



**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/CARDIOLOGY/PAIN/SPORTS
MEDICINE**

**Hilton Head, SC - The Westin Hilton Head Island Resort & Spa
July 18 - 21, 2024**



Thursday, July 18, 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

Chronic Pain and Addictions

Epidemiology of pain; risk factors and comorbidity; pain management concepts; patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

10:40 am - 11:40 am - Cardiology

Primary & Secondary Prevention of CAD

AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; The role of triglycerides in ASCVD--who to treat; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; The use of vitamin D and supplements for cardiology patients; Drug therapy updates

11:40 am - 12:40 pm - Cardiology

Arrhythmias

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

12:40 pm

Session Adjourns

Friday, July 19, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Cardiology

Hypertension

The latest 2017 Multisociety Hypertension Guidelines; Updates after the guidelines; Approaches to treatment-thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

8:30 am - 9:30 am - Cardiology

Congestive Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers; Treatment options: ACE inhibitors, ARBs, beta blockers, mineralocorticoid receptor antagonists; The role of devices in treatment and Anticoagulation and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Addiction

Treatment of Alcohol Use Disorder in Primary Care

This talk will describe the scope of the problem of alcohol use disorder and its costs on the entire health care system and our patients' health, the co-morbidities associated with alcohol use disorder and treatments as well as medication assisted treatment for alcohol use disorder.

10:40 am - 11:40 am - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management

This topic will cover the current definition, signs and symptoms, significance and office approach to mild traumatic brain injury as a consequence of athletic endeavors. The presentation will include up-to-date classification, return to sport guidelines and decision making by the primary care physician, and discuss an office-based management scheme.

11:40 am - 12:40 pm - Sports Med

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

12:40 pm



Session Adjourns

Saturday, July 20, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Sports Med

Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. RED-S (Relative Energy Deficiency in Sports) is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented

8:30 am - 9:30 am - Sports Med

Exercise Prescriptions for Primary Care Practitioners

Discussion of the health risks of obesity and a sedentary lifestyle; Up-to-date evidence for the health benefits of weight management and the risks and benefits of exercise; Exercise-related terminology used in the science of exercise physiology; Tools to confidently risk stratify the patient wishing to begin an exercise program; Basic components on an individual exercise prescription; Tips for becoming more proactive in prescribing exercise to their patients

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pain

Rheumatologic Pain Management for Primary Care

Osteoarthritis of the knee; Complex regional pain syndromes

10:40 am - 11:40 am - Pain

Interventional Pain Management Options

Procedures, pain clinics, nerve blocks, shots, epidural options, and urine drug testing for primary care practitioners

11:40 am

Session Adjourns



Sunday, July 21, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Pain

Work-up of the Patient with Low Back Pain

Understanding the magnitude of the problem in the patient population; Review of anatomy; Classification of pain; Key elements of history and the clinical exam; Medications, manual therapies, injections, as well as psychological and other approaches to pain management

8:30 am - 9:30 am - Pain

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

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
- Discuss options for patients with chronic pain addictions
- Develop a treatment plan for Alcohol Use Disorder
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for CHF
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Discuss the components of a pre-participation sports physical
- Describe the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent male and female athlete
- Identify appropriate exercise prescriptions for a variety of sports injuries
- Utilize current evidence to design treatment strategies for osteoarthritis
- Describe interventional pain management strategies
- Discuss key concepts in the evaluation and treatment options of low back pain
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia



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.

Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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: Addiction/Cardio/Pain/Sports Med*, with a beginning date of July 18, 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 6.5 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 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.