



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
BARIATRICS/GERIATRICS/NUTRITION/  
PALLIATIVE**

**Kauai, HI - Grand Hyatt Kauai Resort & Spa  
February 11 - 15, 2024**



**Sunday, February 11, 2024**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Bariatrics**

**Non-surgical Management of Obesity**

Overview of obesity as a disease state; costs to the individual of being obese; use of appetite suppressant medications and lifestyle modifications

**4:00 pm - 5:00 pm - Bariatrics**

**Bariatric Surgery and Co-Morbid Conditions Associated with Obesity**

Who qualifies for obesity surgery; restrictive, malabsorptive and combination surgical options

**5:00 pm - 6:00 pm - Bariatrics**

**Surgical Management of Obesity**

An overview of risks and effectiveness of bariatric surgery; overview of potential surgical options; potential complications

**6:00 pm**

**Session Adjourns**

**Monday, February 12, 2024**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 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

**8:30 am - 9:30 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

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

**Coffee Break**

**9:40 am - 10:40 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

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

**Patient Management Post-bariatric Surgery**

The role of the clinician for support and behavior modification, nutrition, and the stages of patient management post-surgery

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

**Guiding Patients Toward Bariatric Surgical Options**

Discussion of the differences in treating obesity from other medical problems and procedures; overcoming inherent prejudices and understanding the perspective of the patient; creating a physician/patient partnership

**12:40 pm**

**Session Adjourns**



**Tuesday, February 13, 2024**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Nutrition**

**Myths vs. Science in Nutritional Trends: Approach for the Medical Professional**

Discussion of how to scientifically navigate the nutritional maze of popular diets and nutritional trends; The potential nutrition benefits and pitfalls of various dietary preferences and related patient concerns; Ways nutrition affects healthy lifestyles

**8:30 am - 9:30 am - Nutrition**

**Cutting Edge Nutrition Innovation: A Personalized Approach (Part 1)**

How to critically evaluate nutrition tools that patients can use to promote optimal health; Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients’ nutrition and health pursuits; Creation of personalized health plans based on unique, patient-specific plans, tests, and analyses

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

**Coffee Break**

**9:40 am - 10:40 am - Nutrition**

**Cutting Edge Nutrition Innovation: A Personalized Approach (Part 2)**

Continuing discussion of ways to evaluate nutrition tools that patients can use to promote optimal health

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

**Heart Failure: Assessment and Management of the Most Expensive Disease in Older Adults**

Recognition of the high mortality associated with heart failure; Understanding how to diagnose heart failure and the difference between reduced ejection fraction and preserved ejection fraction heart failure; Evidence based treatments available for heart failure

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

**Urological Disorders**

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

**12:40 pm**

**Session Adjourns**

**Wednesday, February 14, 2024**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Palliative**

**Overview of the Medicare Hospice Benefit**

Which patients are eligible? What is palliative care? What does the Medicare benefit provide for patients and families?

**8:30 am - 9:30 am - Palliative**

**Palliative Care for the PCP: Symptom Management**

Symptom management; Symptom management of dyspnea and cough, pain, nausea and vomiting, constipation, and agitation, at the end of life

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

**Coffee Break**

**9:40 am - 10:40 am - Palliative**

**Prognostication for the PCP**

Estimating life expectancy for patients with life-limiting illnesses such as CHF, Alzheimer's dementia, Parkinson's disease, end stage renal disease

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

**Medical Nutrition Therapy: A Practical Approach to Diet and Disease**

Science-based Nutrition and Behavioral Guide to Treating "The Big" Medical Problems that are taking over your practice; Essential (and proven) strategies to help guide patients' diet and behaviors in the treatment of diabetes, cardiovascular disease, and GI health; Travel through the google-mess of what patients hear and why they turn to these as resources; The science-based strategies and resources that can be implemented to help patients take rational control of their health

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

**Nutrition Through the Ages: Prevention and Potential Pitfalls**

A working guide for a nutritional and behavioral rubric to understand what is expected (and what may undermine) optimal health from infancy through the elderly; Barriers patients face in implementing and sticking with nutritional strategies

**12:40 pm**

**Session Adjourns**



Thursday, February 15, 2024

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Palliative**

**Advanced Pain Management in the Palliative Care Patient**

Treatment of pain with both nonopioid and opioid medications; New guidelines related to opioid prescribing; Side effects management

**8:30 am - 9:30 am - Palliative**

**Addressing Goals of Care**

Definition of POA, DNR, DNI, DNH, MOLST, POLST; Techniques on how to address goals of care, both in acute crisis as well as when the patient has chronic issues

**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:

- Discuss non-surgical obesity treatment options
- Identify co-morbid conditions associated with obesity
- List the advantages and disadvantages of the various surgical options in the management of obesity
- Describe the approach to patient management after bariatric surgery
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- 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
- Describe the assessment and management of heart failure in older adults
- Describe the primary care work-up of incontinence in older adults
- Discuss how popular diets and nutritional science can lead to healthier lifestyles
- Describe options for personalizing a patient-specific nutrition plan to each patient
- Describe options for personalizing a patient-specific nutrition plan to each patient
- List strategies to modify diet and behaviors in patients with a range of health issues
- Identify expectations for optimal nutrition across the patient's expected life span
- Describe how to maximize hospice care for all patients
- Describe the primary care approach to palliative medicine including symptom management
- Recognize the importance of prognosis in decision making for seriously ill patients
- Discuss pain management options with both nonopioid and opioid medications
- Define and establish goals of care with patients and their families

### **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: Bariatrics/Geri/Nutrition/Palliative*, with a beginning date of February 11, 2024 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 7.0 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: JA0003680-0000-24-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.