

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

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

8 - 9 a.m. **The Snowball Effect: How to Build Positive Momentum in Your Life**

Kristin Cuthriell, MEd, MSW

National Speaker, Author and Licensed Psychotherapist in Virginia Beach, VA

Objectives:

- Identify positive/negative snowball effect and five techniques to build positive momentum
- Identify distorted beliefs about resentment, its impact on all aspects of life and tips to a healthy restructure
- Identify the impact of radical acceptance and self-compassion on the snowball effect

9:05 - 10:05 a.m. **Peripheral Arterial Disease (PAD) Management**

Sathish Mohan, M.D.

Riverside Vascular Specialists

Objectives:

- Review anatomy and physiology of the vascular system
- Identify risk factors for developing PAD
- Identify appropriate work-up to accurately diagnose PAD
- Discuss prevalence and prognosis of PAD
- Review treatment options for PAD

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

10:30 - 11:20 a.m. **Dealing With the Trauma of Healthcare Assault**

Cara Jackson, D.O.

Riverside Emergency Department

Objectives:

- Quickly recognize escalation and how to protect the patient, yourself and the team
- Complete a debriefing after a violent event, recognizing secondary victim syndrome and PTSD
- Discuss techniques to help with returning to work after experiencing a violent event at work
- Care for the person who caused the violent event

PROGRAM | Agenda

Mental Health: The Next New Vital Sign

11:25 - 11:55 a.m. **Mental Health Emergencies**

Omari Peterkin, PMHNP
Riverside Behavioral Health Center

Objectives:

- Identify reasons (red flags) to send your patient to the Emergency Department
- Identify pharmacological vs. non-pharmacological treatment methods
- Learn tips on how to respond in crisis situations

11:55 - 12:25 p.m. **Practical Management of Depression and Anxiety in Women**

Olivia Reichenbacker, DNP, APRN, PMHNP-BC
Partners in Women's Mental Health

Objectives:

- Recognize signs and symptoms of anxiety and depression in women
- Determine appropriate pharmacologic and non-pharmacologic management strategies for anxiety and depression
- Understand the impact of female reproductive hormonal changes on anxiety and depression

12:25 - 1:15 p.m. **Lunch/Exhibitors/Posters**

BREAKOUT | Sessions

ACUTE CARE BREAKOUT SESSION

1:15 - 2 p.m.

Radiology: What Not to Miss

Houston Aaron, M.D.
Peninsula Radiological Associates

Objectives:

- Discuss diagnostic capability differences between X-ray, MRI and CT imaging
- Identify "can't miss" diagnoses using body systems imaging case studies
- Recognize and locate various tubes and lines
- Review adjustments for IV contrast in acute and chronic renal disease

PRIMARY CARE BREAKOUT SESSION

1:15 - 2 p.m.

Inflammatory Bowel Disease (IBD): Crohn's and Ulcerative Colitis

Ashutosh Naniwadekar, M.D.
Riverside Gastroenterology Specialists

Objectives:

- Differentiate between diagnosis of ulcerative colitis and Crohn's disease
- Identify best practice treatment of IBD
- Discuss indications for ER evaluation and the management of IBD flare
- Identify appropriate surgical referrals

BREAKOUT | Sessions

ACUTE CARE BREAKOUT SESSION

2 - 2:45 p.m.

Sepsis: What's Bugging You?

Terry Thompson, ACNP-BC, FHM

Tanya Claiborne, PharmD

Riverside Regional Medical Center

Objectives:

- Identify sepsis criteria in the appropriate patient
- Implement appropriate guideline-directed therapies to treat sepsis
- Select most appropriate initial antibiotic regimens based on presentation

PRIMARY CARE BREAKOUT SESSION

2 - 2:45 p.m.

PCOS and Insulin Resistance: Impact on Health and Fertility

Darine Moukalled, M.D.

Riverside Partners in Women's Health

Objectives:

- Understand the role genetics and lifestyle play in PCOS
- Know the effect of PCOS on ovulation
- Describe the hormonal imbalance occurring with PCOS
- Discuss how PCOS affects cardiometabolic dysfunction

2:50 - 3:50 p.m.

Not All Hearts Are Created Equal: Review of Heart Disease in Women

Alexandra Ward, M.D., Medical Director

Riverside Women's Heart Center

Objectives:

- Define heart disease: MINOCA, SCAD
- Identify epidemiology/CV risk factors for women
- Identify appropriate diagnostic testing for CAD disease
- Initiate appropriate therapies and referrals to cardiology

3:50 - 4 p.m.

Closing and Raffles



RIVERSIDE

Presented by Riverside Medical Group Advanced Practice Provider Committee