



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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GERIATRIC MEDICINE FOR PRIMARY CARE: GERIATRICS/PSYCHIATRY/RHEUMATOLOGY

**Yosemite, CA - Tenaya Lodge at Yosemite
August 9 - 11, 2024**

Friday, August 9, 2024

7:00 am

Registration and 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

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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Urological Disorders

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

10:40 am - 11:40 am - 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

11:40 am - 12:40 pm - Rheumatology

Crystal Disease: Gout & Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

12:40 pm

Session Adjourns

Saturday, August 10, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Rheumatology

Rheumatologic Gait Disorders and Falls

Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

8:30 am - 9:30 am - Rheumatology

Controversies in Pain Management

Understanding the scope of chronic pain in the patient population including the number of adults and cost to the healthcare system; Epidemiology of chronic pain including pathophysiology of neuronal pathways; Non-opioid medication options, including NSAIDs, topicals, and injectables; Opioid medication options and discussion of efficacy; Non-pharmacologic treatments including ESI injections, RF denervation, and spinal cord stimulation

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - Psychiatry

Depressive Disorders

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

11:40 am - 12:40 pm - Psychiatry

Substance Abuse in the Elderly

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

12:40 pm

Session Adjourns



Sunday, August 11, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - Psychiatry

The Difficult Patient

Understanding patient who interprets benign interpersonal and social interactions in an idiosyncratic and negative way; management of such behavior and avoidance of negative feelings in the physician

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:

- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Evaluate hypertension in elderly patients and recommend appropriate treatment based on individual risk factors
- Describe the primary care work-up of incontinence in older adults
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Diagnose and treat gout and pseudogout
- List strategies to improve gait and prevent falls
- Discuss strategies for using non-opioid medications, opioid medications and non-pharmacologic treatments in pain management
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse and depression in older adults
- Describe common obstacles and management strategies to cope with chronic illness
- Utilize suggested strategies to manage "the difficult patient"

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, *Geriatric Medicine for Primary Care: Geri/Psych/Rheum*, with a beginning date of August 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 5.5 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 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.