Skin, Bones, Hearts & Private Parts

Pensacola Beach, FL

Session Note Handouts

September 15-18, 2026

SkinBonesCME.com

DAY ONE – Tuesday, September 15

Dermatology

Laura Bush, PA-C

1.75 APRN Credits

5.5 AMA PRA Category 1 Credits™

5.5 ANCC Contact hours

Drugs in Dermatology: What's Old, What's New, What's Tried and True! (Rx=0.75)

Navigating the vast landscape of medications available can be daunting, but necessary for effective patient care. This session will cover a wide array of therapeutic options, including the proper use of topical steroids and non-steroidal, antibiotics, biologics, biosimilars, and systemic medications used in dermatology. You will learn the basics of where and when to safely use these medications. We will delve into what to monitor, when to hold them, and when to stop them.

Are You Itching for Answers? How To Make Rash Decisions (Rx=0.25)

Is it bugs, bites, allergies, drugs, or systemic diseases? Narrowing the broad differential using clues, tools, patterns, and recognition. We will review drug eruptions, infections, infestations, and inflammatory conditions, including psoriasis, atopic dermatitis, and more. This packed lecture will teach the tools and techniques to make rash decisions and keep your clinic running on time. This topic will keep you itching for more!

Head, Shoulders, Knees, and Toes (Rx=0.25)

We'll go from head to toe, exploring skin disorders everywhere in between. We will examine common issues you may encounter from the scalp to the feet with tips and tricks for easy recognition to evaluate, treat, or refer. We will look at hair loss, seborrheic dermatitis, inverse psoriasis, erythrasma, warts, molluscum, nail disorders, and more. This lecture will move quickly through the largest organ, the skin, and keep you on your toes!

Face the Facts: Skin Clearing Solutions (Rx=0.50)

Let your patients put their best face forward! Practical approaches to diagnosing and treating facial skin disorders, including acne, rosacea, lupus, actinic damage, and pigmentary disorders. We will cover skin care routines and treatments you can recommend to your patients to keep their skin healthy and protected.

DAY TWO – Wednesday, September 16

Orthopedics

Sarah Bolander, DMSc, PA-C, DFAAPA

0 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Hands-On Differential: Shoulder to Digit Specialized Exam Techniques

Let your hands narrow your differential during this upper extremity hands-on session. We will review standard musculoskeletal exam techniques and analyze current evidence to determine the best approach for assessing various orthopedic conditions from shoulder to digits. You will improve your ability to narrow orthopaedic differentials through interactive demonstrations and facilitated practice, effectively guiding your management options for common upper extremity conditions.

Legwork Differential: Hip to Heel Specialized Examination

This session will guide you through the essential legwork for establishing lower extremity differentials. We will review standard musculoskeletal exam techniques and analyze current evidence to determine the best approach for assessing various orthopedic conditions from hip to heel. You will improve your ability to narrow orthopaedic differentials through interactive demonstrations and facilitated practice, effectively guiding your management options for common lower extremity conditions.

The Growing Pains of a Growing Child

Recognizing and assessing musculoskeletal conditions during well-child visits is essential for healthy development. Growing children change rapidly, and routine wellness visits provide an ideal opportunity to monitor growth and screen for underlying conditions. This session will focus on pediatric orthopaedics, highlighting common developmental concerns and conditions from infancy through adolescence. Through a case-based approach and review of guidelines, we will explore effective assessment techniques at each stage of childhood. Attendees will gain practical insights into identifying early signs of musculoskeletal abnormalities, knowing when to refer to a specialist, and providing supportive care for growing children.

Breaking it Down: Fracture Fundamentals

By breaking down the fundamentals of fractures, you will develop a systematic approach for identifying and managing fractures and dislocations. This session will cover the essential principles of fracture mechanics and common fracture types and correlate findings with the clinical exam. We will also delve into musculoskeletal imaging to enhance your ability to describe fracture findings and understand unique fracture patterns seen in named fractures. Through interactive cases, we will simplify complex concepts of musculoskeletal injuries, enabling you to communicate fracture findings and recognize potential associated injuries confidently.

Red Flags in Orthopaedics: Pearls to Prevent Pitfalls

Musculoskeletal red flags may be subtle, but early recognition is often critical. This session will highlight the most common musculoskeletal emergencies, exploring key indicators that warrant immediate attention and intervention. Participants will learn to identify signs of infections, differentiate a new limp, assess acute neurological deficits, and evaluate other urgent conditions that can significantly impact patient outcomes. Through case studies and providing essential pearls, this session will equip you with the knowledge to avoid common pitfalls and ensure timely referrals.

DAY THREE – Thursday, September 17

Endocrinology

Ashlyn Smith, MMS, PA-C, DFAAPA

2.00 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Advancing Lipid Management: Non-Statin Therapies in Primary Care Practice (Rx=0.25)

This interactive case-based CME program is designed for clinicians who seek to enhance and optimize their knowledge and clinical skills in identifying, risk-stratifying, and managing hyperlipidemia to reduce atherosclerotic cardiovascular disease (ASCVD) risk. The program combines didactic evidence, clinical pearls, and real-world case presentations to explore lipid pathophysiology, primary and secondary preventions, lifestyle intervention, and both statin and non-statin therapy options. Emphasis will be placed on individual risk assessment, shared medical decision-making, and practical tools for implementing treatment plans in diverse patient populations. Clinicians will gain the knowledge and confidence in implementing guideline-directed and evidence-based treatment plans that include both statin and non-statin lipid-lowering therapies.

Fracture Facts: Real World Osteoporosis Cases (Rx=0.25)

A fragility fracture occurs every three seconds worldwide. However, appropriate identification and treatment of osteoporosis post-fracture rarely occur with approximately 80% of individuals falling into this gap of care following a fragility fracture. Barriers and misconceptions exist in caring for this “silent” condition that carries high morbidity and mortality rates. This program will aid the clinician in navigating through the variety of guidelines and essential clinical pearls to appropriately identify at-risk individuals, educate patients on lifestyle interventions, and select the optimal agent based on individualized risk assessment and shared medical decision-making to include antiresorptive and anabolic agents, drug holidays, and transitioning between agents.

Beyond Fatty Liver: Primary Care Strategies for MASLD and MASH (Rx=0.50)

Metabolic dysfunction-associated steatotic liver disease (MASLD), previously known as NAFLD, is now the most common chronic liver disease worldwide and a rising cause of cirrhosis and liver-related mortality. Primary care providers are at the forefront of identifying patients at risk. Yet recognition, staging, and management remain inconsistent. This dynamic session will equip clinicians with the tools to understand the new terminology and diagnostic criteria for MASLD and metabolic dysfunction-associated steatohepatitis (MASH) and incorporate simple, evidence-based risk stratification strategies (including FIB-4 and non-invasive fibrosis assessments) into routine practice. Clinicians will navigate the application of lifestyle and pharmacologic interventions to slow progression and reduce metabolic risk, while recognizing when to refer to hepatology. By the end of the session, participants will feel confident screening, counseling, and coordinating care for patients with MASLD/MASH in the primary care setting.

Type 1 Diabetes: Early Detection, Staging, and Evolving Strategies for Primary Care (Rx=0.50)

Type 1 diabetes (T1D) is increasingly recognized as a staged autoimmune disease with opportunities for earlier detection and intervention. This program equips primary care providers with practical knowledge to identify at-risk patients, apply staging criteria, recognize early warning signs, and understand emerging therapies such as disease-modifying immunotherapy. Patients will leave with actionable strategies and resources to improve screening, referral, and long-term outcomes in patients with or at risk for T1D.

Hyperthyroidism in Primary Care: From Recognition to Individualized Treatment Decisions (Rx=0.50)

Hyperthyroidism presents unique diagnostic and management challenges in the primary care setting. This CME session will guide clinicians through recognizing the signs and symptoms of hyperthyroidism, categorizing common causes, and applying appropriate screening and diagnostic strategies to facilitate accurate diagnosis through judicious testing strategies. Participants will also analyze treatment options tailored to underlying etiology while incorporating shared medical decision-making to optimize patient outcomes. Throughout this dynamic case-based program, we will incorporate clinical pearls and common mistakes in identifying, diagnosing, treating, and monitoring thyroid disease.

DAY FOUR – Friday, September 18

Cardiology & Emergency Medicine

Sarah Schroeder, PhD, ACNP-BC, MSN RN, AACC

0.25 APRN Credits

6.5 AMA PRA Category 1 Credits™

6.5 ANCC Contact hours

Walks Like a Duck, Talks Like a Duck… But It's a Zebra: Evaluation of Cardiac and Non-Cardiac Chest Pain

Chest pain can be very confusing due to the inconsistent presentation of symptoms. This session will discuss the complex evaluation of Cardiac and Non-Cardiac Chest Pain using case studies and covering topics such as acute coronary syndrome, pulmonary emboli, gastroesophageal reflux disease, and acute dissections.

Getting to the Heart of Cardio-Athletics and Athletic Cardiomyopathy

Cardio-Athletics is an emerging topic in primary care, yet Athletic Cardiomyopathy is still not well understood. This session will discuss the basics of cardio-athletics, as well as defining the differences between an “Athlete’s Heart” and true Athletic Cardiomyopathy responsible for sudden cardiac death.

Imaging is Not for the Faint Hearted: Use of EKGs and Echocardiography in the Management of Cardiac Disease

EKGs and echocardiography may be the two most used “imaging” studies in cardiac medicine. This session will discuss the fundamental but systematic interpretation of EKGs, the advanced understanding of EKG interpretation, and the naked bird’s eye view of echocardiography imaging when treating cardiac disease.

I’m Going to Pump – You Up: The A-to-Z Continuum of Heart Failure (Rx=0.25)

The continuum of heart failure is an ongoing plague to society that we, as providers, are constantly struggling with. This session will go through the heart failure continuum, including symptomatology and diagnosis, initiation of guideline-driven medical therapy for heart failure, the importance of the “90-day” echocardiogram, subsequent ICD therapy, and the “what to do” when nothing else is working.

Living in a State of Shock: Everything You Wanted to Know and More About Cardiogenic Shock

There is a steady trend of prevalence of cardiogenic shock globally, becoming a strain on the health care system. This session will discuss symptomatology, the risk of delayed shock diagnosis, management and treatment of cardiogenic, and urgency in shock reversal.