



**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/GASTROENTEROLOGY/
ORTHOPEDICS/SLEEP MEDICINE**

**Kauai, HI - Grand Hyatt Kauai Resort & Spa
October 6 - 10, 2024**



Sunday, October 6, 2024

2:30 pm

Registration

3:00 pm - 4:00 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

4:00 pm - 5:00 pm - Gastroenterology

Bootcamp for Elevated Liver Function Tests

The elevation of elevated liver function tests can be challenging, how much testing is needed?; Discussion of common sources of elevated liver function tests; Recognition of Non Alcoholic Fatty Liver Disease; Hepatitis B evaluation and treatment; Hemochromatosis evaluation; A primary care perspective on Hepatitis C

5:00 pm - 6:00 pm - Gastroenterology

Clostridium Difficile

We will review the workup of celiac disease when a patient is already on a gluten free diet. We will discuss the entity of "Non-Celiac Gluten Sensitivity". Finally, we will review how the symptoms of sprue, non-celiac gluten sensitivity and irritable bowel syndrome may be identical.

6:00 pm

Session Adjourns

Monday, October 7, 2024

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Sleep Medicine

How Sleep Works

The drivers of sleep and integration of how these drivers can be used to improve sleep; Basic principles of sleep drive, circadian rhythm and sleep associations will be discussed; Related to cases to highlight these principles.

8:30 am - 9:30 am - Sleep Medicine

Approach to the Patient Who Can't Sleep

Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Sleep Medicine

Evaluation and Treatment of the Excessively Sleepy Patient

Daytime sleepiness impairs approximately 15% of adults from getting the most out of their day; Review of the common and less common causes of daytime sleepiness including, behavioral insufficient sleep, narcolepsy, idiopathic hypersomnia and sleep related breathing disorders; The approach and therapeutic options for each disorder.

10:40 am - 11:40 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

11:40 am - 12:40 pm - Gastroenterology

Irritable Bowel Syndrome

This topic will discuss the pathophysiology, clinical manifestations, diagnosis, and management of IBS.

12:40 pm

Session Adjourns

Tuesday, October 8, 2024

7:00 am

Registration and Hot 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

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.

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 - Sleep Medicine

Twitch, Rattle, and Roll: Restless Legs Syndrome and Other Nocturnal Events

This lecture will review the recent changes in our understanding and approach to Restless Legs Syndrome including newer treatment paradigms. In addition, the lecture will review approach to evaluation and treatment of other nocturnal events.

11:40 am - 12:40 pm - Sleep Medicine

Sleep Challenges as We Age

Discussion of troubles falling asleep and staying asleep as a patient ages; The decrease of deep sleep; Practical approaches to solving common sleep problems including nocturia, anxiety, discomfort from pain, and other challenges to effective sleep as we age

12:40 pm

Session Adjourns



Wednesday, October 9, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Addiction

Substance Use Disorders: Screening & Identification for Primary Care Providers

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; epidemiology, assessment and screening tools; practical steps for intervention

8:30 am - 9:30 am - Addiction

Drugs: Review of Addictive Drugs and Their Effects

This module will review hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Addiction

The Opioid Crisis and Primary Care Providers

Origin and epidemiology; differentiating other elements contributing to the crisis; opioid effects and pharmacology; common misconceptions about opioid analgesic safety; identifying risk for overdose and addiction; best practices and guidelines for safe prescribing and monitoring use

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns



Thursday, October 10, 2024

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Addiction

Treatment of Alcohol Use Disorder in Primary Care

This talk will describe the scope of the problem of alcohol use disorder and its costs on the entire health care system and our patients' health, the co-morbidities associated with alcohol use disorder and treatments as well as medication assisted treatment for alcohol use disorder.

8:30 am - 9:30 am - Addiction

Addiction Medicine Cases

Challenging case presentations in addiction medicine

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
- Describe needed testing for elevated liver function tests
- Discuss prevention and treatment options for Clostridium difficile
- Recommend appropriate testing for the workup of celiac disease
- Evaluate the efficacy of treatment options for IBS
- Discuss the basic mechanisms of sleep and circadian rhythm disorders
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome
- Review therapeutic options for excessive sleepiness and obstructive sleep apnea
- Describe medical issues surrounding RLS, parasomnias and other special sleep issues
- List challenging factors affecting sleep across the adult life cycle
- Diagnose and treat shoulder injuries
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Evaluate and manage concussion in pediatric patients
- Describe the anatomy and function of the knee joint
- List strategies to promote exercise and physical activity in the general patient population
- Describe strategies for identifying and treating substance use disorders
- Review the effects of addictive drugs including hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol
- Identify therapies, including nonpharmacological pain treatment strategies, that can reduce the dose of opioids to control pain
- Develop a treatment plan for Alcohol Use Disorder
- Utilize case-based learning to develop treatment plans for substance use disorders

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: Addiction/Gastro/Ortho/Sleep and deemed it acceptable for up to 20.00 Live AAFP Prescribed credits. Term of Approval is from 10/6/2024 to 10/10/2024. 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: JA0003680-0000-24-100-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.