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PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**ORTHOPEDIC MEDICINE FOR PRIMARY CARE:
ORTHOPEDICS/SPORTS MEDICINE**

**San Diego, California – Hotel del Coronado
January 29 – 31, 2021**

Friday, January 29th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:50 am

Management of Low Back Pain for Primary Care

Review of the diagnostic triage of spinal pain. The skills to characterize an episode of spinal pain as ominous, radicular or mechanical will be reviewed. Current international guidelines on the management of spinal pain will be covered. Simple home based exercises for spinal pain patients will be presented

8:50 am – 10:00 am

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

10:00 am – 10:10 am

Coffee Break

10:10 am – 11:20 am

Clinical Cases of the Knee, Ankle and Foot

Using a series of cases, common primary care presentations of lower extremity problems will be discussed, enabling the primary care provider to confidently assess and manage most issues. Criteria to consider specialist involvement and/or imaging will be reviewed.

11:20 am – 12:40 am

Navigating the Concussion Crisis

A look at the worrisome messages your patients are receiving from the media and some health care providers regarding concussion. Evidence regarding the prognosis of concussion along with management pearls will be discussed. The 7 physiological trajectories of concussion will be learned. The relationship between concussion and brain wasting diseases will be explored in detail

12:40 pm

Session Adjourns

Saturday, January 30th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am

Clinical Pearls in Sports Medicine

The critical aspects of regional musculoskeletal care, distilled down to key take-home points that the primary care provider can bring back to everyday practice

8:30 am – 9:20 am

Musculoskeletal X-rays A to Z

A collection of imaging cases that will help develop the primary care clinician's differential diagnosis for regional musculoskeletal problems.

9:20 am – 9:30 am

Coffee Break

9:30 am – 10:10 am

Exercise Prescriptions for Primary Care Practitioners

Evidence based rationale for the prescription of exercise for general health and all musculoskeletal disorders. The five best exercises a clinician can prescribe will be contrasted with the five worst exercises a clinician can prescribe.

10:10 am – 11:10 am

Physical Examination of the Work Forms, Sick Notes, and Insurance

Applications: Ability to Work Issues for the Primary Care Clinician

Primary care providers are routinely asked to complete forms and other documents regarding ability to work. Often, with significant financial and other resources at stake, clinicians are uncomfortable with these documents. This presentation will review the medical approach to discussion of work ability, identify common traps that primary care clinicians may encounter, and suggest tools that the clinician can use to help navigate common issues which may arise

11:10 am – 12:40 pm – All Faculty

Physical Examination of the Shoulder, Knee, Hip, and Spine

12:40 pm

Session Adjourns

Sunday, January 31st:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 9:30 am – All Faculty

Examination, Injection and Exercise Workshop

Small-group workshops. Please wear tank tops so shoulders are exposed and loose-fitting gym shorts

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 shoulder, knee, hip, and ankle joints
- Determine the basics and common pitfalls of orthopedic x-ray interpretation and exercise prescriptions in the primary care office
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Describe how and when to utilize joint aspiration and injection for the treatment of orthopedic problems
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- List management strategies for effective management of low back pain

Learning Outcome

To provide updates in primary care medicine to office based providers

Disclosure of Conflicts of Interest

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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

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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 12 (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, *Orthopedic Medicine for Primary Care*, with a beginning date of January 29, 2021 has been reviewed and is acceptable for up to 12 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 12 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 12 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 12 hours of Category I credit for completing this program.

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This CE activity provides 12 contact hours of continuing nursing education.

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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 12 contact hours.

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Universal Program Number: 0816-0000-21-XXX-L01-P

Participants will be required to check 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.