



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/NECK & SPINE/  
OPHTHALMOLOGY/PSYCHIATRY**

**Maui, HI - The Westin Maui Resort & Spa Kaanapali  
June 16 - 20, 2024**



**Sunday, June 16, 2024**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 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

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

**5:00 pm - 6:00 pm - Psychiatry**

**Anxiety Disorders**

Symptoms and diagnoses; treatment options

**6:00 pm**

**Session Adjourns**



**Monday, June 17, 2024**

**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**

**Obesity Management**

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

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

**Coping with Chronic Illness**

Optimization of psychiatric and medical treatment; strengthening the patient's response to psychiatric and medical treatment through optimizing adherence; behavioral strategies and specific tools to help change health behaviors

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

**Treating the Traumatized Patient in the Primary Care Setting**

Addressing the mental health needs of patients who have suffered traumatic, life-altering events; Discussion of both pharmacological and non-pharmacological strategies

**12:40 pm**

**Session Adjourns**

**Tuesday, June 18, 2024**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Neck & Spine**

**Diagnosis and Treatment of Lumbar Spine Disorders**

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

**8:30 am - 9:30 am - Neck & Spine**

**Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders**

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

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

**Coffee Break**

**9:40 am - 10:40 am - Neck & Spine**

**Physical Exam of the Neck & Spine**

Practical guide to examining the neck and spine

**10:40 am - 11:40 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

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

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment

**12:40 pm**

**Session Adjourns**

**Wednesday, June 19, 2024**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Ophthalmology**  
**Approach to the Patient with Red Eye**

The red eye is one of the primary patient complaints in primary care. Lecture will explore the many facets of this common presentation with attention to the various entities it might represent. Treatment and diagnostic methods for acute conjunctivitis will be the primary focus.

**8:30 am - 9:30 am - Ophthalmology**  
**Blurred Vision**

Blurred vision is a common problem seen in primary care and the emergency room. Lecture will develop an algorithm to evaluate, triage and treat these patients. When should someone with a complaint of blurred vision be sent to an ophthalmologist? When should an imaging study be done? What could be causing this problem in the first place? Lecture will address these questions and others.

**9:30 am - 9:40 am**  
**Coffee Break**

**9:40 am - 10:40 am - Ophthalmology**  
**Macular Degeneration and Glaucoma Management**

A significant number of treatment options are now available, an overview of your patient's options

**10:40 am - 11:40 am - Neck & Spine**  
**Non-surgical Treatment of Low Back Pain**

Comprehensive overview of various options for activity modification; The role and maximum benefit of physical therapy and the various modalities; Medications; Discussion of interventional treatments

**11:40 am - 12:40 pm - Neck & Spine**  
**Non-Opioid Pharmacologic Options in Pain Management**

NSAIDs, acetaminophen, topicals, injections, antidepressants, anticonvulsants, medical marijuana

**12:40 pm**  
**Session Adjourns**



**Thursday, June 20, 2024**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Ophthalmology**

**A Primary Care Primer on Ophthalmic Emergencies**

Decreased vision, eye pain, red eye: what is an emergency in ophthalmology? Discussion of evaluation and management of these complaints in a primary care setting

**8:30 am - 9:30 am - Ophthalmology**

**Ophthalmic Manifestations of Systemic Diseases**

In this talk we will explore the variety of ways that examination of the eye can impact the diagnosis, treatment and clinical decision making for patients seen on a daily basis in primary care offices. We will discuss vascular, hematologic, respiratory and autoimmune conditions with attention to the ways in which a patients' care can be positively influenced by taking into account the information available from visual system analysis and monitoring.

**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:

- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Describe common obstacles and management strategies to cope with chronic illness
- List the mental health needs of patients who have suffered traumatic events
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Identify the risks of abnormal thyroid function
- Identify early treatment options for the management of lumbar spine disorders
- Utilize observation, palpation, range of motion and neurologic exams to diagnose cervical spine disorders
- Perform a physical exam of the neck and spine
- Describe the role of physical therapy and activity modification for treating low back pain
- Design non-opioid pain management strategies
- Discuss a comprehensive approach to the patient with a red eye
- Identify common causes of blurred vision
- Review the pros and cons of glaucoma management options
- List treatment options for patients with ophthalmic emergencies, as well as those with circulatory complications
- Describe ways that eye examination can impact diagnosis, treatment and clinical decision making

### **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



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/Neck & Spine/Ophth/Psych*, with a beginning date of June 16, 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 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: JA0003680-0000-24-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.