



PRIMARY CARE CONFERENCES

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INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION MEDICINE/DERMATOLOGY/NECK & SPINE/PODIATRY

**Walt Disney World Resort, Florida – Disney’s Contemporary Resort
October 10 – 14, 2021**

Sunday, October 10th:

2:30 pm – 3:00 pm

Registration

3:00 pm – 4:00 pm – Dermatology

Benign Skin Lesions

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

4:00 pm – 5:00 pm – Dermatology

Premalignant and Malignant Skin Lesions

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

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, October 11th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Podiatry

Common Ankle Sprains Seen in Primary Care

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

8:30 am – 9:30 am – Podiatry

Recognition and Treatment of Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Podiatry

Stress Fractures of the Foot and Ankle

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

10:40 am – 11:40 am - Dermatology

Acne and Acneiform Eruptions

Topical and systemic therapy

11:40 am – 12:40 pm – Dermatology

Skin Surgery for Primary Care

Techniques and procedures to perform common dermatology procedures in the office setting; Procedures will include biopsies (shave, punch, excision), excisions and cryotherapy; Discussions to include anatomy, local anesthesia, surgical instruments, sutures and wound dressings

12:40 pm

Session Adjourns

Tuesday, October 12th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Neck & Spine

Diagnosis and Treatment of Lumbar Spine Disorders

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

8:30 am – 9:30 am – Neck & Spine

Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Neck & Spine

Physical Exam of the Neck & Spine

Practical guide to examining the neck and spine

10:40 am – 11:40 am – Podiatry

Evaluation and Treatment of Achilles Tendinitis

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.



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11:40 am – 12:40 am – Podiatry

A Primary Care Approach to Stem Cell Therapy

Session will center around discussion of stem cell products for soft tissue injury, bone healing, cartilage repair and sports injuries. Session will include evaluation of current buzz and the ultimate value of using “Stem Cell Therapy” for common orthopedic sports and degenerative injuries.

12:40 pm

Session Adjourns

Wednesday, October 13th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Addiction Medicine

Substance Use Disorders: Screening & Identification for Primary Care Providers

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; Epidemiology, assessment and screening tools; Practical steps for intervention

8:30 am – 9:30 am – Addiction Medicine

The Opioid Crisis and Primary Care Providers

Origin and epidemiology; Differentiating other elements contributing to the crisis; Opioid effects and pharmacology; common misconceptions about opioid analgesic safety; Identifying risk for overdose and addiction; Best practices and guidelines for safe prescribing and monitoring use

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Addiction Medicine

Psychopharmacology and Addiction Medicine

Psychopharmacologic interventions and overdose and addiction; Medication-assisted treatment (MAT) with FDA approved medications for treating addiction-indications and contraindications; Medication management for co-occurring psychiatric disorders

10:40 am – 11:40 am – Neck & Spine

Treatment of Spinal Disorders and Management of Acute and Chronic Pain: Part 1

An algorithm for the triage and management of spine and pain patients will be presented. This treatment algorithm will include guidelines for the use of imaging and other diagnostic tools, medications, manual therapies, injections, surgeries, as well as psychological and other approaches to pain management.



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11:40 am – 12:40 pm – Neck & Spine

Treatment of Spinal Disorders and Management of Acute and Chronic Pain: Part 2

Discussion will attempt to see improvement in provider ability to discuss and implement best consent, screening and monitoring practices for opioid prescribing; Clinicians will be able to discuss and implement the use of non-opioid pain medications and therapies to treat pain and its comorbidities effectively and safely

12:40 pm

Session Adjourns

Thursday, October 14th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Addiction Medicine

Chronic Pain and Addictions

Epidemiology of pain—risk factors and comorbidity; Pain management concepts; Patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

8:30 am – 9:30 am – Addiction Medicine

Synthetic Drugs of Abuse

Emerging substances of abuse; state of the art review on what the primary care provider needs to know about the novel synthetic drugs.

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:

- Discuss common problems and treatment options for ankle and foot injuries including sprains, plantar fasciitis, and stress fractures
- Assess stem cell therapy for common orthopedic sport and degenerative injuries
- Diagnose, triage and manage lumbar and cervical spine disorders
- Describe medications, manual therapies, injections as well as psychological and other approaches to pain management
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Identify cutaneous findings that serve as surrogates of internal diseases
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Describe strategies for identifying and treating substance use disorders
- Discuss options for patients with chronic pain addictions

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 October 10, 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 6.5 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.



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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: JA0003680-0000-21-142-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.