



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/NEUROLOGY/PSYCHIATRY/RHEUMATOLOGY**

**Poipu, Kauai, Hawaii – Grand Hyatt Kauai Resort & Spa
October 3 – 7, 2021**

Sunday, October 3rd:

2:30 pm – 3:00 pm

Registration

3:00 pm – 4:00 pm – Neurology

The Neurological Exam

Characteristics and objectives of the examination; exam phases; assessing general mental status; long-term predications; examination of infants; demonstration on conducting an exam

4:00 pm – 5:00 pm – Neurology

Alzheimer's Disease & Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

5:00 pm – 6:00 pm – Neurology

Parkinson's Disease & Other Movement Disorders

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic-induced movement disorders; chorea

6:00 pm

Session Adjourns

Monday, October 4th:

7:00 am – 7:30 am

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

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?

10:40 am – 11:50 am – Neurology

Prevention and Management of Cerebrovascular Disorders

Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

11:50 am – 12:40 pm – Neurology

Headaches and Migraines: Vascular & Non-Vascular

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

12:40 pm

Session Adjourns

Tuesday, October 5th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 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

8:30 am – 9:30 am – Psychiatry

I'm Always So Nervous, Doc (Anxiety Disorders)

Generalized anxiety disorder, panic disorder, and social phobia; focus on etiology, diagnosis, co-morbidity and treatment of these common and disabling conditions

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Psychiatry

The Challenge of Bipolar Disorders in Adults

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

10:40 am – 11:40 am – Cardiology

Hypertension Update

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

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

Wednesday, October 6th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Rheumatology

Evaluating the Patient with Joint Pain

Differentiating between inflammatory and non-inflammatory joint pain; the utility of joint aspiration and lab workup with interpretation of synovial fluid analysis; differential diagnosis of joint pain and inflammatory arthritis

8:30 am – 9:30 am – Rheumatology

Update in Pharmacology for Arthritis

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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Rheumatology

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

10:40 am – 11:40 am – 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.

11:40 am – 12:40 pm – Psychiatry

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

12:40 pm

Session Adjourns



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Thursday, October 7th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Rheumatology

Crystal Disease: Gout and Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

8:30 am – 9:30 am – Rheumatology

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome;

Treatment options of anti-epileptics and SNRI's

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:

- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse, and ADHD in adults
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Understand risk factors and assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Perform a neurological exam
- Delineate dementia from delirium, as well as the differential diagnosis and treat movement disorders
- Utilize prevention and treatment strategies for cerebrovascular disorders and headaches and migraines
- Differentiate between inflammatory and non-inflammatory joint pain and the differential diagnosis of each category
- Evaluate and treat fibromyalgia, regional pain syndromes, and gout
- Utilize current evidence to design treatment strategies for rheumatoid arthritis
- 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

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 October 3, 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 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.

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: JA0003680-0000-21-134-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.