



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

WWW.MER.ORG

**INTERNAL MEDICINE FOR PRIMARY CARE:  
ENDOCRINOLOGY/GASTROENTEROLOGY/  
ORTHOPEDICS/PAIN MANAGEMENT**

**Paris, France - Kimpton St Honoré Paris  
August 19 - 22, 2024**



**Monday, August 19, 2024**

**7:00 am**

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

**7:30 am - 8:30 am - Gastroenterology**

**Management of Lower GI Bleeding- From Occult to Massive**

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approaches to the spectrum of patients presenting with hematochezia

**8:30 am - 9:30 am - Gastroenterology**

**Colorectal Cancer Screening and Surveillance**

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

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

**Coffee Break**

**9:40 am - 10:40 am - Gastroenterology**

**Approach to Abnormal Liver Function Tests and Non-Alcoholic Fatty Liver Disease (NAFLD)**

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of NAFLD, its implications and management

**10:40 am - 11:40 am - Pain**

**Overview of Pain Management Options**

Behavioral and lifestyle modifications; Medications overview; Interventional therapies; Opioids and cannabinoids overview

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

**Chronic Pain Management for Primary Care**

Treatment of common chronic pain conditions including chronic low back pain and neuropathic pain

**12:40 pm**

**Session Adjourns**



**Tuesday, August 20, 2024**

**7:00 am**

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

**7:30 am - 8:30 am - Pain**

**Rheumatologic Pain Management for Primary Care**

Osteoarthritis of the knee; Complex regional pain syndromes

**8:30 am - 9:30 am - Pain**

**Opioid Pharmacologic Options in Pain Management**

Overall safety and efficacy, selecting and monitoring patients, pain contracts, regulatory issues

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

**Coffee Break**

**9:40 am - 10:40 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

**10:40 am - 11:40 am - Orthopedics**

**Shoulder Injuries**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

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

**Knee Injuries**

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal

**12:40 pm**

**Session Adjourns**



**Wednesday, August 21, 2024**

**7:00 am**

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

**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**

**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

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

**Coffee Break**

**9:40 am - 10:40 am - Endocrinology**

**Type 2 Diabetes Mellitus**

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

**10:40 am - 11:40 am - Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

**11:40 am**

**Session Adjourns**



**Thursday, August 22, 2024**

**7:00 am**

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

**7:30 am - 8:30 am - Endocrinology**

**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 - Endocrinology**

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment

**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:

- List current treatment recommendations for the management of lower GI bleeding
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Identify risk factors for the development of non-alcoholic fatty liver disease
- List current treatment recommendations for HBV and HCV
- Identify pharmacologic and non-pharmacologic options for the management of pain
- Identify strategies to overcome the challenges of treating chronic pain
- Utilize current evidence to design treatment strategies for osteoarthritis
- Design opioid pain management strategies
- Recommend appropriate exercise prescriptions for common shoulder injuries
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- List management strategies for effective management of low back pain
- List strategies to promote exercise and physical activity in the general patient population
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Identify the risks of abnormal thyroid function



### **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: Endo/Gastro/Ortho/Pain*, with a beginning date of August 19, 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 6.5 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: JA0003680-0000-21-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.