



THE TRAINING RHEUM™

AUGUST 10–12, 2019 | ATLANTA, GA • JANUARY 18–20, 2020 | AUSTIN, TX

Agenda

Saturday

7 a.m. – 4:15 p.m.

On-Site Registration

7 – 8 a.m.

Breakfast (Provided)

8 – 8:15 a.m.

Introduction: What is Rheumatology?

Beth Jonas, MD

At the conclusion of this session, participants should be able to:

- Identify the role of PAs and NPs in the rheumatology practice

8:15 – 8:45 a.m.

Foundational Concepts for Rheumatology

Beth Jonas, MD

At the conclusion of this session, participants should be able to:

- Recognize the elements of the immune system covering innate and adaptive immunity, including b-cells, t-cells, and complement
- Describe the structure and function of a diarthrodial joint
- Differentiate between inflammatory and non-inflammatory joint pain

8:45 – 9:30 a.m.

Medical History Taking for the Rheumatic Diseases

Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Obtain a complete and logical history in a patient-centered manner of a patient with a suspected rheumatic disease
- Elicit vital historical components including onset, quality, quantity, and location of symptoms, aggravating and alleviating factors, and associated symptoms
- Elicit a full rheumatic disease review of systems
- Integrate various historical data that is contributory to the development of a reasonable working differential diagnoses

- 9:30 – 9:45 a.m. **Break**
- 9:45 – 11:15 a.m. **Physical Examination: Focus on the MSK Exam in Rheumatology**
Andrea Barker, MPAS, PA-C; Michael Battistone, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD
- At the conclusion of this session, participants should be able to:
- Evaluate normal musculoskeletal anatomy and contrast this with abnormal findings found in musculoskeletal disorders
 - Demonstrate a logical and complete musculoskeletal physical examination
 - Demonstrate muscle strength testing
- 11:15 – 11:45 a.m. **Laboratory Evaluation of the Patient with Suspected Rheumatic Disease**
Susan Kelly Chrostowski, DNP, APRN, ANP-C
- At the conclusion of this session, participants should be able to:
- Identify the important laboratory studies in the evaluation of patients with suspected rheumatic disease
 - Recognize laboratory methods for the determination of autoimmune serologies
 - Interpret the results of the synovial fluid analysis
 - Select appropriate laboratory tests when evaluating persons with symptoms suggesting rheumatologic conditions
 - Interpret the results of serological testing
- 11:45 a.m. – 12:45 p.m. **Lunch (Provided)**
- 12:45 – 1:30 p.m. **Rheumatoid Arthritis**
Janet Bahr, MSN, RN-C, APNP-BC
- At the conclusion of this session, participants should be able to:
- Identify epidemiology, risk factors, and genetics associated with rheumatoid arthritis
 - Describe the clinical presentation of rheumatoid arthritis
 - Discuss the role of serologic testing and radiographs in diagnosis of rheumatoid arthritis
 - Formulate plan for initiating medical management
- 1:30 – 2:15 p.m. **Rheumatoid Arthritis: Focus on Therapy**
Janet Bahr, MSN, RN-C, APNP-BC
- At the conclusion of this session, participants should be able to:
- Define indications for the use of oral DMARD and biologic medications
 - Discuss the reasoning behind ordering hepatitis and tuberculosis tests before starting medications
 - List labs required for medication monitoring of DMARD therapies

- Discuss response to therapy, and when to consider adding additional medications

2:15 – 2:30 p.m.

Break

2:30 – 3:15 p.m.

Crystal-Induced Arthritis

Anisha Dua, MD, MPH

At the conclusion of this session, participants should be able to:

- Identify epidemiology, risk factors and genetics associated with crystal-induced arthritis
- Describe the clinical presentation of gout and CPPD arthropathy
- Interpret the results of laboratory testing, synovial fluid analysis and radiographs in diagnosis of crystal-induced arthritis
- Recognize the indication of allopurinol in the treatment of hyperuricemia and the target uric acid level
- Identify the indications for the use of colchicine and NSAIDs in the treatment of acute crystalline arthritis
- Recognize the indications for the use of intra-articular steroids in the treatment of acute gout and pseudo-gout

3:15 – 4:15 p.m.

Rheum for Questions

Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Review foundational concepts in rheumatology, physical exams, laboratory evaluations, rheumatoid arthritis, and crystal-induced arthritis
- Discuss case studies related to laboratory evaluations, rheumatoid arthritis, and crystal-induced arthritis

4:15 – 5:15 p.m.

Networking Happy Hour

Sunday

7 a.m. – 4:15 p.m.

On-Site Registration

7 – 8 a.m.

Breakfast (Provided)

8 – 8:45 a.m.

Osteoarthritis

Janet Bahr, MSN, RN-C, APNP-BC

At the conclusion of this session, participants should be able to:

- Identify epidemiology, risk factors, and genetics associated with osteoarthritis

- Describe the clinical presentation of osteoarthritis
- Recognize the role of radiographs in diagnosis of osteoarthritis
- Discuss pharmacologic and non-pharmacologic management of osteoarthritis

8:45 – 9:30 a.m.

Introduction to Multisystem Rheumatic Diseases

Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Recognize the importance of autoimmunity in the pathophysiology of multisystem rheumatic diseases
- Recognize the clinical presentation of the most common multisystem rheumatic diseases
- Utilize appropriate pharmacologic treatment for multisystem rheumatic disease

9:30 – 10:30 a.m.

Systemic Lupus: The Prototype of an Autoimmune Disorder

Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Identify epidemiology, risk factors, and genetics associated with systemic lupus
- Describe the clinical presentation of systemic lupus
- Recognize the role of serologic testing in diagnosis of systemic lupus
- Discuss the disease management of systemic lupus erythematosus

10:30 – 10:45 a.m.

Break

10:45 – 11:30 a.m.

Polymyalgia Rheumatica and Giant Cell Arteritis

Anisha Dua, MD, MPH

At the conclusion of this session, participants should be able to:

- Identify epidemiology associated with PMR and GCA
- Describe the clinical presentation of PMR and GCA
- Discuss the role of laboratory testing, tissue biopsy, and imaging in the diagnosis of PMR and GCA
- Formulate plan for initiating medical management

11:30 a.m.– 12:15 p.m. **Selected Topics in Pediatric Rheumatology**

Janet Bahr, MSN, RN-C, APNP-BC

At the conclusion of this session, participants should be able to:

- Recognize the clinical presentation, laboratory evaluation, and treatment considerations of various JIA types

- Recognize the clinical presentation, laboratory evaluation, and treatment considerations of JDM
- Recognize the clinical presentation, laboratory evaluation, and treatment considerations of JSLE

12:15 – 1:15 p.m.

Lunch (Provided)

1:15 – 1:45 p.m.

Approach to the Patient With Chronic Musculoskeletal Pain/Fibromyalgia

Susan Kelly Chrostowski, DNP, APRN, ANP-C

At the conclusion of this session, participants should be able to:

- Describe the clinical presentation of fibromyalgia
- Recognize the distinguishing features between fibromyalgia and inflammatory conditions
- Recognize the role of central pain sensitization in the pathophysiology of fibromyalgia
- Describe treatment strategies – both pharmacological and non-pharmacological

1:45 – 2:15 p.m.

Evaluation of the Patient With Back Pain

Anisha Dua, MD, MPH

At the conclusion of this session, participants should be able to:

- Differentiate between mechanical back pain and inflammatory back pain
- Distinguish the causes of acute and chronic back pain
- Recognize red flag signs and symptoms related to back pain
- Discuss the role of laboratory testing and radiographs in the evaluation of back pain

2:15 – 2:30 p.m.

Break

2:30 – 3:15 p.m.

Seronegative Spondyloarthropathy

Anisha Dua, MD, MPH

At the conclusion of this session, participants should be able to:

- Define spondyloarthritis, the spectrum of conditions, and their common clinical features
- Discuss important distinguishing features between ankylosing spondylitis, psoriatic arthritis, and reactive arthritis
- Identify the role of laboratory testing and radiographs in the diagnosis of various spondyloarthritides
- Discuss general principles of management of various spondyloarthritides – both pharmacologic and non-pharmacologic

3:15 - 4:15 p.m.

Rheum for Questions

Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Review concepts in osteoarthritis, multisystem rheumatic diseases, systemic lupus, polymyalgia rheumatica, giant cell arteritis, pediatric rheumatology, chronic musculoskeletal pain, back pain, and seronegative spondyloarthropathy
- Discuss case studies related to osteoarthritis, multisystem rheumatic diseases, systemic lupus, polymyalgia rheumatica, giant cell arteritis, pediatric rheumatology, chronic musculoskeletal pain, back pain, and seronegative spondyloarthropathy

Monday

7 a.m. – 1:45 p.m.

On-Site Registration

7 – 8 a.m.

Breakfast (Provided)

8 – 9 a.m.

Osteoporosis

Susan Kelly Chrostowski, DNP, APRN, ANP-C

At the conclusion of this session, participants should be able to:

- Describe the pathophysiology and risk factors for osteoporosis
- Discuss the indications for screening and evaluation of osteoporosis
- Evaluate and determine appropriate management of the patient with osteoporosis

9 – 9:30 a.m.

Barriers to Care

Beth Jonas, MD

At the conclusion of this session, participants should be able to:

- Recognize disparities in healthcare that may impact patient care
- Identify issues related to insurance that can impact healthcare
- Describe how barriers to healthcare can impact medication adherence

9:30 – 10:15 a.m.

Common Regional Musculoskeletal Problems

Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Describe and differentiate common regional musculoskeletal problems based on historical information and physical examination

- Determine reasonable strategies for the treatment of common regional musculoskeletal problems
- Judiciously utilize medications to control pain, swelling and other symptoms related to soft tissue disorders

10:15 – 10:45 a.m. **Break for Hotel Room Check-Out**

10:45 a.m. – 12:45 p.m. **Joint Injection Workshop**

Andrea Barker, MPAS, PA-C; Michael Battistone, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Identify indications, contraindications, risks, benefits, materials, and proper injection technique
- Obtain and document informed consent
- Perform a knee and shoulder injection on a mannequin

12:45 – 1:45 p.m. **Closing Lunch (Provided): Developing Your Career in Rheumatology**

Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:

- Discuss challenges that a PA/NP might encounter when transitioning into a rheumatology practice, and how these challenges can be addressed
- Discuss the value that PAs and NPs bring to a rheumatology practice

This agenda may be updated or modified without notification.