

Virginia Academy of Physician Assistants

A vintage-style background featuring a historical map of Southeast Asia and the Pacific region, with labels like 'TERRA DE PAPOS', 'TERRAM', and 'TIMOR I'. A large, detailed compass rose is overlaid on the right side of the map. The text is superimposed on this background.

**The 28th Annual
CME Conference**

Register Today!

**Hilton Virginia Beach Oceanfront
Monday July 26 - Friday July 30, 2010**

(866) VAPA-ORG or (866) 827-2674 or visit www.vapa.org

2010 VAPA Summer CME Conference

Conference Description

In support of the Virginia Academy of Physician Assistant's mission, the mission of the VAPA Summer CME conference is: To provide Physician Assistants, Nurse Practitioners and other providers with current medical information that will reinforce their knowledge base and introduce new concepts and clinical practice skills through a cost-effective, evidence-based, and diverse educational program. It is expected that these educational opportunities will enhance the practitioners' clinical practice.

- Earn Category I CME credits while enjoying a family summer vacation
- Faculty will present their perspectives and excellent educational updates
- Participants will gain knowledge and practical strategies to provide highest level of patient care
- Over 15 optional hands-on workshops
- Exhibit Hall
- Daily breakfast and refreshment breaks included
- Unlimited networking opportunities
- Nearby popular dining, shopping and entertainment

The VAPA room block will be available until Thursday, June 24, 2010 or until the group block is sold-out, whichever comes first.

CME Credit

This program has not yet been approved for Category I CME credit. Conference organizers plan to request approximately 38 hours of AAPA Category I CME Credit from the American Academy of Physician Assistants. The total number of approved credits is yet to be determined. According to the American Nurses Credentialing Center, Nurse Practitioners are now permitted to earn and file CE credits for programs accredited by the AAPA. For more information, please visit <http://www.nurse-credentialing.org/Certification/CertificationRenewal/RenewalFAQ.aspx#14>

Conference Location & Reservations

The VAPA Summer CME Conference is located at the Hilton Virginia Beach Oceanfront Hotel. This 21-story hotel offers panoramic views that rank among the best on the mid-Atlantic coast. Recognized as one of the premier hotels on the Virginia Beach Oceanfront, the Hilton offers the most luxurious accommodations, superior first-class service and plays host to Virginia Beach's only roof top infinity pool. There are two award-winning restaurants within the hotel, Catch 31, which features a raw bar and fresh seafood selections and Salacia, Virginia's only AAA Four-Diamond Steakhouse.

Please call the VAPA Reservation line at the Hilton at **757-352-2739** to make your reservations or book on-line at <http://hilton.com/en/hi/groups/personalized/ORFVHHF-VAPA-20100724.jhtml>. Ask for the Virginia Academy of Physician Assistants room block (Group Code: VAP), which is comprised of Ocean-view rooms (begin at \$239/night), Oceanfront rooms (begin at \$279/night), Non-ocean-view/city-view rooms (begin at \$214/night) and Empyrean/Club Level rooms (begin at \$329/night). The VAPA room block will be available until **Thursday, June 24, 2010** or until the group block is sold-out, whichever comes first.



Conference Schedule

Monday, July 26, 2010

(SESSION TOPICS AND TIMES SUBJECT TO CHANGE)

7 - 8 AM	Non-CME Breakfast
8:10 - 9 AM	Thyroid Disorders
9 - 10 AM	Achieving the Goal of Glycemic Control: Innovative Strategies for Management of Type 2 Diabetes Mellitus (Scott Urquhart, PA-C) <i>This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from Amylin.</i>
10 - 10:15 AM	BREAK
10:15 - 11:15 AM	"My Head Hurts" – Evaluation of a Headache (Marie Holland, M.D.)
11:15 AM - 12:15 PM	Below the Belt – Common & Not So Common Genitourinary Disorders in Men
12:15 - 1:15 PM	LUNCH (on your own)
1:15 - 2:15 PM	Acute Abdominal Pain (Timothy Novosel, M.D.)
2:15 - 3:15 PM	Chronic Abdominal Pain
3:15 PM	BREAK
3:30 - 5:30 PM	WORKSHOP - Trigger Point Injections (Steve Gershon, M.D.)
3:30 - 5:30 PM	WORKSHOP - Nail Problems & Procedures: A Technique and Revenue Building Review
3:30 - 5:30 PM	WORKSHOP - Dermatology (Kim Dempsey, PA-C)
3:30 - 5:30 PM	WORKSHOP - Wilderness Medicine (Joseph R. Howell, PA-C)

Tuesday, July 27, 2010

7 - 8 AM	CME Breakfast - Hypertension <i>This session is supported through an education grant provided by Pfizer.</i>
8:15 - 9:15 AM	Acute Coronary Syndrome (Deepak Talreja, M.D.)
9:15 - 10:15 AM	The Childhood Obesity Epidemic
10:15 - 10:30 AM	BREAK
10:30 - 11:30 AM	Female Sexual Disorders: Enhancing Communication Skills (Rebecca A. Lehman, MPAS, PA-C) <i>This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from Boehringer Ingelheim.</i>
11:30 AM - 12:30 PM	Recognition of Non-Melanoma Skin Cancers (Tom Parish, DHSc, PA-C)
12:30 - 1:30 PM	LUNCH (on your own)
1:30 - 2:30 PM	Trauma 101: What You Need to Know (Jeffrey G. Yates, MPA, PA-C)
2:30 - 4:30 PM	WORKSHOP - Basic Suturing Skills and Techniques (Marie Waller, MPAS, PA-C)
2:30 - 4:30 PM	WORKSHOP - EKG Review
2:30 - 4:30 PM	WORKSHOP - Advanced Suturing Skills and Techniques (Brad Boyette, PA-C)
2:30 - 4:30 PM	WORKSHOP – Diabetes Management (Aaron Vinik, MD, PhD, FCP, MACP)
6 - 8 PM	VA Programs Alumni Reception

Wednesday, July 28, 2010

7 - 8 AM	Non-CME Breakfast
7 AM - 12:30 PM	Exhibit Hall Open
8 - 9 AM	Pregnancy Emergencies 101 (Steven B. Powers, M.D.)
9 - 10 AM	Over Active Bladder (Daniel T. Vetrosky, PA-C, Ph.D.)
10 - 10:15 AM	BREAK
10:15 - 11:15 AM	The Dizzy Patient
11:15 - 12:15 AM	Polypharmacy in the Elderly (Tom Lynch, PharmD)
12:15 - 1:15 PM	Lunch (on your own)
1:15 - 2:15 PM	Recognition & Treatment of Sexually Transmitted Diseases
2:15 PM	BREAK

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Conference Schedule

Wednesday, July 28, 2010 (CONT'D FROM PREVIOUS PAGE)

2:30 - 4:30 PM	WORKSHOP - Understanding Acid/Base (Catherine B. Pearman, MPAS, PA-C)
2:30 - 4:30 PM	WORKSHOP - Physical Exam Technique Review (Breast, Pelvic, Testicular/Rectal, Thyroid) (Instructors from EVMS)
Social Event	VAPA Splash Day at Ocean Breeze Waterpark (Cookout buffet available from 5-7 pm)

Thursday, July 29, 2010

7:30 - 8:30 AM	Non-CME Breakfast
7:30 AM - 12:30 PM	Exhibit Hall Open
8:30 - 9:30 AM	Adult Attention Deficit Disorder: Real or Fallacy? (Stephen I. Deutsch, M.D., Ph.D)
9:30 - 10:30 AM	Recognition & Management of Acute Fractures (Jason Graham, MPA, PA-C)
10:30 - 10:45 AM	BREAK
10:45 - 11:45 AM	COPD / Asthma (Bill Kohlhepp, DHSc, PA-C) This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from Boehringer Ingelheim.
11:45 AM - 12:45 PM	Chronic Diarrhea
12:45 - 1:45 PM	Lunch (on your own)
1 - 5 PM	WORKSHOP - ACLS Recertification Part I
1:45 - 2:45 PM	Sudden Cardiac Death – Who's at Risk?
2:45 PM	BREAK
3 - 4 PM	Hematologic Malignancies: A Review
4 - 5:30 PM	WORKSHOP – Billing & Coding: Getting the Most Profit for Your Efforts
4 - 5:30 PM	WORKSHOP - Legal Medicine: Decreasing Your Risk

Friday, July 30, 2010

7:30 - 8:30 AM	Non-CME Breakfast
8:30 - 9:30 AM	The Febrile Child (Teresa Guins, M.D.)
9:30 - 10:30 AM	ENT Potpourri
10:30 - 10:45 AM	BREAK
10:45 - 11:45 AM	Managing Chronic Renal Failure in Primary Care
11:45 AM - 12:45 PM	Nutritional Deficiencies in Adults
12:45 - 1:45 PM	LUNCH (on your own)
1 - 5 PM	WORKSHOP - ACLS Recertification Part II
2 - 4 PM	WORKSHOP - Applying Evidence-Based Medicine to Patient Care



Hands-On Workshops

To provide an intimate learning environment, participation is limited. Reserve your seat today!

Trigger Point Injections (Steven Gershon, M.D.)

This workshop will provide you with guidelines to identify various trigger point referral patterns. It will help attendees learn how to design a comprehensive treatment plan for patients suffering with myofascial pain syndrome and learn how to review and communicate the complications and benefits of trigger point injections with your patient. This workshop will also provide participants the opportunity to become more comfortable with the proper trigger point injections technique.

Monday, 3:30 – 5:30 PM

\$100 VAPA Members/\$100 Non-Members

Nail Problems and Procedures

This hands-on workshop will help participants identify common nail problems encountered in primary care. Learn how to distinguish between onychomycosis and other common causes of nail discoloration and learn & demonstrate the proper toenail removal technique.

Monday, 3:30 – 5:30 PM

\$55 VAPA Members/\$65 Non-Members

Dermatology (Kim Dempsey, PA-C)

This workshop will improve your ability to recognize skin lesions and common skin conditions in both adults and pediatric patients. Learn the indications, contraindications and procedures for skin lesion biopsy, removal of skin lesions and skin scrapings for identification of fungal infections. You will also learn which common dermatology procedures can be performed in the primary care office.

Monday, 3:30 – 5:30 PM

\$65 VAPA Members/\$75 Non-Members

Wilderness Medicine (Joseph R. Howell, PA-C)

Welcome to the Jungle! This workshop will teach you how to assess and react to various emergencies in the wilderness environment. You will also review the common illnesses and injuries that occur in the wild and briefly review survival strategies. Take a walk on the wild side and learn how to demonstrate basic techniques and skills for handling wilderness medical issues, including situations with limited resources.

Monday, 3:30 – 5:30 PM

\$55 VAPA Members/\$65 Non-Members

Basic Suturing Skills & Techniques (Marie Waller, MPAS, PA-C)

This workshop is designed for the novice practitioner. Learn local wound management principals including effective cleaning and debridement. At the conclusion of the workshop you will be able to determine the best means for a particular wound closure and whether to allow certain wounds secondary or tertiary closure. Using pig's feet and provided suturing material, learn how to actively close wounds of varying depths using simple, interrupted, running, vertical and horizontal mattress and subcuticular techniques.

Tuesday, 2:30 – 4:30 PM

\$55 VAPA Members/\$65 Non-Members

Advanced Suturing Skills & Techniques (Brad Boyette, PA-C)

This workshop will provide demonstration and hands-on practice for the care of wounds in the acute care setting. Learn basic and advanced wound concepts including the anatomy of the skin, site preparation, wound healing principles and potential complications. You'll also learn which suturing technique to use in various situations within the PA scope of practice. Actively perform advanced suturing techniques and identify the best means for advanced suture closure, including various types of suture and needles.

Tuesday, 2:30 – 4:30 PM

\$55 VAPA Members/\$65 Non-Members

EKG Review

Sharpen your 12 lead EKG Interpretation skills! In a systematic fashion, participants in this workshop will learn how to interpret rate, rhythm, axis, PR, QRS & QT Intervals and ST Segment & T Wave morphology on 12 lead electrocardiograms. Participants will also learn how to identify and interpret cardiac arrhythmia's, accelerated conduction, arteriole-ventricular & intra-ventricular blocks, pacing, ischemia and infarction.

Tuesday, 2:30 – 4:30 PM

\$55 VAPA Members/\$65 Non-Members

Hands-On Workshops

Diabetes Management (Aaron Vinki, M.D., Ph.D., FCP, MACP)

In this workshop, you will learn the pathophysiology of Diabetes Mellitus Type I and Type II and review the clinical guidelines for suspicion of Diabetes Mellitus and the recommended evaluations once a diagnosis is made. Participants will learn how to describe common complications of Diabetes Mellitus and the interventions that may help decrease those complications. Participants will also learn how to apply risk stratification, patient screening and therapeutic options to clinical practice and understand the various therapeutic options for Diabetes Mellitus by mechanism of action and current recommendations regarding use.

Tuesday, 2:30 – 4:30 PM

\$55 VAPA Members/\$65 Non-Members

Physical Exam Technique Review

This hands-on workshop will teach participants the proper techniques to administer physical exams for the following: Breast, Pelvic, Testicular/Rectal and Thyroid. Participants will perform the physical exam techniques on simulated patients and receive patient feedback. You will also review the current physical exam recommendations for each exam performed, including patient education for self-examination.

Wednesday, 2:30 – 4:30 PM

\$65 VAPA Members/\$75 Non-Members

Understanding Acid/Base (Catherine Pearman, MPAS, PA-C)

Participants in this hands-on workshop will review the multiple special exam techniques completed during the musculoskeletal exam in order to determine a diagnosis and will perform these exam techniques with guidance by specialty-trained providers.

Wednesday, 2:30 – 4:30 PM

\$55 VAPA Members/\$65 Non-Members

ACLS Recertification Part I & II

Maintain your ACLS certification by completing this 8 hour American Heart Association ACLS recertification course. Successful completion of this course requires attendance on both days.

Part I: Thursday, 1 – 5 PM

\$165 VAPA Members

Part II: Friday, 1 – 5 PM

\$165 Non-Members

Billing and Coding

Learn the components of billing and coding and how it can lead to revenue enhancement for your practice! Workshop participants will review current documentation, coding guidelines and regulations and learn the components of billing formulation based on the patient visit and diagnosis.

Thursday, 4 – 5:30 PM

\$100 VAPA Members/\$100 Non-Members

Legal Medicine: Decreasing your Risk

The Verdict is in! What are your roles and your responsibilities as a PA expert Witness? How do you decrease your liability as a practicing PA? In this workshop you will learn common legal terms that apply to medical malpractice cases and the elements required for a plaintiff to recover damages caused by negligence. You should also have an increased knowledge of how not to end up involved in a case. At the conclusion of this workshop, you should have a clear understanding of the pretrial and trial process should you ever be put into such a situation.

Thursday, 4 – 5:30 PM

\$55 VAPA Members/\$65 Non-Members

Applying Evidence Based Medicine to Patient Care

Is your head spinning from information overload? Where do you find reliable and timely resources? How do you know if the information you find can be applied to your patient? In this workshop you will learn how to utilize evidence based resources in caring for patients in your practice or at the bedside with limited time.

Friday, 2 – 4 PM

\$65 VAPA Members/\$75 Non-Members

Conference Registration

Name _____
 Credentials (for certificate and name badge) _____
 Male ____ Female ____
 Street Address _____
 City _____ State _____ Zip _____
 Phone (day) _____ Phone (evening) _____ Fax _____
 Email Address _____ Specialty _____

Tuition and Fees

	On/before June 26	After June 26	On-Site
Standard/Non-Member Registration	\$420	\$470	\$500
VAPA Member Registration	\$370	\$420	\$445
Student Registration	\$160	\$160	\$170
Spouse/Guest Registration	\$235	\$250	\$265

Registration Total: \$ _____

If you are uncertain as to whether you are a member of VAPA or not a member, please call 434-977-3716 to find out BEFORE you complete and return your registration. Each paid registration includes continental breakfast each morning, refreshment breaks, and access to seminars & exhibits.

VAPA Splash!

Each paid registration also includes one all-day Adult Admission ticket to Ocean Breeze Waterpark on Wednesday, July 28 AND one ticket to a cookout buffet being offered exclusively for VAPA attendees from 5 – 7 PM at the waterpark. Ocean Breeze is open from 10 AM – 7 PM on July 28 and your admission ticket will allow you to exit and re-enter the park during the day. Admission and meal tickets are also available for purchase for your additional family members – see below. Each ticket includes admission to the park and the evening buffet. These items will not be sold separately.

_____ I am a registered attendee of the CME Conference and I will attend "VAPA Splash!" on Wednesday, July 28.

_____ # of additional Adult admission/meal tickets at \$28/each (anyone aged 10 and over is considered an adult)

_____ # of additional Children admission/meal tickets at \$20/each (Ocean Breeze considers a child aged 3 – 9)

_____ # of additional Baby admission/meal tickets at \$0/each (Ocean Breeze considers a baby to be under 2 years old)

VAPA Splash Tickets Total: \$ _____

Workshops

	VAPA Member	Non-Member
Trigger Point Injections	\$55	\$65
Nail Problems & Procedures	\$55	\$65
Dermatology	\$65	\$75
Wilderness Medicine	\$55	\$65
Basic Suturing Skills & Techniques	\$55	\$65
Advanced Suturing Skills & Techniques	\$55	\$65
EKG Review	\$55	\$65
Diabetes Management	\$55	\$65
Physical Exam Techniques	\$65	\$75
Acid/Base Understanding	\$55	\$65
ACLS Recertification (Part I & II)	\$165	\$165
Billing and Coding	\$100	\$100
Legal Medicine	\$55	\$65
Applying Evidence Based Medicine	\$65	\$75

Workshops Total: \$ _____ GRAND TOTAL: \$ _____

Register & Pay Online:
www.vapa.org

Or send a check payable to:
VAPA Summer CME
600 Peter Jefferson Pkwy
Suite 300
Charlottesville, VA 22911

VAPA's Federal Tax ID #
54-1307070

Refunds: Cancellations made in writing before July 12, 2010 are eligible for a refund minus a \$50 administration fee. NO REFUNDS will be granted after July 12, 2010.

Virginia Beach Attractions

Virginia Aquarium & Marine Science Center

Come explore one of the best aquariums and live animal habitats in the country at the Virginia Aquarium & Marine Science Center. The Virginia Aquarium, 717 General Booth Blvd., Virginia Beach, VA 23451.
(757) 385-3474 www.virginiaaquarium.com

First Landing State Park

Virginia's most visited state park is also famous as the site of the landing of the first permanent English settlers in 1607. This national natural landmark features 19 miles of hiking trails, a bike trail, boat ramp and picnic areas. Campsites and cabins are available for rent. The Visitor Information Center includes exhibits on the unique environmental features of the park. 2500 Shore Drive, Virginia Beach, VA 23451.
(757) 412-2300 or 1-800-933-7275 www.dcr.virginia.gov

Kayak Nature Tours

Kayak Virginia's most popular State Park or surf launch into the Atlantic on the Dolphin Adventure trip at the Virginia Beach Oceanfront. Paddle the tree-lined Blackwater River, explore the deserted beaches of the Eastern Shore, or escape to Back Bay, next to Sandbridge in Virginia Beach.
(888) 669-8368 www.tidewateradventures.com



Rudee Inlet Charters

Sightseeing cruise highlights the beautiful oceanfront, playful dolphins and fascinating shore birds. Full and half-day fishing charters available. Virginia Beach Fishing Center, Rudee Inlet, 200 Winston Salem Avenue.
(757) 422-5700 www.rudeeinletcharters.com

The Old Coast Guard Station

The museum's two galleries depict the history of the United States Life-Saving and Coast Guard Services and shipwrecks on the Virginia Coast. 24th Street & Boardwalk.
(757) 422-1587 www.oldcoastguardstation.com

See more Virginia Beach attractions online at www.vbfun.com!



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