



**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/GASTROENTEROLOGY/  
GERIATRICS/ORTHOPEDICS**

**Mackinac Island, MI - Grand Hotel  
July 31 - August 3, 2025**

Thursday, July 31, 2025

7:30 am

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

8:00 am - 9:00 am - **Cardiology**

**Work-up of Patients with Suspected CAD**

Risk factor evaluation and risk assessment models; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

9:00 am - 10:00 am - **Cardiology**

**Acute Coronary Syndromes: The Patient with Acute Chest Pain**

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

10:00 am - 10:10 am

**Coffee Break**

10:10 am - 11:10 am - **Cardiology**

**Heart Failure**

Etiologies and stages of heart failure; ACC/AHA Heart Failure guidelines; Heart failure with reduced EF (LVrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers; Treatment options: ACE inhibitors, ARBs, beta blockers, mineralocorticoid receptor antagonists; The role of devices in treatment and Anticoagulation and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure

11:10 am - 12:10 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 approached to the spectrum of patients presenting with hematochezia

12:10 pm - 1:10 pm - **Gastroenterology**

**Approach to 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

1:10 pm

**Session Adjourns**

## Friday, August 1, 2025

### 7:30 am

#### Registration

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

### 8:00 am - 9:00 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

### 9:00 am - 10:00 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

### 10:00 am - 10:10

#### Coffee Break

### 10:10 am - 11:10 am - Cardiology

#### Hypertension

The latest 2017 Multisociety Hypertension Guidelines; Updates after the guidelines; Approaches to treatment-thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

### 11:10 am - 12:10 pm - Geriatrics

#### Approach to the Geriatric Patient

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

### 12:10 pm - 1:10 pm - Geriatrics

#### Urological Disorders in the Older Adult

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

### 1:10 pm

#### Session Adjourns



**Saturday, August 2, 2025**

**7:30 am**

**Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

**8:00 am - 9:00 am - Geriatrics**

**Alzheimer's & Other Dementias**

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

**9:00 am - 10:00 am - Geriatrics**

**Managing Behavior Problems in Dementia Patients**

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior

**10:00 am - 10:10**

**Coffee Break**

**10:10 am - 11:10 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

**11:10 am - 12:10 pm - Orthopedics**

**The Knee (Continued)**

Anatomy, common injuries, and exam techniques

**12:10 pm**

**Session Adjourns**



## Sunday, August 3, 2025

### 7:30 am

#### **Registration**

Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

### 8:00 am - 9:00 am - Orthopedics

#### **The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

### 9:00 am - 10:00 am - Orthopedics

#### **The Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

### 10:00 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:

- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Explain current concepts in the diagnosis and treatment of hypertension
- List current treatment recommendations for the management of lower GI bleeding
- Describe needed testing for elevated liver function tests
- Identify risk factors for the development of non-alcoholic fatty liver disease
- Recommend appropriate testing for the workup of celiac disease
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Describe the primary care work-up of incontinence in older adults
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Describe the anatomy and function of the knee joint
- Describe the anatomy and function of the knee joint
- Diagnose and treat shoulder injuries
- Diagnose and treat shoulder injuries



### **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 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)

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 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 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 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 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 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: JA0003680-0000-25-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.