



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/INFECTIOUS DISEASE/  
ONCOLOGY/ORTHOPEDICS**

**Oahu, HI - Aulani, A Disney Resort & Spa  
July 9 - 13, 2023**



**Sunday, July 9, 2023**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Orthopedics**

**The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

**4:00 pm - 5:00 pm - Orthopedics**

**The Knee: Anatomy, Common Injuries, and Exam Techniques**

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

**5:00 pm - 6:00 pm - Orthopedics**

**Ankle and Foot**

This presentation will address a series of common acute and chronic injuries and pain syndromes to the foot and ankle as they would present in the primary care setting. The focus will be on developing a working differential diagnosis based on the historical mechanism of injury and exam findings.

**6:00 pm**

**Session Adjourns**



**Monday, July 10, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Oncology**

**Cancer Prevention**

Cancer screening and clinical practices shown to prevent cancer will be reviewed

**8:30 am - 9:30 am - Oncology**

**Approach to the Patient with Suspected Cancer**

Symptoms, signs and diagnoses that raise the suspicion of cancer will be reviewed, and an approach to evaluating these patients will be presented

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

**Coffee Break**

**9:40 am - 10:40 am - Oncology**

**Management of Cancer Survivors**

Medical issues related to cancer survivorship and approaches to surveillance for cancer recurrence will be reviewed

**10:40 am - 11:40 am - Orthopedics**

**Low Back Pain**

Review of the diagnostic triage of spinal pain. The skills to characterize an episode of spinal pain as ominous, radicular or mechanical will be reviewed. Current international guidelines on the management of spinal pain will be covered. Simple home based exercises for spinal pain patients will be presented

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

**Wrist, Hand, and Fingers**

Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

**12:40 pm**

**Session Adjourns**



**Tuesday, July 11, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Endocrinology**

**Type 2 Diabetes Mellitus**

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

**8:30 am - 9:30 am - Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

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

**Coffee Break**

**9:40 am - 10:40 am - Endocrinology**

**Osteoporosis**

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

**10:40 am - 11:40 am - Oncology**

**A Primary Care Review of New Oral Anticoagulants**

Mechanisms of action, clinical indications, therapeutic indices, perioperative management and approaches to reversal of new anticoagulant and antiplatelet medications will be reviewed

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

**A Primary Care Review of New Antiplatelet Agents**

Mechanisms of action, clinical indications, effectiveness, safety and peri-procedure management of current antiplatelet agents will be reviewed

**12:40 pm**

**Session Adjourns**



**Wednesday, July 12, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Infectious Diseases**

**Skin & Soft Tissue Infections**

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

**8:30 am - 9:30 am - Infectious Diseases**

**Gastrointestinal Infections & Clostridioides Difficile**

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridioides difficile colitis and related updates from the ID and infection control literature

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

**Coffee Break**

**9:40 am - 10:40 am - Infectious Diseases**

**Respiratory Tract Infections**

Discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

**10:40 am - 11:40 am - Endocrinology**

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment

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

**Thyroid Nodules**

Diagnosis and treatment

**12:40 pm**

**Session Adjourns**



**Thursday, July 13, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Infectious Diseases**

**Genitourinary Infections**

Presentation on a relevant and clinically practical approach to the patient with genitourinary complaints focusing on the latest guidelines for the range of urinary tract infections and highlights of selected and important sexually-transmitted disease syndromes.

**8:30 am - 9:30 am - Infectious Diseases**

**Antimicrobial Stewardship and Multidrug Resistance**

Definition of an antimicrobial stewardship program (ASP); Concepts of the antimicrobial stewardship program; Four goals of antimicrobial stewardship; Most recent additions to the antimicrobial armamentarium

**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:

- Diagnose and treat shoulder injuries
- Describe the anatomy and function of the knee joint
- Recognize chronic injuries and pain syndromes to the foot and ankle
- List management strategies for effective management of low back pain
- Diagnose and treat wrist, hand, and finger injuries
- Identify clinical practices shown to prevent cancer
- Discuss the diagnostic approach to the patient with suspected cancer
- Evaluate and manage risks of the cancer survivor
- Manage patients on new oral anticoagulants
- Describe the mechanism of action of new antiplatelet agents
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Identify the risks of abnormal thyroid function
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Evaluate the severity of diarrhea and evaluate the need for treatment
- List common causative pathogens for various respiratory tract infections
- Diagnose and manage genitourinary infections
- List goals of an antimicrobial stewardship program and strategies for antimicrobial treatment

### **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: Endo/ID/Onc/Ortho*, with a beginning date of July 9, 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 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 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: JA0003680-0000-23-067-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.