



## 2022 Top 5

### **Diabetes Technologies: Integrating Guidance, Gadgets and Gizmos**

**AAPA Category 1 CME: 1**

**Description:** This session is part of the Diabetes Symposium. The spectrum of clinical presentation, classification and disease progression of diabetes varies considerably from pre-diabetes to advanced diabetes with multiple complications. Blood sugar control is declining overall among adults with diabetes while the variety of available diabetes technologies surges. How can the primary care provider keep up with and apply the available technologies to help change this trend? This session aims to present strategies for primary care providers to offer the most appropriate technologic interventions to their patients with the most common forms of diabetes.

#### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Review the classification and diagnosis of the most common forms of diabetes
- Compare and contrast the spectrum of available blood glucose data collection options
- Review consensus guidelines for most appropriate use of glucose monitoring technologies
- Analyze and interpret glycemic trends using ambulatory glucose profiles
- Explore case-based scenarios within the diabetes spectrum to apply most appropriate technologies

**Primary Track:** ENDO - Endocrinology

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### **Emergency Medicine Tricks of the Trade: What the Textbooks Do Not Teach You!**

**AAPA Category 1 CME: 1**

**Description:** Often some of the best emergency medicine pearls are learned from clinical experience and not from reading a textbook. This session provides tricks that can be used in an urgent care center or emergency department, including wound management, orthopedics, pediatrics, and more. Participants will leave this session with new knowledge and skills to improve patient care.

#### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe new tips and tricks that can help facilitate patient care
- List new ways to solve old problems
- Review how to improvise in the emergency department

**Primary Track:** EMER - Emergency Medicine

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## **Fast 15: COVID-19 Vaccine Effectiveness in Immunocompromised Patient Populations**

**AAPA Category 1 CME: 0.5**

**Description:** Immunocompromised patients are at high risk of infection with COVID-19 and vaccination is crucial to protect these patients. However, immunocompromised patients may not exhibit a robust immune response to the COVID-19 vaccines, given their immunocompromised state, myelosuppressive chemotherapy, and immunosuppressive medications for transplant. This session covers how much protection is conferred to these patients after full COVID-19 vaccination and what recommendations are provided for further protection for this vulnerable patient population.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify immunocompromised patient populations
- Discuss immunocompromised patients' serological response to COVID-19 vaccination
- Identify recommendations for ensuring protection from COVID-19 in immunocompromised patients

**Primary Track:** COVID - Covid-19

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## **Hypertension and Chronic Kidney Disease: An Unhappy Marriage**

**AAPA Category 1 CME: 1**

**Description:** Hypertension and chronic kidney disease (CKD) share a devastating bidirectional causal relationship that contributes markedly to cardiovascular disease (CVD) and mortality. Hypertension is the most common primary diagnosis in adult general practice. CKD affects 39 million Americans and the numbers are also rising worldwide. Together, these two major public health problems demand the attention of all clinicians. Unfortunately, both are often unrecognized and poorly managed in primary care. To assist PAs in combating this bidirectional unhappy marriage between hypertension and CKD, this case-based session focuses on its underlying pathophysiology, the hypertension phenotypes commonly seen in CKD, the differential diagnosis and evaluation of hypertension in CKD, and the new guideline recommendations published in 2020, for the management of hypertension in adults with CKD.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify the pathophysiologic mechanisms through which hypertension can cause kidney injury and through which kidney disease can cause hypertension
- Define the phenotypes of hypertension more commonly seen in chronic kidney disease (CKD) than in the general population and their important clinical implications
- Discuss the key points to consider in evaluating hypertension in patients with CKD



- Discuss the latest guideline-based recommendations for the management of hypertension in patients with CKD

**Primary Track:** NEPH - Nephrology

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### **Mythbusters: Diet and Exercise**

**AAPA Category 1 CME:** 1

**Description:** This session is part of the Nutrition and Obesity Symposium. With all of the new fad diets and exercise trends that promise patients quick-weight loss, metabolism boosting, and body sculpting coupled with a confusing array of studies regarding 'good' and 'bad' fats, it can be hard for a clinician to keep up with what the science tells providers regarding diet and exercise. This session uses case presentations to expose a few common myths about diet and exercise, and explores the facts behind the myths.

#### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Analyze the latest dietary fads and be able to offer recommendations to patients on which ones to avoid
- Identify common stumbling blocks regarding weight loss and exercise, and be able to explain how patients can combat this
- Describe genetic effects of diet and exercise on the molecular level
- Illustrate the concept of metabolism, and identify common myths associated with metabolism

**Primary Track:** NUTR - Nutrition

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### **PA's Go Beyond: Hayley Arceneaux on Space Flight, Medical Research, and Her Infallible Spirit**

**AAPA Category 1 CME:** 0.75

**Description:** This session includes a one-on-one conversation with PA Hayley Arceneaux and AAPA President Jennifer M. Orozco and highlights Arceneaux's career, her unbelievable experiences, and her infallible spirit. Arceneaux, a pediatric cancer survivor and current PA at St. Jude Children's<sup>®</sup> Research Hospital, made history in 2021 when she traveled to space. On this first all-civilian space flight, she became the youngest American, first pediatric cancer survivor, and the first PA to go to space. On the three-day flight, she and three other crew members traveled farther into space than any human has gone in more than a dozen years. Arceneaux served as the mission's medical officer and led pre- and post-flight medical-based research and analysis. She also took time to call her patients from space! Arceneaux embodies the spirit of 'going beyond,' not just with her space flight, but with her dedication



to her patients and to the PA profession. This insightful and interesting conversation on going beyond is something PAs do every day.

**Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe how the experience of illness and other life experiences can shape one's outlook and career goals
- Reflect on how the learner's own experiences have shaped decisions about career and life
- Renew personal and career goals based on this reflection

**Primary Track:** PROF - Professional Role/Professional Practice

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