

# CME Conference 2026

## Event Agenda

Friday, March 13, 2026 at 8:00am CT - Saturday, March 14, 2026 at 4:00pm CT

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

### Friday, March 13, 2026

8:00am - 8:30am

**0.5 CME**

Pending

0.5 CE Credits

---

8:30am - 9:15am

**Sponsor Breakfast and Networking Break**

---

9:15am - 10:15am

#### **Updates in HTN and HLD for patients with Diabetes Mellitus (M)**

Sheena CarlLee, M.D., program director of the UAMS / Washington Regional Internal Medicine Residency Program, is an associate professor in the Department of Internal Medicine at UAMS. She is board-certified by the American Board of Internal Medicine and specializes in complex and chronic disease management, adult wellness visits, acute care visits and women's health. Dr. CarlLee received her medical degree from UAMS in 2014. She went on to complete her internal medicine residency at the University of Iowa, where she also served as chief resident. After graduation, she became a faculty member at the University of Iowa. She worked for Atrium Health as a primary care physician in Concord, North Carolina, prior to joining UAMS in September 2020. She practices in the Bradley Plaza Internal Medicine Clinic as a primary care physician and spends the remainder of her time in undergraduate and graduate medical education.

1.0 CE Credit

Provide updates in guideline based care of patients with diabetes and comorbidities

Objectives:

Review guidelines for diagnosis of HTN/HLD

Review new therapies

Review ongoing assessment intervals

---

9:15am - 10:15am

#### **PA Life Without the Burn: Your Financial Freedom Roadmap (B)**

Carrie McMahon MHPE, MPAS, PA-C

1.0 CE Credit

---

10:15am - 11:15am

### **Standards of Care in Overweight and Obesity (M)**

Kate Ross Cameron is an Endocrinology PA and Registered Dietitian based out of Fayetteville, AR. She conducted original research on Weight Bias in Medicine as a part of her capstone project through the UAMS PA Program. She has continued to further her education and training on Overweight and Obesity for the past five years. She is eager to share a summary of the newly published Standards of Care in Overweight and Obesity in order to further better understanding and treatment for patients affected by these conditions.

#### **1.0 CE Credit**

First of its kind clinical guidance on reducing weight stigma in obesity care. The Obesity Association™, a division of the American Diabetes Association®, (Obesity Association) announced the publication of “Weight Stigma and Bias: Standards of Care in Overweight and Obesity—2025,” along with the “Introduction & Methodology” section in BMJ Open Diabetes Research & Care. The publication extends the ADA's process and expertise in developing trusted, evidence-based guidelines to obesity care, offering comprehensive standards to reduce weight stigma and improve care for people living with overweight and obesity.

#### **Objectives:**

**Training:** All health care professionals and staff should receive ongoing education on weight bias and stigma beginning in early training and continuing throughout their careers.

**Inclusive clinical environments:** Clinics should be equipped with appropriate furniture, equipment, and private accommodations that support people of all sizes.

**Person-centered communication:** Health care professionals are urged to use respectful, non-judgmental language and to ask permission before discussing weight-related issues.

**Shared decision-making:** Health care professionals are encouraged to align care goals with a patient's values, recognizing health outcomes beyond just weight loss.

**Evidence-based interventions:** The guidelines support multicomponent strategies, such as role-play, self-reflection, and patient engagement, to reduce implicit and explicit bias effectively.

---

10:15am - 11:15am

#### HPV (B)

Jaime Turner grew up in Northwest Arkansas and graduated from Rogers High School. While in high school, she worked as a CNA as part of the Tri-City Youth Apprenticeship work study program. She continued working as a CNA through college, earning her undergraduate degree at the University of Arkansas in biology with a minor in psychology. She went on to Harding University for her Masters of Physician Assistant Studies. Jaime was interested learning more about otolaryngology after suffering from her own ENT problems. She arranged an elective clinical rotation in otolaryngology with Dr. Cashman and knew this was where she belonged. She's been practicing in otolaryngology with Dr. Cashman since graduating in 2014. Since then, she has received extensive additional training in head and neck procedures and diseases. Jaime enjoys teaching and has been honored to teach other PAs on the state and national level. Jaime enjoys spending time outdoors with her husband, daughter and pups. She has a huge garden and many house plants and loves trail running, mountain biking, backpacking and slalom skiing.

1.0 CE Credit

Human papillomavirus (HPV) is increasingly recognized as a major etiologic factor in oropharyngeal cancers, representing one of the fastest-growing cancer trends in the United States. While HPV's role in cervical and anogenital cancers is well established, its connection to malignancies of the tonsil, base of tongue, and other head and neck sites is often underappreciated in primary care and general practice settings.

This session will explore the evolving epidemiology of HPV-related head and neck cancers, their clinical presentation, diagnostic challenges, and implications for prevention and early detection. Emphasis will be placed on the unique characteristics of HPV-positive oropharyngeal squamous cell carcinoma (OPSCC), including differences in prognosis, patient demographics, and response to treatment.

Participants will gain insight into how PAs can play a critical role in patient education, vaccination advocacy, early recognition of symptoms, and interdisciplinary care coordination for affected patients.

#### Objectives:

1. Describe the epidemiologic trends and pathophysiology of HPV-related head and neck cancers.
2. Identify key clinical features and risk factors that distinguish HPV-positive from HPV-negative oropharyngeal cancers.
3. Discuss current diagnostic and staging approaches, including the role of p16 testing.
4. Review evidence-based strategies for prevention and early detection, including HPV vaccination and public health education.
5. Recognize the PA's role in counseling, screening, and managing patients with HPV-associated disease

---

11:15am - 11:30am

#### Networking and Sponsor Break

---

11:30am - 12:30pm

**Packing Your Fears: Preparing for Global Health Missions (M)**

Dr. Rob Gray is a 2016 graduate of the PA program at Nova Southeastern University in Jacksonville, Florida. He practices in urgent care, family medicine, and emergency medicine. He completed his Doctor of Medical Science (DMSc) degree from the University of Lynchburg in 2022 with a concentration in Emergency Management and Global Health. Prior to entering medicine, he worked in several business careers, including operations management, project management, software design, and marketing. He earned an MBA from the University of Tennessee in 2011. Dr. Gray was a clinical preceptor, then a full-time assistant professor at NSU Jacksonville for four years, and has served as an adjunct instructor for the Lynchburg DMSc program since 2023. He also works as an instructor for PANCE and PANRE preparation for Blueprint Prep (formerly Rosh Review).

1.0 CE Credit

A common problem in the backpacking world is "packing your fears," which makes your pack too heavy to carry. While caring for patients in remote environments is rewarding, preparing for the voyage can be stressful. Uncertainty and anxiety can lead to over-packing and under-preparing for the journey, which can create even more stress!

Experienced global health PAs will share tips and tricks from global health missions to help travelers prepare more confidently to provide patient care around the world. From the earliest trip planning (visas and immunizations) to developing a packing list that best serves the traveling PA, the medical team, and their patients, we will cover the do's and don'ts of international medical travel. We will teach you how to research your destinations to prevent embarrassing customs drama (it's illegal to carry satellite devices in many countries!). This session will unpack a mindset that can be used for travel to climates around the world, and will share real-life examples of ways to efficiently prepare for the unknown without burdening the traveler with unnecessary (and heavy) extras. You will learn to pack your necessities, plan for some souvenirs to take home, and leave your fears behind!

Develop plans for global health logistics including patient care, personal needs, and space/weight limitations.

Research destinations for global health trips, focusing on local regulations, immunizations, and safety concerns.

Develop resources for the basic needs of individual travelers/teams, including water purification and recommended medications.

Create a packing list geared to conform to local cultural norms.

---

11:30am - 12:30pm

**PANRE and the PANRE-LA (B)**

1.0 CE Credit

---

12:30pm - 1:30pm

**Sponsor Lunch**

---

1:30pm - 2:30pm

### **Thyroid Cancer (M)**

Manuel Heredia, MS, MS-N, APRN, AGACNP-BC Manuel Heredia is an Advanced Nurse Practitioner specializing in Adult-Gerontology Acute Critical Care and Nursing Education at the University of Arkansas for Medical Sciences (UAMS). With dual master's degrees in Kinesiology from the University of Central Arkansas and Nursing and Advance Nursing degrees from UAMS, as well as certification as an Athletic Trainer providing rehabilitation and training services for High schools in Little rock. He brings a unique multidisciplinary perspective to patient care and clinical teaching. Manuel's clinical work focuses on hematologic and endocrine malignancies, with substantial experience in the Head and Neck/Endocrinology Oncology Clinic at UAMS and current practice performing bone marrow biopsies at UAMS, Bone Marrow Clinic. His professional passion lies in empowering clinicians with practical, evidence-based tools to improve patient outcomes. His clinical interests focuses in endocrinology, cancer and metabolic disorders. In this lecture, Manuel offers useful, applicable guidance for primary care providers on the diagnosis and management of thyroid cancer-bridging specialty knowledge with evidence based guidelines and clinical practice to support timely, confident, and compassionate care.

1.0 CE Credit

As the thyroid gland has gained increased attention due to its relationship to metabolic function. A thorough evaluation could lead to the diagnosis of thyroid cancer. A lifetime risk of 1% of the population will be diagnosed with thyroid cancer in the USA. Thyroid hormone dysfunction does not correlate with thyroid cancer and early detection can be elusive. Specific steps can be taken to help health care providers diagnose this cancer.

Objectives:

Thyroid evaluation

Signs and symptoms of thyroid cancer

Radiological examination

Types of thyroid cancer

Cancer treatment and monitoring

---

1:30pm - 2:30pm

### **he Evolution of the Post Professional Doctoral Programs for PAs (B)**

1.0 CE Credit

---

2:30pm - 3:30pm

### **Don't Sleep on It: Identifying Sleep Apnea Across All Specialties to Improve Health Outcomes (M)**

Jaime Turner grew up in Northwest Arkansas and graduated from Rogers High School. While in high school, she worked as a CNA as part of the Tri-City Youth Apprenticeship work study program. She continued working as a CNA through college, earning her undergraduate degree at the University of Arkansas in biology with a minor in psychology. She went on to Harding University for her Masters of Physician Assistant Studies. Jaime was interested learning more about otolaryngology after suffering from her own ENT problems. She arranged an elective clinical rotation in otolaryngology with Dr. Cashman and knew this was where she belonged. She's been practicing in otolaryngology with Dr. Cashman since graduating in 2014. Since then, she has received extensive additional training in head and neck procedures and diseases. Jaime enjoys teaching and has been honored to teach other PAs on the state and national level. Jaime enjoys spending time outdoors with her husband, daughter and pups. She has a huge garden and many house plants and loves trail running, mountain biking, backpacking and slalom skiing.

1.0 CE Credit

Obstructive sleep apnea (OSA) is a widespread yet underdiagnosed condition affecting an estimated 30 million adults in the United States. Despite its prevalence, many patients remain untreated—often because their initial presentation occurs outside of sleep medicine. From primary care and ENT to cardiology, endocrinology, and even psychiatry, every provider encounters patients exhibiting red flags for OSA.

This session emphasizes the critical role that all clinicians play in identifying sleep apnea and initiating timely diagnostic testing. We will review the broad clinical manifestations of OSA, explore its profound impact on systemic health—ranging from cardiovascular disease and metabolic dysfunction to cognitive decline and mood disorders—and discuss evidence-based screening tools that can be seamlessly integrated into any practice setting.

Through real-world case examples and interactive discussion, participants will leave equipped to recognize subtle presentations of sleep apnea, counsel patients on testing options, and understand when to refer for polysomnography or home sleep studies. Early identification not only improves sleep quality but can dramatically alter the trajectory of comorbid conditions, leading to better overall health outcomes.

- 1.. Describe the systemic health consequences of untreated obstructive sleep apnea.
2. Identify key symptoms and clinical clues that suggest undiagnosed OSA, even in non-sleep-specialty settings.
3. Apply validated screening tools (e.g., STOP-BANG, Epworth Sleepiness Scale) in routine patient encounters.
4. Determine appropriate next steps for evaluation and referral for diagnostic testing.
5. Counsel patients on the importance of diagnosis and treatment adherence.

---

2:30pm - 3:30pm

### **The Role of Suzetrigine in Acute Pain Management (B)**

1.0 CE Credit

---

3:30pm - 4:30pm

### **PAs in Arkansas: Where Do We Go from Here?**

Aaron Woodall is the Immediate Past President of ARAPA. He is an Assistant Professor and the Associate Director of Didactic Education at the UAMS PA Program. He has a background in family medicine and sees patients both at Arcare and the UAMS 12th Street Health and Wellness Center. Aaron is a passionate advocate for PAs in Arkansas; he has been involved with the Legislative Committee since 2019 and helped champion numerous bills to advance the profession. He also represents Arkansas as a delegate to the AAPA House of Delegates. In his free time, he enjoys spending time with his partner and their Sphynx cat, or going to the nearest concert.

1.0 CE Credit

The Arkansas Academy of PAs has accomplished several of its goals through legislative action over the last few years. Leaders of the organization were left to think: what's next? This talk will summarize the recent progress, as well as discuss using the results from a membership survey to guide the direction of ARAPA's future goals.

Objectives:

1. Describe the current PA practice environment in Arkansas.
2. Summarize recent legislative changes for PAs in Arkansas.
3. Discuss future legislative goals of the organization.
4. Understand the importance of advocacy in advancing the PA profession.

---

5:00pm - 5:30pm

### **Closing**

---

6:30pm - 7:30pm

**Social- Birdies and Brews**

Open to attendees and plus one- please RSVP at registration of event or email [CMEchair@arkansaspa.org](mailto:CMEchair@arkansaspa.org)

## Saturday, March 14, 2026

8:00am - 8:30am

**0.5 CME**

Pending

0.5 CE Credits

---

8:30am - 9:15am

**Sponsor Breakfast and Networking Break**

---

9:15am - 10:15am

**Surviving the Wild: Essential Wilderness Medicine Skills for Extreme Environments (M)**

Dr. Travis Kaufman is the Program Director for the Doctor of Executive Leadership at the Arkansas Colleges of Health Education. A retired U.S. Army Officer and former Chief Medical Operations Officer for the White House Medical Unit, he has led global health, disaster, and operational medicine initiatives in more than 90 countries. He is the founder of 25th Parallel Med, specializing in austere, remote, and protective medicine, and serves as faculty in Dignitary and Protective Medicine with the Beth Israel Deaconess/Harvard Medical School Disaster Medicine Fellowship. Dr. Kaufman also sits on the Scientific Advisory Board for the Fellowship of the International Board of Disaster Medicine, advancing education and global standards in crisis leadership and medical preparedness. A dedicated leader within the PA profession, Dr. Kaufman serves as President-Elect of the Society of Army Physician Associates (SAPA), Director-at-Large for the Colorado Academy of Physician Associates (CAPA), and Trustee of the Physician Assistant Foundation (PAF), supporting education, advocacy, and global service initiatives. He earned his Doctor of Medical Science in Emergency Medicine and completed the White House Tactical Medical Officer Fellowship in Dignitary and Protective Medicine. A Fellow of the International Board of Disaster Medicine, Dr. Kaufman's service and leadership have been recognized with numerous honors, including the Presidential Service Badge, the Order of Military Medical Merit, and the AMSUS Andrew Craige Allied Health Professional Award.

1.0 CE Credit

Extreme medicine isn't just for mountains, jungles, or combat zones. The principles that guide care in the wild such as resourcefulness, adaptability, and decisive leadership are just as relevant in urban ERs, rural clinics, disaster zones, and global missions. This session bridges the gap between extreme environments and everyday practice, empowering PAs with decision-making tools that translate across every setting. Whether you're in a remote village, an underserved community, or a chaotic trauma bay, this session shows how extreme medicine principles can elevate your clinical care and leadership when conditions are anything but ideal.

**Objectives:**

- Explore key principles and scope of wilderness medicine in various settings, including expedition, recreation, combat, and disaster scenarios. -
- Identify and manage common medical emergencies encountered in wilderness environments, utilizing appropriate field treatment techniques.
- Develop skills in planning and executing medical evacuations in remote and resource-limited settings.

---

9:15am - 10:15am

**Achieving Quality Healthcare for Non-Insured and Spanish-Speaking Populations (B)**

1.0 CE Credit

---

10:15am - 11:15am

**Addressing Opioid Use Disorder in Primary Care (M)**

Dr Kristin Martin is a board-certified physician practicing addiction medicine, family practice, and emergency medicine for over 15 years. She has a deep commitment to serving rural and underserved populations, currently providing care across all levels of treatment, including outpatient services, residential treatment programs, and emergency departments. Dr. Martin has particular expertise in mobile health delivery, rural medicine, and justice-involved care, offering a comprehensive, lifespan approach to substance use disorder treatment. Her technical assistance work is grounded in hands-on clinical experience and a strong dedication to expanding access to evidence-based, compassionate care for individuals and communities affected by the opioid crisis.

1.0 CE Credit

Review best practices in screening patients for OUD in primary care settings

Explain how to initiate and manage medications for OUD (MOUD)

Outline clinician best practices to promote patient engagement and adherence when addressing OUD in patients

---

10:15am - 11:15am

**A Window to the Soul - Transformations through Eyelid Surgery (B)**

1.0 CE Credit

---

11:15am - 11:30am

**Networking Break**

---

11:30am - 12:30pm

**Antibiotic Stewardship (M)**

1.0 CE Credit

---

11:30am - 12:30pm

**Low T, High Stakes: What Every Provider Should Know About Hypogonadism (B)**

1.0 CE Credit

---

12:30pm - 1:30pm

**Sponsored Challenge Bowl**

---

1:30pm - 2:30pm

**Endocrinology (M)**

1.0 CE Credit

---

1:30pm - 2:30pm

**Shock and Awww: Understanding Seizure Disorders in the Young and Restless (B)**

1.0 CE Credit

---

2:30pm - 3:30pm

**PA Panel (50 Years of PAs) -**

1.0 CE Credit

---

3:30pm - 3:45pm

**Closing**