



**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/ENDOCRINOLOGY/ORTHOPEDICS/
RHEUMATOLOGY**

**Nassau, Bahamas - Atlantis Paradise Island Resort
October 31 - November 3, 2024**



Thursday, October 31, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Cardiology

Metabolic Syndrome and Cardiovascular Disease

The purpose of this talk is to define metabolic syndrome, identify screening methodology, and discuss the role metabolic syndrome plays in the development of cardiovascular disease.

10:40 am - 11:40 am - Endocrinology

Dyslipidemias

Cholesterol disorders; triglyceride disorders; AHA/ACCF guidelines; new tests and current therapies

11:40 am - 12:40 pm - Endocrinology

Hormone Replacement in Women and Men

Estrogen and anti-estrogen options for women and testosterone treatment controversy in men

12:40 pm

Session Adjourns

Friday, November 1, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Endocrinology

Thyroid Nodules

Diagnosis and treatment

8:30 am - 9:30 am - Endocrinology

Endocrinology Cases: Thyroid Nodules

Challenging case presentations in thyroid nodules

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Cardiology

Cardiology Cases

Challenging case presentations in cardiology

10:40 am - 11:40 am - Orthopedics

Elbow

Tennis and golfer's elbow, nursemaid's elbow, olecranon bursitis, supracondylar fractures, joint injection/ x-ray interpretation

11:40 am - 12:40 pm - Orthopedics

Hip and Thigh

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

12:40 pm

Session Adjourns



Saturday, November 2, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Orthopedics

Low Back Pain

Review of the diagnostic triage of spinal pain. The skills to characterize an episode of spinal pain as ominous, radicular or mechanical will be reviewed. Current international guidelines on the management of spinal pain will be covered. Simple home based exercises for spinal pain patients will be presented

8:30 am - 9:30 am - Orthopedics

Orthopedic Cases

Challenging case presentations in orthopedics

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Rheumatology

Joint & Soft Tissue Examination Workshop

Small-group workshops.

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

Session Adjourns



Sunday, November 3, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Rheumatology

Crystal Disease: Gout & Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

8:30 am - 9:30 am - Rheumatology

Rheumatology Cases

Challenging case presentations in rheumatology

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 current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Discuss cardiovascular risks of metabolic syndrome
- Utilize case-based learning to develop treatment plans for cardiovascular conditions
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Describe the potential risks and benefits of hormone replacement therapy
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Utilize case-based learning to develop treatment plans for patients with thyroid nodules
- Diagnose and treat elbow injuries
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- List management strategies for effective management of low back pain
- Utilize case-based learning to develop treatment plans for orthopedic conditions
- Perform an examination of joints and soft tissues
- 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
- Utilize case-based learning to develop treatment plans for rheumatologic conditions



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 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: Cardio/Endo/Ortho/Rheum*, with a beginning date of October 31, 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 X 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.