



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

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## **ORTHOPEDIC MEDICINE FOR PRIMARY CARE: ORTHOPEDICS/PODIATRY/RHEUMATOLOGY**

**Yellowstone, MT - Big Sky Resort  
June 9 - 11, 2024**

Sunday, June 9, 2024

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Orthopedics**

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

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

**8:30 am - 9:30 am - Orthopedics**

**The Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

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

**Coffee Break**

**9:40 am - 10:40 am - Orthopedics**

**Hip and Thigh**

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

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

**Ankle Sprains**

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

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

**Stress Fractures of the Foot and Ankle**

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

**12:40 pm**

**Session Adjourns**

**Monday, June 10, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Podiatry**

**Achilles Tendinitis**

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

**8:30 am - 9:30 am - Podiatry**

**Plantar Fasciitis**

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

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

**Coffee Break**

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

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

**Evaluating the Patient with Joint Pain**

Differentiating between inflammatory and non-inflammatory joint pain; The utility of joint aspiration and lab work-up with interpretation of synovial fluid analysis; Differential diagnosis of joint pain and inflammatory arthritis

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

**Update in Pharmacology for Arthritis**

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

**12:40 pm**

**Session Adjourns**



**Tuesday, June 11, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Rheumatology**

**Osteoarthritis**

Pathogenesis, diagnosis and treatment

**8:30 am - 9:30 am - Rheumatology**

**Differential Diagnosis of Inflammatory Arthritis**

Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

**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
- Diagnose and treat shoulder injuries
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Describe the anatomy and function of the knee joint
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Discuss causes, prevention and treatment of foot and ankle stress fractures
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss technologies used to treat acute and chronic plantar fasciitis
- Compare and contrast inflammatory & non-inflammatory joint pain and their differential diagnoses
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Utilize current evidence to design treatment strategies for osteoarthritis
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup

### **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, *Orthopedic Medicine for Primary Care: Ortho/Pod/Rheum*, with a beginning date of June 9, 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 4.0 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 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.