



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/ENDOCRINOLOGY/GYNECOLOGY/ORTHOPEDICS**

**Wailea, Maui, Hawaii – Andaz Maui at Wailea Resort  
November 14 – 18, 2021**

**Sunday, November 14th:**

**2:30 pm – 3:00 pm**

**Registration**

**3:00 pm – 4:00 pm – Dermatology**

**Dermatitis**

Contact, atopic, irritant, nummular, seborrheic and exfoliative; diagnosis and management

**4:00 pm – 5:00 pm - Dermatology**

**Papulosquamous Diseases**

Psoriasis, lichen planus, pityriasis rosea, lupus erythematosus, connective tissue diseases; how to tell one scaly rash from another

**5:00 pm – 6:00 pm – Dermatology**

**Skin Manifestations of Systemic Disease**

Diagnosis of internal disease based on cutaneous findings

**6:00 pm**

**Session Adjourns**

**Monday, November 15th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Gynecology**

**Abnormal Uterine Bleeding**

Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

**8:30 am – 9:30 am – Gynecology**

**Menopausal Transition and Hormone Replacement Therapy**

Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Gynecology**

**Diagnosis and Management of Ectopic Pregnancy and Pregnancy of Unknown Location (PUL)**

Definition and diagnosis of ectopic pregnancy and PUL; Common presentations; Active and expectant management options; Outcomes; Appropriate counseling

**10:40 am – 11:40 am - Dermatology**

**Benign Skin Tumors**

Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; diagnosis and management

**11:40 am – 12:40 pm – Dermatology**

**Premalignant and Malignant Skin Tumors**

Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; recognition, diagnosis and management

**12:40 pm**

**Session Adjourns**

**Tuesday, November 16th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 9:30 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

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 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

**10:40 am – 11:40 am – Gynecology**

**Management of Polycystic Ovary Syndrome (PCOS)**

PCOS is the most common endocrinopathy of reproductive aged women; Diagnosis and management of women with PCOS who are not actively trying to conceive; Current diagnostic criteria for PCOS and evidence based strategies for treating women with PCOS who do not desire conception; Challenges of treating obese women with hormonal contraception

**11:40 am – 12:40 pm – Gynecology**

**Breast Cancer Screening and Recent USPSTF Guidelines Update**

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

**12:40 pm**

**Session Adjourns**

**Wednesday, November 17th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Endocrinology**

**Type 2 Diabetes Mellitus**

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

**8:30 am – 9:30 am – Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Endocrinology**

**Management of Dyslipidemia**

Guidelines for the management of cholesterol from AHA and ACC; Further LDL-cholesterol reduction with non-statin therapies for those with ASCVD; Risk stratification and reduction for those without ASCVD, diabetes or severe hypercholesterolemia; Recommendations for special populations

**10:40 am – 11:40 am - Orthopedics**

**Diagnosis and Treatment of Orthopedic Problems in the Hip and Thigh**

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

**11:40 am – 12:40 pm – Orthopedics**

**Exercise Prescriptions for Primary Care Practitioners**

Is a sedentary lifestyle really all that bad? Evidence based rationale for the prescription of exercise for general health and all musculoskeletal disorders. The five best exercises a clinician can prescribe will be contrasted with the five worst exercises a clinician can prescribe.

**12:40 pm**

**Session Adjourns**



A NON-PROFIT ORGANIZATION

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**Thursday, November 18th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Endocrinology**

**Obesity Management Update**

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

**8:30 am – 9:30 am – Endocrinology**

**Metabolic Bone Disease**

Osteoporosis: diagnosis and treatment

**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:

- Diagnose and tailor treatment strategies for Type 1 and Type 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to osteoporosis and other calcium related disorders
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies including patient selection criteria for surgery
- Describe the anatomy and function of the major joints including shoulder, hip and knee joints
- Describe how and when to utilize joint aspiration and injection for the shoulder, knee and other major joints
- Discriminate the diagnostic principles and treatment options for dermatitis and papulosquamous diseases
- Identify cutaneous findings that serve as surrogates of internal diseases
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Describe the management and treatment of abnormal pap smears, uterine bleeding, and HPV
- Discuss the current evidence and recommendations regarding breast cancer screening
- Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease

### 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 November 14, 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 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 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.

### 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: JA0003680-0000-21-168-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.