



A NON-PROFIT ORGANIZATION

PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/GASTROENTEROLOGY/PALLIATIVE/PAIN MANAGEMENT

**Palm Beach, Aruba – The Ritz-Carlton, Aruba
November 4 – 7, 2021**

Thursday, November 4th:

7:00 am – 7:30 am

Registration and Hot Breakfast

7:30 am – 8:30 am – Cardiology

Hypertension Update

Most recent ACC/AHA Guideline; New goals of treatment; Choice of treatment; Special populations – diabetics, the elderly, resistant hypertension

8:30 am – 9:30 am – Cardiology

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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Cardiology

Primary and Secondary Prevention of CAD

AHA/ACC Updated Lipid Guidelines update; what about HDL-C?; metabolic syndrome; role of exercise and cardiac rehabilitation

10:40 am – 11:40 am – Pain Management

Non-Opioid Pharmacologic Options in Pain Management

NSAID's, acetaminophen, topicals, injections, antidepressants, anticonvulsants, medical marijuana

11:40 am – 12:40 pm – Pain Management

Opioid Pharmacologic Options in Pain Management

Overall safety and efficacy, selecting and monitoring patients, pain contracts, regulatory issues

12:40 pm

Session Adjourns

Friday, November 5th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Pain Management

Interventional Pain Management Options

Procedures, pain clinics, nerve blocks, shots, epidural options, and urine drug testing for primary care practitioners

8:30 am – 9:30 am – Pain Management

Fibromyalgia

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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Cardiology

Acute Coronary Syndromes

Emergency evaluation; diagnosing and treating ST segment elevation and non-ST segment elevation Mis; Short and long term treatment

10:40 am – 11:40 am – Palliative Medicine

Palliative Medicine: Overview of the Medicare Hospice Benefit

Which patients are eligible? What is palliative care? What does the Medicare benefit provide for patients and families?

11:40 am – 12:40 pm – Palliative Medicine

Palliative Care for the Primary Care Setting: Symptom Management

Symptom management; Symptom management of dyspnea and cough, nausea and vomiting, constipation, and agitation, at the end of life

12:40 pm

Session Adjourns

Saturday, November 6th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Palliative Medicine

Prognostication for the Primary Care Setting

Estimating life expectancy for patients with life-limiting illnesses such as CHF, Alzheimer's dementia, Parkinson's disease, end stage renal disease

8:30 am – 9:30 am – Palliative Medicine

Addressing Goals of Care in Palliative Medicine

Definition of POA, DNR, DNI, DNH, MOLST, POLST; Techniques on how to address goals of care, both in acute crisis as well as when the patient has chronic issues

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, November 7th:

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 medications, manual therapies, injections as well as psychological and other approaches to pain management
- Identify at risk patients, institute diagnostic criteria, and manage non-alcoholic fatty liver disease
- List current diagnostic principles and treatment strategies for GI bleeding
- Evaluate the efficacy of treatment options for IBS
- Describe current diagnostic approaches to hypertension, ACS, congestive heart failure, and CAD
- Implement treatment strategies reflective of current evidence based medicine for hypertension, ACS, heart failure, and CAD
- Discuss practical steps to prepare the primary care office for emergency situations
- Describe the primary care approach to palliative medicine including symptom management and prognostication
- List details about the Medicare hospice benefit

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 November 4, 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.

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: JA0003680-0000-21-154-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.