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CONFERENCE  ON DEMAND
2020 Endocrinology, Gastroenterology, Nutrition Tracks
Total AAPA Category 1 CME Credits: 24.75

A Call to Action: Raising Awareness About Nutritional Health

AAPA Category 1 CME: 1

Description: This session provides a convenient and unique opportunity for clinicians to participate in medical education which focuses on the need for the PA profession to address the critical public health topic of nutrition.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize the current state of nutritional assessment and discuss the role of PAs in managing nutritional health in primary care patients
 - Incorporate screening and use of appropriate testing for nutritional deficiencies into routine patient care
 - Explain basic concepts in nutritional healthReview the nutritional needs in special populations such as patients with obesity, diabetes, and the elderly
 - Review nutritional supplements and other treatment strategies
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American Diabetes Association Standards of Medical Care 2020: Selecting the Best Medications for T2DM Management

AAPA Category 1 CME: 1

Description: This case-based session will applies the 2020 Standards of Medical Care in Diabetes for pharmacology treatment in patients with type 2 diabetes mellitus. A review of the different pharmacological options and best practices will help you decide on the treatment options for your patients. The session explores the available options for patients with comorbidities including nephropathy and cardiovascular complications. Using evidence-based recommendations, this session offers you practical tips for medication selection and insulin intensification.

Learning Objectives:

At the end of this session, the participant should be able to:

- Review the American Diabetes Association Standards of Medical Care in Diabetes Treatment Algorithm for Type 2 Diabetes
 - Recognize the best medication options to avoid hypoglycemia in type 2 diabetes
 - Select the best medications for patients with diabetes and complications including cardiovascular and renal disorders
 - Discuss when and how to intensify insulin in type 2 diabetes mellitus
 - Describe how to avoid clinical inertia
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Anti-Obesity Medications: How They Work and How to Use Them

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AAPA Category 1 CME: 1.25

Description: Obesity is a chronic, progressive, relapsing disease that is treatable. Effective treatment improves outcomes by preventing, reducing, or resolving complications, and improving quality of life. Pharmacotherapy is one of the four pillars of comprehensive obesity treatment and may increase adherence to the other three pillars of nutritional therapy, physical activity, and behavior modification. When skillfully prescribed, anti-obesity medications can be used safely and effectively. This session dives into the mechanisms of action of the FDA approved anti-obesity medications. Each medication targets specific physiology to improve the disease. This knowledge will guide clinicians in selecting anti-obesity medications for their patients. Tips and strategies for personalized medication selection, cost, and insurance coverage will be provided. Case studies are utilized to reinforce and apply learning.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize the role of pharmacotherapy in obesity treatment
 - Describe the criteria for patient eligibility for anti-obesity medications
 - Discuss the available FDA-approved anti-obesity medications, including mechanism of action, contraindications, interactions, and adverse effects
 - Explain how to personalize medication selection based on mechanism of action
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Assessing Acute Abdominal Pain: A Practical Review

AAPA Category 1 CME: 1

Description: The evaluation and treatment of acute abdominal pain requires a broad knowledge of many different GI and non-GI illnesses. It is extremely important to make a correct diagnosis as quickly as possible. There can occasionally be confusion in this process, especially when testing does not correlate with suspected findings. This interactive practical session reviews the typical and atypical GI presentations of pain and non-GI sources of pain. The session includes several case discussions. At the conclusion of this session, participants will have a virtual clinical toolbox to help in the diagnosis and management of acute abdominal pain.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize that the patient's description of severity of abdominal pain does NOT distinguish Irritable Bowel Syndrome from surgical emergencies
 - Discover how 'Alarm Symptoms' are important in clinical practice
 - Define the appropriate evaluation and treatment for diverticulitis
 - Appropriately select U/S, MRCP, HIDA and ERCP when evaluating biliary track disease
 - Recognize that abdominal pain in women may arise from cardiac illness
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Caring for the Bariatric Surgery Patient in the Primary Care Setting

AAPA Category 1 CME: 1.25

Description: Bariatric surgery can result in significant improvements in obesity and related medical conditions. The number of patients who have undergone bariatric surgery will continue to rise as the rates of severe obesity increases. Thus, it is vital for PAs to understand the post-operative long-term care of these patients. Early on in the post-operative phase, clinicians must know how to adjust medications for conditions; diabetes, hypertension and dyslipidemia, which can rapidly improve post-operatively and have adverse consequences if not adjusted appropriately. Clinicians should be aware of potential short and long-term complications of bariatric surgery procedures, and how to manage/refer these patients. Caring for patients includes screening and managing common nutritional deficiencies after procedures. Importantly, clinicians and patients need to recognize that obesity is a chronic disease, and that bariatric surgery is a tool, not a cure and continued obesity management is necessary.

Learning Objectives:

At the end of this session, the participant should be able to:

- Identify the need for medication adjustments in the early postoperative period after bariatric surgery and monitor medical conditions that may be affected by bariatric and metabolic surgery
 - Explain how to screen for and manage vitamin deficiencies that are common after bariatric surgery
 - Recognize and understand the management of potential complications of bariatric surgery
 - Recognize obesity as a chronic disease and manage weight regain after bariatric surgery, including making appropriate referrals when necessary
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Diabetes Case Studies: Navigating the Alphabet Soup of Treatment Options

AAPA Category 1 CME: 1.25

Description: This interactive, case-based session features real world clinical scenarios to demonstrate optimization of diabetes treatment plans. The session explores critical decision-making when selecting from the variety of available anti-hyperglycemia agents with an effort at reducing complications and hypoglycemia. A review of cardiovascular outcomes data is included with a discussion on applying this data and current guidelines at the clinic level to help improve patient outcomes as well as clinicians' comfort with this evolving area of medicine.

Learning Objectives:

At the end of this session, the participant should be able to:

- Discuss the pathophysiology of type 1 and type 2 diabetes and how this directly applies to treatment recommendations
- Describe available treatment options including specific mechanisms of action and clinical considerations

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- Review recent cardiovascular outcome trials results which have affected clinical guidelines, indications, and precautions
 - Demonstrate the real-world application of selecting diabetes treatment options using clinical case studies
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Empowering Persons with Diabetes (PWD): Putting Diabetes Self-Management Consensus Principles to Work

AAPA Category 1 CME: 1

Description: PAs are managing the care of persons with diabetes in great number. For this complex and chronic disease, physicians cannot handle the load alone. Research supports that the care provided by PAs and NPs is comparable to that of physicians and in some cases financially better. However, diabetes research demonstrates that patient-centric care, aimed at empowerment through knowledge, skills and behavioral support, further advances quality outcomes. This session provides a road map for PAs to identify the four critical times for diabetes self-management intervention, clinical benefits, reimbursement, barriers, and referrals resulting in improved patient outcomes, practice efficiency, patient empowerment, utilization of government funding and reduced PA burnout.

Learning Objectives:

At the end of this session, the participant should be able to:

- Describe current issues effecting PAs' management of persons with diabetes
 - List common interfering issues with access to and delivery of diabetes self management education & support (DSMES)
 - Summarize the evidence-based medicine (EBM) practices supporting the benefits of DSMES
 - Describe currently available medicare and insurer funding for DSMES
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Fatty Liver Disease: What's the Skinny? An Update on the Latest in Diagnosis and Treatment

AAPA Category 1 CME: 1.25

Description: Fatty liver disease is the most common cause of elevated liver enzymes in the US adult population. This session is designed to educate on the importance of making a diagnosis of fatty liver disease. We will review common terminology associated with fatty liver such as: simple steatosis, NAFLD and NASH. We will discuss risk stratification, including the use of new imaging modalities, online disease scoring systems and liver biopsy. And finally, we will arm everyone with the latest treatment options.

Learning Objectives:

At the end of this session, the participant should be able to:

- Define common terminology used to determine morbidity in patients with fatty liver such as simple steatosis, NAFLD and NASH

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- Recognize the importance of making a diagnosis of fatty liver disease in a patient, as it pertains to liver and general health morbidity and mortality
 - Discuss the latest treatment options for patients with fatty liver disease, including recent research trial results
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Figuring It Out: Chronic Abdominal Pain

AAPA Category 1 CME: 1.25

Description: Chronic abdominal pain patients are often left searching for answers. This session helps participants figure out challenging patients with chronic abdominal pain. Emergency, pediatric, GI, and surgical PAs will be introduced to evidence-based practices including historical, physical exam (PE), imaging, dietary, and pharmaceutical tips to help address this growing population.

Learning Objectives:

At the end of this session, the participant should be able to:

- Discuss the common presentation of chronic abdominal pain. Briefly compare and contrast acute, functional, and chronic abdominal pain
 - Review the initial history and physical exam, including the classic presentation of major problems based on abdominal topography
 - Discuss common etiologies of pain in the abdomen including hepatic, biliary, gastric, intestinal/inflammatory, vascular, GU, GYN and musculoskeletal etiologies
 - Explain the work-up of chronic abdominal pain including serologic testing, stool testing, and imaging
 - Discuss the medical, surgical, and dietary interventions that can lead to success in dealing with challenging chronic abdominal pain patients
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Food Allergy Update (With a Focus on Peanut Allergy)

AAPA Category 1 CME: 1.25

Description: We will examine the current guidelines for the evaluation and treatment of food allergy with a focus on peanut allergy. In the past two years the recommendations for the administration of peanut protein into the diet of infants and children has changed dramatically. We will discuss these guidelines and practical ways you can encourage the proper introduction of peanut protein into the infants and toddlers in your practice.

Learning Objectives:

At the end of this session, the participant should be able to:

- Identify the indication for allergy testing for foods, aeroallergens and insects in the pediatric and adult population

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- Analyze the new guidelines for the introduction and administration of peanut protein into the diets of infant and toddler patients
 - Uncover the understanding of how early introduction of food proteins might offer protection against later food sensitization
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Inflammatory Bowel Disease: What You Need to Know

AAPA Category 1 CME: 1

Description: The last few years have seen a dramatic development of new evaluation and treatment paradigms for patients with Inflammatory Bowel Disease. Yet, despite all these developments, there still remain many questions including: What is the 'best' medication for my patient? Which patients need two medications? Why do medications lose effectiveness? How can I prevent this? When can we safely stop medications? How do we minimize the side effects of medications? This session, through practical, very interactive and fun case discussions is designed to provide practical takeaway points designed to provide optimal care.

Learning Objectives:

At the end of this session, the participant should be able to:

- Distinguish Inflammatory Bowel Disease (IBD) from Irritable Bowel Syndrome (IBS)
 - Review the workup for IBD
 - Discuss the various treatments of IBD
 - Describe controversies surrounding IBD
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Obesity Work-Up Blueprint: What to Do Monday Morning

AAPA Category 1 CME: 1.25

Description: A thorough assessment is the foundation of effective obesity treatment. The information gleaned will guide the treatment decisions. Given the complexity of obesity, and the complications that need to be assessed, many PAs are unsure about where to begin. In this session, participants will be given a blueprint for conducting a comprehensive stepwise obesity assessment that includes a health and weight history, an obesity-specific physical exam, and appropriate labs. Tools for conducting the assessment in a time efficient manner will be provided. You will learn how to make a full diagnosis, including obesity staging, and determine the next step in treatment. The components of comprehensive treatment will be reviewed, as well as how to make appropriate referrals. Case studies will be used to reinforce and apply learning.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize the importance of diagnosing obesity and documenting it in the medical record

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- Explain the elements of a comprehensive step-wise obesity assessment and how it guides treatment
 - Describe the role of obesity staging in making treatment decisions
 - Discuss the components of comprehensive treatment and how to make appropriate referrals
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Obesity: Early Intervention Improves Outcomes

AAPA Category 1 CME: 1

Description: Obesity is a chronic, progressive, relapsing disease. If left untreated, it worsens and leads to serious complications such as diabetes, cardiovascular disease, osteoarthritis, and cancer. Given the consequences, it needs to be treated early and with the same intensity that other serious conditions are given. Fat cells are active endocrine glands that contribute to chronic inflammation, which is at the root of many of the obesity complications we see. Early diagnosis and treatment prevent, reduce, or resolve complications and improve quality of life. A 5-10% weight loss improves health and weight-related complications. Participants will learn how to diagnose obesity and pre-obesity and identify obesity-related complications. The components of comprehensive treatment is reviewed, as well as how to make appropriate referrals, whether in a primary or specialty care setting. Strategies for early intervention is also provided and reinforced with case studies.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize obesity as a chronic, progressive, relapsing disease
 - Identify the health risks associated with obesity
 - Recognize the importance of early diagnosis and intervention to prevent, improve, or resolve complications
 - Explain the components of comprehensive treatment and how to make appropriate referrals
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Optimizing Nutrition in the Elective Surgical Patient

AAPA Category 1 CME: 1.25

Description: The focus of this session is on identifying patients at risk of malnutrition prior to surgery. Methods to optimize perioperative nutritional status and recovery will be discussed with the emphasis on patients undergoing elective surgery and planned procedures. The session includes descriptions of a nutrition focused history, physical exam, screening laboratory and other diagnostics to aid in identification of nutrient deficiencies, as well as pertinent subjective and objective information to augment post-surgical recovery. Participants will complete this session with a thorough understanding of nutritional influences on the surgical patient, and clinically relevant, evidence-based recommendations to enhance surgical outcomes for their patients.

Learning Objectives:

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At the end of this session, the participant should be able to:

- Describe common complications of malnutrition, and the effects on surgical recovery
 - Evaluate approaches to take a nutrition focused history in the perioperative period, and describe physical exam findings indicative of malnutrition
 - Interpret diagnostic study findings related to malnutrition and surgical recovery
 - Develop an individualized therapeutic nutrition plan to optimize surgical recovery and outcomes
 - Describe nutrition interventions to support commonly encountered feeding difficulties after surgery
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Polycystic Ovary Syndrome (PCOS) in Adolescents

AAPA Category 1 CME: 1

Description: This session discusses the diagnosis and management of polycystic ovary syndrome (PCOS) in adolescents. PCOS is a common endocrine disorder, associated with complications of both reproductive and metabolic health, in women of reproductive age with estimated prevalence as high as 20%. PCOS manifests during adolescence, but is often undiagnosed until adulthood when individuals present with complications of PCOS such as infertility and insulin resistance. Clinical presentation of PCOS during adolescence include hirsutism, severe acne, and/or irregular menses, which have been found to have a significant negative impact on quality of life at a vital time for social, emotional and physical development. Knowledge of adolescent-specific practice guidelines, and understanding evidence behind the guidelines, will support PAs who play a key-role in caring for adolescents with PCOS and help mitigate long-term complications of this complex condition.

Learning Objectives:

At the end of this session, the participant should be able to:

- Discuss the epidemiology, pathophysiology, and clinical manifestations of polycystic ovary syndrome (PCOS) in adolescents
 - Describe adolescent specific practice guidelines for the diagnosis and management of PCOS
 - Explain the evidence supporting adolescent specific practice guidelines for the diagnosis and management of PCOS
 - Select the appropriate diagnostic testing for adolescents who present with signs/symptoms of PCOS
 - Prepare an appropriate treatment plan for the management of PCOS in an adolescent patient
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The ABCs of Chronic Kidney Disease

AAPA Category 1 CME: 1.25

Description: Chronic kidney disease (CKD) is the fastest growing chronic disease with the largest growth in the 20 to 64 age groups. The incidence of CKD grew by 89%, death from CKD grew by 98% and

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disability from CKD grew 62% in the last 20 years. Medicare spends 20% of their entire budget on the CKD population. You will see a CKD patient and you can help with diagnosis, management, and slowing of progression. Using that sample patient, come to The ABCs of CKD to learn how to manage the CKD patient in the 21st century!

Learning Objectives:

At the end of this session, the participant should be able to:

- Define stages of chronic kidney disease (CKD) using KDIGO guidelines
 - Review urinary testing needed to both stage and predict progression of CKD
 - Discuss management of CKD patients with a goal to slow disease progression
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The Gut Microbiome Evaluation and Optimization

AAPA Category 1 CME: 1.25

Description: Research on the gut microbiome is expanding at a rapid pace. An abnormal gut microbiome can have far reaching effects on a multitude of organ systems. This session updates the current research and implications for daily practice, including pointers on probiotic selection, diet modification, and effects of antibiotic use.

Learning Objectives:

At the end of this session, the participant should be able to:

- Describe the changes of a healthy gut microbiome through the lifespan
 - Explain how dietary changes can enhance or inhibit our microbiome
 - Describe how a single course of antibiotics can alter the gut microbiome
 - List important components in probiotics and their role as a daily supplement
 - Explain to patients that the gut microbiome is still under research and that there is still a need for placebo-controlled trials
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The Impact of Hypercalcemia: More Than Just a Number

AAPA Category 1 CME: 1.25

Description: Calcium homeostasis is essential for maintaining appropriate neurological and musculoskeletal function and health. Multiple conditions can alter serum calcium levels varying from endocrine disorders and medication effects to immobility, malignancy, and genetic disorders. Due to the diversity of conditions that can cause variations in serum calcium levels, this review will facilitate the clinician to narrow the differential diagnosis and avoid a shotgun approach to the work-up. Calcium evaluations may be enigmatic. Therefore, this session covers when normal does not mean normal as negative studies or imaging may not truly rule out pathology. This session demonstrates pertinent surgical criteria for parathyroidectomy to avoid unnecessary procedures and discuss appropriate treatment goals and considerations.

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Learning Objectives:

At the end of this session, the participant should be able to:

- Review the physiology of calcium metabolism and homeostasis with an emphasis on the impact on neurological and musculoskeletal function and health
 - Discuss diagnostic criteria versus misconception is the diagnosis of hypercalcemia and hyperparathyroidism
 - Distinguish causes of hypercalcemia outside of hyperparathyroidism to appropriately manage and prevent unnecessary procedures
 - Determine the appropriate role of parathyroid imaging in calcium disorders
 - Demonstrate the specific surgical criteria for parathyroidectomy in hyperparathyroidism
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Transforming the Skeleton Osteoporosis: What has changed in 2020?

AAPA Category 1 CME: 1.25

Description: Patients with osteoporosis diagnosed by low trauma fracture or by bone mineral density continue to be under treated or not even evaluated. Osteoporosis is a primary care diagnosis and PAs should be able to evaluate, diagnose, treat, and manage. Osteoporosis is not diagnosed by T-score and this basic misunderstanding leads to lack of treatment. Prior bone fracture is known to be a critical risk and we now have updated data that show 10% of these patients will fracture again in 1 year, 18% at 2 years, and 31% at five years. This is an osteoporosis emergency in a way, and learning the mechanisms of action, names and uses of both old and new drugs will help improve patient outcomes. We are seeing a proliferation of anabolic drugs in the market, access to these drugs through insurance is a barrier to effective treatment. However, appropriate key words associated with knowledge of the individuals specifics will help access. Practical, evidence data will be shared for use in your practice.

Learning Objectives:

At the end of this session, the participant should be able to:

- Apply accepted criteria to make the diagnosis of osteoporosis
 - Use directed history, physical, labs and other validated tools that are helpful in assessing individual patient risk for fracture
 - Develop strategies to manage your patient's skeletal health and decrease their risk of fracture
 - Compare and critique different mechanisms of action for FDA approved OP medications
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Understanding Diabetes Cardiovascular Outcome Trials

AAPA Category 1 CME: 1.5

Description: Diabetes cardiovascular outcome trials provide a wealth of information regarding the cardiovascular safety of new generation diabetes drugs. Currently available diabetes medications have

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been shown to be safe, without unacceptable increase in cardiovascular risk, and some have been shown to offer reduction in risk. However, there is wide variability amongst these studies in terms of trial design, populations studied, and meaningfulness of the results. Comparisons of findings from one study to another is not possible without an accurate understanding of each trial's structure and populations. This session is designed to summarize the more relevant CVOTs in understandable terms so that the clinician can draw accurate and meaningful conclusions about drug options that can be applied to everyday practice.

Learning Objectives:

At the end of this session, the participant should be able to:

- Describe the purpose of Diabetes Cardiovascular Outcomes Trials (CVOTs)
 - Discuss the results of recent CVOTs
 - Compare and contrast how study design for CVOTs performed on drugs within a class
 - Explain the relevance of CVOT findings in every day clinical practice
 - Identify where future research is needed in diabetes cardiovascular safety
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Updates in Medicine: Role of Optimizing of Obesity Prior to Elective Orthopedic Surgeries

AAPA Category 1 CME: 1.25

Description: A unique need has arisen to help PAs in both the PCP as well as surgical setting on understanding how to identify and optimize modifiable risk factors that puts patients at increased risk for surgical complications. This session focuses on guidelines for optimization of obesity and nutritional status prior to an elective surgery. It will help both the PCP PA understand the areas to intervene earlier to support patients, as well as the surgical PAs on parameters and guidelines to help guide decision-making for elective surgeries.

Learning Objectives:

At the end of this session, the participant should be able to:

- Recognize modifiable risk factors and their role in clinical practice
 - Apply guidelines and clinical pearls on optimization of patients with obesity prior to surgery
 - Employ nutritional optimization of patients
 - Apply Learning Objectives: to a Case Study Review
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