



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**PEDIATRIC AND ADOLESCENT MEDICINE FOR
PRIMARY CARE: ENDOCRINOLOGY/
GYNECOLOGY/SPORTS MEDICINE**

**Hilton Head, SC - The Westin Hilton Head Island Resort &
Spa
4/8/2022 - 4/10/2022**

Friday, April 8, 2022

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Endocrinology

Metabolic Syndrome in Children

With the increased incidence of obesity in the US, children and adolescents are now at increased risk for the development of metabolic syndrome and frank type 2 diabetes. What used to be considered an adult condition is now unfortunately becoming more prevalent in younger age categories. The purpose of this talk is to define metabolic syndrome, identify screening methodology, and discuss potential treatment strategies.

8:30 am - 9:30 am - Endocrinology

Type 1 Diabetes

T1DM has an overall incidence of 1:300 in the US. While it primarily affects young children, it is an autoimmune disease that can affect young adults as well. The purpose of this talk is to define type 1 diabetes, describe the pathophysiology of diabetic ketoacidosis, and discuss the various insulin regimens available.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Pediatric Thyroid Disorders

The purpose of this talk is to gain an understanding of the physiology of thyroid hormone. Specific conditions include congenital hypothyroidism, acquired hypothyroidism, hyperthyroidism, as well as distinguishing between central and primary hypothyroidism. Finally, session will cover how to interpret thyroid lab values and determine whether they represent true or a pseudo-disease state.

10:40 am - 11:40 am - Gynecology

A Primary Care Approach to Delayed and Precocious Puberty

Review of normal pubertal development; Differential diagnosis and understanding of a focused evaluation for precocious puberty; Underlying causes of delayed puberty

11:40 am - 12:40 pm - Gynecology

Pediatric Gynecologic Emergencies

Evaluation and management of vaginal bleeding; straddle injuries and trauma; Identification and treatment of ovarian cysts and torsion; Imperforate hymen and outlet obstruction

12:40 pm

Session Adjourns

Saturday, April 9, 2022

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Gynecology

Congenital Reproductive Anomalies and Disorders of Sex Development

Review of the factors that determine gender and normal sexual development; Discussion of the conditions that cause masculinization of girls; Discussion of the conditions that cause feminization of boys

8:30 am - 9:30 am - Gynecology

Polycystic Ovary Syndrome (PCOS) Overview for Primary Care

Discussion of the normal balance of hormones (estrogen, progesterone and androgens) in the ovaries; Treatment of cysts and the regulation of menstrual cycles; Acne and hair growth; Treatment options

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Short Stature and Poor Growth: A Primary Care Perspective

Growth in pediatrics is a key indicator of general health, and early identification of abnormal growth patterns is critical. Growth disorders can have both non-endocrine and endocrine etiologies. The purpose of this talk is to define abnormal growth patterns, discuss the differential diagnosis and initial evaluation from the PCP perspective, and then focus on the common endocrine disorders leading to poor growth.

10:40 am - 11:40 am - Sports Med

Commonly Missed Orthopedic Injuries in Children and Adolescents

The immature skeleton of the pediatric and adolescent athlete make it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

11:40 am - 12:40 pm - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management

This topic will cover the current definition, signs and symptoms, significance and office approach to mild traumatic brain injury as a consequence of athletic endeavors. The presentation will include up-to-date classification, return to sport guidelines and decision making by the primary care physician, and discuss an office-based management scheme.

12:40 pm

Session Adjourns

Sunday, April 10, 2022

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Sports Med

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 4th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth.

8:30 am - 9:30 am - Sports Med

Nutritional Considerations for the Young Athlete- The Female Athlete Triad

The growing popularity of organized youth sports is well documented. Young women are now participating in organized sports at historic levels. However, many active young women are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. The Female Athlete Triad is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary care perspective.

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:

- Identify an approach to the evaluation of the obese child
- Discuss symptoms and treatment options for metabolic syndrome and type 1 diabetes in adolescents
- Interpret thyroid lab values and their relationship to true or pseudo-disease state
- Identify indications for growth hormone therapy
- Identify the underlying causes of delayed puberty
- Evaluate gynecologic emergencies as well as reproductive anomalies in the adolescent patient
- Describe factors that affect gender and sexual development including conditions that cause masculinization of girls and feminization of boys
- Describe the current diagnostic criteria for PCOS in adolescents
- Discuss diagnoses that are common sports injuries
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Discuss the components of a pre-participation sports physical
- Describe the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent female athlete



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 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 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 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, *Pediatric and Adolescent Medicine for Primary Care: Endo/Gyn/Sports Med*, with a beginning date of 4/8/2022 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)

These programs are 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 5.0 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 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.

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: JA0003680-0000-22-XXX-H01-P

JA0003680-0000-22-XXX-L01-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.