

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.

Menu: Chilled juices, coffee/teas, breakfast pastries, muffins, croissants, yogurts and fruit.

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: Coffee, hot teas and bottled water

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: Choice of turkey, ham or roasted vegetable sandwich with farmers field green salad and pasta salads.

1:00pm - 2:00pm

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

Chelsea Ouellette FNP Brianne Genschel, BSW 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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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: mini whoopie pies, soft pretzels, assorted soft drinks, coffee and teas

3:30pm - 4:30pm

Hip Fractures: From Fall Through Recovery

Eric Daniels, PA-C, CAQ-OS, ATC Inpatient -1

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

- 1) Identify different types of hip fractures and appropriate treatment methods.
 - 2) Describe the importance of hip fracture morbidity/mortality on the aging population.
 - 3) Describe what to order for suspected occult hip fractures.
 - 4) Recognize the length of recovery and its impact on the elderly population.
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4:30pm - 5:30pm

Breathless in Bar Harbor

Angela Leclerc, MSPA, PA-C Inpatient -2

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

- 1) Define hypoxemic and hypercapnic respiratory failure and provide examples of each form of respiratory distress.
 - 2) Identify which groups of patients with respiratory failure may benefit from Non-invasive Positive Pressure Ventilation (NIPPV).
 - 3) Identify common reasons for intubation and mechanical ventilation.
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Thursday, October 3, 2024

6:30am - 7:30am

Breakfast

Menu: Seasonal fruit bowls, fresh bananas, Chobani fruit yogurts, house made granola and selection of dry cereals. Fluffy scrambled eggs with fresh chives, hickory smoked bacon, herb spiced sausage and homestyle potatoes. Muffins, danish, croissants with fruit preserves and butter. Whole, skim and almond milk, coffee/teas and fresh squeezed fruit juices.

7:00am - 12:00pm

ACLS for the Experienced Provider Workshop

Christopher Bates-Withers MSPharm, MMS, PA-C, CAQ-HM, CAQ-CVTS, CHSE Rhianna Jones, MPAS, PA-C Stephanie Podolski, MPH, MSPA, PA-C, CAQ-HM

--Separate Registration Required--

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

At the conclusion of the session, attendees 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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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: Fresh bananas, Kind bars, wilderness granola mix, sundried apple chips, quinoa cookies, turkey jerky sticks with coconut water, Naked juices and water bottles.

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: South of the Boarder

-Baja Crisp green salad, roasted corn, bell peppers, tomatoes, chipotle-lime braised chicken with chipotle herbs, onion, peppers and tomatoes. Roasted Latin flavored farm vegetables, quesadilla de queso, cheese, scallions and corn. Tortillas, Sonoran Mexican style rice and beans. Churros for desert and assorted soft drinks/iced tea and hot coffee/teas.

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

Angela Leclerc MSPA, PA-C Robert Rousseau PA-C Chistopher Bates-Withers MSPPharm, MMS, PA-C, CAQ-HM, CAQ-CVTS, CHSE Amy Plante, PA-C

--Separate Registration Required--

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

At the conclusion of the session, attendees 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

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: Locally sourced farm stand vegetables, low fat ranch dip, tabouli salad, roasted pepper hummus, toasted pita chips and veggie chips.

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: Mexican Street food and Macaroni and Cheese stations, with drink tickets and cash bar.

Mexican Street Food includes, corn tortillas, queso dip, black bean and corn salsa, pico de gallo, guacamole, mexican street corn, empanadas

Macaroni and Cheese Bar includes, aged New England cheddar, garlic butter crumbs. Toppings: local lobster, blackened chicken, pork belly, caramelized onions, roasted corn and scallions.

Friday, October 4, 2024

6:30am - 7:30pm

Breakfast/Exhibit Hall Open

Menu: Seasonal fruit bowls, fresh bananas, Chobani fruit yogurts, house made granola, and selections of dry cereals. Whole, skim and almond mild, chilled hard boiled eggs. Muffins, danish, croissants, fruit preserves and butter. Coffee/teas and fresh squeezed fruit juices.

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: Greek yogurt parfait bar and cinnamon buns, coffee/teas and iced tea/lemonade.

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 PA Program and PA Alumni Luncheon

Award and Scholarship Ceremony. Raffle Baskets Give-Away (must be present to win)

ALL WELCOME!

MENU: Rustic Flat Bread Pizza

Italian vegetable soup, garden pesto. Caesar salad with croutons, parmesan cheese and Caesar dressing.

Vine-ripened tomatoes and mozzarella salad.

-Quattro Formaggi pizza, mozzarella, fontina, asiago, gorgonzola cheeses.

-Sicilian pizza, sweet italian sausages, pepperoni, fontina, mozzarella.

-Umbria pizza, wild mushrooms, asiago cream, truffle oil.

Amaretto cheesecake and cannoli's

Freshly brewed regular and decaffeinated coffee and a variety of hot teas.

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

Skin biopsies and repairs - Sarah Patton, MSHS, PA-C Womens Health- MacKenzie Towns, MS, PA-C, CAQ-EM

--Separate Registration Required--

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

- 1) Differentiate between shave, punch, excisional and incisional biopsies.
 - 2) Perform a shave, punch and excisional biopsy.
 - 3) Perform the genitourinary physical exams including pelvic, breast, penis/scrotum and rectal exams using best practices for a diverse patient population.
 - 4) Identify normal and pathologic physical exam findings for the adult genitourinary exams.
 - 5) Correlate GU historical questions with physical exam findings.
 - 6) Incorporate recommendations for screening and physical exams specific to LGBTQ+ patients.
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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