



**INTERNAL MEDICINE FOR PRIMARY CARE:
INFECTIOUS DISEASES/NECK & SPINE/
OBESITY/PSYCHIATRY**

**Cancún, Mexico - NIZUC Resort & Spa
October 24 - 27, 2024**



Thursday, October 24, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 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.

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

Physical Examination of the Lumbar Spine, Hip, and Sacroiliac Joint

Exam techniques will be demonstrated and discussed

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Neck & Spine

Non-surgical Treatment of Neck and Mid Back Pain

The role of activity modification; Benefits and limits of physical therapy and discussion of modalities; Medications; Interventional treatments

10:40 am - 11:40 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.

11:40 am - 12:40 pm - Obesity

Pathophysiology of Obesity

A guide to understanding practice demographics and considerations; The what and why of epigenetics; A practical guide to behavioral and medication management

12:40 pm

Session Adjourns



Friday, October 25, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Obesity

Medical Management of Obesity

Overview of obesity as a disease state; Costs to the individual of being obese; Use of appetite suppressant medications and lifestyle modifications

8:30 am - 9:30 am - Obesity

Complications and Considerations of Bariatric Surgery

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; Potential complications; The role of support and behavior modification, nutrition, and the stages of patient management post-surgery

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Obesity

Guiding Patients in the Medical and Surgical Care of Obesity

Differences in treating obesity vs. other medical conditions, treatments, and procedures; Strategies for better engagement and understanding of patient pathways, perspectives, and team partnership

10:40 am - 11:40 am - Infectious Diseases

Skin & Soft Tissue Infections

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

11:40 am - 12:40 pm - Infectious Diseases

Respiratory Tract Infections

Discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

12:40 pm

Session Adjourns

Saturday, October 26, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Infectious Diseases

Gastrointestinal Infections & Clostridioides Difficile

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridioides difficile colitis and related updates from the ID and infection control literature

8:30 am - 9:30 am - Infectious Diseases

Emerging Infectious Diseases

Novel influenza viruses, resurgence of vaccine-preventable diseases, zoonoses and disease related to animal exposures (including vectors such as mosquitoes that bear west Nile virus and dengue), bioterrorism and food/waterborne illness

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Medical Evaluation of the Patient with Psychiatric Presentations

The signs and symptoms of psychiatric problems in a patient that presents in the primary care setting; Key elements of history and the clinical exam; Treatment options including cognitive behavioral therapy and medication use in the psychiatric patient; Tips on when to refer to psychiatry

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, October 27, 2024

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Psychiatry

Substance Use Disorders

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

8:30 am - 9:30 am - Psychiatry

Depression and Suicide

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

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:

- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- List common causative pathogens for various respiratory tract infections
- Evaluate the severity of diarrhea and evaluate the need for treatment
- Discuss emerging infectious diseases including resurgence of vaccine-preventable diseases, zoonoses, and diseases related to animal exposures
- Explain the underlying mechanisms and physiological processes that contribute to the development and progression of obesity, including the roles of genetics, hormones, metabolism, and environmental factors
- Discuss non-surgical obesity treatment options
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies, including patient selection criteria for surgery
- Identify early treatment options for the management of lumbar spine disorders
- Evaluate abnormal gait patterns
- Discuss the benefits of physical therapy and activity modification in the treatment of neck and mid back pain
- Utilize observation, palpation, range of motion and neurologic exams to diagnose cervical spine disorders
- Utilize a comprehensive assessment to identify and diagnose patients with psychiatric presentations
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders
- Describe symptoms that move depression to plans for suicide



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)



AAFP has reviewed Internal Medicine for Primary Care: ID/Neck & Spine/Obesity/Psych and deemed it acceptable for up to 16.00 Live AAFP Prescribed credits. Term of Approval is from 10/24/2024 to 10/27/2024. 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 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 6.0 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: JA0003680-0000-24-108-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.