



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
ADDICTION MEDICINE/NEUROLOGY/OBSTETRICS/  
RHEUMATOLOGY**

**Wailea, Maui, Hawaii – Grand Wailea, A Waldorf Astoria Resort  
March 22 – 26, 2020**

**Sunday, March 22nd:**

**2:30 pm – 3:00 pm**

**Registration**

**3:00 pm – 4:00 pm – Addiction Medicine**

**Introduction to Addiction Medicine: Neurobiology and Identification**

Addiction is a chronic medical illness with genetic and environmental influences. An understanding of its complex neurobiology continues to emerge. Screening for the disease can be done effectively in the primary care setting.

**4:00 pm – 5:00 pm - Addiction Medicine**

**Certain Substances: A Review of Addictive Drugs and Their Effects**

Substances that are addictive comprise a finite list, and although each drug or class of drugs has unique intoxicating and medical consequences, they activate a final common pathway that in predisposed individuals may lead to the disease of addiction.

**5:00 pm – 6:00 pm – Addiction Medicine**

**Drug Testing**

Drug test results have a great potential to be both under and over interpreted. Nevertheless, the information from a drug test can provide valuable data when placed in the right clinical context.

**6:00 pm**

**Session Adjourns**

**Monday, March 23rd:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Obstetrics**

**Preconception Counseling**

Screening and evaluation prior to a planned pregnancy; Review of current recommendations for carrier testing and when to refer a patient for specialty evaluation prior to conception

**8:30 am – 9:30 am – Obstetrics**

**Preexisting Disease and Pregnancy**

Review of management of common disorders during pregnancy, such as hypertension, pre-gestational diabetes, asthma, obesity, thyroid disease, depression; Discussion of the impact of pregnancy on disease state as well as impact of the disease on pregnancy well-being and outcomes, with a focus on management recommendations during pregnancy

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Obstetrics**

**Guide to Medication Use During Pregnancy and Lactation**

Review of the current classification systems; Discussion of medication classes commonly used during pregnancy and lactation; Discussion of commonly used medications that should be avoided during pregnancy and/or lactation

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

**Pharmacotherapy for Substance Use Disorders**

There are a variety of medications that have been approved by the FDA for the purpose of treating alcohol, opioid and tobacco use disorders.

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

**Chronic Pain and Addiction**

The Opioid Crisis has highlighted the overlap between chronic pain and addiction. The most complex patients to treat are those who suffer with both.

**12:40 pm**

**Session Adjourns**

**Tuesday, March 24th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Rheumatology**

**Evaluating the Patient with Joint Pain**

Differentiating between inflammatory and non-inflammatory joint pain; the utility of joint aspiration and lab workup with interpretation of synovial fluid analysis; differential diagnosis of joint pain and inflammatory arthritis

**8:30 am – 9:30 am – Rheumatology**

**Update in Pharmacology for Arthritis**

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; analgesics (narcotics and tramadol) and acetaminophen

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Rheumatology**

**Primary Care Approach to Inflammatory Arthritis**

Clinical presentation and laboratory work-up for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; and treatment principles of SLE, Sjogrens, SPA and PMR

**10:40 am – 11:40 am - Obstetrics**

**Obstetrical Complications**

Review of pregnancy complications during all trimesters, focusing on those which may present to a primary care provider with specific complaints; Discussion of conditions which represent an obstetric emergency



A NON-PROFIT ORGANIZATION

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

#### **Exercise and Nutritional Considerations During Pregnancy and Postpartum**

Review of guidelines for weight gain during pregnancy in normal weight, underweight and overweight/obese women; Discussion of recommendations for dietary intake during pregnancy and postpartum/during lactation, including discussion of women post-bariatric surgery; Recommendations for exercise and activity during pregnancy and postpartum period

### **12:40 pm**

**Session Adjourns**

**Wednesday, March 25th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Rheumatology**

**Crystal Disease: Gout and Pseudogout**

Properly diagnosing and treating crystal diseases such as gout and pseudogout

**8:30 am – 9:30 am – Rheumatology**

**Fibromyalgia**

Differential diagnosis and treatment of this difficult-to-manage pain syndrome;  
Treatment options of anti-epileptics and SNRI's

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Neurology**

**Alzheimer's Disease & Other Dementias**

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

**10:40 am – 11:40 am – Neurology**

**Parkinson's Disease & Other Movement Disorders**

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic-induced movement disorders; chorea

**11:40 am – 12:40 pm – Neurology**

**Evaluating Weakness**

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

**12:40 pm**

**Session Adjourns**



**Thursday, March 26th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Neurology**

**Epilepsy and Paroxysmal Disorders**

Types of paroxysmal disorders; diagnosis of seizures; seizures vs. epilepsy; classification of seizures and epileptic syndrome

**8:30 am – 9:30 am – Neurology**

**Treatment of Epilepsy and Status Epilepticus**

Treatment of epilepsies; goals of treatment; initiation and discontinuation of drug therapy; therapeutic monitoring; intractable epilepsy

**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:

- Explain the differential diagnosis of seizures and the clinical pharmacology of anti-epileptic drugs
- Describe the differential diagnosis and treatment of Alzheimer's disease, Parkinson's disease and other movement disorders
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe strategies for identifying and treating substance use disorders
- Discuss options for patients with chronic pain addictions
- Review strategies to effectively counsel women prior to conception as well as monitor for preexisting disease and potential complications in pregnancy
- List commonly used medications that could potentially cause complications during pregnancy and lactation
- Evaluate patients in order to make appropriate recommendations regarding weight gain, exercise and activity during pregnancy, postpartum and lactation
- Differentiate between inflammatory and non-inflammatory joint pain and the differential diagnosis of each category
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Evaluate and treat fibromyalgia, crystal disease and gout

### Learning Outcome

To provide updates in primary care medicine to office based providers





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

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## 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 20 *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 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 March 22, 2020 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)<sup>TM</sup>* 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.

### 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 20 contact hours of continuing nursing education.

This activity is designated for 7.5 ANCC pharmacotherapeutic contact hours.

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 20 contact hours.

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Universal Program Number: 0816-0000-20-038-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.