



A NON-PROFIT ORGANIZATION

**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

[WWW.MER.ORG](http://WWW.MER.ORG)

**INTERNAL MEDICINE FOR PRIMARY CARE:  
GASTROENTEROLOGY/GERIATRICS/NECK & SPINE/PSYCHIATRY**

**Mackinac Island, Michigan – Grand Hotel  
July 8 - 11, 2021**

**Thursday, July 8th:**

**7:30 am – 8:00 am**

**Registration and Arrival**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booking outside of the MER room block, please make breakfast arrangements on your own.

**8:00 am – 9:00 am – Neck & Spine**

**Diagnosis and Treatment of Lumbar Spine Disorders**

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

**9:00 am – 10:00 am – Neck & Spine**

**Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders**

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

**10:00 am – 10:10 am**

**Coffee Break**

**10:10 am – 11:10 am – Neck & Spine**

**Treatment of Spinal Disorders and Management of Acute and Chronic Pain: Part 1**

An algorithm for the triage and management of spine and pain patients will be presented. This treatment algorithm will include guidelines for the use of imaging and other diagnostic tools, medications, manual therapies, injections, surgeries, as well as psychological and other approaches to pain management.

**11:10 am – 12:10 pm – Psychiatry**

**Bipolar Disorders in Primary Care**

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



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**12:10 pm – 1:10 pm – Psychiatry**

### **I Just Drink a Few Beers At Night (Substance Abuse)**

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

**1:10 pm**

**Session Adjourns**

**Friday, July 9th:**

**7:30 am – 8:00 am**

**Registration and Arrival**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booking outside of the MER room block, please make breakfast arrangements on your own.

**8:00 am – 9:00 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

**9:00 am – 10:00 am – Psychiatry**

**Burnout and Physician Wellness: Surviving the New Realities of Practice**

Strategies to enable physicians and other healthcare providers cope with increased pressures and responsibilities

**10:00 am – 10:10 am**

**Coffee Break**

**10:10 am – 11:10 am – Neck & Spine**

**Treatment of Spinal Disorders and Management of Acute and Chronic Pain: Part 2**

Discussion will attempt to see improvement in provider ability to discuss and implement best consent, screening and monitoring practices for opioid prescribing; Clinicians will be able to discuss and implement the use of non-opioid pain medications and therapies to treat pain and its comorbidities effectively and safely

**11:10 am – 12:10 pm – Geriatrics**

**Update in Pharmacology for Arthritis**

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

**12:10 pm – 1:10 pm – Geriatrics**

**Osteoporosis**

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

**1:10 pm**

**Session Adjourns**

**Saturday, July 10th:**

**7:30 am – 8:00 am**

**Registration and Arrival**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booking outside of the MER room block, please make breakfast arrangements on your own.

**8:00 am – 9:00 am – Geriatrics**

**Osteoarthritis**

Pathogenesis, diagnosis and treatment

**9:00 am – 10:00 am – Geriatrics**

**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

**10:00 am – 10:10 am**

**Coffee Break**

**10:10 am – 11:10 am – Gastroenterology**

**Management of GI Bleeding-From Occult to Massive**

The management of GI bleeding as well as correct use and interpretation of tests for occult blood in the stool will be discussed in relation to GI bleeding; focus on the utility of different diagnostic and management approached to the spectrum of patients presenting with occult and over GI blood loss

**11:10 am – 12:10 pm – Gastroenterology**

**Cost-Effective, Appropriate Management of Irritable Bowel Syndrome**

Importance of early and positive diagnosis based upon a careful history and the exclusion of other health problems; treatment focused on presenting symptoms recognizing that symptoms and functionality can be improved with a consistent approach

**12:10 pm**

**Session Adjourns**

**Sunday, July 11th:**

**7:30 am – 8:00 am**

**Registration and Arrival**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booking outside of the MER room block, please make breakfast arrangements on your own.

**8:00 am – 9:00 am – Gastroenterology**

**Approach to Abnormal Liver Chemistry and Non-Alcoholic Fatty Liver Disease (NAFLD)**

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of NAFLD, its implications and management

**9:00 am – 10:00 am – Gastroenterology**

**Medications and the Liver**

The use of exemplary cases will be used to discuss the differential diagnosis and management of mild hepatotoxic drug reactions (e.g. statins), and more serious drug reactions that present as cholestasis (mimic biliary obstruction) or serious hepatitis (mimic viral hepatitis).

**10:00 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:

- Identify the proven GI uses of probiotics
- Identify at risk patients, institute diagnostic criteria, and manage fatty liver disease
- List current diagnostic principles and treatment strategies for hepatitis B and lower GI bleeding
- Evaluate the efficacy of treatment options for IBS
- Differentiate between inflammatory and non-inflammatory joint pain and the differential diagnosis of each category
- Evaluate and treat osteoarthritis and inflammatory arthritis
- Utilize current evidence to design treatment strategies for osteoporosis
- Diagnose, triage and manage lumbar and cervical spine disorders
- Describe medications, manual therapies, injections as well as psychological and other approaches to pain management
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse, bipolar disorders, and ADHD in adults

### Learning Outcome

To provide updates in primary care medicine to office based providers



### **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**

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## Accreditation Statements

### Joint Accreditation for Interprofessional Continuing Education



In support of improving patient care, Medical Education Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 16 Interprofessional Continuing Education (IPCE) credits for learning and change.

### Physician Credit Designation

#### AMA PRA Category 1 Credits™

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.

### American Board of Internal Medicine MOC Recognition (ABIM)

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 (AAFP)



This Live activity, *Internal Medicine for Primary Care*, with a beginning date of July 8, 2021 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 (AOA)**

This activity is approved for 16 hours in Category 2-A by the American Osteopathic Association.

### **American College of Emergency Physicians (ACEP)**

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.

### **Nursing Credit Designation**

#### **American Nurses Credentialing Center (ANCC)**

Medical Education Resources designates this live activity for a maximum of 16 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 6.5 ANCC pharmacotherapeutic contact hours.

### **American Academy of Nurse Practitioners (AANP)**

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.

### **California Board of Registered Nursing**

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

### **Physician Assistant Credit Designation**

#### **American Academy of Physician Assistants (AAPA)**



Medical Education Resources has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 16 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### Pharmacy Accreditation

#### Accreditation Council for Pharmacy Education (ACPE)



Medical Education Resources (MER) designates this live continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-21-088-L01-P

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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.