



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/NEPHROLOGY/ORTHOPEDICS/VASCULAR**

**Banff, Alberta, Canada - Fairmont Banff Springs
August 15-18, 2019**

Thursday, August 15th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am – Nephrology

Electrolyte Case Discussion

Hypokalemia and disturbances of acid-base homeostasis are frequently encountered in the outpatient and inpatient setting. Correct diagnosis requires the understanding of associated hormonal regulatory mechanisms and the integration of information from clinical history/exam with serum and urinary markers. This presentation will allow the practicing clinician to initiate appropriate therapy based on a stepwise diagnostic approach.

8:30 am – 9:30 am – Nephrology

Kidney, Bone and Heart—A Challenging Trifecta

Cardiovascular calcifications are highly prevalent in patients with kidney disease and contribute to morbidity and mortality. In recent years, the complex pathophysiologic changes occurring in the bony tissue of patients with kidney disease have been recognized as important factors in vascular calcifications. Early recognition of this disorder is becoming an important component of the care of CKD patients.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Nephrology

Over-the-Counter Preparations and the Kidney

Over-the-counter herbal preparations are frequently used by patients as an alternative to prescription medications. While often perceived as safe, several preparations and compounds have been identified to possess significant nephrotoxic properties. In addition, some preparations might harbor unsuspected risks when used by patients with preexisting renal disease.

10:40 am – 11:40 am – Vascular

Peripheral Vascular Disease and Medical Therapy

Defining the spectrum of maladies included in peripheral vascular disease and understanding underlying arterial pathology including atherosclerosis; abdominal aortic aneurysm diagnosis, evaluation and treatment is also included



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**11:40 am – 12:40 pm – Vascular
Stroke and Carotid Occlusive Disease**
Carotid occlusive disease and stroke

12:40 pm
Session Adjourns

Friday, August 16th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Vascular

Venous Thrombosis: Beyond Anticoagulation Only

Venous Thrombosis: Diagnosis, evaluation and treatment

8:30 am – 9:30 am – Vascular

The Dysvascular Limb: Swelling and Ulcers

The swollen limb and the ulcerated foot: organizational approach to the differential diagnosis, data gathering and evaluation, treatment options and follow-up

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Nephrology

Proteinuria and Hematuria

Hematuria and proteinuria are two of the most common abnormalities in routine urinalysis that require further evaluation by providers. There is a broad spectrum of disease that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This presentation will discuss the detection, diagnosis and management of these findings including when to ask a specialist for help.

10:40 am – 11:40 am – Endocrinology

Type 2 Diabetes Mellitus

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

11:40 am – 12:40 pm – Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

12:40 pm

Session Adjourns

Saturday, August 17th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Endocrinology

Disorders of Calcium Metabolism

Review of calcium homeostasis; causes of hypercalcemia; diagnosis and treatment

8:30 am – 9:30 am – Endocrinology

Metabolic Bone Disease

Osteoporosis: diagnosis and treatment

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Orthopedics

Shoulder Problems in Weekend Warriors

The common area of rotator cuff disorders, shoulder instability and acute injuries.

Anatomy, physical examination, exercise prescription and injection techniques will all be mastered by the learner

10:40 am – 11:40 am – Orthopedics

Knee Problems in Sport Medicine Practice

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal

11:40 am

Session Adjourns

Sunday, August 18th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Orthopedics

Common Foot and Ankle Problems in Sport Medicine

A case presentation approach to common ankle and foot problems physician will see in clinical practice; historical and physical findings that helps the physician make the correct diagnosis; an anatomy-based discussion relevant to each problem; treatment review with focus on the conservative approach – good evidence based approach to restoring function; Ligament injuries (the classic inversion and the high ankle sprain), plantar fasciitis, tendinopathies/enthesitis/ apophysitis

8:30 am – 9:30 am – Orthopedics

Diagnosis and Treatment of Orthopedic Problems in the Hip and Thigh

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

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:

- Describe the anatomy and function of the major joints including shoulder, hand, ankle and knee joints
- Describe how and when to utilize joint aspiration and injection for the shoulder, knee and other major joints
- List steps to diagnose and treat bone disease and its cardiovascular consequences in CKD
- Identify herbal preparations with the potential to cause nephrotoxicity
- Describe treatment options for hematuria and glomerulonephritis
- Diagnose and tailor treatment strategies for Type 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to osteoporosis and other calcium related disorders
- Discuss current diagnostic and treatment approaches to thyroid disorders
- Define the spectrum of maladies included in peripheral vascular disease
- Describe the evaluation and treatment of venous thrombosis
- Discuss presentation and interventional treatment of stroke patients as well as the swelling and ulcers of dysvascular limbs

Learning Outcome

To provide updates in primary care medicine to office based providers



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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, *Internal Medicine for Primary Care*, with a beginning date of August 15, 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)TM* 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.

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

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Universal Program Number: 0816-0000-19-077-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.