



Sail Away with **VAPA**

to the Perfect CME Vacation Destination!

VAPA
29TH ANNUAL
CME CONFERENCE
JULY 25-29, 2011
Hilton Virginia Beach Oceanfront



2010 Attendees Have a Lot to Say About VAPA's Annual CME Conference

"Excellent conference, excellent location!"

"Exceptional lecturers."

"Great conference and excellent variety of topics! I will be back next year."

"Great job, as always!"



In support of the **Virginia Academy of Physician Assistants'** mission, the focus of this year's 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.

Sink Your Toes into Our CME

- ▶ Earn Category 1 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
- ▶ 12 insightful hands-on workshops (*optional*)
- ▶ Exhibit hall
- ▶ Daily breakfast and refreshment breaks included
- ▶ Unlimited networking opportunities
- ▶ Nearby popular dining, shopping and entertainment

Don't miss this opportunity to network with more than 350 influential health care providers!



The Virginia Beach Oceanfront offers luxurious accommodations and superior first-class service.

This hotel, towering 21 stories above the Virginia Beach resort district, offers panoramic views that rank among the very best on the mid-Atlantic coast.

It boasts two award-winning restaurants including Catch 31 - offering the Oceanfront's largest raw bar and fresh seafood selections and Salacia, Virginia's only AAA Four-Diamond Steakhouse, as well as the Sky Bar, featuring Virginia Beach's only roof top bar and infinity pool.

Located adjacent to the hotel is Neptune Park which hosts nightly entertainment throughout the summer, and the Shoppes at 31 Ocean, which offers a variety of fabulous boutiques for your shopping pleasure.

The Hilton Virginia Beach Oceanfront hotel is situated just 20 minutes from Norfolk International Airport and downtown Norfolk, 45 minutes from Colonial Williamsburg and Busch Gardens, five minutes from the Virginia



Aquarium & Marine Science Center, and only 10 seconds from the famous Virginia Beach boardwalk and oceanfront. Travel should take you places!™

Superior guestrooms are available with king beds or two double beds. Featured amenities include a 32-inch flat-screen color television with premium cable channels, on-demand movies, high-speed internet access, two telephones with voicemail capabilities, and work desks with ergonomic chairs.

Registration Information

Group: Virginia Academy of Physician Assistants

Group code: VAP

Rates (Per Night)

Non-Ocean-View Rooms
begin at \$214/night

Ocean-View Rooms
begin at \$239/night

Ocean-Front Rooms
begin at \$279/night

Empyrean/Club Level Rooms
begin at \$329/night

Reservations

Rooms are available at the Hilton until

Thursday, June 23, 2011
or until the group block is sold-out, whichever comes first. Visit www.vapa.org for reservation information or call **757/352-2739** now!

Things to Do in Virginia Beach

- ▶ Virginia Aquarium & Marine Science Center
www.virginiaaquarium.com
- ▶ Ocean Breeze Waterpark
www.oceanbreezewaterpark.com
- ▶ Rudee Tours
www.rudeetours.com
- ▶ Rudee Inlet Charters
www.rudeeinletcharters.com
- ▶ The Old Coast Guard Station
www.oldcoastguardstation.com
- ▶ First Landing State Park
www.dcr.virginia.gov
- ▶ Nauticus
www.nauticus.org
- ▶ Naval Air Station
<https://cnic.navy.mil/norfolksta/index.htm>





CME Credit

This program has not yet been approved for Category I CME credit. Conference organizers plan to request approximately 35 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.



Conference Agenda

SUNDAY, JULY 24TH

3 p.m. - 6:30 p.m.

Registration opens

3 p.m.

VAPA Board Meeting

MONDAY, JULY 25TH

7 a.m.

Registration opens

7 a.m. - 8 a.m.

CME Breakfast - Topic TBD

8:15 a.m. - 9:15 a.m.

Management of Diabetes Mellitus Type II - The Options—Aaron Vinik, MD, PhD, FCP, MACP

9:30 - 10:30 a.m.

Information Mastery: Evidence Based Medicine in the Real World—David C. Slawson, MD

10:30 a.m. - 10:45 a.m.

Break

10:45 a.m. - 11:45 a.m.

Hereditary Angioedema: Evidence Based Tools to Improve Diagnosis and Management—

Michael Van Buren Calvin, PA-C

This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from ViroPharma.

12 noon - 1 p.m.

Evaluation and Management of BiPolar Disorder—David Spiegel, MD

1 p.m. - 2 p.m.

Lunch on your own

1 p.m. - 3 p.m.

VAPA Membership Meeting/Lunch

1 p.m. - 3 p.m.

WORKSHOP: Information Mastery: Using "Medical Poetry" to Stay Up-to-Date and Help Save the Global Economy—David C. Slawson, MD
Lunch will be provided to registrants of this workshop.

3 p.m. - 5 p.m.

WORKSHOP: Advanced Suturing—Marie Waller, PA-C

WORKSHOP: Wilderness Medicine—

Joseph R. Howell, PA-C

TUESDAY, JULY 26TH

7 a.m.

Registration opens

7 a.m. - 8 a.m.

CME Breakfast - Topic TBD

8:15 a.m. - 9:15 a.m.

A Primary Care Evaluation of Infertility—Silvina M. Bocca, MD, PhD

9:30 a.m. - 10:30 a.m.

When the Blood Stops Flowing: Peripheral Artery Disease—Mark Cannon, PA-C

10:30 - 10:45 a.m.

Break

10:45 - 11:45 a.m.

Sleep Medicine - The PA's Role in the Management of Sleep Disorders—Michael Lacey, MD, D.ABSM

12 noon - 1 p.m.

Lunch on your own

1 p.m. - 2 p.m.

Therapeutic Hypothermia—

Alicia Devine, MD, FACEP

2 p.m. - 3 p.m.

A Call to Action in Primary Care: Improving HIV and Diagnosis and Co-Management—

Susan LeLacheur, Dr.P.H., PA-C

This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from Gilead Sciences, Inc. and Tibotec Therapeutics.

3 p.m. - 5 p.m.

WORKSHOP: EKG Review—George A. Sarris, MD

WORKSHOP: Medical Spanish (Part One)—

Otilio Ramos, PA-C

WORKSHOP: Practical Management of Common Sleep Disorders—Michael Lacey, MD, D.ABSM

WORKSHOP: Splinting 101

WEDNESDAY, JULY 27TH

7 a.m.

Registration opens

7 a.m. - 8 a.m.

CME Breakfast - Topic TBD

7 a.m. - 12:30 p.m.

Exhibit hall open

8:15 a.m. - 9:15 a.m.

Colorectal Cancer Screening: An Update—Alan Abrams, PA-C

9:30 a.m. - 10:30 a.m.

Late Effects of Childhood Cancer—Jennifer Dean, MD

10:30 a.m. - 10:45 a.m.

Break

10:45 a.m. - 11:45 a.m.

Difficult to Treat Hypertension—

Sheila Y. Garris, MD, FACP, FASH

12 noon - 1 p.m.

Lunch on your own

1 p.m. - 2 p.m.

Atrial Fibrillation

2 p.m. - 3 p.m.

Hepatitis C Virus for Primary Care—Richard H. Davis, Jr., PA-C

This session is presented through the AAPA Chapter Lecture Series, which is supported by an unrestricted educational grant from Merck Sharp & Dohme Corp.



A Night at the Museum



3 p.m. - 5 p.m.

WORKSHOP: Drug Interactions—
Thomas Lynch, Pharm.D., BCPS

WORKSHOP: Medical Spanish (Part Two)—
Otilio Ramos, PA-C

WORKSHOP: The Pre-Operative Evaluation of a Patient—Randy Thress, PA-C

5:30 p.m. - 8:30 p.m.

SOCIAL EVENT: VAPA Night at the Military Aviation Museum

THURSDAY, JULY 28TH

7 a.m.

Registration opens

7 a.m. - 8 a.m.

CME Breakfast - Topic TBD

7 a.m. - 12:30 p.m.

Exhibit Hall open

8:15 a.m. - 9:15 a.m.

An Update on Anticoagulation Therapies—
Thomas Lynch, Pharm.D., BCPS

9:30 a.m. - 10:30 a.m.

Managing Your Boss—David W. Munter, MD, MBA

10:30 a.m. - 10:45 a.m.

Break

10:45 a.m. - 11:45 a.m.

Making Menopause Manageable—
John A. Sunycz, MD, FACOG

12 noon - 1 p.m.

Lunch on your own

1 p.m. - 2 p.m.

Tuberculosis: Screening and Treatment—
L. Beth Gadkowski, MD, MS

2 p.m. - 3 p.m.

Fibromyalgia: Making the Diagnosis and Managing the Condition—Cynthia C. Su, MD

3 p.m. - 5 p.m.

WORKSHOP: Dermatology—
Kimberly K. Dempsey, MPA, PA-C

WORKSHOP: Pulmonary Workshop: Asthma/ COPD—Himanshu D. Desai, MD

WORKSHOP: Update on Aggressive Lipid :

Lipoprotein Management 2011—

Gregory Pokrywka, MD, FACP

This session is supported through an educational grant provided by LipoScience.

FRIDAY, JULY 29TH

7 a.m.

Registration opens

7:30 a.m. - 8:30 a.m.

CME Breakfast:

What the Other Kids are Smoking - Today's Street Drugs of Abuse—Bruce Lo, MD, RDMS, FACEP

8:45 a.m. - 9:45 a.m.

Incontinence and Impotence: A Urologic Review—Courtney Cantwell, PA-C

10 a.m. - 11 a.m.

Stroke: A Guidelines Primer—Richard M. Zweifler, MD

11:15 a.m. - 12:15 p.m.

The Ins and Outs of Palliative Care—
Krista R. Dobbie, MD

12:15 p.m.

Conference adjourns

Join VAPA for exclusive after hours access to the Military Aviation Museum on **Wednesday, July 27th from 5:30 p.m. - 8:30 p.m.** You and your family are invited to wander around the 60,000 square-foot museum at your leisure and marvel at the many historic airplanes on display in the four hangars. The Military Aviation Museum was born from its owners passion for WWII era warplanes. You simply will not find a better collection of airplanes anywhere else in the world!

Light hors d'oeuvres and refreshments will be provided in addition to a cash bar. Each paid conference registration includes one admission to the museum; *however, there is a cost for additional family members to attend*, \$20 for adults (13 years and older) and \$15 for children aged 2 - 12 years of age. Infants under 2 years of age are free.

Bus transportation will be provided beginning at 5 p.m. from the hotel lobby on a first come, first serve basis. Free parking is available at the museum for guests who wish to drive.

Hands-On Workshops

MONDAY, 1 PM - 3 PM

Information Mastery: Using "Medical Poetry" to Stay Up-to-Date and Help Save the Global Economy—David C. Slawson, MD

Having trouble staying up to date with the current medical literature? Do you feel overwhelmed with what evidence based resources to use to find reliable answers to everyday clinical questions? Do you wonder how the quality and cost of healthcare can be affected by the resources you choose to apply in everyday practice? If your answer to any of these questions is yes, this workshop is for you. You will have the opportunity to be taught by Dr. Slawson, one of the founders and well renowned teachers of Evidence Based Medicine.

\$95 VAPA Members/\$105 Non-Members

MONDAY, 3 PM - 5 PM

Advanced Suturing Skills & Techniques—Marie Waller, 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.

\$75 VAPA Members/\$85 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.

\$75 VAPA Members/\$85 Non-Members

TUESDAY, 3 PM - 5 PM

EKG Review—George A. Sarris, MD

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 arrhythmias, accelerated conduction, atrio ventricular & intra ventricular blocks, pacing, ischemia and infarction.

\$75 VAPA Members/\$85 Non-Members

Medical Spanish (Part One)—Otilio Ramos, PA-C

In this workshop, participants will learn how to introduce themselves in Spanish as well as recite the days of the week, months, and numbers from 1-100. You will learn how to recite time relative terms and recite basic anatomical parts in Spanish, apply close-ended interview skills in the chest pain scenario, to recite screening questions for thrombolytic use and to recite Spanish terms related to the "P-Q-R-S" of pain.

\$75 VAPA Members/\$85 Non-Members

Practical Management of Common Sleep Disorders—Michael Lacey, MD, D.ABSM

The role of managing sleep disorders for PAs and NPs is expanding. Many employment opportunities are available in sleep medicine. Sleep disorders are common in everyday practice. If not diagnosed and treated appropriately sleep disorders can lead to decreased quality of life. Through discussion and interactive case studies you will have the opportunity to understand the symptoms, diagnosis, and management of sleep disorders.

\$75 VAPA Members/\$85 Non-Members

Splinting 101

This workshop will provide a hand's on approach to splinting. Through discussion, demonstration, and participant practice you will learn the proper technique for splinting injuries of the upper and lower extremities.

\$75 VAPA Members/\$85 Non-Members

WEDNESDAY, 3 PM - 5 PM

Drug Interactions—Thomas Lynch, Pharm.D., BCPS

Are you comfortable recognizing potential drug-drug interactions? How about food-drug interactions? As new medications enter the market and the occurrence rate of drug-drug interactions increases, how comfortable are you with patient-centered medication assessments? This workshop will review strategies for provider detection, prevention and management of drug-drug interactions in clinical practice. Areas to be discussed will include: drug metabolism alterations, QTc prolongation, coagulation effects, and potential adverse events.

\$75 VAPA Members/\$85 Non-Members

Medical Spanish (Part Two)—Otilio Ramos, PA-C

In this workshop, participants will learn how to introduce themselves in Spanish as well as recite the days of the week, months, and numbers from 1-100. You will learn how to recite time relative terms and recite basic anatomical parts in Spanish, apply close-ended interview skills in the chest pain scenario, to recite screening questions for thrombolytic use and to recite Spanish terms related to the "P-Q-R-S" of pain.

FREE with registration and payment of Part One

The Pre-Operative Evaluation of a Patient—

Randy Thress, PA-C

The preoperative evaluation and preparation of a patient, for any type of surgery, often leaves providers perplexed. Which lab tests are necessary? Do I order a chest x-ray? An EKG? What about chronic medical conditions, are they stable? When do I stop certain medications? This workshop will discuss proper clinical evaluation and assessment of the preoperative patient. It will include information related to patient disease processes, medications, and the goals of "clearance".

\$75 VAPA Members/\$85 Non-Members

THURSDAY, 3 PM - 5 PM

Dermatology—Kim Dempsey, PA-C

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.

\$75 VAPA Members/\$85 Non-Members

Pulmonary Workshop: Asthma/COPD—

Himanshu D. Desai, MD

Improve your skills regarding the diagnosis and management of patients with Asthma and COPD in this interactive workshop. Through lecture and interactive case presentations you will have the opportunity to apply your knowledge, focusing on appropriate management of Asthma and COPD patients.

\$75 VAPA Members/\$85 Non-Members

Update on Aggressive Lipid: Lipoprotein Management 2011—Gregory Pokrywka, MD, FACP

This workshop will focus on the application of current guidelines in preventing atherosclerotic events in your patients, including the new 2011 AHA Women's Guidelines. You will learn how to apply the lipoprotein particle based approach to prevention of ASCVD. Learn from a leader in this field.

\$75 VAPA Members/\$85 Non-Members



REGISTER EARLY AND SAVE ON THE COST OF FULL REGISTRATION!

Registration is available online at www.vapa.org



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REGISTRATION	BEFORE 6/27/11	AFTER 6/27/11	ON-SITE	TOTAL
Member Registration	\$390	\$440	\$465	
Non-Member Registration	\$440	\$490	\$520	
Student Registration	\$180	\$180	\$190	
Spouse/Guest Registration	\$255	\$270	\$285	

WORKSHOPS ON MONDAY	VAPA MEMBER	NON-MEMBER	TOTAL
Advanced Suturing Skills & Techniques	\$75	\$85	
Information Mastery: Using "Medical Poetry" to Stay Up-to-Date and Help Save the Global Economy	\$95	\$105	
Wilderness Medicine	\$75	\$85	

WORKSHOPS ON TUESDAY	VAPA MEMBER	NON-MEMBER	TOTAL
EKG Review	\$75	\$85	
Medical Spanish (Part One)	\$75	\$85	
Practical Management of Common Sleep Disorders	\$75	\$85	
Splinting 101	\$75	\$85	

WORKSHOPS ON WEDNESDAY	VAPA MEMBER	NON-MEMBER	TOTAL
Drug Interactions	\$75	\$85	
Medical Spanish (Part Two)	FREE with registration and payment of Part One		
The Pre-Operative Evaluation of a Patient	\$75	\$85	

WORKSHOPS ON THURSDAY	VAPA MEMBER	NON-MEMBER	TOTAL
Dermatology	\$75	\$85	
Pulmonary Workshop	\$75	\$85	
Update on Aggressive Lipid: Lipoprotein Management 2011	\$75	\$85	

EXTRAS	ADD'L ADULT	CHILD 12 & UNDER	BABY 2 & UNDER	TOTAL
A Night at the Military Aviation Museum <i>Each paid conference registration includes one admission to the museum; however, there is a cost for additional family members to attend.</i>	\$20/EA	\$15/EA	FREE	
Conference T-shirt	\$10/EA - PLEASE NOTE SIZES (SM-XXL):			
TOTAL ENCLOSED:				\$

Are you a First-time Conference Attendee? Yes No

Do you require Vegetarian or Gluten-Free Meals? Vegetarian Gluten-Free

How did you learn about the conference?

Brochure Email VAPA website AAPA website Colleague referral Other _____

Name: _____

Credentials (for certificate and name badge): _____

Specialty: _____ VAPA ID: _____

NCCPA ID (required to log CME hours with NCCPA): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Registration Details

Each paid conference registration includes breakfast each morning, all refreshment breaks, access to general sessions and the exhibit hall, a commemorative conference bag and admission to "A Night at the Museum with VAPA" at the Military Aviation Museum on Wednesday, July 27 from 5:30 p.m. – 8:30 p.m.

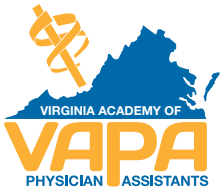
All workshops are two hours in length and are an additional cost to attend.

Full payment must accompany registration. Cancellations made in writing before July 11, 2011 are eligible for a refund, minus a \$50 fee. **No refunds will be granted after July 11, 2011.** Substitutions are acceptable. For cancellation or late registration, please call Amy Shaw at 434-977-3716 or email amy.shaw@easterassociates.com.

Please mail completed form and check (made payable to VAPA) to:

VAPA Summer CME
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