

## 2025 ASPA CME Symposium | February 6-9 | Faulkner University | Montgomery, AL

presented by: Alabama Society of Physician Assistants & hosted by: Faulkner University College of Health Sciences

### Thursday, February 6

12:00PM

#### **Practice Ownership** - Kathryn Werner PA-C

Objectives:

1. List the risks and benefits of PA practice ownership
2. Understand the regulatory state of PA practice ownership in Alabama
3. Understand what makes a successful PA practice owner

1:00PM

#### **Dermatology Pearls** - Nichole Roberts PA-C

Objectives:

1. Identify dermatologic conditions that need referral
2. Confidently begin appropriate first line treatment for common skin care conditions
3. Become aware of the multitude of medical, surgical, and cosmetic treatments for everyday skin care conditions

2:00PM

#### **Bridging Minds and Medicine: Enhancing Mental Health in Primary Care** -

Stacey Whitaker DMSc, MMS, PA-C, CAQ-Psych

Objectives:

1. Recognize the early signs and symptoms of common mental health conditions in primary care settings to improve early detection and intervention
2. Implement practical strategies and tools for integrating mental health assessments and interventions into routine primary care practices, enhancing patient care and outcomes
3. Develop skills for effectively collaborating with mental health specialists and other healthcare providers to create a cohesive, patient-centered approach to mental health management in primary care

3:00PM

#### **Updates in Sexual Health: Guidelines for Prevention and Treatment** -

Cody Black MHS, PA-C

Objectives:

1. Discuss the diagnostic characteristics of serological tests for syphilis and HSV
2. Identify key scenarios where serological testing may lead to false positive/negative results
3. Describe evidence-based diagnostic algorithms that integrate serological testing with other diagnostic modalities

4:00PM

#### **Bridging the Gap Between Primary Care and Critical Care: Recognizing and Managing Acute Deterioration in Outpatient Settings**

Lindsey Whisonant MSPAS, PA-C

Objectives:

1. Identify ways to improve communication between critical care and primary care providers
2. Recognizes approaches to enhance patient involvement
3. Describe the elements of effective collaborative transition of care

Friday, February 7

8:00AM

**Enhancing Primary Care Through Collaborative Rehabilitation Services: The Role of SLP, PT, and OT in Patient Outcomes**

*Panel: Stephanie Collum M.S., CCC-SLP; Amy Hatcher MCD, CCC-SLP, ASDCS; Amanda Fields PT, DPT, CCS; and Sarah Grate EdD, OTR/L, CHT*

Objectives:

1. Identify the roles and contributions of Speech-Language Pathologists (SLP), Physical Therapists (PT), and Occupational Therapists (OT) in addressing common patient needs in the primary care setting, including communication disorders, mobility limitations, and functional impairments
2. Discuss the benefits of interdisciplinary collaboration in primary care for improving patient outcomes, particularly in managing chronic conditions, preventing hospital readmissions, and enhancing patient quality of life
3. Outline strategies to streamline referrals, improving access to specialized treatment, and deliver coordinated, patient-centered care

9:00AM

**Inflammatory Skin Diseases - Lauren Miller MPAS, PA-C**

Objectives:

1. Identify the most common comorbidities associated with inflammatory skin diseases, such as psoriasis and eczema, and analyze their impact on patient health and treatment outcomes
2. Evaluate the importance of interdisciplinary approaches in managing patients with inflammatory skin diseases, emphasizing collaboration between dermatologists, primary care physicians, and specialists in related fields (e.g., rheumatology, cardiology)
3. Implement comprehensive management strategies for patients with inflammatory skin diseases, integrating considerations of comorbid conditions to enhance overall patient care and improve quality of life.

10:00AM

Break

10:15AM

**Unlocking Your Gene-ius: A Guide to Understanding the Availability and Impact of Clinical Genetics Services in Alabama - Olivia Kesler**

Objectives:

1. Discuss clinical genetics services currently available in Alabama
2. Understand how to identify good referrals
3. Review case examples of how genetic testing has impacted medical management in a variety of specialties

11:15AM

**Knowing Your Value: Tracking Productivity and Calculating RVUs**

*Sharon Pelekanos MHS, PA-C*

Objectives:

1. Explore the history of provider reimbursement
2. Develop an understanding of RVUs
3. Collaborate with other attendees to analyze productivity monitoring methods for PAs and other providers
4. Create individual productivity goals.

12:15PM

Lunch

- 1:00PM                    **Pregnancy Related Carpal Tunnel Syndrome** – *Chris Watson MMS, PA-C, ATC*  
 1. Understand the pathophysiology behind pregnancy-related carpal tunnel syndrome  
 2. Review the treatment for pregnancy-related carpal tunnel syndrome  
 3. Why WALANT open carpal tunnel release should be considered for the treatment of pregnancy-related carpal tunnel syndrome.
- 2:00PM                    **NCCPA Update: Focus on the PANRE-LA** - *Alicia Quella PhD, MPAS, PA-C*  
 Objectives:  
 1. Understand the foundational elements of the PANRE-LA  
 2. Identify available certificates of added qualifications (CAQs)  
 3. Identify deadlines and other required elements
- 3:00 PM                    Break
- 3:15PM                    **Matters of the Heart: Navigating Common Cardiovascular Complaints and Management Decisions in Primary Care** - *Serena Bishop DMS, PA-C*  
 Objectives:  
 1. Identify common cardiovascular complaints encountered in primary care, including their typical presentations, underlying causes, and initial assessment strategies  
 2. Differentiate between high-risk and low-risk cardiovascular symptoms to support clinical decision-making on inpatient versus outpatient management  
 3. Discuss criteria and guidelines for referral to inpatient care based on symptom severity, diagnostic findings, and patient comorbidities  
 4. Formulate evidence-based management plans for common cardiovascular complaints appropriate for the primary care setting, including pharmacologic and non-pharmacologic interventions
- 4:15PM                    **How to Make Policy Change: Grassroots 101** - *Aileen Berquist*  
 Objectives:  
 1. Explain the legislative and regulatory process  
 2. Describe common tactics for grassroots engagement  
 3. Discuss trends in PA policy across the country, tying successful bills to grassroots engagement  
 4. Recognize ASPA's work and encourage engagement

**Saturday, February 8**

- 8:00AM                    **Reading between the Lines: An EKG Refresher** - *Mark Minton DMSc, PA-C*  
 Objectives:  
 1. Identify key parameters for accurate cardiac rhythm interpretation  
 2. Analyze 25 common cardiac rhythms  
 3. Associate lethal heart rhythms with their immediate ACLS treatment protocols
- 9:00AM                    **PAs at Work: The Vital Role of Physician Assistants in Occupational Health**  
*Jon Adams DMSc, PA-C, AT Ret*  
 Objectives:  
 1. Name the department responsible for workers compensation benefits in the state of Alabama  
 2. Identify what constituents OSHA first aid non-recordable treatments  
 3. Discuss what actions make an injury an OSHA recordable medical event  
 4. Recognize what is a lost time day and why that matters to the employer

- 10:00AM Break
- 10:15AM **Men's Health Matters: Urology Diagnosis and Management for Primary Care**  
*Nate Stanton PA-C, MS, ATC*  
Objectives:  
1. Identify common clinical presentations of orchitis, epididymitis, urethritis, prostatitis, cystitis, and benign prostatic hyperplasia (BPH) in male patients presenting to primary care  
2. Differentiate between the etiology, pathophysiology, and risk **factors** for each of these urological conditions to support accurate diagnosis and targeted management  
3. Discuss the indications, benefits, and limitations of PSA testing in the primary care setting for prostate cancer screening and monitoring  
4. Formulate appropriate evidence-based treatment plans for managing orchitis, epididymitis, urethritis, prostatitis, and cystitis in alignment with primary care protocols
- 11:15AM **Balancing the Burden: Clinical Directors' Approach to Seamless Student Integration**  
*Panel: Bonnie Minton PA-C, MHS; Heather Neighbors MSPAS, PA-C; Trudie Seirafi PA; Brad Cantley PA-C*  
Objectives:  
1. Understand the role of clinical preceptors in PA education  
2. Recognize the value and benefits of precepting  
3. Implement effective strategies for seamless student integration  
4. Develop practical approaches to minimize preceptor burden
- 12:15PM Lunch
- 1:15PM **Updates in Pediatrics: Evolving Trends and Guidelines - Adam Scott MD, FAAP**  
Objectives:  
1. Identify major updates in the field of General Pediatrics relevant for primary care providers caring for infants, children, and adolescents  
2. Review ways to integrate these updates into your clinical practice  
3. Provide resources and tools to help clinicians stay up to date on evolving trends and guidelines in Pediatrics for ongoing career-long learning
- 2:15PM **Shaping the Future: GLP-1s and Obesity Management - Elizabeth Hayes PA-C**  
Objectives:  
1. Outline key strategies for managing obesity, including lifestyle, medication, and behavioral options  
2. Understand the health impacts of obesity to guide personalized care  
3. Recognize current medication options for obesity, including the role of GLP-1s in treatment plans  
4. Explore new developments in obesity treatment and how GLP-1s can be part of these approaches
- 3:15PM Break

3:30PM **Medical Missions at Home: Addressing the Need for Indigent Care in Our Communities**

*Becca Johnson PA-C*

Objectives:

1. Identify the healthcare needs and challenges faced by indigent populations within local communities
2. Examine the role of healthcare providers in contributing to accessible care for underserved populations and overcoming barriers to local medical mission work
3. Develop practical strategies for involvement in local indigent care, including volunteer opportunities, community partnerships, and advocacy for resources

4:30PM **Hypogonadism in Men - Kelley Gunn PA**

Objectives:

1. Discuss pathophysiology, high risk populations, differences in HPA axis disturbances related to low testosterone
2. Discuss appropriate symptomatology and on label uses of testosterone replacement
3. Reviewed available treatment methods and nuances between each
4. Review high risk populations or special clinical scenarios when prescribing and managing testosterone replacement
5. Review areas of controversy surrounding testosterone replacement

**Sunday, February 9**

8:00AM- **Prescribing and Pharmacology of Controlled Substances - Greg Ayers, MD**

Noon

Objectives:

1. Describe the pharmacology of benzodiazepines and psychostimulants that result in them being classified as controlled substances, and the implications of this pharmacology for prescribing decisions
2. Identify common substances sold at convenience stores/gas stations and recognize typical clinical presentations of intoxication or withdrawal from these substances
3. Describe the legal complexities of regulation of these compounds on a state and federal level
4. Describe the characteristics of a dopamine surge in the midbrain, and discuss how this relates to the development of addictive disease and implications for prescribing controlled substances
5. Recognize the characteristics of a controlled substance-seeking patient while keeping your practice from becoming an easy target for controlled substances diversion
6. Recognize the addictive potential of common psychotropic medications
7. Describe best practices when prescribing buprenorphine, including induction strategies and dosing regimens.
8. Recognize the potential complications when switching patients from fentanyl or methadone to buprenorphine
9. Explain accessing the PDMP and how it can be used as a clinical tool
10. Review the application, approval, and renewal processes for the QACSC/LPSP
11. Define the rules and protocols that govern controlled prescribing
12. Discuss case management strategies in special situations, such as the elderly, hospice patients and renal sufficiency
13. Utilize interview techniques for the diagnosis and management of substance use disorder as well as address the needs of individuals with substance use disorder
14. Identify Alabama-specific laws and regulations governing the prescribing of controlled substances via telehealth
15. Distinguish how to safely and legally prescribe controlled substance via telehealth, ensuring proper monitoring and documentation

16. Identify key considerations for effective collaboration between physicians and advanced practice providers in the prescribing of controlled substances.
17. Describe the clinical guidelines for testosterone prescribing, including potential risks, and monitoring strategies to ensure safe and effective treatment for patients

9:00 - **Orthopedic Essentials: Mastering Casting and Splinting for the PA**

11:00AM *Karen Harness DMSc, MPH, PA-C*

Objectives:

1. Demonstrate proficiency in selecting appropriate materials and techniques for common casting and splinting applications based on specific orthopedic injuries
2. Perform hands-on application of various splinting and casting techniques, including short-arm, long-arm, and lower extremity immobilization methods
3. Recognize and address potential complications of casting and splinting, such as compartment syndrome, pressure sores, and improper fit, to ensure patient safety and optimal outcomes

11:00AM- **Precision in Practice: Essential Suturing Skills for PAs** - *Lora- Emily Banks MHS, PA-C*

1:00PM

Objectives:

1. Demonstrate competency in foundational suturing techniques, including simple interrupted, continuous, and vertical and horizontal mattress sutures
2. Recognize and apply appropriate wound closure techniques based on wound type, location, and complexity to promote optimal healing
3. Identify and mitigate potential complications of suturing, such as infection, dehiscence, and tissue ischemia, through proper technique and aftercare

*This activity has been reviewed by the American Academy of Physician Associates Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation. Approval is valid from 2/6/2025 to 2/9/2025. AAPA reference number: CME-2012914.*