



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION/DERMATOLOGY/ORTHOPEDICS

**Lake Tahoe, NV - Edgewood Tahoe Resort
February 21 - 23, 2025**

Friday, February 21, 2025

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 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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.

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, February 22, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Orthopedics

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns



Sunday, February 23, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Addiction

Psychopharmacology and Addiction Medicine

Psychopharmacologic interventions and overdose and addiction; Medication-assisted Treatment (MAT) with FDA approved medications for treating addiction-indications and contraindications; Medication management for co-occurring psychiatric disorders

8:30 am - 9:30 am - Addiction

Chronic Pain and Addictions

Epidemiology of pain; risk factors and comorbidity; pain management concepts; patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

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
- Describe the anatomy and function of the knee joint
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Discuss the components of a pre-participation sports physical
- 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
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Describe strategies for identifying and treating substance use disorders
- Identify therapies, including nonpharmacological pain treatment strategies, that can reduce the dose of opioids to control pain
- Recognize the basic biological, behavioral, and social factors that underly the mechanisms of drug abuse risk and other related problems
- Discuss options for patients with chronic pain addictions

Disclosure of Relevant Financial Relationships

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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)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

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 American Academy of Family Physicians (AAFP) and the College of Family Physicians of Canada (CFPC) have a bilateral reciprocal certification agreement whereby: CME/CPD activities held across the Canada - U.S. border are certified according to the nationality of the primary target audiences regardless of where the providers are located. The activities will be reviewed according to the criteria of the certifying organization.

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 5.5 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 12 contact hours.

Physician Associates Credit Designation

American Academy of Physician Associates (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: JA0003680-0000-25-015-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.