



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

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## **INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION/GERIATRICS/PSYCHIATRY**

**Saranac Lake, New York - Saranac Waterfront Lodge  
June 7 - 9, 2024**

Friday, June 7, 2024

7:00 am

**Registration and Breakfast**

7:30 am - 8:30 am - **Addiction**

**Introduction to Addiction Medicine: Neurobiology and Identification**

This module will introduce the disease model of addiction, its neurobiology, and some of the tools easily used in the primary care setting to identify who is at risk for addiction

8:30 am - 9:30 am - **Addiction**

**Drugs: Review of Addictive Drugs and Their Effects**

This module will review hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol

9:30 am - 9:40 am

**Coffee Break**

9:40 am - 10:40 am - **Addiction**

**Timely Topics: Opioid Crisis and the Role of Cannabinoids**

This module continues the discussion of addictive drugs but reviews the impact of opioids and cannabinoids more closely; The current status of the opioid crisis will be reviewed as well as the interface between addiction and chronic pain; The impact of cannabinoids in both the medical and recreational domains will be addressed

10:40 am - 11:40 am - **Geriatrics**

**Approach to the Geriatric Patient**

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

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

**Controversies in the Management of Hypertension in Older Adults: How Low is Too Low?**

Best evidence for treatment goals for hypertension in diabetics and those with previous stroke; Controversial evidence for the various guidelines for diagnosing and treating hypertension in older adults; Best evidence-based medications for hypertension

12:40 pm

**Session Adjourns**

**Saturday, June 8, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Geriatrics**

**Alzheimer's & Other Dementias**

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

**8:30 am - 9:30 am - Geriatrics**

**Managing Behavior Problems in Dementia Patients**

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior

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

**Coffee Break**

**9:40 am - 10:40 am - Addiction**

**Pharmacotherapy for Addictive Disorders: Role of Primary Care**

This presentation will review the FDA approved medications for addiction treatment and examine the role of primary care with respect to each of them

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

**11:40 am - 12:40 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

**12:40 pm**

**Session Adjourns**



**Sunday, June 9, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Psychiatry**

**Substance Abuse**

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

**8:30 am - 9:30 am - Psychiatry**

**Burnout and Physician Wellness: Surviving the New Realities of Practice**

Strategies to enable physicians and other healthcare providers in coping with increased pressures and responsibilities

**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:

- Describe the neurobiology of addiction
- Review the effects of addictive drugs including hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol
- Describe the role of cannabinoids in the opioid crisis
- List FDA approved medications for addiction treatment and examine the role of each
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Evaluate hypertension in elderly patients and recommend appropriate treatment based on individual risk factors
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Describe strategies for identifying and treating substance use disorders
- Discuss options for coping with increased practice pressure with the goal of avoiding provider burnout

### **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, *Internal Medicine for Primary Care: Addiction/Geri/Psych*, with a beginning date of June 7, 2024 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 5.5 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 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: JA0003680-0000-24-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.