



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
ADDICTION MEDICINE/MEN'S UROLOGY/ORTHOPEDICS/  
PULMONOLOGY**

**Ka'anapali, Maui, Hawaii – The Westin Maui Resort & Spa, Ka'anapali  
August 8 – 12, 2021**

**Sunday, August 8th:**

**2:30 pm – 3:00 pm**

**Registration**

**3:00 pm – 4:00 pm – Men's Urology**

**Androgen Replacement, Sexual Function**

Treatment algorithm and safety profiles for the treatment of erectile dysfunction; testosterone supplementation for the treatment of ED or hypogonadism

**4:00 pm – 5:00 pm - Men's Urology**

**Benign Male Genitourinary Conditions**

Appropriate primary medical management of lower urinary tract symptoms (LUTS) (also known as BPH) as well as identification of patients with complex or refractory cases that warrant referral; diagnosis and treatment of epididymitis, testicular pain, prostatitis and other benign findings

**5:00 pm – 6:00 pm – Men's Urology**

**Male Malignancies (testes, prostate)**

Biology and treatment options using current medical technology of prostate cancer; evaluation and treatment of testicular cancer and long-term ramifications after cure

**6:00 pm**

**Session Adjourns**

**Monday, August 9th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Addiction Medicine**

**Substance Use Disorders: Screening & Identification for Primary Care Providers**

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; Epidemiology, assessment and screening tools; Practical steps for intervention

**8:30 am – 9:30 am – Addiction Medicine**

**Understanding the Drugs Patients May be Using: Shrooms, Molly, Meth, Vapes, & More:**

Overview of addiction and addictive substances; a survey of the high points of cannabinoids, dissociatives, hallucinogens, stimulants, sedatives, opioids and the opioid crisis, update on vaping; drug testing

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Addiction Medicine**

**The Opioid Crisis and the Legalization of Marijuana**

Origin and epidemiology; Differentiating other elements contributing to the crisis; Opioid effects and pharmacology; common misconceptions about opioid analgesic safety; Identifying risk for overdose and addiction; Best practices and guidelines for safe prescribing and monitoring use

**10:40 am – 11:40 am – Men's Urology**

**Sexually Transmitted Infections**

Presenting symptoms, lesions, latencies, diagnostic work-ups and therapies of the common sexually transmitted diseases

**11:40 am – 12:40 pm – Men's Urology**

**Cases in Men's Health**

Discussion of men's health cases commonly seen in practice; Further discussion of several challenging clinical scenarios

**12:40 pm**

**Session Adjourns**

**Tuesday, August 10th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 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

**8:30 am – 9:30 am – Pulmonology**

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

Current guidelines; diagnosis and management of acute bacterial sinusitis; acute bronchitis; acute exacerbation of chronic bronchitis; community acquired pneumonia. Antibiotic resistance and stewardship. COVID-19 with emphasis on primary care approach to vaccine hesitancy, misinformation, and disinformation.

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 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

**10:40 am – 11:40 am - Addiction Medicine**

**Treating Opioid Use Disorders Psychopharmacology**

Psychopharmacologic interventions and overdose and addiction; Medication-assisted treatment (MAT) with FDA approved medications for treating addiction-indications and contraindications; Medication management for co-occurring psychiatric disorders



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### **11:40 am – 12:40 pm – Addiction Medicine**

#### **Treatment of Alcohol Use Disorder in Primary Care**

This talk will describe the scope of the problem of alcohol use disorder and its costs on the entire health care system and our patients' health, the co-morbidities associated with alcohol use disorder and treatments as well as medication assisted treatment for alcohol use disorder.

### **12:40 pm**

#### **Session Adjourns**

**Wednesday, August 11th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Orthopedics**

**Shoulder Problems: From Athletes to 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**

**The Knee: Diagnosis and Management of Common Acute and Chronic Maladies**

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**

**Concussion in Sports: Recognition, Office Evaluation for Primary Care**

Concussion rates continue to rise in both youth and professional sports. There is evidence that youth athletes younger than 18 years old may be particularly vulnerable to concussion, its severity and consequences. This topic will cover the current definition, signs and symptoms, and review the latest concussion consensus guidelines regarding sideline and office-based approach to an athlete with mild traumatic brain injury using the latest decision-making tools. The presentation will include up-to-date consensus recommendations for rehabilitation, return to learn, and return to sport.

**10:40 am – 11:40 am – Pulmonology**

**Deep Venous Thrombosis and Pulmonary Embolism**

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



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### **11:40 am – 12:40 pm – 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

### **12:40 pm**

**Session Adjourns**



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**Thursday, August 12th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 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

**8:30 am – 9:30 am – Orthopedics**

**Exercise Prescriptions for Primary Care Practitioners**

Discussion of the health risks of obesity and a sedentary lifestyle; Up-to-date evidence for the health benefits of weight management and the risks and benefits of exercise; Exercise-related terminology used in the science of exercise physiology; Tools to confidently risk stratify the patient wishing to begin an exercise program; Basic components on an individual exercise prescription; Tips for becoming more proactive in prescribing exercise to their patients

**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:

- Differentiate between benign prostate conditions and prostate cancers
- Discuss the biology and screening, and treatment options of prostate cancer and testicular cancer
- Discuss medical management of male sexual health including sexual function and androgen replacement
- 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
- Perform a range of pulmonary diagnostics and be better prepared to handle pulmonary nodules and lung cancer
- Describe the anatomy and function of the major joints including shoulder, hand, ankle and knee joints
- Describe strategies for identifying and treating substance use disorders
- Discuss options for patients with chronic pain addictions

### **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 20 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 20 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 20 (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 8, 2021 has been reviewed and is acceptable for up to 20 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 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.5 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 20 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 20 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 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-21-104-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.