



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/GASTROENTEROLOGY/ORTHOPEDIC
S/SLEEP MEDICINE**

**Kauai, HI - Grand Hyatt Kauai Resort & Spa
October 6 - 10, 2024**



Sunday, October 6, 2024

2:30 pm

Registration

3:00 pm - 4:00 pm - Addiction

Substance Use Disorders: Screening & Identification for Primary Care Providers

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; epidemiology, assessment and screening tools; practical steps for intervention

4:00 pm - 5:00 pm - Addiction

Psychopharmacology and Addiction Medicine

Psychopharmacologic interventions and overdose and addiction; Medication-assisted Treatment (MAT) with FDA approved medications for treating addiction-indications and contraindications; Medication management for co-occurring psychiatric disorders

5:00 pm - 6:00 pm - 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

6:00 pm

Session Adjourns



Monday, October 7, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Gastroenterology

Probiotics

Our patients are being inundated by the promise of probiotics. In this session, we will review the proven GI uses of probiotics. We will also elaborate the difficulty in comparing strains, studies, potency and results. The potential future uses of Probiotics will also be analyzed.

8:30 am - 9:30 am - Gastroenterology

Fatty Liver Disease

Definitions; epidemiology and natural history; diagnostic tests; when to refer for liver biopsy; treatments and interventions; and, prognosis and risk for cirrhosis, hepatocellular cancer, and need for liver transplantation

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gastroenterology

Celiac Disease and Chronic Diarrhea

Millions of Americans are now on a gluten free diet. Only some of them actually have Celiac disease. We will review the workup of diarrhea and malabsorption with a focus on celiac disease; We will discuss how to diagnose celiac disease when a patient is already on a gluten free diet and an appropriate differential diagnosis

10:40 am - 11:40 am - Addiction

Synthetic Drugs of Abuse

State of the art review on what the primary care provider should know about the novel synthetic drugs; Defining the synthetic drugs and the origins of the compounds; Clinical features of intoxication and withdrawal; Dangers and treatment strategies

11:40 am - 12:40 pm - Addiction

Addiction Medicine Cases

Challenging case presentations in addiction medicine

12:40 pm

Session Adjourns

Tuesday, October 8, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Orthopedics

Exercise as Medicine: Physical Activity Prescription

Current recommendations for physical activity in adults and children will be discussed; discussion of health benefits of exercise in adults; lay out of recommendations for beginning competitive athletics and weight lifting in children; important discussion of evidence-based methods for motivating patients to be active and expose the problems caused by the “no pain, no gain” culture

8:30 am - 9:30 am - Orthopedics

Shoulder Exam and Injection

Hands on physical assessment with discussion relating to diagnosis through various examination techniques; Specific tests used to examine the shoulder will be discussed; Functional testing performed in the office setting that provide information to the physician as relating to deficiencies that should be addressed when considering treatment.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Orthopedics

The Knee: Anatomy, Common Injuries, and Exam Techniques

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

10:40 am - 11:40 am - Gastroenterology

Hepatitis B and C Management

HBV screening: whom to screen, whom to vaccinate; management of patients with decompensated hepatitis B related liver disease; treatment in special populations

11:40 am - 12:40 pm - Gastroenterology

Gastroenterology Cases

Challenging case presentations in gastroenterology

12:40 pm

Session Adjourns



Wednesday, October 9, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Sleep Medicine

Evaluation and Treatment of the Excessively Sleepy Patient

Daytime sleepiness impairs approximately 15% of adults from getting the most out of their day; Review of the common and less common causes of daytime sleepiness including, behavioral insufficient sleep, narcolepsy, idiopathic hypersomnia and sleep related breathing disorders; The approach and therapeutic options for each disorder.

8:30 am - 9:30 am - Sleep Medicine

How Sleep Works

The drivers of sleep and integration of how these drivers can be used to improve sleep; Basic principles of sleep drive, circadian rhythm and sleep associations will be discussed; Related to cases to highlight these principles.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am -

10:40 am - 11:40 am - 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

11:40 am - 12:40 pm - Orthopedics

Orthopedic Cases

Challenging case presentations in orthopedics

12:40 pm

Session Adjourns

Thursday, October 10, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Sleep Medicine

Nocturnal Events: Approach and What They Mean

Some of the most strange occurrences can at night; Unusual nocturnal events can seem similar but to an astute clinician, these events may be the red flag for other underlying medical issues; Review the common nighttime events, how to differentiate and what the events may mean; Strategies for managing sleepwalking, sleep terrors, confusional arousals, dream enactment and nightmares will be discussed.

8:30 am - 9:30 am - Sleep Medicine

Approach to the Patient Who Can't Sleep

Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

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 strategies for identifying and treating substance use disorders
- Recognize the basic biological, behavioral, and social factors that underly the mechanisms of drug abuse risk and other related problems
- Discuss options for patients with chronic pain addictions
- Discuss clinical features of both intoxication and withdrawal for emerging novel synthetic drugs
- Utilize case-based learning to develop treatment plans for substance use disorders
- Discuss the evidence behind the use of probiotics
- Recognize when to refer a patient for liver biopsy
- Recommend appropriate testing for the workup of celiac disease
- List current treatment recommendations for HBV and HCV
- Utilize case-based learning to develop treatment plans for various gastroenterologic conditions
- List strategies to promote exercise and physical activity in the general patient population
- Perform a physical exam of the shoulder
- Describe the anatomy and function of the knee joint
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Utilize case-based learning to develop treatment plans for orthopedic conditions
- Review therapeutic options for excessive sleepiness and obstructive sleep apnea
- Discuss the basic mechanisms of sleep and circadian rhythm disorders
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- Describe medical issues surrounding parasomnias and other special sleep issues
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome

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 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: Addiction/Gastro/Ortho/Sleep*, with a beginning date of October 6, 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 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 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.