

# MEAPA 2024 Annual Conference

## Event Agenda

Wednesday, October 2, 2024 at 8:30am ET - Friday, October 4, 2024 at 5:00pm ET

**i All times listed in Eastern Time (US & Canada).**

### Wednesday, October 2, 2024

7:30am - 9:00am

#### Registration Table Open

Visit our registration table to pick up your name badge and welcome bag. Onsite registration is unfortunately not available, please register prior to 10/2/24.

NOTE: This year we are not running separate concurrent inpatient/outpatient tracts after hearing feedback from last year. This year we have grouped our inpatient and outpatient focused lectures, which you will see noted on the agenda. Joint sessions are for topics that are widely applicable. Optional Add-on Workshops will run concurrent with lecture offerings.

9:00am - 9:30am

#### Welcome

MEAPA President, Kimberly Caldwell MPAS, PA-C

9:30am - 10:30am

#### Obesity Treatment - Thinking with a Phenotypic Lens

Ainsley Price, MSPA, PA-C Outpatient-1

At the conclusion of the session, attendees should be able to:

- 1) Name the four general phenotypes of obesity.
- 2) Recognize how each of the four phenotypes may present in practice.
- 3) Match commonly prescribed anti-obesity medicines with the phenotype they may work most effectively with.

10:30am - 11:00am

#### Break/ Exhibit Hall Opens

Menu TBD

11:00am - 12:00pm

#### Can You 'Ear Me? A Discussion on Sudden Hearing Loss

Gillian Croteau, MSPA, PA-C Outpatient-2

At the conclusion of the session, attendees should be able to:

- 1) Define criteria for Sudden Sensorineural Hearing Loss (SSNHL).
- 2) Identify patients with potential SSNHL based on history.
- 3) Assess patients with potential SSNHL in a non-ENT setting.
- 4) Develop treatment plan for SSNHL.

12:00pm - 1:00pm

#### Lunch/Exhibit Hall Open

Menu TBD

Menu TBD

1:00pm - 2:00pm

**Patient Goals: Knowing Them, Naming Them and Achieving Them in Palliative Care**

Jacqueline Fournier, NP. c. ACHPN Chelsea Ouellette FNP Joint Session-1

At the conclusion of the session, attendees should be able to:

- 1) Define what palliative care is.
  - 2) What are the types of palliative care that can be delivered?
  - 3) Explore case studies: who qualifies for palliative care services.
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1:00pm - 5:30pm

**Wilderness Workshop**

David Kuhns PA-C Owen Howell PA-C

--Separate Registration Required--

At the conclusion of the session, attendees should be able to:

- 1) Describe the common minor ailments and injuries that can present in the outdoors, and demonstrate treatment options (I.e. reduction and stabilization of angulated fractures and dislocations, incorporating standard and improvised materials)
  - 2) Discuss options for the essential medications and supplies that should be part of your medical kit. (Demonstrate the use of an Epi Pen)
  - 3) Discuss strategies on how to avoid life-threatening environmental emergencies, including hypothermia, heat related emergencies and lightning injuries. (Demonstrate the "hypothermia wrap".)
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2:00pm - 3:00pm

**Your Vote, Your Voice, Your Power: Maine's Legislative Process 101**

Laura Harper Joint Session-2

At the conclusion of the session, attendees should be able to:

- 1) Discuss the importance of advocacy and legislative awareness for PAs.
  - 2) Describe Maine's legislative process from creation of a bill to signing into law.
  - 3) Describe how PAs should be advocates and active participants in the electoral and legislative process.
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3:30pm - 4:00pm

**Break/Exhibit Hall Open**

Menu TBD

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3:30pm - 4:30pm

**Orthopedic Topic**

Eric Daniels PA-C Inpatient -1

At the conclusion of the session, attendees should be able to:

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4:30pm - 5:30pm

**Inpatient -2**

Angela Leclerc PA-C Inpatient -2

At the conclusion of the session, attendees should be able to:

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5:30pm - 8:00pm

**Lobster Bake**

Separate Ticket Required.

Menu TBD, cash bar available.

Thursday, October 3, 2024

6:30am - 7:30am

**Breakfast**

Menu TBD

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7:00am - 12:00pm

**ACLS for the Experienced Provider Renewal Workshop**

Christopher Bates-Withers PA-C

--Separate Registration Required--

Must have prior ACLS for the Experienced Provider certification, which has not expired more than 1 year ago.

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7:30am - 8:30am

**Rising Rates of Cancer in Young Patients; Implications In A Rural State**

Dr. Lisa Rutstein, MD Inpatient-3

At the conclusion of the session, attendees should be able to:

- 1) Understand causative factors for early age presentation of colorectal cancer
  - 2) Implications of early age diagnosis for a rural state such as Maine
  - 3) Recommendations for screening and genetic testing for young patients
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8:30am - 9:30am

**Too Slow: Bradycardia, Heart Blocks, and What We Do for Our Patients**

Scott Smith, MSN, APRN-CNP, ACNP-BC, NRP, I/C Inpatient-4

At the conclusion of the session, attendees should be able to:

- 1) Identify the following ECG rhythms: sinus bradycardia, idioventricular rhythm/ventricular escape rhythm, junctional escape rhythm, sick sinus syndrome, 1 st degree AV block, 2 nd degree AV block Type I (Wenckebach), 2 nd degree AV block Type II, and 3 rd degree AV block.
  - 2) Discuss management of symptomatic and asymptomatic bradycardia.
  - 3) Analyze a case study and describe correct management of the bradycardic patient per AHA Guidelines.
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9:30am - 10:00am

**Break/Exhibitor Hall Open**

Menu TBD

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10:00am - 11:00am

**Pearls for Delivering Age-Friendly Healthcare in Any Practice Setting**

Maria Egger, PA-C Joint Session-3

At the conclusion of the session, attendees should be able to:

- 1) Recognize the unique characteristics of the older adult population that influence healthcare decisions.
  - 2) Explain the four components of Age-Friendly Healthcare, the 4 Ms.
  - 3) Illustrate the impact of implicit, explicit, and structural ageism on healthcare disparities for older adults.
  - 4) Demonstrate practical approaches to delivering age-friendly care in both inpatient and outpatient settings through participant-generated patient cases.
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11:00am - 12:00pm

**Pediatric Cardiology: Matters of the Heart**

Don Solimini, PA-C, MHA Joint Session- 4

At the conclusion of the session, attendees should be able to:

- 1) Obtain appropriate history
  - 2) Conduct appropriate exam
  - 3) Use general knowledge of cardiovascular physiology to develop differential dx
  - 4) Use chest xray, echo, angio to complement
  - 5) Recognize clinical patterns that characterize common pediatric cardiac conditions
  - 6) No, you will not become a pediatric cardiologist after this presentation, but should have better understanding for a PC or Peds practice.
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12:00pm - 1:00pm

**Lunch/Membership Meeting/Exhibit Hall Open**

Membership vote needed on the following topics: -Change of organization name -Bylaw update adoption

Menu TBD

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1:00pm - 2:00pm

**Update from NCCPA: Focus on the PANRE/PANRE-LA**

Alicia Quella, PhD, PA-C Joint Session -5

At the conclusion of the session, attendees should be able to:

- 1) Describe the options, resources and details on recertification for PAs: focusing on the PANRE and PANRE-LA.
  - 2) Describe the CAQ program and the new CAQs available for PAs.
  - 3) Describe the ways PAs contribute to the work of NCCPA.
  - 4) Update on recent legislation guiding PA Practice, the PA Licensure Compact and title change.
  - 5) Describe the practice characteristics of Maine PAs.
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1:00pm - 5:30pm

**Critical Care Skills Workshop**

TBD

--Separate Registration Required--

Hands on skills with Critical Care Point of Care Ultrasound (POCUS), airway management, central line and chest tube insertion.

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2:00pm - 3:00pm

**Pediatric Rashes**

Don Solimini, PA-C, MHA Outpatient -3

At the conclusion of the session, attendees should be able to:

- 1) Discuss some common and not so common pediatric dermatologic issues.
  - 2) Identify by site and clinical presentation rashes you ought not miss.
  - 3) Describe treatment options for the various conditions.
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3:00pm - 3:30pm

**Break/Exhibit Hall Open**

Menu TBD

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3:30pm - 4:30pm

**Recognizing and Treating Anxiety Disorders in Primary Care**

Dana Villmore, PhD, PA-C Outpatient -4

At the conclusion of the session, attendees should be able to:

- 1) Recognize the signs and symptoms of anxiety disorders in the primary care setting across the lifespan.
  - 2) Implement appropriate mental health questionnaires to screen for anxiety disorders and common comorbid conditions in primary care patients.
  - 3) Utilize appropriate pharmacotherapy for patients with anxiety disorders across the lifespan.
  - 4) Formulate holistic non-pharmacologic treatment plans for patients with anxiety disorders.
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4:30pm - 5:30pm

**Buprenorphine for Management of Chronic Pain**

Ryan Trosper, PA-C Outpatient -5

At the conclusion of the session, attendees should be able to:

- 1) Discuss the pharmacodynamics of buprenorphine
  - 2) Identify different formulations of buprenorphine utilized for chronic pain management
  - 3) Review indications, contraindications, adverse effects, dosing, and monitoring of buprenorphine
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5:30pm - 8:00pm

**Vendor Reception (non-CME event)**

Menu TBD, Cash Bar

## Friday, October 4, 2024

6:30am - 7:30pm

**Breakfast/Exhibit Hall Open**

Menu TBD

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7:30am - 8:30am

**Treatment of Obesity in Adults: Weighing In on the Drug Therapy Options**

Sara Hoffman, PA-C Outpatient -6

At the conclusion of the session, attendees should be able to:

- 1) Describe the widespread epidemic of obesity in the U.S. and its adverse health implications.
- 2) Define the FDA-approved medications for the treatment of obesity in the U.S. and select the best agent for each individual patient based on key considerations (e.g., contraindications, availability, cost).
- 3) Explain each drug category's mechanism of action, dosing and monitoring, efficacy for weight loss, duration of therapy, adverse effects, and contraindications.

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8:30am - 9:30am

**Dermatology Update 2024: What's New and What you might not remember from PA school**

Sarah Patton, MSHS, PA-C Outpatient -7

At the conclusion of the session, attendees should be able to:

- 1) Recognize the etiology and signs and symptoms of common dermatologic conditions across the lifespan in the primary care setting.
- 2) Implement new and old treatment regimens for common dermatologic conditions in the primary care setting.
- 3) Determine the appropriate patients for referral to a specialty dermatology office and formulate the best referral plan.

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9:30am - 10:00am

**Break/ Exhibit Hall Open**

Menu TBD

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10:00am - 11:30am

**Keynote: Lewiston Mass Shooting Event October 25th 2023**

Dr. Timothy Counihan, MD Hannah Stonebreaker, PA-C

At the conclusion of the session, attendees should be able to:

- 1) Provide a review of the hospital emergency response to the Lewiston shooting.
- 2) Review mass casualty emergency response procedures.
- 3) Explain how to participate in a mass casualty response as medical provider.
- 4) Describe the patterns of injury of military style assault rifle injuries.
- 5) Recall the initial assessment and resuscitation of penetrating trauma patients.
- 6) Describe the barriers to mental health care in the acute setting.

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11:30am - 1:00pm

**UNE Luncheon**

Award and Scholarship Ceremony. Raffle baskets give away.

ALL WELCOME!

Menu TBD

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1:00pm - 2:00pm

**A State of Shock! Demystifying The Shock State**

Marc Igdalsky, PA-C Inpatient -5

At the conclusion of the session, attendees should be able to:

- 1) Recognize the clinical presentation of a shock state.
- 2) Compare hypovolemic, distributive, obstructive, and cardiogenic shock.
- 3) Demonstrate an understanding of the etiology, clinical presentation, diagnosis, and management of various shock states.
- 4) Interpret pertinent clinical exam findings and data as it relates to the work-up and treatment of shock.
- 5) Formulate appropriate care plans, including both resuscitative and curative measures, targeting shock.

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1:00pm - 4:00pm

**Primary Care Skills Workshop**

TBD

--Separate Registration Required--

At the conclusion of the session, attendees should be able to:

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2:00pm - 3:00pm

**Management of Diverticulitis**

Dr. Timothy Counihan, MD Inpatient -6

At the conclusion of the session, attendees should be able to:

- 1) Describe the pathophysiology and epidemiology of diverticular disease.
- 2) Describe how to assess and treat mild diverticulitis.
- 3) Recall the grading systems for diverticulitis.
- 4) Determine the appropriate assessment and treatment of complex diverticulitis including the role of interventional radiology.
- 5) Describe the surgical options for complex diverticulitis.

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3:00pm - 4:00pm

**Ways To Effectively Discuss Firearm Safety with Patients in a Non-Partisan Manner**

Michael Smith MS, PA-C, Christopher Bates-Withers, MSPHarm, MMS, PA-C, CAQ-HM, CAQ-CVTS, CHSE Inpatient-7

At the conclusion of the session, attendees should be able to:

- 1) Define basic firearm terminology necessary for informed and effective discussion with patients about firearm safety.
- 2) Identify potential barriers to therapeutic communication between healthcare providers and patients who own firearms.
- 3) Discuss the role of firearms in suicides and ways to limit their use.
- 4) Apply principles of harm reduction to reduce mortality and morbidity associated with firearms in families and communities.
- 5) Discuss basic functionality of firearms safety devices and provide basic instruction to patients about selection and use of these devices.
- 6) Identify the relatively small number of people most likely at increased risk of gun violence and self-harm and ways to effectively reduce their use of firearms.

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4:00pm - 4:15pm

**Closing**

Kimberly Caldwell MPAS, PA-C MEAPA President