



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/GYNECOLOGY/
NEUROLOGY/TOXICOLOGY**

**Hilton Head, SC - The Westin Hilton Head Island Resort & Spa
June 27 - 30, 2024**

Thursday, June 27, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

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

Sleep Disorders

Epidemiology; assessing sleep patterns; causes and treatment of insomnia; causes, evaluation and treatment of sleep apnea; symptoms and treatment of narcolepsy

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 - **Endocrinology**

Type 2 Diabetes Mellitus

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

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

Obesity Management

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

12:40 pm

Session Adjourns

Friday, June 28, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - Gynecology

The New Annual Exam for Women

Best practices in offering annual pelvic examinations in asymptomatic non-pregnant women; Determination of who should be offered a clinical breast exam as a routine part of the annual women's health exam; The principal elements of the annual women's health visit: screening, vaccinations, evaluation of health risks and needs, counseling; Evidence-based tools to guide components of the annual women's health visit based on age and health needs

11:40 am - 12:40 pm - Gynecology

Contraception: A Primary Care Review of Best Practice

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

12:40 pm

Session Adjourns

Saturday, June 29, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

8:30 am - 9:30 am - Gynecology

Cervical Cancer Screening Including HPV Management

Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into practice; Algorithm for the appropriate use of HPV testing and managing results; Determining appropriate candidates for the use of the HPV vaccine

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Toxicology

An Office-Based Toxicology Overview

Introduction to the workup of the toxic patient; Obtaining an adequate history and physical exam prior to calling poison control; Review of the classic five toxidromes including: cholinergic, anticholinergic, opiate, hypnotic, and sympathomimetic; The more common toxic ingestions seen in the ED

10:40 am - 11:40 am - Toxicology

Cocaine and Heroin Abuse from an ER Provider's Perspective

The basics of cocaine and heroin intoxication in the acute care setting; The mechanisms of action and signs and symptoms of acute intoxication; The acute phenomena of cocaine induced chest pain, hypertensive emergency, aortic dissection, pneumonitis and placental abruption; Review of the history of heroin abuse in the US, the cutting agents and adulterants being added to heroin and some of the more esoteric sequelae of chronic opiate abuse

11:40 am

Session Adjourns



Sunday, June 30, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Toxicology

The Danger of "Legal Highs" in Both Adolescents and Adults

Inhalant abuse and legal highs and drugs of abuse not yet scheduled by the DEA; Intoxicating inhalants that are ubiquitous in many households and easily accessed by adolescents; Dextromethorphan abuse and the unique psychoactive plants salvia divinorum, kratom, morning glory (LSA) and Jimsonweed; Mechanisms of action, signs and symptoms of intoxication and treatment

8:30 am - 9:30 am - Toxicology

Primary Care Update on Synthetic Drugs

History of synthetic drugs of abuse in the US and EU; Synthetic drugs that mimic the effects of marijuana, stimulants, opiates, and hallucinogens; Synthetic cannabinoids (K2-Spice), novel stimulants (Bath Salts, Flakka), and novel hallucinogens (Molly, Benzofury)

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 evidence-based management options for Alzheimer's disease
- Discuss the spectrum of sleep disorders and current management strategies
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe the differential diagnosis of headaches and migraines
- Develop patient-specific treatment plans for the management of 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 evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Describe approaches to counseling patients for making complex contraceptive decisions
- Assess and manage abnormal uterine bleeding
- Describe the management of HPV infection and abnormal pap smear results
- List the classic 5 toxidromes and describe how to approach the poisoned patient
- Describe presentations of cocaine and heroin abuse
- List non-regulated agents of abuse in adolescents and adults and discuss their consequences
- Identify the key characteristics and effects of synthetic drugs, most notably synthetic cannabinoids and synthetic cathinones



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 16 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 16 *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 16 (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/Gyn/Neuro/Tox*, with a beginning date of June 27, 2024 has been reviewed and is acceptable for up to 16 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 16 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 16 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 16 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 16 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 16 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 16 contact hours (1.6 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.