



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/GASTROENTEROLOGY/OPHTHALMOLOGY/  
ORTHOPEDICS**

**San Diego, California – Hotel del Coronado  
August 5 – 8, 2021**

**Thursday, August 5th:**

**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 Sport Medicine Practice**

A case presentation 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 – Ophthalmology**

**The Red Eye: What's Hot and What's Not**

The red eye is one of the primary patient complaints in primary care. Lecture will explore the many facets of this common presentation with attention to the various entities it might represent. Treatment and diagnostic methods for acute conjunctivitis will be the primary focus.



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

#### **The Pregnant Woman's Eye**

Drugs and pregnancy, ocular changes during pregnancy, neuro-ophthalmic disorders of pregnancy and specific precautions and recommendations during this stage of life.

### **12:40 pm**

#### **Session Adjourns**

**Friday, August 6th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Ophthalmology**

**Blurred Vision: An Algorithm**

Blurred vision is a common problem seen in primary care and the emergency room. Lecture will develop an algorithm to evaluate, triage and treat these patients. When should someone with a complaint of blurred vision be sent to an ophthalmologist? When should an imaging study be done? What could be causing this problem in the first place? Lecture will address these questions and others.

**8:30 am – 9:30 am – Ophthalmology**

**An Office-based Approach to Sport Ophthalmology and Ocular Injuries**

How does vision impact our ability to excel in sport? What are the different visual qualities demanded by athletic activities? Lecture will explore a range of extreme environment activities with the intention of developing an understanding of the visual systems' role in optimizing performance. We will also consider the range of sports related eye injuries in order to better anticipate our patients experience.

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 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

**10:40 am – 11:40 am – Endocrinology**

**Type 2 Diabetes Mellitus**

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

**11:40 am – 12:40 pm – Endocrinology**

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment

**12:40 pm**

**Session Adjourns**

**Saturday, August 7th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Endocrinology**

**Disorders of Calcium Metabolism**

Review of calcium homeostasis; causes of hypercalcemia; diagnosis and treatment

**8:30 am – 9:30 am – Endocrinology**

**Metabolic Bone Disease**

Osteoporosis: diagnosis and treatment

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 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 approaches to the spectrum of patients presenting with occult and overt GI blood loss

**10:40 am – 11:40 am – 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

**11:40 am**

**Session Adjourns**



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### Sunday, August 8th:

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Gastroenterology**

**Hepatitis B and C Management for Primary Care**

HBV screening: whom to screen, whom to vaccinate; management of patients with decompensated hepatitis B related liver disease; treatment in special populations

**8:30 am – 9:30 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

**9:30 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 major joints including shoulder, hand, ankle and knee joints
- Describe how and when to utilize joint aspiration and injection for the shoulder, knee and other major joints
- List current treatment recommendations for HBV, HCV and lower GI bleeding
- Describe management strategies for NAFLD and IBD
- Discuss a comprehensive approach to the patient with a red eye seen in primary care
- List treatment options for patients with sports-related ocular injuries, as well as those with ophthalmic signs of blurred vision
- Describe ocular challenges faced by women during pregnancy
- Diagnose and tailor treatment strategies for 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

### 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, *Internal Medicine 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.



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### 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.