



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

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**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/GASTROENTEROLOGY/  
ORTHOPEDICS/PSYCHIATRY**

**Hilton Head, SC - The Westin Hilton Head Island Resort & Spa  
April 4 - 7, 2024**



Thursday, April 4, 2024

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Orthopedics**

**The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

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

**8:30 am - 9:30 am - Orthopedics**

**The Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

**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 - Orthopedics**

**The Knee (Continued)**

Anatomy, common injuries, and exam techniques

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

**12:40 pm**

**Session Adjourns**

**Friday, April 5, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 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

**8:30 am - 9:30 am - Gastroenterology**  
**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 risk factors, prevalence, evaluation, and management of NAFLD

**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 - Dermatology**  
**Dermatitis**

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

**11:40 am - 12:40 pm - Dermatology**  
**Papulosquamous Diseases**

Diagnostic principles of skin lesions consisting of red or purple papules; Psoriasis, lichen planus, pityriasis rosea, lupus erythematosus; Discussion of how to tell one scaly rash from another

**12:40 pm**

**Session Adjourns**

**Saturday, April 6, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Dermatology**

**Fungal Infections of the Skin**

Dermatophytes, tinea versicolor, candidiasis; Selected deep fungal infections; Onycholysis; Drug induced nail changes; paronychia, koilonychia, nail discolorations, tumors of the nail; Fungal infections diagnosis and management; Overview and comparison of antifungal treatment options

**8:30 am - 9:30 am - Dermatology**

**Bacterial Infections of the Skin**

Impetigo, ecthyma, folliculitis, furunculosis, necrotizing fasciitis, Lyme disease, syphilis; diagnosis and management; Guidelines for antibiotic treatment; Management of special populations

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

**Coffee Break**

**9:40 am - 10:40 am - Psychiatry**

**Depression and Suicide**

Assessment of depressive symptoms in adults; Assessment and mitigation of suicide risk; Treatment of depression

**10:40 am - 11:40 am - Psychiatry**

**Anxiety Disorders**

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

**11:40 am**

**Session Adjourns**



**Sunday, April 7, 2024**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Psychiatry**

**Bipolar Spectrum Disorders**

Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

**8:30 am - 9:30 am - Psychiatry**

**The Complexity of Adult ADHD**

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

**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 treat shoulder injuries
- Diagnose and treat shoulder injuries
- Describe the anatomy and function of the knee joint
- Describe the anatomy and function of the knee joint
- List current treatment recommendations for the management of lower GI bleeding
- Recommend appropriate testing for the workup of celiac disease
- Identify risk factors for the development of non-alcoholic fatty liver disease
- List current treatment recommendations for HBV and HCV
- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Discriminate the diagnostic principles and treatment options for papulosquamous diseases with red, raised bumps
- Compare the different treatment options for fungal skin infections and nail infections
- Perform a differential diagnosis of common bacterial skin infections and recommend appropriate treatment
- Describe symptoms that move depression to plans for suicide
- Review current evidence for the treatment of anxiety disorders
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD



### **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: Derm/Gastro/Ortho/Psych*, with a beginning date of April 4, 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: JA0003680-0000-24-028-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.