



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**PEDIATRIC & ADOLESCENT MEDICINE FOR
PRIMARY CARE: EMERGENCY MEDICINE/
PSYCHIATRY/SPORTS MEDICINE**

**Phoenix, AZ - Arizona Biltmore, A Waldorf Astoria Resort
November 14 - 16, 2025**

Friday, November 14, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Psychiatry

The Complexity of ADHD In Teens and Adolescents

Diagnosis and treatment of ADHD in teens and adolescents with an emphasis on history taking, differential diagnosis, medical and psychiatric co-morbidity, and FDA-approved treatments

8:30 am - 9:30 am - Psychiatry

Eating Disorders

A primary care perspective on treating anorexia nervosa, bulimia nervosa and binge-eating disorder and their variants; treatment strategies for the adverse psychological, physical and social consequences of disturbance in eating behavior and weight regulation

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Depression in Teens and Adolescents

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

10:40 am - 11:40 am - Sports Med

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.

11:40 am - 12:40 pm - Sports Med

Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. RED-S (Relative Energy Deficiency in Sports) is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary

12:40 pm

Session Adjourns

Saturday, November 15, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management

This topic will cover the current definition, signs and symptoms, significance and office approach to mild traumatic brain injury as a consequence of athletic endeavors. The presentation will include up-to-date classification, return to sport guidelines and decision making by the primary care physician, and discuss an office-based management scheme.

8:30 am - 9:30 am - Sports Med

Commonly Missed Orthopedic Injuries in Children and Adolescents

The immature skeleton of the pediatric and adolescent athlete makes it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Substance Use Disorders in Teens and Adolescents

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options

10:40 am - 11:40 am - Emergency Med

The First Hour: Preparation for Pediatric Critical Care Transport

Mobile pediatric/neonatal intensive care units that can be brought directly to the referring hospital; Preparation and stabilization in the prehospital setting; Improving overall patient outcomes.

11:40 am - 12:40 pm - Emergency Med

Special Considerations in Pediatric Airways

Airway management in children; Basic airway skills; Clear concepts and strategies to maintain oxygenation and ventilation in children; Understanding the differences between pediatric and adult airways; Early assessment and understanding of pediatric airway disease as well as presentation to help guide therapy modalities

12:40 pm

Session Adjourns

Sunday, November 16, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Emergency Med

Overdoses and Intoxications in Pediatric Medicine

Overdoses and intoxications that are increasing in the pediatric population; Common signs and symptoms of overdose to both guide treatment as well as therapy; Toddlers who ingest common household items to the teenager who intentionally overdoses, epidemiology regarding most common agents at each age; Tools to best manage these patients.

8:30 am - 9:30 am - Emergency Med

Drowning: In the Blink of an Eye

Overview of the pathophysiology around neurologic, respiratory and cardiac impairments related to drowning; Possible management strategies; Prognostic factors to help in difficult drowning cases; Current management guidelines in ER for drowning

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:

- Accurately diagnose and treat (pharmacologic and nonpharmacologic) ADHD in teens and adolescents
- Manage adverse psychological, physical and social consequences of eating disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression in children and adolescents
- Describe strategies for identifying and treating substance use disorders in pediatric patients
- Discuss the components of a pre-participation sports physical
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- List the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent athlete
- Prepare a pediatric patient for critical care transport
- Identify the differences between pediatric and adult airways
- Describe treatment options for common pediatric intoxications
- Identify respiratory and cardiac impairments related to drowning

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 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 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-XXX-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.