



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/GERIATRICS/NEPHROLOGY/NEUROLOGY**

**Disneyland Resort, California – Disney's Grand Californian Hotel & Spa
December 16 – 19, 2021**

Thursday, December 16th:

7:00 am – 7:30 am

Registration and 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

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

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Endocrinology

Osteoporosis Management and Vitamin D Update for Primary Care

Screening and diagnosis; ACP Guidelines; Vertebral compression fractures; The role of vitamin D and calcium supplementation; Duration of bisphosphonate therapy; Osteoporosis in men

10:40 am – 11:40 am – Geriatrics

Approach to the Geriatric Patient

Poly-pharmacy and dosing problems; functional assessment; quality-of-life issues; abuse; interacting with the patient and the family

11:40 am – 12:40 pm – Geriatrics

Assessing and Managing Urological Disorders

Incontinence and two of the following: BPH, prostate cancer, prostatitis or sexual dysfunction

12:40 pm

Session Adjourns

Friday, December 17th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Geriatrics

Controversies in the Management of Hypertension in Older Adults: How Low is Too Low?

Best evidence for treatment goals for hypertension in diabetics and those with previous stroke; Controversial evidence for the various guidelines for diagnosing and treating hypertension in older adults; Best evidence based medications for hypertension

8:30 am – 9:30 am – Geriatrics

Managing the Behavior Problems in Dementia Patients

Identification and understanding of undesired behavior; strategies for working with dementia patients, including communication approaches, environmental changes, the use of both rewards and redirection

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

10:40 am – 11:40 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.



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11:40 am – 12:40 pm – 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.

12:40 pm

Session Adjourns

Saturday, December 18th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 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.

8:30 am – 9:30 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.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – 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

10:40 am – 11:40 am – 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

11:40 am

Session Adjourns

Sunday, December 19th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 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

8:30 am – 9:30 am – 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

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 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to calcium related disorders
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Discuss current diagnostic and treatment approaches to thyroid disorders
- Utilize a comprehensive geriatric assessment to identify potential issues
- Describe the assessment and management of hypertension urologic disorders in older adults
- Differentiate between cognitive impairment, dementias, and Alzheimer's Disease, and formulate appropriate treatment options
- Identify herbal preparations with the potential to cause nephrotoxicity
- Describe treatment options for hematuria and glomerulonephritis
- Delineate the differential diagnosis and treat movement disorders
- Utilize prevention and treatment strategies for cerebrovascular disorders and seizures
- Review the pathophysiology of headaches and migraines

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 December 16, 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-XXX-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.