



**INTERNAL MEDICINE FOR PRIMARY CARE:
BARIATRICS/EAR, NOSE, AND THROAT/
NEPHROLOGY/PAIN**

**Oahu, HI - Aulani, A Disney Resort & Spa
December 11 - 15, 2022**

Sunday, December 11, 2022

2:30 pm

Registration

3:00 pm - 4:00 pm - **Nephrology**

Primary Care Primer on Electrolyte Imbalances

Electrolyte and acid-base disorders are common in clinical practice and can arise from genetic and acquired disease as well as commonly prescribed medications. These include disturbances in serum sodium, potassium, calcium and bicarbonate. This case-based lecture will review the pathophysiology, diagnosis, prevention and management of these common imbalances.

4:00 pm - 5:00 pm - **Nephrology**

Kidney, Heart, and Bone: A Challenging Trifecta in CKD

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.

5:00 pm - 6:00 pm - **Nephrology**

Detecting, Diagnosing, and Managing the Patient with Kidney Disease

Kidney disease, once established, typically progresses and is associated with excessive morbidity and mortality. This presentation will provide up to date information on how to detect, diagnose and manage chronic kidney disease and review recently completed and ongoing clinical trials designed to improve kidney outcomes. Chronic kidney disease attributed to diabetes will also be covered.

6:00 pm

Session Adjourns

Monday, December 12, 2022

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Bariatrics

Bariatric Surgery and Co-Morbid Conditions Associated with Obesity

Who qualifies for obesity surgery; restrictive, malabsorptive and combination surgical options

8:30 am - 9:30 am - Bariatrics

Non-surgical Management of Obesity

Overview of obesity as a disease state; costs to the individual of being obese; use of appetite suppressant medications and lifestyle modifications

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Bariatrics

Surgical Management of Obesity

An overview of risks and effectiveness of bariatric surgery; overview of potential surgical options; potential complications

10:40 am - 11:40 am - Nephrology

Glomerulonephritis 101

Differentiating glomerulonephritis and secondary glomerulonephritis in lupus or diabetes; dealing with high blood pressure, nephrotic syndrome and other complications; the appropriateness of tests, imaging and biopsy; treatment options

11:40 am - 12:40 pm - Nephrology

Herbal Preparations: A Recipe for Nephrotoxicity

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.

12:40 pm

Session Adjourns

Tuesday, December 13, 2022

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - ENT

Evaluation of the Neck Mass

Patients presenting with masses in the neck are challenging and worrisome. The diagnostic and therapeutic process is described. A method for evaluating the mass, guidance on when imaging studies are indicated, and when immediate or routine referral to ENT becomes appropriate is discussed.

8:30 am - 9:30 am - ENT

Antimicrobial Therapy in Treating Sinusitis

Symptoms, signs and examination findings helpful in diagnosing sinusitis are outlined. When to use systemic and topical agents as well as emerging resistance to these agents is discussed. Imaging studies and proper referral to specialists is described with clarity.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - ENT

Allergic Rhinitis

The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy

10:40 am - 11:40 am - Bariatrics

Patient Management Post-bariatric Surgery

The role of the clinician for support and behavior modification, nutrition, and the stages of patient management post-surgery

11:40 am - 12:40 pm - Bariatrics

Guiding Patients Toward Bariatric Surgical Options

Discussion of the differences in treating obesity from other medical problems and procedures; overcoming inherent prejudices and understanding the perspective of the patient; creating a physician/patient partnership

12:40 pm

Session Adjourns



Wednesday, December 14, 2022

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Pain

Controversies in Pain Management

Urine drug testing, cannabinoids

8:30 am - 9:30 am - Pain

Non-Opioid Pharmacologic Options in Pain Management

NSAID's, acetaminophen, topicals, injections, antidepressants, anticonvulsants, medical marijuana

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pain

Opioid Pharmacologic Options in Pain Management

Overall safety and efficacy, selecting and monitoring patients, pain contracts, regulatory issues

10:40 am - 11:40 am - ENT

A Primary Care Approach to Sudden Hearing Loss

When a patient presents with sudden hearing loss, accurate differentiation of sensorineural versus conductive loss is essential. Techniques to make that differentiation, testing and treatment strategies will be discussed; Urgent treatment and when to refer for audiometric testing and ENT referral will be outlined

11:40 am - 12:40 pm - ENT

Tinnitus

Primary care approach to proper diagnosis and treatment of common ringing in the ear; includes latest advancements in treatment approaches

12:40 pm

Session Adjourns



Thursday, December 15, 2022

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Pain

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

8:30 am - 9:30 am - Pain

Work-up of the Patient with Low Back Pain

Understanding the magnitude of the problem in the patient population; Review of anatomy; Classification of pain; Key elements of history and the clinical exam; Medications, manual therapies, injections, as well as psychological and other approaches to pain management

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:

- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- List steps to diagnose and treat bone disease and its cardiovascular consequences in CKD
- Identify strategies to detect kidney disease
- Describe treatment options for hematuria and glomerulonephritis
- Identify herbal preparations with the potential to cause nephrotoxicity
- Identify co-morbid conditions associated with obesity
- Discuss non-surgical obesity treatment options
- List the advantages and disadvantages of the various surgical options in the management of obesity
- Describe the approach to patient management after bariatric surgery
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- Identify when imaging and/or referral to an ENT is necessary for patients presenting with a neck mass
- Recommend appropriate systemic and/or topical antimicrobial agents for the treatment of sinusitis
- Review the basic allergic pathways that affect the body, with particular emphasis on the nasal and sinus regions
- Accurately differentiate between sensorineural and conductive hearing loss
- Identify management approaches for tinnitus
- Discuss some of the controversies surrounding pain management
- Design non-opioid pain management strategies
- Design opioid pain management strategies
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Discuss key concepts in the evaluation and treatment options of low back pain

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 *AMA PRA Category 1 Credits™*. 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:*

Bariatrics/ENT/Nephro/Rheum, with a beginning date of December 11, 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 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.

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-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.