



Skin, Bones, Hearts & Private Parts

Hilton Head Island, SC
Session Note Handouts
July 29 - August 1, 2025

SkinBonesCME.com

DAY ONE – Tuesday, July 29

Dermatology

Jameka McElroy, MSPAS, PA-C

2.0 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Common Dermatology Conditions: Skin of Color Edition (Rx=0.25)

Dive into the melting pot of diverse skin tones as we explore some common dermatology conditions in a way that's as fun as it is informative. The lecture begins by establishing a foundational understanding of the unique characteristics and challenges associated with skin of color, addressing variations in pigmentation, texture, and susceptibility to specific conditions. Participants will gain specialized knowledge on common dermatological conditions prevalent in individuals with darker skin tones, including hyperpigmentation, keloids, Pseudofolliculitis barbae, and melasma.

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Benign Lumps and Bumps

This lecture will focus on benign lumps and bumps, delving into their diverse origins, characteristics, and optimal management. From lipomas to cysts, you'll gain the confidence to identify, assess, and communicate effectively with patients about benign lumps and bumps, ensuring comprehensive and reassuring care.

[illegible]

A Guide to Common Rashes (Rx=0.50)

This lecture will hopefully unravel the mystery of some common rashes ranging from viral eruptions to contact dermatitis. Discover effective strategies for managing and alleviating common rashes. From over-the-counter treatments to lifestyle adjustments, gain practical insights into providing relief for those pesky skin disruptions.

[illegible]

Vitiligo and Mimickers Explained (Rx=0.25)

The lecture starts with a comprehensive exploration of vitiligo, unraveling its etiology, pathogenesis, and the latest advancements in understanding this intriguing depigmentation disorder. Participants will delve into the nuances of vitiligo diagnosis, learning to distinguish it from an array of mimickers that often present with similar clinical features.

[illegible]

Dermatology Drugs for Inflammatory Conditions? (Rx=1.0)

Participants will gain a deep understanding of the diverse range of dermatological drugs, from topical corticosteroids to cutting-edge biologics, designed to tackle inflammation at its core. The course will delve into these drugs' mechanisms of action, indications, and potential side effects, providing attendees with a comprehensive knowledge base to make informed treatment decisions. We will navigate real-world scenarios through interactive case studies, refining their drug selection and patient management skills.

[illegible]

DAY TWO – Wednesday, July 30

Orthopedics

Chris Hemmer DNP, ANP-BC, ONP-C, FAANP,
FNAON

0 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

I Am Not Spineless

This session will focus on an all-too-common problem, low back pain. A short introduction to the anatomy will take us into the commonly seen complaints in urgent care and PCP offices. Next, we will review and understand red flags and pathologic reflexes that would alert the clinician for a prompt referral. A brief review of the treatment options will also be discussed. Video clips, X-ray, MRI, and CT imaging will be used to help demonstrate pathology. This presentation will help remove some of the fear and uncertainty of low back pain.

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The Pain in My Neck Is Not From the In-Laws

This session will focus on non-traumatic neck pain and cervical radiculopathy. The participants will learn various exam techniques through video and a strong understanding of the neurologic anatomy associated with neck complaints. Specialized testing for cervical myelopathy will be addressed as well as a physical exam for the non-trauma neck pain patient. A brief review of the treatment modalities and radiographic findings will also be demonstrated. This presentation will assist the clinician in understanding urgent from routine pathology.

[illegible]

These “Joints” Are Legal in All 50 States: Evaluation and Presentation for Shoulder, Hip, and Knee in Primary Care

A comprehensive review of each joint's anatomy and explore various provocative testing techniques used for the assessment of these presentations. We will start with a detailed overview of the anatomy of the knee, hip, and shoulder joints, highlighting their key structures and common issues. Following this, we will demonstrate and discuss several provocative tests that are crucial for diagnosing joint-related problems. This session will include video demonstrations to illustrate the correct application of these tests and facilitate a deeper understanding through interactive discussions. By the end of this session, you will be equipped with valuable skills to assess joint pain and injuries effectively.

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CXR for the PCP...Do You See What I See?

Chest X-ray (CXR) is the most ordered radiologic diagnostic, yet it can be one of the most complex to understand. CXR combines organs, bones, soft tissue and comprises innumerable pathology of the cardiac, pulmonary, and gastric systems, to name a few. This presentation will break down CXR interpretation by first reviewing what is expected. Then, multiple diagrammed studies will be used, and typical findings related to asthma, COPD, cardiomegaly, infiltrates, Covid, CHF, & pneumothorax. Finally, case studies will be used to enhance the learning process.

[illegible]

At Least It Is Only Fractured and Not Broken

This session will be a “smorgasbord” of radiologic case studies. Numerous cases from a local emergency department will be reviewed, covering the common and not-so-common osseous diagnosis and treatment options. Topics will also include commonly diagnosed fractures, dislocations, and soft tissue abnormalities diagnosed with plain radiographs. This will be a fun participant interaction presentation.

[illegible]

DAY THREE – Thursday, July 31

Cardiology & Obesity

Angie Golden, DNP, FNP-C, FAANP, FOMA

1.50 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Treating Obesity Can Treat the Heart and Much More: 200+ Obesity Complications

In this presentation, we will utilize case studies and review the explanation of how obesity is at the root of 236 obesity-associated disorders. Pathophysiology of the disease of obesity and its consequences, with an explanation of treatment that targets obesity and the complications, will also be discussed.

[illegible]

Cardiometabolic Treatment for Obesity (Rx=0.25)

An overview of the intersection of obesity, T2DM, and hypertension pathophysiology will set the stage for understanding how traditional and novel anti-obesity therapies impact these diseases and the cardiac implications.

[illegible]

Managing Obesity in Primary Care: Yes, It Can Be Done (Rx=0.25)

Most primary care providers ask, “How can I add another disease to be treated to my already very busy schedule, especially one that is impacting so many of my patients?” This presentation will demonstrate through a case study how to integrate the treatment of obesity into primary care using evidence-based guideline treatment.

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Treating Obesity Inside and Outside the Labels (Rx=0.50)

Today's reality for pharmacology treatment of obesity on-label provides limited choices, including choices limited by cost. Experienced clinicians treating obesity recognize the value of on-label prescribing when available and appropriate but also look to off-label use of medications for obesity treatment. This presentation will briefly review current FDA-approved medicines approved for the long-term treatment of the chronic disease of obesity. The discussion will then move to the long-term use of FDA-approved short-term medications and medications known to support weight loss but do not have FDA approval for that purpose. Case studies will be utilized to demonstrate these situations.

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Treatment of Complicated Patients with Obesity (Rx=0.50)

Obesity is the most common chronic disease in the United States and is at the root of over 236 complications, including 14 obesity-related cancers. In this presentation, case studies and a review of treatment plans will be demonstrated in patients with multiple chronic diseases.

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DAY FOUR– Friday, August 1

Women's Health

Barb Dehn, NP

1.25 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Taking a Sexual History (Rx=0.25)

Afraid to ask? Not sure what to say if your patient wants to talk about their sexual health? As a healthcare provider, you're not alone. Few of us have had any education or training in sexuality, which leads to patients who are hesitant to ask and providers understandably hesitant to tell. In this lively and practical session, you'll learn the evidence-based, tried, and true ways to efficiently elicit pertinent information and then provide reassurance, validation, and the information they need for better sexual health.

[illegible]

LGBTQ+: Navigating the Alphabet

When it comes to providing respectful healthcare for individuals, we want to meet people where they are and treat the whole person. Everyone has their own unique personal and medical history, as well as gender identity and sexual orientation, which can impact the type of primary care, preventive screenings, and recommendations we make. This session will give you the tools you need to understand the evolving terms and definitions and provide respectful care to your patients.

[illegible]

In the age of social media and rampant misinformation, there have never been more people perpetuating sexual myths that can impact a person's self-esteem, relationships, risks of pregnancy and STIs, as well as their enjoyment. In this session, you'll learn the myths, the context, and how to dispel and educate your clients while normalizing their desire to understand their bodies and their sexuality. And who knows, you might even learn a few things yourself along the way.

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Menopause 101: A Comprehensive Guide for Busy Clinicians (Rx=0.50)

Menopause is having a moment. There is more information and disinformation that both patients and clinicians are challenged with. More than 20 years after the WHI, your patients are now more interested in hormones and new non-hormonal treatment options that are research backed and evidence based. This mini course in Menopause management will help every clinician recognize the laundry list of symptoms beyond hot flashes and night sweats and have a understanding of how to treat. Virtually every aspect of life is impacted by this hormonal transition, from sleep and cognition to mood and bone health. In this session, you'll learn the latest research on the impact of hormonal changes on the brain, sleep, memory, and mood. You'll also learn pharmacologic and non-pharmacologic strategies to provide patients that helps improve all aspects of their quality of life.

[illegible]

Blood, Sweat and Tears, the Hormonal Roller Coaster of Perimenopause

The hormonal roller coaster of perimenopause is often overlooked, minimized and dismissed by patients and clinicians. And yet, 50% of people at midlife will have irregular bleeding. Many more are confused by the unpredictable nature of symptoms that come and go for 3-7 or more years. From hot flashes and night sweats to weight gain, loss of libido and exhaustion, you'll learn the symptoms and how to provide evidence-based therapeutic options to your patients.

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