



**PRIMARY CARE CONFERENCES**  
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**PEDIATRIC & ADOLESCENT MEDICINE:  
DERMATOLOGY/ENDOCRINOLOGY/SPORTS  
MEDICINE**

**Yellowstone, MT - Big Sky Resort  
June 30 - July 2, 2023**

Friday, June 30, 2023

**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 - Dermatology**

**Dermatitis**

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

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

**Papulosquamous Diseases**

Diagnostic principles of skin lesions consisting of red or purple papules; Psoriasis, lichen planus, pityriasis rosea, lupus erythematosus; Discussion of how to tell one scaly rash from another

**12:40 pm**

**Session Adjourns**

**Saturday, July 1, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Dermatology**

**Fungal Infections of the Skin**

Dermatophytes, tinea versicolor, candidiasis; Selected deep fungal infections; Onycholysis; Drug induced nail changes; paronychia, koilonychia, nail discolorations, tumors of the nail; Fungal infections diagnosis and management; Overview and comparison of antifungal treatment options

**8:30 am - 9:30 am - Dermatology**

**Acne and Acneiform Eruptions**

Identification of noninflammatory open or closed comedones and inflammatory lesions; Determination of treatment therapies based on acne grading scale; Bacterial folliculitis, drug-induced acne, hidradenitis suppurativa, miliaria, perioral dermatitis, pseudofolliculitis barbae, rosacea, seborrheic dermatitis; Topical and systemic therapy

**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**

**From Little Leaguer's Elbow to Painful Heels: Common Pediatric Sports Injuries**

A primary care perspective on sports injuries common in children and adolescents

**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, July 2, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 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.

**8:30 am - 9:30 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 5th 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. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

**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:

- 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
- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Discriminate the diagnostic principles and treatment options for papulosquamous diseases with red, raised bumps
- Compare the different treatment options for fungal skin infections and nail infections
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Explain the principles behind treating common pediatric sports injuries
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Describe the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent female athlete
- Discuss the components of a pre-participation sports physical

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

Medical Education Resources insures balance, independence, objectivity, and scientific rigor in all our educational activities. 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. Reported conflicts of interest are mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing learners with high-quality CE 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



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 *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 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 & Adolescent Medicine for Primary Care: Derm/Endo/Sports Med*, with a beginning date of June 30, 2023 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 4.0 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: JA0003680-0000-21-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.