

## **Building a Better Healthcare Culture**

**AAPA Category 1 CME: 1.0**

**Description:** The impact of workplace culture may be the best-kept secret in healthcare. Interpersonal behavior in the workplace affects clinician mental health, employee retention, organizational finances, and patient outcomes. Unfortunately, research suggests that toxic behavior is ubiquitous in healthcare settings. This session explores the prevalence and effect of interpersonal toxicity and outlines steps to build a better healthcare culture.

### **Learning Objectives**

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

- Define toxic workplace behavior
- Describe the prevalence of toxic behavior in healthcare settings
- Explain steps to improve the culture of healthcare teams and workplaces

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

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## **Hypertension Update**

**AAPA Category 1 CME: 1.0**

**Description:** Hypertension is the most common ICD-10 diagnostic code in adult clinical practice and is increasingly becoming common in pediatric practice. There are at least 25 journals devoted exclusively to hypertension and countless others that publish papers on hypertension. Thus, hypertension research is dynamic and ever-expanding. Since it is impossible to summarize this massive volume of research in less than an hour, this session reviews clinical trials published in the past two years that are most relevant to PAs who diagnose and treat patients with hypertension. It provides a glimpse into ongoing research that is nearing completion.

### **Learning Objectives**

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

- Compare and contrast clinical trial blood pressure targets and clinical outcomes in the elderly hypertensive population and in pregnancy
- Discuss the relative importance of reducing sodium intake vs. increasing potassium intake on blood pressure, cardiovascular events, and mortality
- Compare and contrast blood pressure response and clinical outcomes with initial monotherapy vs. ultra-low-dose combination therapy

- Discuss two controversies regarding pharmacologic treatment of hypertension; nocturnal vs. daytime dosing of antihypertensive medication, and superiority of chlorthalidone vs. HCTZ
- Describe two future blood pressuring measuring devices and two new pharmacologic classes for treating resistant hypertension

**Primary Track:** NEPH-Nephrology

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### **Is There a PA on Board? In-flight Medical Emergencies**

**AAPA Category 1 CME:** 0.75

**Description:** As you settle into your flight dreaming of your upcoming vacation, you're suddenly snapped back into reality when you hear over the intercom, "Are there any medical personnel on board?" What could it be? Is there other help on board? Does this plane have a first aid kit? What if we need to land? Listen to this speaker – a collector of frequent flyer miles – as we cover these topics and more so you're prepared for a medical emergency at 34,000 feet!

#### **Learning Objectives**

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

- Describe the epidemiology of in-flight emergencies
- List common conditions encountered during in-flight emergencies and when to consider diversion
- Describe health challenges associated with flying
- Review typical medical equipment found on domestic planes

**Primary Track:** EMER-Emergency Medicine

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### **Main Stage: From Brain to Body: How Lifestyle Choices Impact Your Brain Health and Overall Wellness**

**AAPA Category 1 CME:** 1.25

**Description:** The panelists explore the brain's relationship to overall patient health and dispel the narrative that neurodegenerative diseases are an inevitable part of aging. Learn about the impact of lifestyle choices on brain health and cognitive function, and get insights into the latest

scientific breakthroughs, technological innovations, research, and clinical practices aimed at preventing cognitive decline.

### **Learning Objectives**

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

- Summarize research showing associations between lifestyle choices and brain health
- Describe plausible biological mechanisms that may be responsible for these effects
- Counsel patients about lifestyle interventions that may protect their brain health as they age

**Primary Track:** NEUR-Neurology

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### **Risky Rashes: A Review of Dermatology Emergencies**

**AAPA Category 1 CME:** 1.0

**Description:** Though there are only a few true dermatology emergencies, they carry a high mortality rate and can be easy to miss. This session reviews Steven-Johnson Syndrome (SJS), toxic epidermal necrolysis (TEN), drug reaction with eosinophilia and systemic symptoms (DRESS), and necrotizing fasciitis. Participants will learn tips on making these challenging diagnoses early in a patient's presentation. A review of the current guidelines for management and updates based on recent literature is discussed in detail. Dermatology emergencies can present in nearly every setting and specialty, and participating in this activity will prepare clinicians to identify and manage these emergent conditions effectively and efficiently.

### **Learning Objectives**

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

- Recognize the clinical features, diagnose, and appropriately treat SJS and TEN
- Describe why erythema multiforme major is not part of the SJS-TEN continuum
- Recognize the clinical features, diagnose, and appropriately treat DRESS syndrome
- Recognize the clinical features, diagnose, and appropriately treat necrotizing fasciitis
- Discuss the current literature regarding management of erythema multiforme major, SJS, TEN, DRESS, and necrotizing fasciitis

**Primary Track:** DERM-Dermatology

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