Skin, Bones, Hearts & Private Parts

Denver, CO

Session Note Handouts

October 27-30, 2026

SkinBonesCME.com

DAY ONE – Tuesday, October 27

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.

DAY TWO – Wednesday, October 28

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, October 29

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, October 30

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.