

MEAPA 2023 Annual Conference

Event Agenda

Wednesday, October 4, 2023 at 8:00am ET - Friday, October 6, 2023 at 6:00pm ET

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

Wednesday, October 4, 2023

8:30am - 10:00am

Registration Open/Exhibitor Hall Open

10:00am - 10:30am

Presidents Welcome-MEAPA Annual Update

Kimberly Caldwell, MPAS, PA-C, MEAPA President & President-Elect

10:30am - 11:30pm

Keynote: Making your voice heard in Augusta: How to Effectively Communicate the Value of PAs with Decision Makers.

Laura Harper Senior Associate, Moose Ridge Associates

Objectives:

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

- 1) Describe the importance of advocacy and legislative engagement for healthcare providers.
 - 2) Describe the legislative process- how a bill becomes a law.
 - 3) Explain how PAs can become advocates/active participants in the Maine Legislature and State regulatory process.
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11:30am - 12:00pm

Making your voice heard in Augusta: Advocacy Panel Discussion with GAC Members

Laura Harper Senior Associate, Moose Ridge Associates, Kimberly Caldwell MPAS, PA-C, MEAPA President & President-Elect Kathleen Monegan PA-C, Vice President of MEAPA Stephanie Podolski PA-C, Past President MEAPA, Maine Chief Delegate HOD Angela Leclerc MSPA, PA-C, Past President MEAPA, Maine Delegate HOD

Objectives:

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

- 1) Understand and describe with the PA Compact Bill is and the importance of introducing it in the upcoming Maine Legislature.
 - 2) Understand and describe the challenges MEAPA may encounter when introducing new legislation regarding the PA title change from "Physician Assistant" to "Physician Associate".
 - 3) Understand and describe emerging issues affecting PAs and health providers are engaged in at the Maine Legislature and describe MEAPA's role in these topics thus far.
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12:00pm - 1:00pm

Lunch

Exhibitor Hall Open

1:00pm - 2:00pm

Basics of Wound Care Healing

Jane Bois RDMS, RVT, PA-C SWS

Objectives:

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

- 1) Recognize the 4 stages of wound healing and recognize abnormal wound healing related to each of these steps.
 - 2) Understand the common causes of non-healing wounds and next diagnostic steps in assessment of differentials.
 - 3) Apply knowledge of the pathology of common differentials to mitigate progression of wounds or to start referrals to specialist.
 - 4) Recognize the basic wound care and wound healing supplies that are available in express care/primary care to bridge the gap between specialist visits.
 - 5) Observe long term devices used in wound care and healing to heal and avoid further wound development.
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1:00pm - 3:00pm

Workshop: Critical Care Skills

Separate Ticket REQUIRED, may purchase separately during via online registration. With hands on skill stations including: -Airway -POCUS
Central Line Insertion -Chest Tube Insertion/Pericardiocentesis

Objectives:

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

- 1) Demonstrate safe and effective securing of an advanced airway using multiple endotracheal, nasopharyngeal, oropharyngeal techniques.
 - 2) Demonstrate ability to locate subclavian and external jugular veins using POCUS.
 - 3) Demonstrate appropriate technique for insertion of central venous catheter.
 - 4) Demonstrate safe and effective insertion of chest tube.
 - 5) Demonstrate safe and effective technique for performing pericardiocentesis.
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2:00pm - 3:00pm

Patient Experience- Small change in Presentation to make a BIG change in Patient Communication

John Raymond MS, PA-C, MHP

Objectives:

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

- 1) Identify 3 important benefits of improving patient experience.
 - 2) Describe 5 techniques to improve their patient communication and patient experience.
 - 3) Identify 3 techniques to improve their patient communication in the exam room.
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3:00pm - 3:30pm

Break

Exhibitor Hall Open

3:30pm - 4:30pm

NCCPA Update: Focus on the PANRE Alternative

Alicia Quella, PhD, MPAS, PA-C

Objectives:

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

- 1) Describe the options available for PANRE beginning in 2023 with the many new details on PANRE-LA
 - 2) Describe the CAQ program
 - 3) Describe the ways PAs contribute to the work of NCCPA
 - 4) Recognize the many ways NCCPA communicates with PAs and other resources available.
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4:30pm - 5:30pm

The Pro's and Con's of selling the PA Profession to an International Market

David Kuhns PA-C Emeritus, CCPA-Retired, MPH, DFAAPA

Objectives:

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

- 1) Describe the current state of the international development of the PA profession.
 - 2) List barriers to progress for expansion of the PA role in the international arena.
 - 3) Identify potential global employment opportunities for American PAs.
 - 4) Share a vision for the future of the PA profession at a global level.
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5:30pm - 7:30pm

Lobster Bake

Separate Ticket REQUIRED, may purchase via online registration.

Thursday, October 5, 2023

7:00am - 8:00pm

MEAPA Board of Directors Meeting

Exhibitor Hall Open

7:00am - 12:00pm

Workshop: Cardiology

Chris Bates-Withers, MMS, PA-C, CAQ-HM, CAQ-CVTS, MEAPA Director-At-Large

Separate Ticket REQUIRED, may purchase via online registration.

ACLS for the Experienced Provider Recertification Included for Participants with Current AHA ACLS Card.

Objectives:

At the conclusion of the workshop participants should be able to:

- 1) Demonstrate integration of complex airway management in the treatment of the patient in cardiac or respiratory arrest.
 - 2) Discuss and demonstrate evidence-based strategies for post cardiac arrest care and stabilization.
 - 3) Demonstrate management of metabolic and toxicologic cardiovascular emergencies.
 - 4) Discuss and manage cardiovascular emergencies associated with comorbidities including asthma, anaphylaxis, pregnancy and trauma.
 - 5) Discuss and manage cardiovascular compromise due to environmental emergencies.
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8:00am - 9:00am

Steps toward affirming care for sexual and gender minorities

Brandy Brown, DSW, LCSW

Objectives:

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

- 1) Define key concepts related to providing equitable care for sexual and gender minority patients.
 - 2) Identify ways to improve communication with sexual and gender minority patients.
 - 3) Identify psychosocial, medical, and surgical interventions related to gender transition.
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9:00am - 10:00am

Principals of Obesity Management

Ainsley Price, MSPA, PA-C

Objectives:

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

- 1) Define fat mass disease and adiposopathy and list 3 conditions of each.
 - 2) Identify common osteogenic medications.
 - 3) State minimum daily protein goal to maximize weight loss.
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10:00am - 10:30am

Break

Exhibitor Hall Open

10:30am - 11:15am

To Screen or Not To Screen for Lung Cancer

Carissa Hankins MSN, APRN, FNP-C

Objectives:

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

- 1) Identify candidates for lung cancer screening using updated screening guidelines.
 - 2) Explain the significance of Lung RADs zero (0) rating.
 - 3) State when not to order a lung cancer screening scan.
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11:15am - 12:00pm

OSA: Connecting the Dots

Carissa Hankins MSN, APRN, FNP-C

Objectives:

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

- 1) Identify tell-tale signs and symptoms of increased OSA risk.
- 2) Define apnea-hypopnea index.
- 3) Anticipate common patient concerns regarding OSA diagnosis & treatment. "

11:30am - 1:00pm

Lunch

Exhibitor Hall Open

1:00pm - 4:30pm

Workshop: Hands on skills for Wilderness Medicine

David Kuhns PA-C Emeritus, CCPA-Retired, MPH, DFAAPA

Separate Ticket REQUIRED, may purchase via online registration.

Objectives:

At the conclusion of the workshop, participants 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".)

1:00pm - 2:00pm

Acute management and evaluation of ICH

Angela Leclerc, MSPA, PA-C, Past President MEAPA, Maine Delegate HOD

Objectives:

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

- 1) List the differential diagnosis for ICH
- 2) Discuss the guidelines for acute management of ICH
- 3) Discuss the guidelines for evaluation of ICH

2:00pm - 3:00pm

Acid Base Disorders

Hassan Mahmoud, MD

Objectives:

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

- 1) Systematically analyze a blood gas result.
- 2) Create a differential diagnosis for metabolic acidosis.
- 3) Understand the basics of metabolic acidosis management in hospitalized patients.

3:00pm - 3:30pm

Break

Exhibitor Hall Open

3:30pm - 4:30pm

Management of Cirrhosis

Joseph Harkins MPAS, PA-C

Objectives:

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

- 1) Order and interpret diagnostic studies for liver disease.
 - 2) Recognize and implement treatment steps of liver disease.
 - 3) Recognize and initiate surveillance steps of liver disease.
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4:30pm - 5:30pm

Burn Care

Rosemary Paine MSN, FNP-BC, AGACNP candidate, RNFA

Objectives:

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

- 1) Distinguish between full thickness, partial thickness and superficial burns.
 - 2) Understand the principles of burn wound care and know options for initial burn management.
 - 3) Know the indications for transfer to a burn center and the specialized services offered at a burn center.
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4:30pm - 5:30pm

Cardiology Update: Novel Agents for Congestive Heart Failure

Chris Bates-Withers, MMS, PA-C, CAQ-HM, CAQ-CVTS, MEAPA Director-At-Large

Objectives:

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

- 1) Discuss the concept of ejection fraction and relevance of HFpEF vs HFrEF in heart failure management.
 - 2) Discuss the applications of sacubitril/valsartan in management of HFrEF.
 - 3) Discuss the applications of ivabradine in management of HFrEF.
 - 4) Discuss the applications of SGLT2 inhibitors to reduce cardiovascular mortality in CHF patients without diabetes.
 - 5) Discuss the diagnosis and management of heart failure due to cardiac amyloidosis, including applications of tafamidis.
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5:30pm - 8:00pm

Exhibitor Speed Dating/Social

Socialize with MEAPA board of directors and exhibitors as you rapidly move table to table, participants will receive 2 drink tickets for attending and be entered to win a raffle prize.

Friday, October 6, 2023

8:00am - 9:00am

MEAPA Member Meeting/Town Hall Discussion

Kimberly Caldwell MPAS, PA-C, President of MEAPA As well as other members of the MEAPA Board of Directors past and present.

Discussing Membership Engagement, Legislative Topics and answering questions in an informal but informative format.

9:00am - 10:00am

Non-Congenital Structural Heart Disease: How to identify issues in your patients and how to treat them

John Raymond MS, PA-C, MHP and Jacie Grimsrud PA-C

Objectives:

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

- 1) Identify 3 types of structural heart disease.
 - 2) Identify 4 major causes of structural heart disease.
 - 3) Identify 3 major treatment plans for patients with structural heart disease
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9:00am - 10:00am

Pearls of Orthopedics: what to look for and what to do with what you find

Eric Daniels PA-C, CAQ-OS, ATC

Objectives:

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

- 1) Identify common acute orthopedic injuries that are outlined
- 2) Develop and implement an appropriate treatment plan for discussed acute orthopedic injuries.
- 3) Provide a concise and descriptive picture of the injury/patient to an orthopedic team

10:00am - 10:30am

Break

Last chance to visit Exhibitors.

10:30am - 11:30am

Overview of Rib Fracture Management

Rebecca Koerting MMS, PA-C

Objectives:

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

- 1) Describe types of chest wall trauma and associated injuries.
- 2) Understand commonly used and maximally effective pain control tactics for chest wall trauma.
- 3) Implement data-driven pain control methods for adults with multiple rib fractures.
- 4) Identify criteria for surgical management of rib fractures.

10:30am - 11:30am

Dermatology Pearls for the Non-Dermatology Provider

Sarah Patton, MSHS, PA-C

Objectives:

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

1. Describe presentation, diagnosis, and treatment of common dermatology conditions.
2. Discuss recent updates in the medical literature regarding the treatment of common dermatologic conditions.
3. Describe approach to biopsy of various lesion types.
4. Discuss clinical indications which should trigger a referral to a dermatology specialist.

11:30am - 1:00pm

UNE Luncheon

All are welcome!

Luncheon offered by UNE's PA Program for all attendees. A chance to socialize and network with Fellow PAs, UNE faculty and students.

-Award of Susan Vincent Memorial Scholarship.

1:00pm - 2:00pm

Opioid Use in Skilled and Long-Term Care Nursing Facilities

Amelia Hersey, MPAS, PA-C

Objectives:

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

- 1) Review challenges with access to nursing homes for patients with opioid use disorder.
 - 2) Summarize OUD guidelines and how they are adapted to skilled and long-term care.
 - 3) Respond to example scenarios via case studies.
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1:00pm - 2:00pm

Fibromyalgia for the Primary Care Provider

Dana Villmore PhD, PA-C

Objectives:

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

- 1) Discuss the physiology of Fibromyalgia.
 - 2) Identify triggers and comorbid conditions associated with fibromyalgia.
 - 3) Diagnose fibromyalgia utilizing current ACR and/or AAPT criteria.
 - 4) Formulate individualized treatment plans for patients with fibromyalgia using a holistic approach.
 - 5) Utilize appropriate pharmacotherapy for patients with fibromyalgia.
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2:00pm - 3:00pm

Enhancing Access to MOUD for Patients in Hospital Settings.

Alane O'Connor, DNP

Objectives:

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

- 1) Highlight the Maine Opioid Response Clinical Advisory Committee's work improve to improve access to substance use disorder treatment through clinical and public policy recommendations.
 - 2) Discuss rationale for expanding access to MOUD in hospital settings including reducing drug overdose death post discharge, readmissions and moral distress among staff.
 - 3) Analyze the proposed basic and advanced levels of care for patients with OUD in hospital settings.
 - 4) Examine commonly held concerns about potential barriers to the utilization of MOUD in hospital settings.
 - 5) Develop strategies to work with leadership in your own setting to expand access to MOUD treatment in hospital settings.
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2:00pm - 3:00pm

Hematology for the Primary Care Provider

Tyler Stoliker, MSN, FNP-C

Objectives:

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

- 1) Identify components of the complete blood count.
 - 2) Identify alterations in cell lines.
 - 3) Establish differential diagnosis of hematologic disease.
 - 4) Define and formulate differential diagnoses of anemia.
 - 5) Identify primary/outpatient care interventions in managing anemia.
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3:00pm - 3:30pm

Break and Raffle Prize Give Away

3:30pm - 4:30pm

Non-Opioid Medication Management of Chronic Pain

Ryan Trosper, MSPAS, PA-C (REMOTE)

Objectives:

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

- 1) After participating in this session, attendees should be able to define nociceptive, neuropathic, and nociplastic pain.
 - 2) After participating in this session, attendees should be able to discuss opioid induced hyperalgesia.
 - 3) After participating in this session, attendees should be able to develop a treatment plan for chronic pain management utilizing medications such as antidepressants, membrane stabilizers, prostaglandin inhibitors, topical analgesics, central nervous system depressants, NMDA antagonists, and opioid antagonists.
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4:30pm - 4:45pm

Closing Remarks

Kimberly Caldwell, MPAS, PA-C, MEAPA President & President-Elect

