



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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WOMEN'S HEALTH FOR PRIMARY CARE: CARDIOLOGY/GYNECOLOGY

**Charleston, SC - Francis Marion Hotel
April 26 - 28, 2024**

Friday, April 26, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology - 1

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

8:30 am - 9:30 am - Gynecology - 1

Menopause Transition and Hormone Replacement Therapy

Symptoms of menopause, including hot flashes, night sweats, and atrophy; Menopause syndromes, including osteoporosis, breast cancer, cardiac disease, and colon cancer; Estrogen analogs; Counseling patients in options and alternatives to hormone therapy; Designer estrogens; SERMs; HRTs; Discussion of risks and benefits, especially in breast cancer and CHD

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology - 1

Breast Cancer Screening and Recent USPSTF Guidelines Update

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

10:40 am - 11:40 am - Cardiology

Aortic Stenosis

Monitoring asymptomatic patients, transcatheter vs surgical valve replacement, bicuspid valve disease

11:40 am - 12:40 pm - Cardiology

Update on Atrial Fibrillation for the Primary Care Provider

New methods of detection, rate vs rhythm control, new options for stroke prevention

12:40 pm

Session Adjourns

Saturday, April 27, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Cardiology

Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers; Treatment options: ACE inhibitors, ARBs, beta blockers, mineralocorticoid receptor antagonists; The role of devices in treatment and Anticoagulation and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure

8:30 am - 9:30 am - Cardiology

Hypertension

The latest 2017 Multisociety Hypertension Guidelines; Updates after the guidelines; Approaches to treatment-thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology - 1

Annual Exam for Women

Best practices in offering annual pelvic examinations in asymptomatic non-pregnant women; Determination of who should be offered a clinical breast exam as a routine part of the annual women's health exam; The principal elements of the annual women's health visit: screening, vaccinations, evaluation of health risks and needs, counseling; Evidence-based tools to guide components of the annual women's health visit based on age and health needs

10:40 am - 11:40 am - Gynecology - 2

Preconception Counseling

Screening and evaluation prior to a planned pregnancy; Review of current recommendations for carrier testing and when to refer a patient for specialty evaluation prior to conception

11:40 am - 12:40 pm - Gynecology - 2

Management of Abnormal Pap Smears

Current recommendations for cervical cancer screening; Incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into practice; Algorithm for the appropriate use of HPV testing

12:40 pm

Session Adjourns

Sunday, April 28, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Gynecology - 2

Contraception: A Primary Care Review of Best Practice

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

8:30 am - 9:30 am - Gynecology - 2

Polycystic Ovary Syndrome (PCOS) Overview for Primary Care

Discussion of the normal balance of hormones (estrogen, progesterone and androgens) in the ovaries; Treatment of cysts and the regulation of menstrual cycles; Acne and hair growth; Treatment options and referral guidelines

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:

- Assess and manage abnormal uterine bleeding
- Discuss menopausal transition and the risks/benefits of treatment options
- Discuss the current evidence and recommendations regarding breast cancer screening
- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Discuss strategies to diagnose and treat aortic stenosis and mitral valve disease in the primary care setting
- List pharmacologic options for stroke prevention in patients with atrial fibrillation and the benefits of each
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Explain current concepts in the diagnosis and treatment of hypertension
- Identify preconception interventions that can enhance pregnancy outcomes
- Describe the management of HPV infection and abnormal pap smear results
- Describe approaches to counseling patients for making complex contraceptive decisions
- Describe the current diagnostic criteria for PCOS in adolescents



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 12 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 12 *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 12 (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)



AAFP has reviewed Women's Health for Primary Care: Cardio/Gyn/Gyn and deemed it acceptable for up to 12.00 Live AAFP Prescribed credits. Term of Approval is from 4/26/2024 to 4/28/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association (AOA)

These programs are approved for 12 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 12 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 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 4.0 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 12 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 12 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 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-24-033-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.