



**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/GASTROENTEROLOGY/  
NEUROLOGY/ORTHOPEDICS**

**Walt Disney World® Resort, FL - Disney's Contemporary Resort  
June 11 - 15, 2023**



**Sunday, June 11, 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, June 12, 2023**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 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

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

**Viral Infections of the Skin**

Proper diagnosis and differences in viral skin presentation; Herpes simplex, varicella-zoster, viral exanthems; Molluscum and warts; Treating lasting post-herpetic neuralgia; Symptom management and referral to dermatology

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

**Coffee Break**

**9:40 am - 10:40 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

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

**Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care**

Those 18 years of age and younger are particularly vulnerable to concussion, its severity and consequences. This topic will cover the current definition, signs and symptoms, their significance and an office-based approach to mild traumatic brain injury that can accompany participation in youth sports. The presentation will include up-to-date return to sport guidelines and decision making and provide concussion management tools for the primary care physician.

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

**Exercise as Medicine: Physical Activity Prescription**

Current recommendations for physical activity in adults and children will be discussed; discussion of health benefits of exercise in adults; lay out of recommendations for beginning competitive athletics and weight lifting in children; important discussion of evidence-based methods for motivating patients to be active and expose the problems caused by the “no pain, no gain” culture

**12:40 pm**

**Session Adjourns**

**Tuesday, June 13, 2023**

**7:00 am**

**Registration and Hot Breakfast**

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

**Colorectal Cancer Screening and Surveillance**

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

**8:30 am - 9:30 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 approached to the spectrum of patients presenting with hematochezia

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

**Coffee Break**

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

**Celiac Disease or Something Else?**

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

**10:40 am - 11:40 am - Dermatology**

**Benign Skin Tumors**

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

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

**Premalignant and Malignant Skin Tumors**

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

**12:40 pm**

**Session Adjourns**



**Wednesday, June 14, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Neurology**

**The Neurological Exam**

Characteristics and objectives of the examination; exam phases; assessing general mental status; long-term predications; examination of infants; demonstration on conducting an exam

**8:30 am - 9:30 am - Neurology**

**Alzheimer's & Other Dementias**

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

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

**Coffee Break**

**9:40 am - 10:40 am - Neurology**

**Evaluating Weakness**

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

**10:40 am - 11:40 am - Gastroenterology**

**Bootcamp for Elevated Liver Function Tests**

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

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

**Drug Induced Liver Injury (DILI)**

A primary care approach to evaluating and managing hepatic inflammation, hepatocellular necrosis, or jaundice due to an exposure to a medication or toxin; review of DILI, its implications and management

**12:40 pm**

**Session Adjourns**



**Thursday, June 15, 2023**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Neurology**

**Headaches & Migraines**

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

**8:30 am - 9:30 am - Neurology**

**Parkinson's Disease & Other Movement Disorders**

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic- induced movement disorders; chorea

**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
- Evaluate and manage concussion in pediatric patients
- List strategies to promote exercise and physical activity in the general patient population
- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Discriminate between various viral skin infections and treatment strategies
- Compare the different treatment options for fungal skin infections and nail infections
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- List current treatment recommendations for the management of lower GI bleeding
- Recommend appropriate testing for the workup of celiac disease
- Identify risk factors for the development of non-alcoholic fatty liver disease
- Recognize medications and toxins commonly associated with liver injury
- Perform a neurological exam
- Discuss evidence-based management options for Alzheimer's disease
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe the differential diagnosis of headaches and migraines
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders

### **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: Derm/Gastro/Neuro/Ortho*, with a beginning date of June 11, 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 6.5 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: JA0003680-0000-23-052-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.