



**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/PULMONOLOGY/  
GASTROENTEROLOGY/TOXICOLOGY**

**Oahu, HI - Aulani, A Disney Resort & Spa  
2/6/2022 - 2/10/2022**



**Sunday, February 6, 2022**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Endocrinology**

**Type 2 Diabetes Mellitus**

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

**4:00 pm - 5:00 pm - Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

**5:00 pm - 6:00 pm - Endocrinology**

**Dyslipidemias**

Cholesterol disorders; triglyceride disorders; AHA/ACCF guidelines; new tests and current therapies

**6:00 pm**

**Session Adjourns**

**Monday, February 7, 2022**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Pulmonology**

**Pulmonary Function Testing**

Indications and interpretation of spirometry/pulmonary function tests in primary care

**8:30 am - 9:30 am - Pulmonology**

**Asthma**

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Pulmonology**

**COPD**

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

**10:40 am - 11:40 am - Endocrinology**

**Osteoporosis**

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

**11:40 am - 12:40 pm - Endocrinology**

**Thyroid Disorders in Women**

Management of thyroid disorders; postpartum thyroiditis

**12:40 pm**

**Session Adjourns**

**Tuesday, February 8, 2022**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Toxicology**

**An Office-Based Toxicology Overview**

Introduction to the workup of the toxic patient; Obtaining an adequate history and physical exam prior to calling poison control; Review of the classic five toxidromes including: cholinergic, anticholinergic, opiate, hypnosedative, and sympathomimetic; The more common toxic ingestions seen in the ED

**8:30 am - 9:30 am - Toxicology**

**Cocaine and Heroin Abuse from an ER Provider's Perspective**

The basics of cocaine and heroin intoxication in the acute care setting; The mechanisms of action and signs and symptoms of acute intoxication; The acute phenomena of cocaine induced chest pain, hypertensive emergency, aortic dissection, pneumonitis and placental abruption; Review of the history of heroin abuse in the US, the cutting agents and adulterants being added to heroin and some of the more esoteric sequelae of chronic opiate abuse

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Toxicology**

**The Danger of "Legal Highs" in Both Adolescents and Adults**

Inhalant abuse and legal highs and drugs of abuse not yet scheduled by the DEA; Intoxicating inhalants that are ubiquitous in many households and easily accessed by adolescents; Dextromethorphan abuse and the unique psychoactive plants salvia divinorum, kratom, morning glory (LSA) and Jimsonweed; Mechanisms of action, signs and symptoms of intoxication and treatment

**10:40 am - 11:40 am - Pulmonology**

**Controversies in the Treatment of Common Respiratory Infections**

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

**11:40 am - 12:40 pm - Pulmonology**

**Lung Cancer Screening & Pulmonary Nodules**

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

**12:40 pm**

**Session Adjourns**

**Wednesday, February 9, 2022**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Gastroenterology**

**Management of Lower GI Bleeding- From Occult to Massive**

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approached to the spectrum of patients presenting with hematochezia

**8:30 am - 9:30 am - Gastroenterology**

**Inflammatory Bowel Disease**

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

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Gastroenterology**

**Celiac Disease and Chronic Diarrhea**

Millions of Americans are now on a gluten free diet. Only some of them have sprue.

**10:40 am - 11:40 am - Toxicology**

**Primary Care Update on Synthetic Drugs**

History of synthetic drugs of abuse in the US and EU; Synthetic drugs that mimic the effects of marijuana, stimulants, opiates, and hallucinogens; Synthetic cannabinoids (K2-Spice), novel stimulants (Bath Salts, Flakka), and novel hallucinogens (Molly, Benzofury)

**11:40 am - 12:40 pm - Toxicology**

**The Hidden Dangers of E-cigarettes**

Surveys show that approximately 20% of high school students smoke E-cigarettes; Older research shows that E-cigs do not decrease the use of traditional cigarettes and are a gateway to traditional combustible cigarettes; Lecture will include a review of the literature as well as visual aids designed to aid in content retention and patient counseling methods

**12:40 pm**

**Session Adjourns**



Thursday, February 10, 2022

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Gastroenterology**

**Approach to Abnormal Liver Function Tests 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

**8:30 am - 9:30 am - Gastroenterology**

**Colorectal Cancer Screening and Surveillance**

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

**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 Outcome

To provide updates in primary care medicine to office based providers

### Learning Objectives

Upon completion of this program, participants should be better able to:

- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Distinguish sex-based differences in the pathophysiology, presentation, and diagnosis of thyroid disorder
- Perform a variety of pulmonary function tests to aid in the diagnosis of lung diseases
- Diagnose and manage patients with asthma
- Describe the current therapeutic management of COPD
- Design treatment strategies reflective of current evidence-based medicine for common respiratory infections
- Discuss diagnosis and screening strategies as well as treatment plans for lung nodules and lung cancer
- List the classic 5 toxidromes and describe how to approach the poisoned patient
- Describe presentations of cocaine and heroin abuse
- List non-regulated agents of abuse in adolescents and adults and discuss their consequences
- Identify the key characteristics and effects of synthetic drugs, most notably synthetic cannabinoids and synthetic cathinones
- Discuss potential dangers of e-cigarette use and strategies for patient education counseling
- List current treatment recommendations for the management of lower GI bleeding
- Explain the diagnosis and treatment of IBD
- Recommend appropriate testing for the workup of celiac disease
- Identify risk factors for the development of non-alcoholic fatty liver disease
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance

### **Disclosure of Conflicts of Interest**

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## Accreditation Statements

### Joint Accreditation for Interprofessional Continuing Education



JOINTLY ACCREDITED PROVIDER™  
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 AP™. 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: Endo/Gastro/Pulm/Tox*, with a beginning date of 2/6/2022 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)

These programs are 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 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: JA0003680-0000-22-XXX-H01-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.