



A NON-PROFIT ORGANIZATION

## PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

[WWW.MER.ORG](http://WWW.MER.ORG)

### **PEDIATRIC & ADOLESCENT MEDICINE FOR PRIMARY CARE: ENDOCRINOLOGY/GASTROENDOCRINOLOGY/GYNECOLOGY/ PSYCHIATRY**

**Hilton Head Island, South Carolina – The Westin Hilton Head Island Resort & Spa  
June 6 – 9, 2019**

**Thursday, June 6th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Endocrinology**

**Metabolic Syndrome**

With the increased incidence of obesity in the US, children and adolescents are now at increased risk for the development of metabolic syndrome and frank type 2 diabetes. What used to be considered an adult condition is now unfortunately becoming more prevalent in younger age categories. The purpose of this talk is to define metabolic syndrome, identify screening methodology, and discuss potential treatment strategies.

**8:30 am – 9:30 am – Endocrinology**

**Type 1 Diabetes**

T1DM has an overall incidence of 1:300 in the US. While it primarily affects young children, it is an autoimmune disease that can affect young adults as well. The purpose of this talk is to define type 1 diabetes, describe the pathophysiology of diabetic ketoacidosis, and discuss the various insulin regimens available.

**9:30 am – 10:30 am – Endocrinology**

**Short Stature and Poor Growth: A Primary Care Perspective**

Growth in pediatrics is a key indicator of general health, and early identification of abnormal growth patterns is critical. Growth disorders can have both non-endocrine and endocrine etiologies. The purpose of this talk is to define abnormal growth patterns, discuss the differential diagnosis and initial evaluation from the PCP perspective, and then focus on the common endocrine disorders leading to poor growth.

**10:30 am – 10:40 am**

**Coffee Break**

**10:40 am – 11:40 am – Gynecology**

**A Primary Care Approach to Delayed and Precocious Puberty**

Review of normal pubertal development; Differential diagnosis and understanding of a focused evaluation for precocious puberty; Underlying causes of delayed puberty



## PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

[WWW.MER.ORG](http://WWW.MER.ORG)

### **11:40 am – 12:40 pm – Endocrinology**

#### **Pediatric Thyroid Disorders**

The purpose of this talk is to gain an understanding of the physiology of thyroid hormone. Specific conditions include congenital hypothyroidism, acquired hypothyroidism, hyperthyroidism, as well as distinguishing between central and primary hypothyroidism. Finally, session will cover how to interpret thyroid lab values and determine whether they represent true or a pseudo-disease state.

### **12:40 pm**

#### **Session Adjourns**

**Friday, June 7th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Gynecology**

**Congenital Reproductive Anomalies and Disorders of Sex Development**

Review of the factors that determine gender and normal sexual development; Discussion of the conditions that cause masculinization of girls; Discussion of the conditions that cause feminization of boys

**8:30 am – 9:30 am – Gynecology**

**Polycystic Ovary Syndrome (PCOS) Overview for Primary Care**

Discussion of the normal balance of hormones (estrogen, progesterone and androgens) in the ovaries; Treatment of cysts and the regulation of menstrual cycles; Acne and hair growth; Treatment options

**9:30 am – 10:30 am – Psychiatry**

**Pediatric Thyroid Disorders**

**Depression in Teens and Adolescents**

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

**10:30 am – 10:40 am**

**Coffee Break**

**10:40 am – 11:40 am – Psychiatry**

**Substance Abuse in Teens and Adolescents**

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options

**11:40 am – 12:40 pm – Gynecology**

**Pediatric Gynecologic Emergencies**

Evaluation and management of vaginal bleeding; Identification and treatment of ovarian cysts and torsion; Imperforate hymen and outlet obstruction

**12:40 pm**

**Session Adjourns**

**Saturday, June 8th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Psychiatry**

**Suicide and Violence**

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

**8:30 am – 9:30 am – Psychiatry**

**The Complexity of ADHD in Teens and Adolescents**

Diagnosis and treatment of ADHD in teens and adolescents with an emphasis on history taking, differential diagnosis, medical and psychiatric co-morbidity, and FDA-approved treatments

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Gastroenterology**

**Chronic Abdominal Pain in Children**

Physiology and differential diagnosis of chronic abdominal pain in children; testing (laboratory, radiographic, endoscopic) techniques available for the treatment of chronic abdominal pain in children; treatment options for chronic abdominal pain, including treatment for recurrent abdominal pain of childhood and irritable bowel syndrome

**10:40 am – 11:40 am – Gastroenterology**

**Gastroesophageal Reflux in Children**

The Physiology of pediatric gastroesophageal reflux (GER) and how to differentiate GER from gastroesophageal reflux disease (GERD); testing techniques to diagnose pediatric GER; treatment options for pediatric GER and pediatric GERD

**11:40 am**

**Session Adjourns**

**Sunday, June 9th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Gastroenterology**

**Pediatric Gastrointestinal Foreign Bodies**

Complications of various gastrointestinal (GI) foreign bodies in children; testing techniques to diagnose GI foreign bodies in children; treatment options (observational versus removal)

**8:30 am – 9:30 am – Gastroenterology**

**Constipation in Children**

The pathophysiology and differential diagnosis of pediatric constipation; testing techniques used to diagnose complications associated with pediatric constipation; treatment options

**9:30 am**

**Conference Adjourns**

### **Target Audience**

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

### **Learning Objectives**

Upon completion of this program, participants should be better able to:

- Discuss symptoms and treatment options for metabolic syndrome and type 1 diabetes in adolescents
- Describe a comprehensive approach to managing pediatric thyroid disorders as well as short stature and poor growth
- Evaluate gynecologic emergencies as well as reproductive anomalies in the adolescent patient
- Describe factors that affect gender and sexual development
- Identify conditions that cause masculinization of girls and feminization of boys
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) depression, ADHD and substance abuse in teens and adolescents
- Understand risk factors and assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Discuss symptoms and treatment of chronic abdominal pain and gastroesophageal reflux in children
- List the current treatment options for constipation and gastrointestinal foreign bodies in children

### **Learning Outcome**

To provide updates in primary care medicine to office based providers

### **Disclosure of Conflicts of Interest**

Medical Education Resources insures balance, independence, objectivity, and scientific rigor in all our educational programs. In accordance with this policy, MER identifies conflicts of interest with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Conflicts are resolved by MER to ensure that all scientific research referred to, reported, or used in a CME activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing its learners with high-quality CME activities that promote improvements or quality in health care and not the business interest of a commercial interest.

### **Disclaimer**

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

All lectures incorporate time for questions and answers.

Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.



## Accreditation

### Physician Accreditation

Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### Credit Designation

Medical Education Resources designates this live activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ABIM MOC Recognition

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



### American Academy of Family Physicians

This Live activity, *Pediatric & Adolescent Medicine for Primary Care*, with a beginning date of June 6, 2019 has been reviewed and is acceptable for up to 16 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### American Osteopathic Association

These programs are approved for 16 hours in Category 2-A by the American Osteopathic Association.

### American College of Emergency Physicians

This program is approved by the American College of Emergency Physicians for a maximum of 16 hours of ACEP Category I credit.

### Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

### American Academy of Physician Assistants

AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)<sup>TM</sup>* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 16 hours of Category I credit for completing this program.

### Nursing Accreditation

Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This CE activity provides 16 contact hours of continuing nursing education.

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 16 contact hours.

### Pharmacy Accreditation



Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: 0816-0000-19-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.