



Asthma and COPD Guideline Update

This session will provide a rapid review of the latest COPD and asthma treatment guidelines. Both COPD and asthma recommendations have changed recently including disease classification and treatment algorithms. Treatment options for asthma and COPD, including inhaler therapy, have changed significantly in the past several years. How to diagnose and treat both of these chronic conditions will be reviewed. The session will also examine the latest in biologic therapies and when referral to a specialist is needed.

Learning Objectives

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

- Investigate the latest Global Initiative for Chronic Obstructive Lung Disease (GOLD) and Global Initiative for Asthma Guidelines
 - Discover how the 2023 guidelines for both asthma and COPD have changed patient diagnosis and treatment
 - Review the current COPD and asthma guidelines advancement of therapy through a stepwise progression in medications offered
 - Discuss how to manage exacerbations including oral antibiotic and steroid use and when to consider referral for advanced disease
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Beyond Masculinity – Men’s Health Across the Life-Span

This session will cover men’s health across the lifespan. It will address life expectancy, challenges for men’s health in primary care, and ways to improve men’s health at the primary care level.

Learning Objectives

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

- Describe the health status of men in the United States
 - Demonstrate an understanding of how to navigate the healthcare challenges for men’s health within primary care across the life-span
 - Discuss how to improve men’s health at the primary care level
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Bros Don’t Let Bros Skip Leg Day

This session will help practitioners obtain differential diagnoses of injuries based on history, know what X-ray to order, how to identify injuries on X-rays, and what treatments are best for each injury.

Learning Objectives

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

- Recall common lower extremity injuries
 - Identify differential diagnosis based on common lower extremity injuries based on history of present illness
 - Identify common lower extremity injuries on imaging
 - Explain treatment for common lower extremity injuries
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Death, Taxes, and Back Pain – A Family Practice Guide to Effective Management and Referrals for Neck and Back Pain

Learners will acquire the knowledge and skills to manage neck and back pain effectively within a family practice setting. Through listening to discussions, case studies, and practical examples, participants will explore fundamental principles, non-pharmacological interventions, pharmacological options, and appropriate referral criteria for neck or back pain patients. By the conclusion of this session, participants will be equipped with the necessary tools to provide effective, evidence-based care for patients experiencing neck and back pain, promoting improved patient satisfaction and treatment outcomes.

Learning Objectives

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

- Discuss the key principles of family practice treatment for neck and back pain, including the evaluation, diagnosis, and management strategies
 - Demonstrate an understanding of the pharmacological options available for the treatment of neck and back pain in a family practice setting, including the indications, contraindications, and potential adverse effects of commonly used medications
 - Describe the criteria and appropriate circumstances for referral of patients with neck and back pain to specialists, such as orthopedic surgeons, neurologists, or pain management specialists, emphasizing the importance of timely referrals for further evaluation
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Endocrinology – Umm...What is That? And What Do I Do About It?

This session will include an overview of common endocrine disorders, ways to evaluate patients for diagnosis, interpretation of lab values and results, and first-line therapeutic options. Information will be provided on when it is best to refer to an endocrine specialist.

Learning Objectives

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

- Explain the basics of common endocrine disorders
 - Recognize signs and symptoms
 - Order appropriate labs and imaging
 - Recommend correct treatment and monitoring
 - Demonstrate when it is time to refer to an endocrine specialist
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First, Do No Harm – Polypharmacy and Deprescribing

Both in training and in practice, clinicians are educated to prescribe in order to cure, prevent, or improve what ails our patients. However, research that supports medical decision-making and pharmacology frequently does not include older adults, and clinicians typically receive little training in the benefits and risks of deprescribing. That being said, we have all had the sense that what we, the medical community, have to offer may not always be in the best interest of all of our patients. This session will provide tools to identify medications that may be causing harm or are no longer indicated and to provide an organized and evidence-based approach to deprescribing.



Learning Objectives

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

- Define and discuss polypharmacy, including prevalence and outcomes
 - Review normal physiologic aging and how it affects pharmacokinetics
 - Discuss approaches to deprescribing
 - Practice case-based deprescribing
 - Identify additional resources for deprescribing
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Health Trifecta: Hypertension, Diabetes, and Hyperlipidemia Get a Makeover

This session will summarize updates in screening, diagnostic, and treatment guidelines for hypertension, diabetes, and hyperlipidemia. Guidelines issued from the U.S. Preventative Services Taskforce (USPSTF), American College of Cardiology (ACC), American Heart Association (AHA), American Diabetes Association (ADA), American Association of Clinical Endocrinology (AACE), and other relevant entities will be discussed.

Learning Objectives

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

- Summarize current guidelines for hypertension, diabetes, and hyperlipidemia
 - Recognize current screening guidelines from the USPSTF and other entities for identifying patients with hypertension, diabetes, and hyperlipidemia
 - Apply current ACC/AHA diagnostic guidelines for hypertension and hyperlipidemia, and current ADA/AACE diagnostic guidelines for diabetes
 - Choose optimal hypertension and hyperlipidemia management guidance from ACC/AHA, and interpret recent management updates as recommended in the 2023 ADA Standards of Care in Diabetes Guidelines
 - Compare key differences in recommendations between various organizations
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Heart Failure-Stop Failing

Heart failure guidelines have undergone many changes recently. The faculty will introduce current heart failure nomenclature, review a case study, discuss the pathophysiology of heart failure, analyze the 2022 Heart Failure guideline changes, and revisit the case study.

Learning Objectives

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

- Recognize the financial and societal burdens of heart failure
 - Discuss the multi-system pathophysiology associated with congestive heart failure
 - Discuss the 2022 ACC/AHA/HFSA guidelines for management of heart failure
 - Identify new FDA-approved interventions for the treatment of heart failure
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Helping Patients Live To Be 100 Years Old

During this session, the psychosocial issues confronting the elderly as they age will be discussed; including themes of loss of independence, physical debility, and change in roles in their families and



communities. There will also be a focus on pharmacological issues that impact the aging, and finally the potential role of the PA in educating patients and families with end-of-life issues.

Learning Objectives

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

- Discuss psychosocial and physiological considerations in aging
 - Explain pharmacological issues specific to use in the elderly
 - Illustrate factors affecting mobility, independence, fall risks, etc.
 - Discuss what is most important to the elderly in sustaining happiness and self-worth
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Mastering the Migraine and Stroke Exam

This session will serve as an overview of the clinical presentation of migraines and acute stroke and how these findings relate to the underlying pathology of these conditions. Neurological abnormalities that warrant an emergent workup will also be discussed.

Learning Objectives

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

- Describe the clinical presentation of migraines and acute stroke
 - Discuss the correlation between pathology and clinical presentation of migraines and acute stroke
 - Identify neurological findings that warrant an emergent neurological workup
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Obstetrics and Gynecologic Cases – An Update for Primary Care Providers

This session will provide the participant with a bootcamp of updates on the care of obstetrics and gynecologic patients throughout their lifespan including preventative care, contraceptive management, and postmenopausal care.

Learning Objectives

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

- Interpret results of Pap test pathology and feel empowered to know what the next step in care would be
 - Describe and implement utilization of preventative care including mammograms and bone scans during annual wellness visits
 - Discuss different contraceptive options with their patient and tailor the discussion to needs of specific patient populations
 - Outline the basics of post-menopausal hormone replacement therapy management
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Papules, Patches, and Plaques – Common Dermatologic Conditions in Primary Care

Case-based approach to the most common dermatologic conditions from a primary care perspective. The session will identify what the primary care provider can do and when to refer to a specialist.



Learning Objectives

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

- Analyze treatment approaches for common and complex skin conditions
 - Implement updated strategies for managing atopic dermatitis, psoriasis, acne, contact dermatitis, and verruca vulgaris
 - Integrate into daily practice evidence-based recommendations on therapies for common dermatologic conditions
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Pediatric Asthma

Asthma is the most common chronic disease in children. Diagnosing and managing pediatric asthma can present unique challenges. This presentation is meant to help healthcare providers in managing this disease with practical strategies.

Learning Objectives

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

- Identify the newest developments in asthma therapy
 - Review the latest GINA recommendations
 - Illustrate using spirometry in the management of asthma
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Pediatric Surgical Emergencies

Gastroenteritis or appendicitis? Constipation, bowel obstruction, or Hirschsprung's? Inguinal hernia or testicular torsion? With so many different causes of pain, how do providers decide if the child in the clinic needs the emergency room or a surgical evaluation?

Learning Objectives

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

- Identify common pediatric surgical emergencies that may present to a primary care provider
 - Describe the presentation of common emergent surgical conditions
 - Discuss the rationale for escalating care to the emergency room or surgical evaluation
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Physiologic Debris and Detritus Clogging the Biologic Pipes? Management of Coronary Artery Disease

Coronary artery disease (CAD) is the leading cause of death in the U.S. Successful management requires strong partnerships between primary care and cardiology. We will discuss the pathophysiology, modifiable risk factors, acute to chronic management, and potential acute and chronic sequelae of coronary artery disease to improve optimal patient-centric survival/quality outcomes.

Learning Objectives

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

- Outline the pathophysiology of coronary artery diseases and review atherosclerotic cardiovascular disease (ASCVD; CAD/MI, Ischemic Stroke, and Peripheral Artery Disease)
- Summarize the risk factors associated with atherosclerotic CAD
- Explain the modifiable factors to reduce recurring coronary artery disease events



- Discuss acute to chronic management of CAD (pharmacologic, surveillance, surgical, and activity safety/“clearance”) and review the role of the interprofessional team in improving outcomes for patients with CAD
 - Review potential acute and chronic sequelae of CAD events
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Skin-Teresting Connections: Exploring Common Rheumatologic Complaints in Primary Care

Patients present with many symptoms that can possibly be attributed to rheumatologic disease. Some complaints, such as fatigue, aches and pains, rashes, stiffness, malaise, or general feelings of being unwell, are so common that it is difficult to know when to suspect a rheumatologic condition or how to approach a diagnostic workup. This session will explore the most common rheumatologic complaints that present in primary care, focusing on physical exam findings and highlighting dermatologic manifestations of rheumatologic disease. Clinical presentation, differential diagnosis, diagnostic workup, non-pharmacological and pharmacological treatment, and recommendations for when referral to specialty care will be presented during the session.

Learning Objectives

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

- Describe three rheumatologic complaints that most commonly present in the PCP office
 - Recognize signs and symptoms of rheumatologic disease and differentiate between dermatologic findings
 - Identify appropriate diagnostic workup for the patient with rheumatologic complaints
 - Develop treatment and management plans for rheumatologic conditions that initially present in primary care
 - Recognize when to refer for specialty care
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Smile Bright – Nurturing Oral Health in Primary Care

Listen to this engaging and informative lecture on nurturing oral health in primary care. This session aims to equip healthcare providers with an understanding of oral health, common oral health problems, and strategies for promoting good oral hygiene. Oral health requirements as patients age and explore the importance of tailored dental care at each life stage and for special populations will be reviewed. Participants will gain insights into potential solutions to the challenges associated with disparities in oral health services between rural and urban areas that hinder individuals from receiving timely and adequate dental care.

Learning Objectives

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

- Discuss the state of oral health in the U.S.
 - Define oral health and describe oral anatomy
 - Discuss dental care across the lifespan and for special populations
 - Identify and explain common oral health problems (risk factors, consequences)
 - Describe difficulties with access in rural vs urban areas
 - Discuss the strategies for promoting oral health
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The Weight is Over – What Every Family Medicine PA Needs to Know About the Disease of Obesity and Surgical Obesity Management

This session aims to help family medicine PAs develop the skills needed to counsel patients on the disease of obesity, identify when surgical obesity management may be an option, and provide background on the most commonly performed bariatric surgery procedures today. Information on how to counsel patients post-operatively to maximize weight loss success will also be provided.

Learning Objectives

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

- Define the chronic disease of obesity
 - Identify patients who may qualify for surgical obesity management
 - Identify the most commonly performed bariatric surgeries and their basic anatomic and physiologic changes
 - Discuss how to approach and counsel patients on obesity and surgical obesity management options
 - Discuss the post-operative lifestyle changes required for success that are common to all bariatric surgery procedures
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Well-Child Care: The Cornerstone of Pediatric Healthcare

Well-child care is the foundation of pediatric healthcare. The well-child visit monitors growth and development, provides preventive services, and supports the family of growing children while screening for the development of underlying serious medical conditions. Having the tools at hand to perform a well-child check in a standardized and efficient manner allows providers to be confident in their ability to cover the required information and adequately address the needs of the family and patient. This session will address the components of the visit, as well as the tools available to help providers make the most of these visits.

Learning Objectives

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

- List the components of the well-child visit according to the American Academy of Pediatrics
 - Describe the various tools and materials available to providers for well-child visits
 - Examine various practice models to develop a standardized way of approaching well-child visits
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Western Headicine – Diagnosis and Management of Core Psychiatric Complaints

During this clinical presentation, participants will gain a comprehensive understanding of contemporary treatment modalities for depression, anxiety, and associated conditions. Clinicians will delve into both enduring, time-tested strategies, and touch on the latest evidence-based pharmacological interventions, the emergence of technologically-assisted therapies, and the integration of holistic approaches. The session aims to equip attendees with the knowledge to assess the suitability of various treatments for individual patient needs, and to foster a patient-centered approach. By the session's end, participants should be able to identify key indicators for specific treatments, be aware of potential side effects, and recognize the importance of a multi-modal approach in optimizing patient outcomes. Emphasis will also



be placed on the significance of ongoing professional development and staying abreast of evolving research in the ever-changing landscape of mental health treatment.

Learning Objectives

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

- Describe symptoms and treatment of Major Depressive Disorder (MDD); also review background pathophysiology, etiology, and epidemiology
 - Describe Generalized Anxiety Disorder (GAD) and differentiate this from Panic Disorder and Obsessive-Compulsive Disorder (OCD)
 - Discuss first-line psychopharmacology to treat MDD, GAD, OCD, and PTSD
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What's Up With That Upper Extremity?

With this session, participants will review the most common upper extremity orthopedic complaints and their presentation as well as what physical exam techniques and special tests are used to better differentiate disease states. Lastly, the session will discuss next steps in diagnosing and treatment for these disease states.

Learning Objectives

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

- Describe the most common upper extremity orthopedic complaints and their presentation
 - Review physical examination techniques to assist in the diagnosis of most common upper extremity orthopedic complaints
 - Discuss next steps in diagnosing and treating for most common upper extremity orthopedic complaints
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Interactive Review

In this interactive session, learners have the opportunity to test their knowledge from all the sessions in We Are Family (Medicine) on Demand 2024.

Learning Objectives

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

- Illustrate knowledge of family medicine clinical content
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