



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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RHEUMATOLOGY AND MUSCULOSKELETAL MEDICINE FOR PRIMARY CARE

**San Diego, California – Hotel del Coronado
October 8 – 10, 2021**

Friday, October 8th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am

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

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

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

Physical Examination of Joints and Soft Tissue and Diagnosis of Regional Pain Syndromes

Includes: carpal tunnel syndrome; DeQuervain's tenosynovitis; epicondylitis; impingement; hip, knee, ankle and foot overuse syndromes

11:40 am – 12:40 pm

Workshop: Hands-On Joint and Soft Tissue Examination

12:40 pm

Session Adjourns

Saturday, October 9th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am

Osteoarthritis

Pathogenesis, diagnosis and treatment

8:30 am – 9:30 am

Crystal Disease: Gout and Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am

Osteoporosis

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

10:40 am – 11:00 am

Panel Discussion: Rheumatology cases and Q & A

11:00 am – 11:45 am

Joint Injection Technique

11:45 am – 12:40 pm

Workshop: Joint Aspiration and Injection Technique

12:40 pm

Session Adjourns

Sunday, October 10th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome;
Treatment options of anti-epileptics and SNRI's

8:30 am – 9:30 am

Controversies in Pain Management

Urine drug testing, cannabinoids

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 inflammatory and non-inflammatory joint pain and the differential diagnosis of each category
- Describe the technique of joint aspiration, joint injection, and synovial fluid analysis
- Perform a musculoskeletal examination
- Evaluate and treat osteoarthritis, fibromyalgia, spinal pain, regional pain syndromes, osteoporosis, and gout
- Utilize current evidence to design treatment strategies for rheumatoid arthritis

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 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, *Rheumatology and Musculoskeletal Medicine for Primary Care*, with a beginning date of October 8, 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 3.5 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.



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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: JA0003680-0000-21-201-L01-P

JA0003680-0000-21-202-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.