



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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ORTHOPEDIC MEDICINE FOR PRIMARY CARE: NECK & SPINE/ORTHOPEDICS/RHEUMATOLOGY

**San Diego, CA - Hotel del Coronado
March 7 - 10, 2024**



Thursday, March 7, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Orthopedics

Shoulder Conditions and the Primary Care Clinician

Discussion of 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 provider relating to deficiencies that should be addressed when considering treatment

8:30 am - 9:30 am - Orthopedics

Wrist, Hand, and Fingers

Carpal tunnel syndrome, gamekeepers thumb, ganglion cyst, trigger fingers, de Quervains disease and more.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - 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

11:40 am - 12:40 pm - Orthopedics

Knee Injuries (Continued)

Anatomy, common injuries, and exam techniques

12:40 pm

Session Adjourns



Friday, March 8, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Orthopedics

Ankle and Foot

This presentation will address a series of common acute and chronic injuries and pain syndromes to the foot and ankle as they would present in the primary care setting. The focus will be on developing a working differential diagnosis based on the historical mechanism of injury and exam findings.

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 - Orthopedics

Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care

Severity and consequences of concussion for those 18 and younger; Current definition, signs and symptoms, their significance; Up-to-date return to sport guidelines and decision making and provide concussion management tools; Discussion the 6th International Conference on Concussion in Sports in Amsterdam 2022 as well as CRT6, SCAT6, SCOAT6; Discussion of helmets, hype and hope

10:40 am - 11:40 am - Neck & Spine

Diagnosis and Treatment of Lumbar Spine Disorders

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

11:40 am - 12:40 pm - Neck & Spine

Lumbar Spine Disorders (Continued)

Anatomy, common injuries, and exam techniques

12:40 pm

Session Adjourns



Saturday, March 9, 2024

7:00 am

Registration and Breakfast

**7:30 am - 8:30 am - Neck & Spine
Lumbar Spine Disorders (Continued)**

Anatomy, common injuries, and exam techniques

8:30 am - 9:30 am - Neck & Spine

Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Rheumatology

Evaluating the Patient with Joint Pain

Differentiating between inflammatory and non-inflammatory joint pain; The utility of joint aspiration and lab work-up with interpretation of synovial fluid analysis; Differential diagnosis of joint pain and inflammatory arthritis

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, March 10, 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

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

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:

- Recommend appropriate exercise prescriptions for common shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Evaluate and manage concussion in pediatric patients
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Recognize chronic injuries and pain syndromes to the foot and ankle
- List strategies to promote exercise and physical activity in the general patient population
- Identify early treatment options for the management of lumbar spine disorders
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- Utilize observation, palpation, range of motion and neurologic exams to diagnose cervical spine disorders
- Compare and contrast inflammatory & non-inflammatory joint pain and their differential diagnoses
- 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
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia



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, *Orthopedic Medicine for Primary Care: Ortho/Ortho/Neck & Spine/Rheum*, with a beginning date of March 7, 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 5.0 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 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: JA0003680-0000-24-017-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.