



## PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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### CARDIOLOGY & PULMONOLOGY FOR PRIMARY CARE

**Washington, D.C. – Mandarin Oriental, Washington, D.C.  
August 5 – 8, 2021**

**Thursday, August 5th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Work-up of Patients with Suspected CAD: Which Tests for Which Patients**

Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

**8:30 am – 9:30 am – Cardiology**

**Acute Coronary Syndromes: Initial Work-up and Treatment**

Emergency evaluation; diagnosing and treating ST segment elevation and non-ST segment elevation MIs

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Cardiology**

**Hypertension Update**

2017 ACC/AHA Guideline; New goals of treatment; Special populations – diabetics, the elderly; Renal failure, resistant hypertension; Influence of frailty

**10:40 am – 11:40 am – Pulmonology**

**Asthma**

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

**11:40 am – 12:40 pm – Pulmonology**

**Controversies in the Treatment of Common Respiratory Infections**

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

**12:40 pm**

**Session Adjourns**

**Friday, August 6th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Primary Prevention of CAD**

Primary Prevention and Lipid and Guidelines update; what about HDL-C?; role of exercise

**8:30 am – 9:30 am – Pulmonology**

**Everything You Need to Know About COPD**

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Pulmonology**

**Case Studies**

Challenging case presentations in pulmonary medicine

**10:40 am – 11:40 am – Cardiology**

**Arrhythmia Management for Primary Care**

Types and symptoms of arrhythmias; approach to the patient; when to refer, when to admit; atrial fibrillation; ventricular arrhythmias – when are they serious?

**11:40 am – 12:40 pm – Cardiology**

**Congestive Heart Failure**

Etiologies and stages of heart failure; clinical evaluation; LV systolic vs. diastolic dysfunction; treatment including ACE inhibitors, ARBs, beta blockers; ACC/AHA Heart Failure Guideline Update

**12:40 pm**

**Session Adjourns**

**Saturday, August 7th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Exercise As Medicine**

Effects of regular dynamic exercise on normal hearts; Comparing aerobic and anaerobic exercise; ACSM exercise recommendations in a range of adults; Physical activity counseling in clinical practice

**8:30 am – 9:30 am – Cardiology**

**Case Studies**

Challenging case presentations in cardiology medicine

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Pulmonology**

**Deep Venous Thrombosis and Pulmonary Embolism**

Clinical presentation: The great masquerader; diagnostic controversies; acute treatment; chronic therapy and complications; ACCP Guidelines.

**10:40 am – 11:40 am – Pulmonology**

**Sleep Apnea**

Systemic consequences of untreated disease; polysomnography: what patient should expect and how to read the report; treatment options.

**11:40 am**

**Session Adjourns**

**Sunday, August 8th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Pulmonology**

**A Primary Care Approach to Lung Cancer Screening and Pulmonary Nodules**

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

**8:30 am – 9:30 am – Pulmonology**

**Case Studies**

Challenging case presentations in pulmonary medicine

**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 current diagnostic approaches to hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Implement treatment strategies reflective of current evidence based medicine for hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Identify the pathophysiology and diagnostic approach of asthma, COPD and common respiratory infections
- Design treatment strategies reflective of current evidence based medicine for asthma, COPD and common respiratory infections
- Discuss systemic consequences and counseling strategies, as well as available treatment options for sleep apnea, deep vein thrombosis and pulmonary embolism
- Perform a range of pulmonary diagnostics and be better prepared to handle pulmonary nodules and lung cancer

**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.

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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, *Cardiology & Pulmonology for Primary Care*, with a beginning date of August 5, 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 6.0 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-XXX-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.