



**INTERNAL MEDICINE FOR PRIMARY CARE:
BARIATRICS/CARDIOLOGY/NUTRITION/
PSYCHIATRY**

**Maui, HI - Andaz Maui at Wailea
September 15 - 19, 2024**

Sunday, September 15, 2024

2:30 pm

Registration

3:00 pm - 4:00 pm - Cardiology

Work-up of Patients with Suspected CAD

Risk factor evaluation and risk assessment models; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

4:00 pm - 5:00 pm - Cardiology

Acute Coronary Syndromes: The Patient with Acute Chest Pain

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

5:00 pm - 6:00 pm - Cardiology

Congestive Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVrEF) 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

6:00 pm

Session Adjourns



Monday, September 16, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - 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

8:30 am - 9:30 am - 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Anxiety Disorders

Symptoms and diagnoses; treatment options

10:40 am - 11:40 am - 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns

Tuesday, September 17, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Nutrition

Myths vs. Science in Nutritional Trends: Approach for the Medical Professional

Discussion of how to scientifically navigate the nutritional maze of popular diets and nutritional trends; The potential nutrition benefits and pitfalls of various dietary preferences and related patient concerns; Ways nutrition affects healthy lifestyles

8:30 am - 9:30 am - Nutrition

Cutting Edge Nutrition Innovation: A Personalized Approach

How to critically evaluate nutrition tools that patients can use to promote optimal health; Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients’ nutrition and health pursuits; Creation of personalized health plans based on unique, patient-specific plans, tests, and analyses

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Nutrition

Cutting Edge Nutrition Innovation (Part 2)

Continued discussion of personalized health plans based on unique, patient-specific plans, tests, and analyses

10:40 am - 11:40 am - Psychiatry

Substance Abuse

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

11:40 am - 12:40 pm - Psychiatry

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

12:40 pm

Session Adjourns

Wednesday, September 18, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Bariatrics

Non-surgical Management of Obesity

Overview of obesity as a disease state; costs to the individual of being obese; use of appetite suppressant medications and lifestyle modifications

8:30 am - 9:30 am - Bariatrics

Bariatric Surgery and Co-Morbid Conditions Associated with Obesity

Who qualifies for obesity surgery; restrictive, malabsorptive and combination surgical options

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Bariatrics

Surgical Management of Obesity

An overview of risks and effectiveness of bariatric surgery; overview of potential surgical options; potential complications

10:40 am - 11:40 am - Nutrition

Medical Nutrition Therapy: A Practical Approach to Diet and Disease

Science-based Nutrition and Behavioral Guide to Treating “The Big” Medical Problems that are taking over your practice; Essential (and proven) strategies to help guide patients' diet and behaviors in the treatment of diabetes, cardiovascular disease, and GI health; Travel through the google-mess of what patients hear and why they turn to these as resources; The science-based strategies and resources that can be implemented to help patients take rational control of their health

11:40 am - 12:40 pm - Nutrition

Nutrition Through the Ages: Prevention and Potential Pitfalls

A working guide for a nutritional and behavioral rubric to understand what is expected (and what may undermine) optimal health from infancy through the elderly; Barriers patients face in implementing and sticking with nutritional strategies

12:40 pm

Session Adjourns



Thursday, September 19, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Bariatrics

Patient Management Post-bariatric Surgery

The role of the clinician for support and behavior modification, nutrition, and the stages of patient management post-surgery

8:30 am - 9:30 am - Bariatrics

Guiding Patients Toward Bariatric Surgical Options

Discussion of the differences in treating obesity from other medical problems and procedures; overcoming inherent prejudices and understanding the perspective of the patient; creating a physician/patient partnership

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 work-up, risk assessment and test selection of patients with suspected CAD
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for CHF
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension
- 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 strategies for identifying and treating substance use disorders
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Discuss how popular diets and nutritional science can lead to healthier lifestyles
- Describe options for personalizing a patient-specific nutrition plan to each patient
- Describe options for personalizing a patient-specific nutrition plan to each patient
- List strategies to modify diet and behaviors in patients with a range of health issues
- Identify expectations for optimal nutrition across the patient's expected life span
- Discuss non-surgical obesity treatment options
- Identify co-morbid conditions associated with obesity
- List the advantages and disadvantages of the various surgical options in the management of obesity
- Describe the approach to patient management after bariatric surgery
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery

Disclosure of Conflicts of 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: Bariatrics/Cardio/Nutrition/Psych*, with a beginning date of September 15, 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 7.0 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.