

## 2024 TOP 5

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### **Asthma 2024 The State of the State of Asthma: Guidelines and Changes**

**AAPA Category 1 CME: 1.0**

**Description:** This session will review the new NIH guideline changes for the assessment and treatment of asthma in both pediatric and adult populations. Participants will also examine the 2024 GINA (international) guidelines and see how these compare to the U.S. recommendations. Critical changes have taken place over the past few years, and it is vital that PAs understand treatment recommendation changes and how advances in biological therapy have altered the asthma landscape.

#### **Learning Objectives**

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

- Assess the U.S. Asthma Treatment Guidelines including the importance of an accurate diagnosis and treatment strategies
- Recognize the key changes to the most recent update and how these changes will impact the daily management of asthma for adult and pediatric patients
- Compare the new U.S. based guidelines with well-recognized international asthma guidelines that GINA published in January 2024
- Construct a plan for the implementation of treatment changes that are right for provider's particular patient population including the creation of a personalized asthma action plan

**Primary Track:** Pulmonology

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### **Emergency Medicine Tricks of the Trade: What the Textbooks Don't Teach You!**

**AAPA Category 1 CME: 1.0**

**Description:** Oftentimes, some of the best emergency medicine pearls are learned from clinical experience and not from reading a textbook. During this presentation, the faculty will review tricks that can be used in an urgent care center or emergency department. Wound management, orthopedics, pediatrics, and more will be reviewed in this session. Participants watching this presentation will have 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 help facilitate patient care
- List new ways to solve old problems
- Review how to improvise in the emergency department

**Primary Track:** Emergency Medicine

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### **Endocrine Emergencies: A Case-Based Approach to Diagnosis and Treatment Guidelines**

**AAPA Category 1 CME: 1.0**

**Description:** Endocrine emergencies can be difficult to diagnose, and untreated are associated with a high morbidity and mortality rate. Endocrine emergencies can be difficult to diagnose due to nonspecific symptoms and a high index of clinical suspicion can lead to prompt diagnosis and treatment. Providers need to be aware of presentation, evaluation, and treatment to provide appropriate care. This session will use a case-based approach to review presentation, labs, and treatment for various endocrine emergencies including decompensated hypothyroidism (myxedema coma), thyroid storm, adrenal crisis, diabetic ketoacidosis (DKA), and hyperglycemic hyperosmolar state (HHS). This session will offer guideline updates in management for ED and inpatient providers as well as provide a comprehensive update and review on these conditions. This presentation will be beneficial for hospitalists, emergency medicine, and endocrine PAs.

**Learning Objectives**

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

- Identify the presentation of various endocrine emergency conditions including decompensated hypothyroidism (myxedema coma), thyroid storm, adrenal crisis, and DKA/HHS
- Describe appropriate emergency department and inpatient management of endocrine emergencies
- Define the criteria for appropriate use of the subcutaneous DKA protocol
- Skip Accreditation Statement

**Primary Track:** Endocrinology

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**Fatty Liver - The Silent Epidemic: Practical Guidance on the Evaluation and Management of Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)****AAPA Category 1 CME: 1.0**

**Description:** Nonalcoholic fatty liver disease is a rampant metabolic disorder that affects one out of four persons in the U.S. It is an important public health problem that is expected to grow over the next 10 years. Within the last two years, multiple societies have released guidance to aid in early detection, diagnosis, and treatment for at-risk populations. This presentation will review updated recommendations to optimize patient care in the rapidly evolving study of nonalcoholic fatty liver disease.

**Learning Objectives**

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

- Review updated recommendations on new nomenclature for steatotic liver disease
- Identify at-risk populations for steatotic liver disease

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- Discuss initial workup of Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) and Metabolic Dysfunction-Associated Steatohepatitis (MASH) with special attention to noninvasive measures to assess for fibrosis
- Formulate a comprehensive treatment plan
- Summarize updated guidance on pharmacotherapy

**Primary Track:** Endocrinology

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### **The Highs and Lows of Electrolyte Evaluation and Management**

**AAPA Category 1 CME:** 1.0

**Description:** Electrolyte disorders are a common problem with potentially significant consequences. This session will review the etiology, presentation, evaluation, and management of common electrolyte disturbances. The session will explore the laboratory, history, and physical exam components of patient evaluation, as well as management and disposition of these patients. This fast-paced review will cover disturbances of sodium, potassium, calcium, phosphorous, magnesium, chloride, and bicarbonate and the management of both increased and decreased electrolyte concentrations. This session will be pertinent to a wide variety of specialties, including emergency medicine, family medicine, and internal medicine.

#### **Learning Objectives**

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

- Recognize the presentation of common electrolyte abnormalities
- Discuss the evaluation of patients with suspected electrolyte disturbances
- Evaluate laboratory and physical exam findings in patients with electrolyte disturbances
- Discuss possible etiologies of electrolyte disturbances
- Develop a management plan for patients with electrolyte abnormalities

**Primary Track:** Emergency Medicine

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