



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/GYNECOLOGY/NEUROLOGY/ORTHOPEDICS**

**Palm Beach, Aruba – The Ritz-Carlton Aruba
November 12 – 15, 2020**

Thursday, November 12th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 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

8:30 am – 9:30 am – Orthopedics

Knee Problems in the Primary Care Practice

A presentation dealing with an 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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 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

10:40 am – 11:40 am – Endocrinology

Update on Diabetes Mellitus

New diabetic medications that reduce CV disease and renal disease as well as treat diabetes; Discussion of a simplified approach to obtain target A1c for the primary care provider



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

11:40 am – 12:40 pm – Endocrinology

Osteoporosis, Vitamin D Deficiency and Calcium Disorders

Osteoporosis: diagnosis and treatment; Calcium homeostasis; Causes of hypercalcemia

12:40 pm

Session Adjourns

Friday, November 13th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Orthopedics

Wrist and Hand Problems Common in Primary Care

The common treatment of problems seen in the wrist and hand; anatomy, exam; treatment options and injection

8:30 am – 9:30 am – Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Endocrinology

Management of Dyslipidemia

Guidelines for the management of cholesterol from AHA and ACC; Further LDL-cholesterol reduction with non-statin therapies for those with ASCVD; Risk stratification and reduction for those without ASCVD, diabetes or severe hypercholesterolemia; Recommendations for special populations

10:40 am – 11:40 am – Gynecology

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

11:40 am – 12:40 pm – Gynecology

Menopausal Transition and Hormone Replacement Therapy

Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

12:40 pm

Session Adjourns

Saturday, November 14th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Gynecology

Cervical Cancer Screening Including HPV Management

Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; algorithm for the appropriate use of HPV testing and managing results; determining appropriate candidates for the use of the HPV vaccine

8:30 am – 9:30 am – Gynecology

Breast Cancer Screening and USPSTF Guideline Update

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – 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

10:40 am – 11:40 am – Neurology

Headaches and Migraines: Vascular & Non-Vascular

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

11:40 am

Session Adjourns



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

Sunday, November 15th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 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

8:30 am – 9:30 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

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:

- Diagnose and tailor treatment strategies for Type 1 and 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
- Describe the management and treatment of abnormal pap smears, uterine bleeding, and HPV
- Discuss the current evidence and recommendations regarding breast cancer screening
- Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease
- Describe the anatomy and function of the shoulder, knee and ankle joints
- Determine the basics and common pitfalls of orthopedic x-ray interpretation for shoulder and knee imaging
- Describe how and when to utilize joint aspiration and injection for the shoulder and knee joints
- Distinguish dementia from delirium, as well as describe the neurologic changes of normal aging
- Review the pathophysiology of headaches, migraines, dizziness and vertigo, and discuss patient assessment and treatment options

Learning Outcome

To provide updates in primary care medicine to office based providers



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

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.

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)*[™]. 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, *Internal Medicine for Primary Care*, with a beginning date of November 12, 2020, 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.

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.

This activity is designated for 5.5 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 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: 0816-0000-20-082-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.