

Third Annual Event



PRIMARY CARE  
EDUCATION  
CONSORTIUM



# CARDIO RENAL METABOLIC ENDOCRINE ASSEMBLY

**A Complimentary Virtual Event**

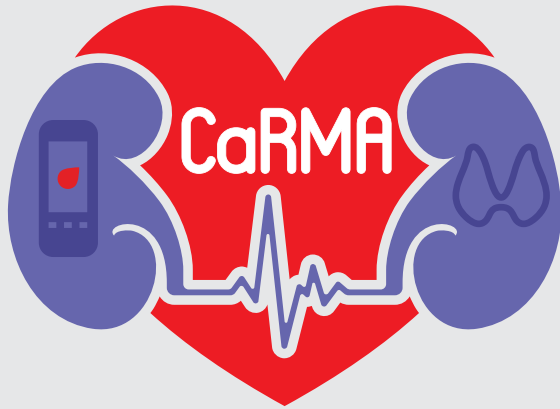
Friday, November 13<sup>th</sup> | 5:30 PM – 9:00 PM EST

Saturday, November 14<sup>th</sup> | 11:00 AM – 3:30 PM EST



Scan the QR code or register now at  
**[CaRMALive.com/registration](https://CaRMALive.com/registration)**

For the latest updates, visit  
**[CaRMALive.com](https://CaRMALive.com)**



## About our event

The virtual Cardio-Renal-Metabolic/Endocrine Assembly is a meeting designed by and for NPs and PAs, filling an identified gap in advanced clinician education. Primary Care Education Consortium has organized CaRMA, in its inaugural year, to deliver the latest clinical updates, advancements, and best practices in cardiovascular, renal, metabolic and endocrine disease management to an audience of US-based NPs and PAs, as well as other interested clinicians.

### ➤ Date and Time

Friday, November 13, 5:30 PM &  
Saturday, November 14, 11:00 AM  
*All times eastern*

### ➤ Expected attendance

200-400 attendees

## Meet our Co-Chairs



### Scott Urquhart, PA-C, DFAAPA

Scott is a graduate of the George Washington University PA Program. He has been practicing endocrinology since 1996 with Diabetes and Thyroid Associates in Spotsylvania, Virginia. He is a founding member and a Past President of the American Society of Endocrine PAs.

PA Urquhart is an Adjunct Clinical Professor for James Madison University's PA Program. PA Urquhart has extensive experience in educational development and as presenter on many endocrine topics at the state and national level. In 2011, he founded and launched the U.S.'s first-ever endocrine summit designed for PAs/NPs, known as the Metabolic and Endocrine Disease Summit (MEDS), and continued to chair these bi-annual summits through their unfortunate cancellation at the end of 2023.

His many publications have appeared in JAAPA, Diabetes Spectrum, Clinical Diabetes, and Clinician Reviews.



### Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

Wendy received her Doctor of Nursing Practice in 2019 from the University of Alabama, Tuscaloosa. She is an adult and family nurse practitioner and the owner of a nurse practitioner owned and operated clinic within New Hampshire. She is the Past President of NPAGE and the Senior lecturer for Fitzgerald Health Education Associates.

Dr. Wright is a Fellow into the American Academy of Nurse Practitioners; Fellow in the American Academy of Nursing, and Fellow into the National Academies of Practice. She has twice been voted as one of America's Top NPs by her peers for her work in primary care and education, and was a frequent contributor to the Metabolic and Endocrine Disease Summit.

# SPONSORS & SUPPORTERS

This event is possible through the support of our sponsors and supporters

## SPONSORING ORGANIZATIONS



**PRIMARY CARE  
EDUCATION  
CONSORTIUM**

The **Primary Care Education Consortium** was developed approximately twenty years ago to provide educational programs for primary care clinicians. Recognizing the difficulty in reaching such a broad audience, PCEC created a series of initial medical education programs.

Based on the success of this project and realization of the need for education specifically targeting primary care, PCEC developed a collaboration with other primary care organizations to function as a full service medical education company.



**Primary Care Metabolic Group** is a national educational initiative providing comprehensive metabolic disease education. PCMG's mission is to provide resources for primary care clinicians involved in metabolic disease management and raise standards of patient care through the dissemination of best practices, educational programs, and communication among its 10,400+ members.

PCMG is a member of the STOP Obesity Alliance, the Obesity Action Coalition, and has relationships with many national and international associations including Primary Care Diabetes Europe (PCDE). PCMG is a co-founder of the Metabolic and Endocrine Disease Summit.

## SUPPORTING ORGANIZATIONS



The **American College of Diabetology** is a nonprofit organization passionate about management of diabetes mellitus with the goal of maintaining high standards in diabetes clinical care to improve the lives of those affected by diabetes.



The **American Society of Endocrine Physician Assistants (ASEPA)** is a professional medical organization dedicated to endocrine education and the advancement of physician assistants in endocrinology to provide increased access to quality patient care. The American Academy of Physician Associates (AAPA) recognized ASEPA as a specialty constituent organization in 2000. In 2005, ASEPA gained recognition from the American Association of Clinical Endocrinologists as an Endocrine Related Sister Society. With the current and future projected nationwide shortages of board certified endocrinologists, ASEPA will continue to partner with endocrine related organizations to help resolve these concerning projections.



The **Endocrine Nurses Society** is a professional organization promoting clinical excellence in the art and science of Endocrine Nursing throughout the world. ENS is organized to advance the highest standards of endocrine nursing practice, education, and research and is committed to promoting healthy lifestyle choices in the prevention and management of endocrine-related health disorders. ENS will act to facilitate communication among its members, support interdisciplinary collaboration, and provide a forum for learning and sharing of evidence-based practice and nursing research.

## FACULTY



### Amy Butts, PA-C

**President, American Society of Endocrine Physician Assistants**

Amy Butts is a physician assistant/associate who is a distinguished fellow of the American Academy of Physician Assistants (AAPA), a certified diabetes care and education specialist, and is board certified in advanced diabetes management. Amy has specialized in endocrinology for 23 years. She currently works as an endocrine PA for WVU Medicine Wheeling Hospital in an outpatient endocrine clinic in Wellsburg, West Virginia. She has served on several volunteer groups for ADA and ADCES. She is on the Editorial board for the ADA's publication Clinical Diabetes. Amy is the current President for ASEPA (American Society of Endocrine Physician Assistants). Amy has spoken at several AAPA conferences and ADA conferences and does education for various CME organizations. She is the owner of Amy Butts Metabolic Consulting, LLC. She has been awarded America's Top Physician Assistant by Point of Care Network (POCN) for two years in a row, 2020 and 2021.



### Amanda Chaney

**DNP, APRN, FAANP, AF-AASLD**

Amanda Chaney is a nurse practitioner and Senior Director of Advanced Practice Provider Services at Cleveland Clinic in Florida, staffing over 450 nurse practitioners and physician assistants. Prior to this role, Dr. Chaney served at Mayo Clinic for over 20 years in a variety of roles in leadership, patient care, and academic faculty. She is a renowned speaker and has published over 20 peer reviewed articles. She has been instrumental to national change for nurse practitioner and physician assistant practice, consulting with organizations across the nation. She was inducted as a Fellow with the American Association of Nurse Practitioners (AANP) in 2017, State Award of Excellence for AANP in 2018, and Associate Fellow of the American Association for the Study of Liver Disease (AF-AASLD) in 2020. Dr. Chaney was a featured guest on Becker's Healthcare podcast in 2020.



### Davida Kruger

**MSN, APN-BC, BC-ADM  
Nurse Practitioner**

Davida Kruger has been a certified nurse practitioner in diabetes for more than 35 years at Henry Ford Health System in Detroit, Michigan. Her role includes both clinical practice and research. She is board certified by the American Nurses Association Credentialing Center in Primary Care and by the American Association of Diabetes Educators in Advanced Diabetes Management. She is past Chair of the American Diabetes Association's Research Foundation and has served on the American Diabetes Association's Research Policy Committee. She is also past president of Health Care and Education for the ADA. She served as editor of Diabetes Spectrum from 2005-2008. She served as the Editor in Chief of Clinical Diabetes from 2011-2016.

## FACULTY



### Lucia Novak

**BC-ADM, NP**  
**Nurse Practitioner**

Ms. Novak is a board-certified nurse practitioner in both Adult Health and Advanced Diabetes Management. Her passion for assisting people with diabetes began in 2000 with the establishment of the Diabetes Institute of the Walter Reed National Military Medical Center located in Bethesda, Maryland. She served as an Adjunct Assistant Professor for The Daniel K. Inouye Graduate School of Nursing of the Uniformed Services University of the Health Sciences from 2008-2018. Ms. Novak has been an active member of the American Association of Diabetes Care and Education Specialists (formerly known as the American Association of Diabetes Educators) since 2005 and is currently co-chairing the Advanced Practice Community of Interest. She has also provided her expertise pertaining to diabetes as a Contributing Author for the Lippincott Manual of Nursing Practice for the last 4 editions. She is also a Contributing Author for the 1st edition of Genomic Essentials for Graduate Level Nurses.



### Ashlyn Smith

**MMS, PA-C**

Ashlyn Smith is a board-certified Physician Associate and Distinguished Fellow of the American Academy of PAs with 14 years of clinical expertise and over a decade of commitment to medical education.

Ashlyn is the owner, educator, and clinician at ELM Endocrinology & Lifestyle Medicine, PLLC, a telehealth-based specialty practice focused on expanding access to high-quality, endocrine care with the whole-health approach embodied by the specialty principles of lifestyle medicine. She also co-leads the Independent PA Collective, supporting PAs in launching innovative, independent practices.

Ashlyn is Past President of the American Society of Endocrine Physician Assistants, serves as Adjunct Assistant Professor at Midwestern University, and lectures regularly on pituitary disorders at Creighton University's PA Program.



### Leah Foster Smith

**MSN, APRN, FNP-BC, CNN-NP, FNKF**  
**Director of Advanced Practice Providers,**  
**Metrolina Nephrology Associates**

Leah Foster Smith received her BSN and MSN-FNP from the University of North Carolina at Charlotte in 1996 and 2001, respectively. She joined Metrolina Nephrology Associates, based in Charlotte, North Carolina, in 2001 as an ANCC Board-Certified Family Nurse Practitioner. Leah was promoted to director of advanced practice providers in 2007 and now supervises the largest group of nephrology APPs in the United States with a current total of 42 Nephrology APPs. She became a Certified Nephrology Nurse Practitioner (CNN-NP) as highest exam scorer in the United States in 2017, as well as a Fellow of the NKF. Leah is an APP practice clinical consultant with Clear Edge Medical Management assisting multiple nephrology practices in the utilization of nephrology APs. She is also the creator and chair of a formalized CKD program managing over 24,000 CKD patients. Leah is the chief education officer for Interactive Nephrology and creator of a formalized new nephrology APP training program entitled, Ready for Rounds, training more than 111 APPs from across the United States since its launch in June 2020.

## OVERALL SUMMIT RATINGS

Participants were asked to rate certain aspects of the Summit.  
Results were overwhelmingly positive.



Participants  
scored all aspects  
of the Summit as  
**EXCELLENT**

Please rate the following:	Avg. Rating
Overall Summit rating	<b>4.90</b>
Degree to which your educational expectations were met	<b>4.90</b>
Practical application to your practice	<b>4.76</b>
My knowledge was increased	<b>4.83</b>
The content was evidence-based, showed scientific rigor	<b>4.93</b>
Opportunity for discussion, comments, Q&A	<b>4.78</b>
Audiovisual presentations	<b>4.80</b>

(N=82 for this set of questions).

Ratings were on a 5-point Likert scale where 1 = Poor (or Strongly Disagree) and 5 = Excellent (or Strongly Agree). The average score for all aspects of the program was EXCELLENT/Strongly Agree.



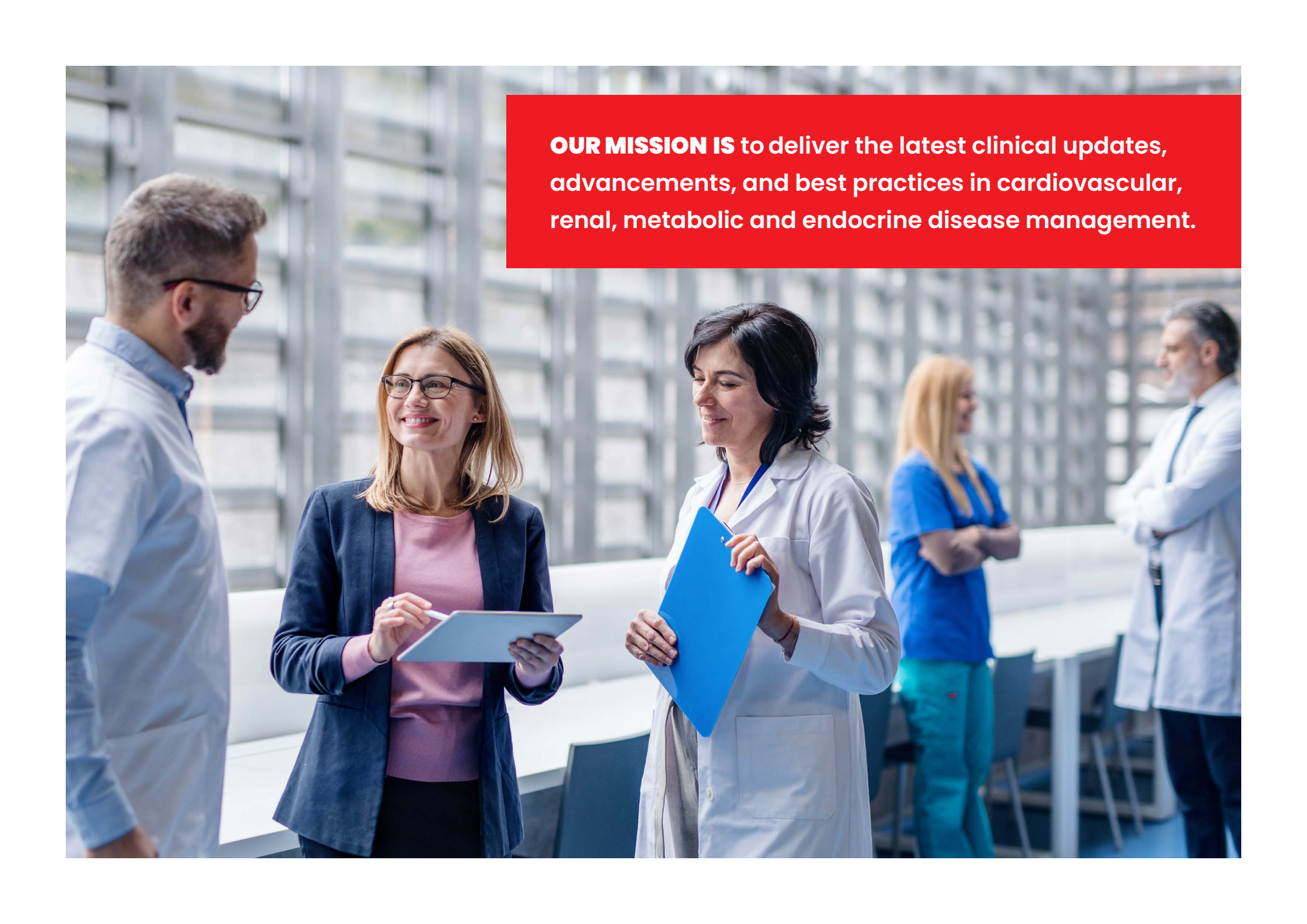


"Great"

"Very informative!"

"Excellent!"

"Useful in my practice"



**OUR MISSION IS** to deliver the latest clinical updates, advancements, and best practices in cardiovascular, renal, metabolic and endocrine disease management.

# THE AGENDA

**Friday  
November 13<sup>th</sup>**

**5:30 – 9:00 PM EST**



## Subjects to be covered

- Type 2 Diabetes
- Obesity
- MASH/MASLD



## Ask the Expert

Breakout Sessions

**Saturday  
November 14<sup>th</sup>**

**11:00 AM – 3:30 PM EST**



## Subjects to be covered

- Continuous Glucose Monitoring
- Cardiovascular Disease
- Kidney Disease
- Osteoporosis
- Thyroid Disease



## Ask the Expert

Breakout Sessions



**ANCILLARY ACTIVITIES**

Platinum Sponsor



## Contact Us

**Nora Williams**

Primary Care Education Consortium

 **(704) 752-0257**

Email: [nwilliams@pceconsortium.org](mailto:nwilliams@pceconsortium.org)

[pceconsortium.org](http://pceconsortium.org)

