



A NON-PROFIT ORGANIZATION

**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/DERMATOLOGY/ENDOCRINOLOGY**

**Nassau, Bahamas – Atlantis Paradise Island Resort  
November 4 – 7, 2021**

**Thursday, November 4th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Work-up of Patients with Suspected CAD: Which Tests for Which Patients**

Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

**8:30 am – 9:30 am – Cardiology**

**Acute Coronary Syndromes: Initial Work-up and Treatment**

Emergency evaluation; diagnosing and treating ST segment elevation and non-ST segment elevation MIs

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Cardiology**

**Hypertension Update**

2017 ACC/AHA Guideline; New goals of treatment; Special populations – diabetics, the elderly; Renal failure, resistant hypertension; Influence of frailty

**10:40 am – 11:40 am – Endocrinology**

**Type 2 Diabetes Mellitus**

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

**11:40 am – 12:40 pm – 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

**12:40 pm**

**Session Adjourns**

**Friday, November 5th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Primary Prevention of CAD**

Primary Prevention and Lipid and Guidelines update; what about HDL-C?; role of exercise

**8:30 am – 9:30 am – Endocrinology**

**Osteoporosis Management 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

**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 – Cardiology**

**Arrhythmia Management for Primary Care**

Types and symptoms of arrhythmias; approach to the patient; when to refer, when to admit; atrial fibrillation; ventricular arrhythmias – when are they serious?

**11:40 am – 12:40 pm – Cardiology**

**Congestive Heart Failure**

Etiologies and stages of heart failure; clinical evaluation; LV systolic vs. diastolic dysfunction; treatment including ACE inhibitors, ARBs, beta blockers; ACC/AHA Heart Failure Guideline Update

**12:40 pm**

**Session Adjourns**

**Saturday, November 6th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Cardiology**

**Exercise As Medicine**

Effects of regular dynamic exercise on normal hearts; Comparing aerobic and anaerobic exercise; ACSM exercise recommendations in a range of adults; Physical activity counseling in clinical practice

**8:30 am – 9:30 am – Cardiology**

**Case Studies**

Challenging case presentations in cardiology medicine

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Dermatology**

**Benign Skin Lesions**

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

**10:40 am – 11:40 am – 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

**11:40 am**

**Session Adjourns**

## Sunday, November 7th:

**7:00 am – 7:30 am**

### **Continental Breakfast**

**7:30 am – 8:30 am – Dermatology**

### **Skin Manifestations of Systemic Disease**

Diagnosis of internal disease based on cutaneous findings

**8:30 am – 9:30 am – Dermatology**

### **Acne and Acneiform Eruptions**

Topical and systemic therapy

**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:

- Describe current diagnostic approaches to hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Implement treatment strategies reflective of current evidence based medicine for hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Diagnose and tailor treatment strategies for Type 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to osteoporosis
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Discuss current diagnostic and treatment approaches to thyroid nodules and disorders
- 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

## **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, *Cardiology & Pulmonology for Primary Care*, with a beginning date of November 4, 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: JA0003680-0000-21-152-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.