Skin, Bones, Hearts & Private Parts

Hilton Head, SC

Session Note Handouts

July 21-24, 2026

SkinBonesCME.com

DAY ONE – Tuesday, July 21

Cardiology/Emergency Medicine

Jennifer Carlquist, PA-C, FMACP, ER-CAQ

1.00 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Cardiac Pharmacology Review: What's New in the Medicine Cabinet (Rx=0.75)

This session will provide a pharmacologic review of hypertension, the newer agents in the lipid and heart failure space, POTS and Migraines and when to reach for them.

Heart Failure Guidelines and Cases (Rx=0.25)

This session will discuss the new heart failure drugs and when to reach for them as well as the latest heart failure criteria and classifications/stages.

Basic 12 Leads Demystified

This session systematically reviews how to approach a 12 lead EKG and find contiguous leads, reciprocal changes and bundle branch blocks.

Critical Cardiology Cases

This lecture covers cardiology complaints like PE and how to spot one on the EKG. We will also review a case scenario where a 39-year-old female had a sudden coronary artery dissection, the clues that solved the case, and how to tell the difference between ischemia and lvh on the EKG.

Sneaky Cases of ACS: New STEMI Equivalents You Must Know to Stay Safe

We will explore the new stemi equivalents that will be read as non-specific st segment changes but need to go to the cath lab. We will identify subtle ischemia that does not meet stemi criteria but does need urgent angiography. Actual EKGs will be reviewed.

DAY TWO – Wednesday, July 22

Orthopedics

Vanessa Smith, PA-C

0 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Small Structures, Big Consequences: Mastering the Hand Exam

Hands are injured every day—by slammed doors, kitchen knives, sports collisions, workplace machinery, and seemingly minor falls. In this session, learners will develop a systematic approach to the hand exam that prioritizes precision and early recognition of high-risk injuries. Emphasis will be placed on identifying tendon, ligament, and fracture patterns that are commonly missed in primary care settings. Participants will learn how subtle exam findings can dramatically alter management and referral urgency. Practical guidance will be provided on splinting, initial treatment, and patient counseling. Through case-based discussion and partner practice, attendees will gain confidence in evaluating hand injuries accurately and efficiently. The goal is simple: prevent missed diagnoses that lead to permanent dysfunction.

FOOSH Happens: Making Sense of Wrist Pain

A fall on an outstretched hand is one of the most common mechanisms of injury across all age groups, yet wrist injuries remain among the most frequently misdiagnosed. This session breaks down wrist pain into manageable clinical patterns using anatomy, mechanism, and exam findings. Participants will learn how to differentiate benign sprains from injuries that require immobilization or urgent referral. Special attention will be given to scaphoid fractures, TFCC injuries, and overuse syndromes seen in athletes and workers alike. Imaging decision-making and appropriate splint selection will be reviewed. Hands-on practice will reinforce key exam maneuvers that improve diagnostic confidence. Learners will leave with a clear, reproducible approach to wrist pain after trauma or overuse.

The Elbow, The Shoulder, and Peripheral Compressive Neuropathies: Untangling the Web of Upper Extremity Complaints

“My arm hurts” can mean so many different things. This session will focus on the key points of taking a history and high-yield physical exam components that will enable you to make the diagnosis with confidence. This combined session helps clinicians distinguish between musculoskeletal pathology and peripheral compressive neuropathies. Attendees will learn how to evaluate lateral and medial epicondylitis, radial head injuries, rotator cuff pathology, and shoulder instability without relying on excessive imaging. There have been major updates regarding diagnosing common nerve conditions such as carpal tunnel syndrome. The session emphasizes efficient exam techniques that localize pathology quickly. Management strategies appropriate for primary care—including bracing, activity modification, and physical therapy referral—will be discussed. The result is clearer clinical decision-making and more appropriate referrals.

The Foot and Ankle: Understanding the Body's Foundation

Foot and ankle injuries occur during sports, missteps, workplace accidents, and simple daily activities such as walking on uneven ground. Because these structures bear weight, missed diagnoses can have lasting consequences on mobility and work capacity. This session focuses on evaluating ankle sprains, fractures, Achilles injuries, plantar heel pain, and midfoot pathology. Learners will review common mechanisms of injury and how bruising, swelling, and gait changes inform diagnosis. Evidence-based imaging rules and immobilization strategies will be emphasized. Hands-on exam practice will reinforce palpation landmarks and functional testing. Participants will leave better equipped to identify red flags and initiate appropriate early management.

The Hip, The Knee and The Arthritis Toolbox: Making Sense of Lower Extremity Pain

Lower extremity pain is a frequent challenge in primary care and often reflects a complex interplay of injury, overuse, gait abnormalities, and degenerative joint disease. This session provides a structured approach to evaluating hip and knee pain through focused anatomy review, gait assessment, and targeted physical examination. The session introduces the concept of an "Arthritis Toolbox"—a practical framework for non-surgical management that clinicians can apply before considering referral. Emphasis will be placed on selecting appropriate initial interventions based on exam findings, symptom patterns, and functional limitations. Case-based discussion and hands-on exam practice will reinforce clinical reasoning and treatment sequencing. Learners will leave with greater confidence managing lower extremity pain and knowing when escalation of care is appropriate.

DAY THREE – Thursday, July 23

Dermatology

Heather Roebuck, DNP, FNP-BC, FAANP

1.00 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Acne Vulgaris Newest Guidelines (Rx=0.50)

This interactive experience will share the newest guidelines for treating acne vulgaris as well as present look alike conditions. We will explore the differentiating features and pharmacologic treatment recommendations as well as appropriate surgical interventions for various diagnoses. These include Hidradenitis Suppurativa, Perioral Dermatitis, and Polycystic Ovarian Syndrome just to name a few. You don't want to miss this immersive journey including variations of treatment options based on age, financial resources and cognitive abilities. We will conclude with a plethora of resources for providers and patients to make sure attendees have a comprehensive toolkit for treating such challenging conditions.

Hidradenitis Suppurativa: Not Just Another Boil

Rosacea and Route 46: A Vascular Journey

A to Z: Acanthosis Nigricans to Herpes Zoster (Rx=0.50)

This educational opportunity will consist of common and newly discovered unique signs to guide providers in detecting cutaneous manifestations of internal disease. Bring your phone and humor and we will provide the rest to ensure you learn multiple signs that are not to be missed in a fast-paced comedic experience. Andragogical principles will be utilized to make sure complex concepts are shared in a down-to-earth easy to understand interactive format. Follow the signs and we will increase your chance for clinical success including a significant amount of pharmacology credit.

Cosmetic Complications to Cutaneous Carcinomas

DAY FOUR– Friday, July 24

Men & Women's Health

Randee Masciola, DNP, APRN-CNP, WHNP-BC, FAANP, FNAP, FNPWH, FAAN

0.50 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Hot Topics in Contraceptives: Advances, Challenges, and Emerging Trends (Rx=0.25)

As the landscape of reproductive healthcare continues to evolve, healthcare providers need to stay informed on the latest developments in contraception. This session will provide an overview of current trends, innovative approaches, and the most pressing challenges in contraception today. Key topics will include new contraceptive methods and their clinical applications, patient-centered care, addressing disparities in access, and navigating emerging research in reproductive health. Whether you're a seasoned practitioner or new to the field, this session will ensure you have the most up-to-date knowledge on contraception and its impact on patient health.

Mgen: The New STD on the Block

What????...a new STD? Not really, but many clinicians need to know much more about Mycoplasma genitalium (MG), often called Mgen. It is a bacterial infection of growing concern in sexual health. Understanding MG is crucial for effective patient care. MG is a sexually transmitted bacterium responsible for various urogenital infections. Its unique characteristics, such as antibiotic resistance and asymptomatic carriage, pose challenges for diagnosis and treatment. We'll delve into the prevalence of MG nationally and globally and its association with symptoms like urethritis, cervicitis, and pelvic inflammatory disease.

Sexual Health Promotion and Screening for Males

Promoting sexual health and encouraging male screening for sexually transmitted infections (STIs) is a critical skill for all providers. Many STIs present asymptomatically in males, making routine screening essential for early detection and treatment. Common barriers that may prevent males from seeking STI screening, such as stigma, misconceptions, and lack of awareness, and understanding these barriers is key to developing effective strategies for promoting screening uptake. Attendees will also gain insights into communication strategies that foster a comfortable environment for discussing sensitive topics related to male sexual and reproductive health, ensuring improved patient outcomes.

Most Common Sexual and Reproductive Health Issues for Males

This presentation will provide healthcare professionals with an in-depth understanding of the most prevalent sexual and reproductive health issues affecting males. We will explore a range of conditions, including sexual dysfunction, sexually transmitted infections (STIs), prostate health, infertility, and other shared concerns. We will give special attention to pharmacological interventions, lifestyle modifications, and multidisciplinary approaches to care. Attendees will gain valuable insights into tailoring individualized, evidence-based treatment plans, monitoring progress, managing complex cases, and ensuring optimal patient outcomes.

What's New in Menopause Management: Innovations and Evolving Practice (Rx=0.25)

Menopause management has advanced significantly in recent years, offering new opportunities to support patients through this life stage with personalized, evidence-based care. This session will explore the latest updates in menopause management, focusing on innovative therapies, emerging research, and evolving clinical guidelines. Key topics will include advancements in hormone replacement therapy (HRT), non-hormonal treatment options, the role of lifestyle interventions, and strategies for managing the most common menopausal symptoms. With practical takeaways and real-world case discussions, this session will help healthcare providers enhance their approach to menopause care, ensuring patients receive the most current and effective treatment options.