



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/GERIATRICS/NEPHROLOGY/  
PODIATRY**

**Maui, HI - The Westin Maui Resort & Spa Kaanapali  
August 4 - 8, 2024**



**Sunday, August 4, 2024**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Dermatology**

**Dermatitis**

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

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

**Bacterial Infections of the Skin**

Impetigo, ecthyma, folliculitis, furunculosis, necrotizing fasciitis, Lyme disease, syphilis; diagnosis and management; Guidelines for antibiotic treatment; Management of special populations

**5:00 pm - 6:00 pm - Dermatology**

**Fungal Infections of the Skin**

Dermatophytes, tinea versicolor, candidiasis; Selected deep fungal infections; Onycholysis; Drug induced nail changes; paronychia, koilonychia, nail discolorations, tumors of the nail; Fungal infections diagnosis and management; Overview and comparison of antifungal treatment options

**6:00 pm**

**Session Adjourns**



**Monday, August 5, 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**

**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

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

**Coffee Break**

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

**Controversies in the Management of Hypertension in Older Adults: How Low is Too Low?**

Best evidence for treatment goals for hypertension in diabetics and those with previous stroke; Controversial evidence for the various guidelines for diagnosing and treating hypertension in older adults; Best evidence-based medications for hypertension

**10:40 am - 11:40 am - Dermatology**

**Benign Skin Tumors**

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

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

**Premalignant and Malignant Skin Tumors**

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

**12:40 pm**

**Session Adjourns**

**Tuesday, August 6, 2024**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Nephrology**

**A Primary Care Approach to Managing Patients with Chronic Kidney Disease**

Chronic kidney disease affects one in six people; It is important for the primary care provider to know the complications from chronic kidney disease and be part of the team planning for potential renal replacement therapy; Exploration of electrolyte abnormalities, acid base imbalances, bone mineral disorders, anemia management; Planning for eventual kidney transplantation or dialysis

**8:30 am - 9:30 am - Nephrology**

**Primary Care Primer on Electrolyte Imbalances**

Electrolyte and acid-base disorders are common in clinical practice and can arise from genetic and acquired disease as well as commonly prescribed medications. These include disturbances in serum sodium, potassium, calcium and bicarbonate. This case-based lecture will review the pathophysiology, diagnosis, prevention and management of these common imbalances.

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

**Coffee Break**

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

**Glomerulonephritis 101**

Differentiating glomerulonephritis and secondary glomerulonephritis in lupus or diabetes; dealing with high blood pressure, nephrotic syndrome and other complications; the appropriateness of tests, imaging and biopsy; treatment options

**10:40 am - 11:40 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

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

**12:40 pm**

## Session Adjourns

**Wednesday, August 7, 2024**

**7:00 am**

### Registration and Continental Breakfast

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

#### Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

**8:30 am - 9:30 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.

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

#### Coffee Break

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

**10:40 am - 11:40 am - Nephrology**

#### Blood Pressure Control in Kidney Disease

Review of blood pressure basics; Discussion of the AHA guidelines for diagnosis of primary and secondary hypertension; Discussion of key clinical trials in patients with and without kidney disease; Treatment of patients with and without diabetes

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

#### Herbal Preparations: A Recipe for Nephrotoxicity

Over-the-counter herbal preparations are frequently used by patients as an alternative to prescription medications. While often perceived as safe, several preparations and compounds have been identified to possess significant nephrotoxic properties. In addition, some preparations might harbor unsuspected risks when used by patients with preexisting renal disease.

**12:40 pm**

## Session Adjourns



**Thursday, August 8, 2024**

**7:00 am**

**Registration and Continental 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**

**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:

- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Perform a differential diagnosis of common bacterial skin infections and recommend appropriate treatment
- Compare the different treatment options for fungal skin infections and nail infections
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Describe the assessment and management of heart failure in older adults
- Evaluate hypertension in elderly patients and recommend appropriate treatment based on individual risk factors
- 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 potential complications from chronic kidney disease and options for potential renal replacement therapy
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- Describe treatment options for hematuria and glomerulonephritis
- Discuss the findings of key clinical trials in the treatment of hypertensive patients with and without kidney disease
- Identify herbal preparations with the potential to cause nephrotoxicity
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- 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 techniques used to treat acute and chronic plantar fasciitis

### **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: Derm/Geri/Nephro/Pod*, with a beginning date of August 4, 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 7.5 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 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.