglycemia in older adults with diabetes
  3. Describe a systematic approach to simplify complex insulin therapy in older adults
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6:00pm - 7:00pm

**SAVE MY KIDNEYS: EMERGING THERAPIES FOR CHRONIC KIDNEY DISEASE**

KIM ZUBER, PA-C, DFAPA

1.0 CE Credit

OBJECTIVES:

1. Review the introduction of the race-neutral eGFR calculator
2. Discuss the causes, complications, and comorbidities of CKD
3. Using the 2023 KDIGO CKD guidelines, demonstrate peer reviewed, proven methods to prevent progression of CKD

Sunday, January 21, 2024

7:00am - 8:00am

**BREAKFAST**

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8:00am - 9:00am

**HEADACHE FOR BOTH PATIENT AND PROVIDER: HOW TO SAFELY EVALUATE AND MANAGE A COMMON YET COMPLEX COMPLAINT**

GEORGE HIGGINS, MD

1.0 CE Credit

OBJECTIVES:

1. Develop an evidence-based, safe, and effective therapeutic "cocktail" for patients presenting with an acute exacerbation of their migraine headache syndrome that will relieve their pain and help prevent headache recurrence
  2. Incorporate therapeutic injection therapy into their management of patients presenting with acute primary headache
  3. Appropriately apply diagnostic tests to risk stratify patients presenting with possible Acute Subarachnoid Hemorrhage
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9:00am - 10:00am

**FAINT'S THAT AIN'T: SYNCOPE MIMICS YOU DON'T WANT TO MISS!**

BRIAN KLOSS, DO, JD, PA-C

1.0 CE Credit

Syncope, while often a benign process, may be a symptom of an underlying catastrophic disease process. This lecture will go through several cases of syncope and syncope mimics that resulted in a miss or near-miss regarding patient care. By adding several syncope mimics to the provider's differential diagnosis toolbox, it is hoped that sinister diseases may be considered more frequently and adverse outcomes minimized.

OBJECTIVES:

1. Review the differential diagnosis of a syncope event and introduce the syncope mimics.
  2. Discuss the importance of a thorough history and physical exam to the patient care process.
  3. Introduce a simple formula "Syncope + \_\_\_\_\_ = Bad" and apply it in a head to toe fashion to recall the more sinister disease processes presenting as syncope.
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10:15am - 10:30am

**COFFEE BREAK & HOTEL CHECK-OUT**

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10:15am - 11:15am

**GO WITH THE FLOW? ABNORMAL UTERINE BLEEDING**

Bronwyn Kenny, MD

1.0 CE Credit

OBJECTIVES:

1. Describe normal and abnormal patterns of vaginal bleeding in reproductive aged women
  2. Formulate a differential diagnosis and workup for women presenting with abnormal bleeding
  3. Discuss the rationale behind the treatment options for abnormal bleeding
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11:30am - 12:30pm

**PLANES, TRAINS, AND AUTO-IMMUNITY: COMMON TRAVEL RELATED DISEASE ON THE HEELS OF THE PANDEMIC**

BRIAN KLOSS, PA-C

1.0 CE Credit

Given people's return to global travel post-pandemic clinicians would benefit from a refresher course on tropical and travel related infectious disease. The lecturer will review mosquito-borne illnesses and prophylaxis, recommended vaccinations to potential tropical illnesses, and the treatment and management of traveler's diarrhea.

OBJECTIVES:

1. Encourage practitioners to provide travel advice and medical prophylaxis to their patients.
2. Review mosquito-borne illnesses, risk mitigation and malaria prophylaxis.
3. Review vaccine preventable travel related illnesses and recommendations.
4. Recognize the causes of traveler's diarrhea and its management.

