



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

**INTERNAL MEDICINE FOR PRIMARY CARE:
BARIATRICS/GERIATRICS/NEPHROLOGY**

**Santa Fe, New Mexico – La Fonda on the Plaza
September 3 – 5, 2021**

Friday, September 3rd:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am – Nephrology

Electrolyte Case Discussion

Hypokalemia and disturbances of acid-base homeostasis are frequently encountered in the outpatient and inpatient setting. Correct diagnosis requires the understanding of associated hormonal regulatory mechanisms and the integration of information from clinical history/exam with serum and urinary markers. This presentation will allow the practicing clinician to initiate appropriate therapy based on a stepwise diagnostic approach.

8:30 am – 9:30 am – Nephrology

Kidney, Bone and Heart—A Challenging Trifecta

Cardiovascular calcifications are highly prevalent in patients with kidney disease and contribute to morbidity and mortality. In recent years, the complex pathophysiologic changes occurring in the bony tissue of patients with kidney disease have been recognized as important factors in vascular calcifications. Early recognition of this disorder is becoming an important component of the care of CKD patients.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Nephrology

Proteinuria and Hematuria

Hematuria and proteinuria are two of the most common abnormalities in routine urinalysis that require further evaluation by providers. There is a broad spectrum of disease that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This presentation will discuss the detection, diagnosis and management of these findings including when to ask a specialist for help.

10:40 am – 11:40 am – Geriatrics

Update in Pharmacology for Arthritis

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



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

11:40 am – 12:40 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

12:40 pm

Session Adjourns

Saturday, September 4th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Geriatrics

Osteoarthritis

Pathogenesis, diagnosis and treatment

8:30 am – 9:30 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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Nephrology

Over-the-Counter Preparations and the Kidney

Over-the-counter herbal preparations are frequently used by patients as an alternative to prescription medications. While often perceived as safe, several preparations and compounds have been identified to possess significant nephrotoxic properties. In addition, some preparations might harbor unsuspected risks when used by patients with preexisting renal disease.

10:40 am – 11:15 am – Bariatrics

Non-Surgical Treatment Options for Obesity

Overview of obesity as a disease state; costs to the individual of being obese; use of appetite suppressant medications, lifestyle modifications

11:15 am – 11:55 am – Bariatrics

Surgical Treatment Options for Obesity

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; potential complications



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

11:55 am – 12:40 pm – Nutrition

Nutrition Trends—Myths vs. Science: A Rational Approach for the Medical Professional

Session will discuss how to scientifically navigate the nutritional maze of popular diet programs and trends; Potential nutrition benefits and pitfalls of various diet preferences and related patient concerns; Strategies to educate patients regarding critical dietary challenges (such as diabetes, weight loss, digestive health, food allergies, and lipids)

12:40 pm

Session Adjourns



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

Sunday, September 5th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:10 am – Bariatrics

Bariatric Surgery and Co-Morbid Conditions Associated with Obesity

Who qualifies for obesity surgery; restrictive, malabsorptive and combination surgical options

8:10 am – 8:45 am – Bariatrics

Patient Management Post Bariatric Surgery

The role of the clinician for support and behavior modification; nutrition; the stages of patient management post-surgery

8:45 am – 9:30 am – Nutrition

Cutting Edge Nutrition Innovation: A Personalized Approach

Session will cover how to critically evaluate nutrition tools that patients can use to promote optimal health; Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients’ nutrition and health pursuits; Creation of personalized health plans based on unique, patient-specific plans, tests, and analyses

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:

- Identify herbal preparations with the potential to cause nephrotoxicity
- Describe treatment options for hematuria and glomerulonephritis
- 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
- Discuss obesity treatment including both surgical and non-surgical options
- Describe the approach to patient management after bariatric surgery

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

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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 12 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 12 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 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 (AAFP)



This Live activity, *Internal Medicine for Primary Care*, with a beginning date of September 3, 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 (AOA)

This activity is approved for 12 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 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.

Nursing Credit Designation

American Nurses Credentialing Center (ANCC)

Medical Education Resources designates this live activity for a maximum of 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 5.0 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 12 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 12 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

Pharmacy Accreditation

Accreditation Council for Pharmacy Education (ACPE)



Medical Education Resources (MER) designates this live continuing education activity for 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-21-120-L01-P

JA0003680-0000-21-121-H01-P

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.