



**INTERNAL MEDICINE FOR PRIMARY CARE:
GASTROENTEROLOGY/NEPHROLOGY/
OBSTETRICS/PULMONOLOGY**

**Oahu, HI - Aulani, A Disney Resort & Spa
July 13 - 17, 2025**



Sunday, July 13, 2025

2:30 pm

Registration

3:00 pm - 4:00 pm - Pulmonology

Asthma

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

4:00 pm - 5:00 pm - Pulmonology

Controversies in the Treatment of Common Respiratory Infections

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

5:00 pm - 6:00 pm - Pulmonology

COPD

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

6:00 pm

Session Adjourns



Monday, July 14, 2025

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Nephrology

Should All Patients with CKD be on SGLT2 Inhibitors?

Sodium-glucose transporter 2 inhibitors (SGLT2i) 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.

8:30 am - 9:30 am - Nephrology

Glomerulonephritis 101

Glomerulonephritis is an important cause of chronic progressive kidney disease and can be difficult to detect and diagnose. This case based lecture will provide primary care providers with the knowledge and tools on when to suspect glomerulonephritis, how to differentiate from other causes of kidney disease. IgA nephrology, the most common cause of glomerulonephritis, will be discussed as an example of differentiating glomerulonephritides and participants will learn about the mechanisms of action and how to prescribe three FDA approved treatments for patients with this particular glomerular disease.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Nephrology

Managing Diabetic Kidney Disease: New Insights and Therapies

Chronic kidney disease attributed to diabetes is the leading cause of kidney failure globally. The disease is incurable and kidney disease once established typically progresses and is associated with excessive morbidity and mortality. This presentation will provide up to date information on how to detect, diagnose and manage chronic kidney disease and review recently completed and ongoing clinical trials designed to improve kidney outcomes. The lecture will also discuss when and how to use non-steroidal mineralocorticoid receptor antagonists and Glucagon-like peptide-1 (GLP-1) agonists in clinical practice.

10:40 am - 11:40 am - Pulmonology

Lung Cancer Screening & Pulmonary Nodules

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

11:40 am - 12:40 pm - Pulmonology



Deep Vein Thrombosis & Pulmonary Embolism

Clinical presentation: The great masquerader; diagnostic controversies; acute treatment; chronic therapy and complications; ACCP Guidelines.

12:40 pm

Session Adjourns

Tuesday, July 15, 2025

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - 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

8:30 am - 9:30 am - Gastroenterology

Colorectal Cancer Screening and Surveillance

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gastroenterology

Non-alcoholic Fatty Liver Disease (NAFLD)

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of NAFLD, its implications and management

10:40 am - 11:40 am - Nephrology

Primary Care Primer on Electrolytes

Electrolyte and acid-base disorders are common findings in clinical practice. They can arise from genetic and acquired diseases and can be associated with commonly prescribed medications. This case-based lecture focuses on the disturbances in and interactions between serum sodium, potassium, and bicarbonate. It reviews the pathophysiology, diagnosis and management of these common imbalances.

11:40 am - 12:40 pm - 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 will employ real cases and explain how to differentiate true resistant hypertension from Pseudoresistant hypertension. Primary care providers will be able to update their practices on the definition, diagnosis, and importantly their treatment approaches to optimally manage patients in the outpatient setting.



12:40 pm

Session Adjourns

Wednesday, July 16, 2025

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Obstetrics

Preconception Counseling

Screening and evaluation prior to a planned pregnancy; Review of current recommendations for carrier testing and when to refer a patient for specialty evaluation prior to conception

8:30 am - 9:30 am - Obstetrics

Exercise and Nutritional Considerations During Pregnancy and Postpartum

Review of guidelines for weight gain during pregnancy in normal weight, underweight and overweight/obese women; Discussion of recommendations for dietary intake during pregnancy and postpartum/during lactation, including discussion of women post- bariatric surgery; Recommendations for exercise and activity during pregnancy and postpartum period

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Obstetrics

Guide to Medication Use During Pregnancy and Lactation

Review of the current classification systems; Discussion of medication classes commonly used during pregnancy and lactation; Discussion of commonly used medications that should be avoided during pregnancy and/or lactation

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

Drug Induced Liver Injury (DILI)

A primary care approach to evaluating and managing a wide range of drug-induced liver injury including hepatic inflammation, jaundice, and hepatocellular necrosis

12:40 pm

Session Adjourns



Thursday, July 17, 2025

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Obstetrics

Treating Psychiatric Disorders in Pregnancy; Postpartum Psychiatric Disorders

Epidemiology of mood disorders in pregnancy; treatment of major depression during pregnancy; use of psychotropics in pregnancy; treatment of postpartum mood disorders; psychotropics and lactation; non-hormonal treatment of vasomotor instability

8:30 am - 9:30 am - Obstetrics

Substance Use Disorders in Pregnancy

Discuss marijuana and opioid use in pregnancy; Discuss risks of in-utero exposure to these drugs in pregnancy; Understand recommendations for opioid assisted treatment in pregnancy

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 manage patients with asthma
- Design treatment strategies reflective of current evidence-based medicine for common respiratory infections
- Describe the current therapeutic management of COPD
- Discuss diagnosis and screening strategies as well as treatment plans for lung nodules and lung cancer
- Diagnose deep vein thrombosis and pulmonary embolism and discuss appropriate therapeutic options
- Describe evidence-based guidelines for the use of SGLT2 inhibitors in patients with CKD
- Describe treatment options for hematuria and glomerulonephritis
- Identify strategies to detect and treat diabetic kidney disease
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- Define the most appropriate treatment approaches to manage patients with resistant hypertension
- List current treatment recommendations for the management of lower GI bleeding
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Identify risk factors for the development of non-alcoholic fatty liver disease
- Recommend appropriate testing for the workup of celiac disease
- Recognize medications and toxins commonly associated with liver injury
- Identify preconception interventions that can enhance pregnancy outcomes
- Evaluate patients in order to make appropriate recommendations regarding weight gain, exercise and activity during pregnancy, postpartum and lactation
- List commonly used medications that could potentially cause complications during pregnancy and lactation
- Describe the pros and cons of available pharmacologic treatment options for major depression during pregnancy
- Discuss risks and treatment options for in-utero risks of substance use in pregnancy



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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)

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 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 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.0 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 20 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 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: JA0003680-0000-25-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.