



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/GASTROENTEROLOGY/  
NEPHROLOGY/PSYCHIATRY**

**Maui, HI - The Westin Maui Resort & Spa Kaanapali  
May 21 - 25, 2023**



**Sunday, May 21, 2023**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Psychiatry**

**The Complexity of Adult ADHD**

Diagnosis and treatment of ADHD in adults with an emphasis on history taking, differential diagnosis, medical and psychiatric co-morbidity, and FDA-approved treatments

**4:00 pm - 5:00 pm - Psychiatry**

**Bipolar Spectrum Disorders**

Bipolar spectrum disorders in adults compared to children and adolescents; the importance of longitudinal/developmental history; multiple medical and psychiatric co-morbidities; evidence-based treatments

**5:00 pm - 6:00 pm - Psychiatry**

**Anxiety Disorders**

Symptoms and diagnoses; treatment options

**6:00 pm**

**Session Adjourns**

**Monday, May 22, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Nephrology**  
**Hematuria and Proteinuria**

Hematuria and proteinuria are two of the most common abnormalities in routine urinalysis that require further evaluation by providers. There is a broad spectrum of disease that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This presentation will discuss the detection, diagnosis and management of these findings including when to ask a specialist for help.

**8:30 am - 9:30 am - Nephrology**  
**Blood Pressure Control in Kidney Disease**

Review of blood pressure basics; Discussion of the AHA guidelines for diagnosis of primary and secondary hypertension; Discussion of key clinical trials in patients with and without kidney disease; Treatment of patients with and without diabetes

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Nephrology**  
**Detecting, Diagnosing, and Managing the Diabetic Patient with Kidney Disease**

Chronic kidney disease attributed to diabetes is the leading cause of kidney failure globally. The disease is incurable and 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.

**10:40 am - 11:40 am - Psychiatry**  
**Substance Abuse**

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

**11:40 am - 12:40 pm - Psychiatry**  
**Behavioral Disorders Associated with Minor Head Trauma (Concussions)**

Signs, symptoms, significance and office approach to mild traumatic brain injury; Guidelines and decision-making by the primary care physician and office-based management

**12:40 pm**

**Session Adjourns**

**Tuesday, May 23, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Cardiology**

**Work-up of Patients with Suspected CAD**

Risk factor evaluation and risk assessment models; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

**8:30 am - 9:30 am - Cardiology**

**Acute Coronary Syndromes: The Patient with Acute Chest Pain**

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Cardiology**

**Arrhythmias**

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

**10:40 am - 11:40 am - Nephrology**

**Primary Care Primer on Calcium and Phosphorus**

Calcium and phosphorus disorders are common in clinical practice and can arise from both genetic and acquired disease, as well as commonly prescribed medications; Discussion of the pathophysiology, diagnosis, prevention, and management of these common imbalances

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

**A Primary Care Approach to Managing Patients with Chronic Kidney Disease**

Chronic kidney disease affects one in six people; It is important for the primary care provider to know the complications from chronic kidney disease and be part of the team planning for potential renal replacement therapy; Exploration of electrolyte abnormalizes, acid base imbalances, bone mineral disorders, anemia management; Planning for eventual kidney transplantation or dialysis

**12:40 pm**

**Session Adjourns**

**Wednesday, May 24, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Gastroenterology**

**Management of Lower GI Bleeding- From Occult to Massive**

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approaches to the spectrum of patients presenting with hematochezia

**8:30 am - 9:30 am - Gastroenterology**

**Celiac Disease and Chronic Diarrhea**

Millions of Americans are now on a gluten free diet. Only some of them have sprue. We will review the workup of diarrhea and malabsorption with a focus on celiac disease; We will discuss how to diagnose celiac disease when a patient is already on a gluten free diet and an appropriate differential diagnosis

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Gastroenterology**

**Colorectal Cancer Screening and Surveillance**

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

**10:40 am - 11:40 am - Cardiology**

**Congestive Heart Failure**

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers; Treatment options: ACE inhibitors, ARBs, beta blockers, mineralocorticoid receptor antagonists; The role of devices in treatment and Anticoagulation and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure

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

**Hypertension**

The latest 2017 Multisociety Hypertension Guidelines; Updates after the guidelines; Approaches to treatment-thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

**12:40 pm**

**Session Adjourns**



**Thursday, May 25, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Gastroenterology**  
**Hepatitis B and C Management**

HBV screening: whom to screen, whom to vaccinate; management of patients with decompensated hepatitis B related liver disease; treatment in special populations

**8:30 am - 9:30 am - Gastroenterology**

**Approach to Abnormal Liver Function Tests and Non-Alcoholic Fatty Liver Disease (NAFLD)**

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of NAFLD, its implications and 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:

- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders
- Discuss guidelines and decision-making criteria in approaching mild traumatic brain injuries
- Identify causes of hematuria and proteinuria
- Discuss the findings of key clinical trials in the treatment of hypertensive patients with and without kidney disease
- Identify strategies to detect kidney disease
- Discuss the pathophysiology, diagnosis, prevention, and management of calcium and phosphorus disorders
- Describe potential complications from chronic kidney disease and options for potential renal replacement therapy
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for CHF
- Explain current concepts in the diagnosis and treatment of hypertension
- List current treatment recommendations for the management of lower GI bleeding
- Recommend appropriate testing for the workup of celiac disease
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- List current treatment recommendations for HBV and HCV
- Identify risk factors for the development of non-alcoholic fatty liver disease

### **Disclosure of Conflicts of 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 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: Cardio/Gastro/Nephro/Psych*, with a beginning date of May 21, 2023 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 7.5 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: JA0003680-0000-23-045-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.