

7:15 a.m. **Registration/Breakfast/Exhibitors/Posters**

7:45 a.m. **Welcome**

8:00 - 9:00 a.m. **Interdisciplinary Approaches to Advance Health Equity**

Cynthia Romero, M.D., FAAFP

Director, M. Foscue Brock Institute for Community and Global Health

EVMS Professor, Family and Community Medicine

*Objectives:*

- Review definitions of community health, health disparities, health equity
- Describe examples of health disparities and healthcare inequities
- Discuss current strategies to address health disparities and advance health equity

9:05 - 10:05 a.m. **ABCDs of Adiposity Based Chronic Disease Management**

Christine Kessler, MN, ACCNS, ACNP, ANP-C, BC-ADM, FAANP

Founder, Metabolic Medicine Associates, King George, VA and

Journeys Weight Loss Clinic, St Mary's, MD

*Objectives:*

- Discuss the underlying pathogenesis of adiposity (obesity & overweight) and contributing links to complications, morbidities, and mortality
- Identify appropriate physical and diagnostic assessment data needed prior to weight loss planning & potential barriers to care
- Develop patient-centric dietary and physical activity prescriptions for weight reduction
- Discuss indications, contraindications, general dosing, efficacy and safety of currently approved anti-obesity medications

10:05 - 10:30 a.m. **Break/Exhibitors/Posters**

10:30 - 11:15 a.m. **Heart Failure: A Clinical Review**

Linda "El" Summers, DMSc, PA-C

Riverside Cardiology Specialists

*Objectives:*

- Review the pathophysiology of systolic and diastolic heart failure, hypertrophic cardiomyopathy, and infiltrative cardiomyopathies
- Describe typical diagnostic testing essential for the diagnosis and management of patients with heart failure
- Apply innovations in pharmacologic therapy for heart failure and determine their optimal use in specific patient populations
- Identify patients for advanced heart failure therapies and discuss treatment options

## BREAKOUT | Sessions

### ACUTE CARE BREAKOUT SESSION #1

11:20-12:05 p.m.

#### Things We Do For No Reason In Adult Acute Care Medicine

Sarah Tiesing, MSN, FNP-C  
Lead APC, TeamHealth Hospitalist  
CJW Hospitals, Richmond, VA

##### Objectives:

- Engage in discussion surrounding high-value care in the hospitalized patient
- Identify the value of the use of NPO after midnight orders in the hospitalized patient
- Identify the value of the echocardiogram in the patient who presents with syncope
- Identify the value of Docusate Sodium in the hospitalized patient
- Identify the value of routine TSH testing in the hospitalized patient

12:05 - 12:50 p.m. **Lunch/Exhibitors/Posters**

### PRIMARY CARE BREAKOUT SESSION #1

11:20-12:05 p.m.

#### Diagnosis and Management of Dementia

Jennifer Campbell, MSN, APRN, A-G NP-C  
Riverside Neurology Specialists

##### Objectives:

- Define Dementia and identify types by their associated features
- Differentiate Dementia from other conditions that may mimic symptoms
- Integrate appropriate diagnostic testing with referrals
- Recognize traditional versus innovative treatment options and apply learned material to current practice

### ACUTE CARE BREAKOUT SESSION #2

12:50-1:35 p.m.

#### Management of Electrolyte Imbalances in Acute Care

Silya Mazigh, M.D.  
Riverside Regional Medical Center Hospitalist

##### Objectives:

- Develop an assessment framework for frequently seen electrolyte imbalances: hyponatremia and hypercalcemia
- Identify severity indicators and potential adverse outcomes of delayed recognition
- Implement corrective measures and monitoring frequency for these critical abnormal values

1:35 - 1:45 p.m. **Break/Exhibitors/Posters**

### PRIMARY CARE BREAKOUT SESSION #2

12:50-1:35 p.m.

#### Non-Alcoholic Fatty Liver Disease (NAFLD)

Linda "El" Summers, DMSc, PA-C  
Riverside Cardiology Specialists

##### Objectives:

- Recognize the prevalence of NAFLD and identify risk factors that contribute to its development
- Describe the current recommendations for screening, diagnosing and assessing patients for NAFLD
- Examine the role of NAFLD in cardiovascular risk
- Determine the best management options for NAFLD

1:45 - 2:35 p.m.

## **Functional Medicine: A Root-Cause Approach to Personalized Health Care**

Jennifer McCord, M.D.

Founder, Jennifer McCord, M.D., PLLC Functional Medicine (located at Pointe Wellness Center, Newport News, VA)

### *Objectives:*

- Identify principles underlying functional medicine
- Explore tools used by a functional medicine practitioner
- Compare and contrast the differences between the “systems approach” in conventional vs. functional medicine
- Apply a root-cause approach to personalized health care by reviewing case studies

2:35 - 3:00 p.m.

## **Break/Exhibitors/Posters**

3:00 - 3:50 p.m.

## **Polypharmacy/Cytochrome P 450 Pathway/Pharmacokinetics Meds**

Darleen Hoffert, DNP, RN, AGNP-C, LNC

Assistant Professor, Radford University School of Nursing

### *Objectives:*

- Review polypharmacy and the patient-, provider- and system-related implications
- Discuss the relationship between cytochromes and medication metabolism
- Discuss the role of the Cytochrome P450 system in polypharmacy
- Utilize a systematic approach to medication mapping to evaluate patient cases of polypharmacy related to the CYP 450 enzymatic system

3:55 - 4:40 p.m.

## **Opioid Use Disorder: Detox, Treatment and Management**

Omari Peterkin, PMHNP

Shawan Johnson, PharmD

Riverside Mental Health and Recovery Center

### *Objectives:*

- Identify red flag warning signs of opioid abuse
- Differentiate signs and symptoms of impending detoxification
- Compare and contrast pharmacological versus nonpharmacological treatment options
- Identify pharmacodynamics of medications in treatment

4:45 - 4:55 p.m.

## **Closing and Raffles**

*Networking Session for APP students immediately following the conference.*