



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
GERIATRICS/OPHTHALMOLOGY/PULMONOLOGY/  
RHEUMATOLOGY**

**Grand Cayman, Cayman Islands - Grand Cayman Marriott Beach Resort  
October 26 - 29, 2023**

Thursday, October 26, 2023

7:00 am

**Registration and Breakfast**

7:30 am - 8:30 am - **Pulmonology**

**Asthma**

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

8:30 am - 9:30 am - **Pulmonology**

**Controversies in the Treatment of Common Respiratory Infections**

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

9:30 am - 9:40 am

**Coffee Break**

9:40 am - 10:40 am - **Pulmonology**

**COPD**

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

10:40 am - 11:40 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

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

**Heart Failure Discussion and Q&A**

Interactive review of the principles of heart failure diagnosis and treatment in older adults, and audience questions further clarifying the topic

12:40 pm

**Session Adjourns**



**Friday, October 27, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 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

**8:30 am - 9:30 am - Geriatrics**

**Hypertension Discussion and Q&A**

Interactive review of the principles of hypertension diagnosis and treatment in older adults, and audience questions further clarifying the topic

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

**Coffee Break**

**9:40 am - 10:40 am - Pulmonology**

**Lung Cancer Screening & Pulmonary Nodules**

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

**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**

**Differential Diagnosis of Inflammatory Arthritis**

Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

**12:40 pm**

**Session Adjourns**

**Saturday, October 28, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Rheumatology**

**Osteoporosis**

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

**8:30 am - 9:30 am - Rheumatology**

**Crystal Disease: Gout & Pseudogout**

Properly diagnosing and treating crystal diseases such as gout and pseudogout

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

**Coffee Break**

**9:40 am - 10:40 am - Ophthalmology**

**Dry Eye**

The role of age, hormone levels and environmental factors in producing dry eyes; Differentiating and understanding triggers of dry eye disease; The ocular role in photophobia and migraine; Overview of treatment options

**10:40 am - 11:40 am - Ophthalmology**

**Approach to the Patient with Red Eye**

The red eye is one of the primary patient complaints in primary care. Lecture will explore the many facets of this common presentation with attention to the various entities it might represent. Treatment and diagnostic methods for acute conjunctivitis will be the primary focus.

**11:40 am**

**Session Adjourns**



**Sunday, October 29, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Ophthalmology**

**Acute Vision Loss and Blurred Vision**

Blurred vision is a common problem seen in primary care and the emergency room. Lecture will develop an algorithm to evaluate, triage and treat these patients. When should someone with a complaint of blurred vision be sent to an ophthalmologist? When should an imaging study be done? What could be causing this problem in the first place? Lecture will address these questions and others.

**8:30 am - 9:30 am - Ophthalmology**

**A Primary Care Primer on Ophthalmic Emergencies**

Decreased vision, eye pain, red eye: what is an emergency in ophthalmology? Discussion of evaluation and management of these complaints in a primary care setting

**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:

- Diagnose and manage patients with asthma
- Design treatment strategies reflective of current evidence-based medicine for common respiratory infections
- Describe the current therapeutic management of COPD
- Discuss diagnosis and screening strategies as well as treatment plans for lung nodules and lung cancer
- Describe the assessment and management of heart failure in older adults
- Develop evidence-based treatment plans for heart failure in geriatric patients
- Evaluate hypertension in elderly patients and recommend appropriate treatment based on individual risk factors
- Develop evidence-based treatment plans for hypertension in geriatric patients
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Diagnose and treat gout and pseudogout
- Discuss a comprehensive approach to the patient with dry eyes and a red eye seen in primary care
- Discuss a comprehensive approach to the patient with a red eye
- Identify common causes of blurred vision
- List treatment options for patients with ophthalmic emergencies, as well as those with circulatory complications



### **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.

### **Disclaimer**

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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: Geri/Ophth/Pulm/Rheum*, with a beginning date of October 26, 2023 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 4.5 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 16 contact hours.

### **Physician Assistant Credit Designation**

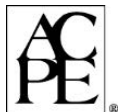
#### **American Academy of Physician Assistants (AAPA)**



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: JA0003680-0000-23-139-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.