



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
DERMATOLOGY/GERIATRICS/NEPHROLOGY/
PODIATRY**

**Maui, HI - The Westin Maui Resort & Spa Kaanapali
August 4 - 8, 2024**



Sunday, August 4, 2024

2:30 pm

Registration

3:00 pm - 4:00 pm - 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

4:00 pm - 5:00 pm - 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

5:00 pm - 6:00 pm - 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

6:00 pm

Session Adjourns

Monday, August 5, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Geriatrics

Approach to the Geriatric Patient

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

8:30 am - 9:30 am - Geriatrics

Urological Disorders in the Older Adult

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - Dermatology

Benign Skin Tumors

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

11:40 am - 12:40 pm - Dermatology

Premalignant and Malignant Skin Tumors

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

12:40 pm

Session Adjourns

Tuesday, August 6, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Nephrology

A Primary Care Approach to Managing Patients with Chronic Kidney Disease

Chronic kidney disease affects one in six people; It is important for the primary care provider to know the complications from chronic kidney disease and be part of the team planning for potential renal replacement therapy; Exploration of electrolyte abnormalities, acid base imbalances, bone mineral disorders, anemia management; Planning for eventual kidney transplantation or dialysis

8:30 am - 9:30 am - Nephrology

Primary Care Primer on Electrolyte Imbalances

Electrolyte and acid-base disorders are common in clinical practice and can arise from genetic and acquired disease as well as commonly prescribed medications. These include disturbances in serum sodium, potassium, calcium and bicarbonate. This case-based lecture will review the pathophysiology, diagnosis, prevention and management of these common imbalances.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Nephrology

Glomerulonephritis 101

Differentiating glomerulonephritis and secondary glomerulonephritis in lupus or diabetes; dealing with high blood pressure, nephrotic syndrome and other complications; the appropriateness of tests, imaging and biopsy; treatment options

10:40 am - 11:40 am - Geriatrics

Alzheimer's & Other Dementias

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

11:40 am - 12:40 pm - Geriatrics

Managing Behavior Problems in Dementia Patients

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior

12:40 pm

Session Adjourns

Wednesday, August 7, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Podiatry

Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

8:30 am - 9:30 am - Podiatry

Ankle Sprains

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Podiatry

Stress Fractures of the Foot and Ankle

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

10:40 am - 11:40 am - Nephrology

Resistant Hypertension

Resistant hypertension is a common problem among patients in the primary care practice. Recognizing those with resistant hypertension is critically important as resistant hypertension is associated with very high rates of cardiovascular morbidity and mortality. The lecture focuses on the definition, diagnosis, and treatment approaches that primary care providers need to know to optimally manage patients in the outpatient setting.

11:40 am - 12:40 pm - Nephrology

Should All Patients with CKD be Treated with a SGLT2 Inhibitor?

Sodium-glucose transporter 2 inhibitors (SGLTi) represent a major advance in the treatment of patients with diabetes in kidney disease when added onto renin-angiotensin system blocking drugs. Increasing evidence indicates that this class of drugs provides both kidney and cardiovascular benefits to patients with chronic kidney disease, regardless of diabetes status. Primary care providers need to know which patients should be prescribed these drugs as they clearly not only reduce morbidity but also mortality in CKD patients with or without diabetes. This lecture will provide the most up to date use of SGLT2i in patients with CKD, including evidence-based guidelines/goal directed medical therapy.

12:40 pm



Session Adjourns

Thursday, August 8, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Podiatry

Achilles Tendinitis

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

8:30 am - 9:30 am - Podiatry

Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

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:

- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Perform a differential diagnosis of common bacterial skin infections and recommend appropriate treatment
- Compare the different treatment options for fungal skin infections and nail infections
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Describe the primary care work-up of incontinence in older adults
- Evaluate hypertension in elderly patients and recommend appropriate treatment based on individual risk factors
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Describe potential complications from chronic kidney disease and options for potential renal replacement therapy
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- Describe treatment options for hematuria and glomerulonephritis
- Define the most appropriate treatment approaches to manage patients with resistant hypertension
- Describe evidence-based guidelines for the use of SGLT2 inhibitors in patients with CKD
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Discuss causes, prevention and treatment of foot and ankle stress fractures
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss technologies used to treat acute and chronic plantar fasciitis

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 20 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 20 *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 20 (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 Internal Medicine for Primary Care: Derm/Geri/Nephro/Pod and deemed it acceptable for up to 20.00 Live AAFP Prescribed credits. Term of Approval is from 8/4/2024 to 8/8/2024. 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 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.5 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 20 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 20 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 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-24-079-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.