



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/ENDOCRINOLOGY/PALLIATIVE/PSYCHIATRY**

**Kapalua, Maui, Hawaii – The Ritz-Carlton, Kapalua
September 8-12, 2019**



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Sunday, September 8th:

2:30 pm – 3:00 pm

Registration

3:00 pm – 4:00 pm – Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

4:00 pm – 5:00 pm - Endocrinology

Thyroid Nodules

5:00 pm – 6:00 pm – Endocrinology

Case Studies: Thyroid

Challenging case presentations in thyroid function and nodules

6:00 pm

Session Adjourns

Monday, September 9th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Addiction Medicine

Substance Use Disorders: Screening & Identification for Primary Care Providers

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; Epidemiology, assessment and screening tools; Practical steps for intervention

8:30 am – 9:30 am – Addiction Medicine

The Opioid Crisis and Primary Care Providers

Origin and epidemiology; Differentiating other elements contributing to the crisis; Opioid effects and pharmacology; common misconceptions about opioid analgesic safety; Identifying risk for overdose and addiction; Best practices and guidelines for safe prescribing and monitoring use

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Addiction Medicine

Psychopharmacology and Addiction Medicine

Psychopharmacologic interventions and overdose and addiction; Medication-assisted treatment (MAT) with FDA approved medications for treating addiction-indications and contraindications; Medication management for co-occurring psychiatric disorders

10:40 am – 11:40 am – Endocrinology

Disorders of Calcium Metabolism

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

11:40 am – 12:40 pm – Endocrinology

Metabolic Bone Disease

Osteoporosis: diagnosis and treatment

12:40 pm

Session Adjourns

Tuesday, September 10th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Palliative Medicine

Palliative Medicine: Overview of the Medicare Hospice Benefit

Which patients are eligible? What is palliative care? What does the Medicare benefit provide for patients and families?

8:30 am – 9:30 am – Palliative Medicine

Palliative Care for the Primary Care Setting: Symptom Management

Symptom management; Symptom management of dyspnea and cough, nausea and vomiting, constipation, and agitation, at the end of life

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Palliative Medicine

Advanced Pain Management in the Palliative Care Patient

Treatment of pain with both nonopioid and opioid medications; New guidelines related to opioid prescribing; Side effects management

10:40 am – 11:40 am - Addiction Medicine

Chronic Pain and Addictions

Epidemiology of pain—risk factors and comorbidity; Pain management concepts; Patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

11:40 am – 12:40 pm – Addiction Medicine

Treatment of Alcohol Use Disorder in Primary Care

This talk will describe the scope of the problem of alcohol use disorder and its costs on the entire health care system and our patients' health, the co-morbidities associated with alcohol use disorder and treatments as well as medication assisted treatment for alcohol use disorder.

12:40 pm

Session Adjourns

Wednesday, September 11th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Psychiatry

The Complexity of Adult ADHD

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

8:30 am – 9:30 am – Psychiatry

I Don't Care About Anything, Doc (Depression)

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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Psychiatry

Behavioral Disorders Associated with Minor Head Trauma (Concussions)

Signs, symptoms, significance and office approach to mild traumatic brain injury; Guidelines and decision-making by the primary care physician and office-based management

10:40 am – 11:40 am – Palliative Medicine

Prognostication for the Primary Care Setting

Estimating life expectancy for patients with life-limiting illnesses such as CHF, Alzheimer's dementia, Parkinson's disease, end stage renal disease

11:40 am – 12:40 pm – Palliative Medicine

Addressing Goals of Care in Palliative Medicine

Definition of POA, DNR, DNI, DNH, MOLST, POLST; Techniques on how to address goals of care, both in acute crisis as well as when the patient has chronic issues

12:40 pm

Session Adjourns

Thursday, September 12th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Psychiatry

A Primary Care Approach to Bipolar Disorders

Bipolar spectrum disorders in adults compared to children and adolescents; the importance of longitudinal/developmental history; multiple medical and psychiatric co-morbidities; evidence-based treatments

8:30 am – 9:30 am – Psychiatry

I'm Always So Nervous, Doc (Anxiety Disorders)

Generalized anxiety disorder, panic disorder, and social phobia; focus on etiology, diagnosis, co-morbidity and treatment of these common and disabling conditions

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 strategies for identifying and treating substance use disorders
- Discuss options for patients with chronic pain addictions
- Review the diagnostic criteria and therapeutic approaches to osteoporosis and other calcium related disorders
- Discuss current diagnostic and treatment approaches to thyroid nodules and disorders
- Describe the primary care approach to palliative medicine including symptom management and prognostication
- List details about the Medicare hospice benefit
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) depression, and ADHD in adults
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders

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 20 (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 September 8, 2019 has been reviewed and is acceptable for up to 20 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 20 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 20 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 20 hours of Category I credit for completing this program.

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This CE activity provides 20 contact hours of continuing nursing education.

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Universal Program Number: 0816-0000-19-081-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.