



**INTERNAL MEDICINE FOR PRIMARY CARE:  
ADDICTION/GYNECOLOGY/NEUROLOGY/  
PALLIATIVE**

**Oahu, HI - Aulani, A Disney Resort & Spa  
June 15 - 19, 2025**

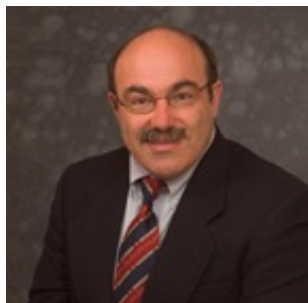
**Participating Faculty**

**Walter G. Carlini, MD, PhD**

**Donnah Mathews, MD, FACP**

**Sarah Morgan Carpenter, MD**

**Lipi Roy, MD, MPH, FASAM**



**Walter G. Carlini, MD, PhD**

Providence Medical Group  
Medford Neurology  
Medford, Oregon

Dr. Carlini has been practice as a general neurologist for over two decades. He cares for patients with a wide variety of neurologic disorders. He developed the stroke programs at two hospitals and is the stroke program director at the primary stroke center at providence Hospital in Medford, Oregon.

Dr. Carlini received his undergraduate degree from Harvard University and both his PhD in the neurosciences and his medical degree from Stanford University. After his medical internship at Oregon Health Sciences University, he returned to Stanford University for his neurology residency and his fellowship in Clinical Electrophysiology.

Dr. Carlini is the author of several articles and book chapters in publications such as *Neurology*, *The Journal of Stroke and Cerebrovascular Diseases*, and *MedLink*. He remains actively involved in clinical research and has been a principal investigator for over 60 clinical research trials, including phase II and III trials of novel treatments for stroke, migraine, epilepsy, multiple sclerosis, and Alzheimer's Disease.



**Donnah Mathews, MD, FACP**

Attending, Rhode Island Hospital  
Department of Medicine  
Assistant Professor, Alpert School of Medicine at Brown University  
Associate Medical Director, Hope Hospice of Rhode Island

Donnah Mathews, MD, FACP, is an attending at Rhode Island Hospital in the Department of Medicine, and she is board-certified in both internal medicine and hospice and palliative medicine. She is an Assistant Professor of Medicine at the Alpert School of Medicine for Brown University. She splits her time between Rhode Island Hospital and Hope Hospice and Palliative Medicine. At Rhode Island Hospital, she is a primary care clinician, overseeing internal medicine residents in the outpatient clinic as well as on inpatient medicine wards.

Dr. Mathews is also the Medical Director of Clinical Management, serving as the physician advisor for the case managers and the utilization review departments. She is an Associate Medical Director for Hope Hospice, overseeing a hospice team that serves over 100 patients and performing long term care and home visits for patients with life-limiting illnesses. Dr. Mathews is the Chief Compliance Officer for Brown Medicine. She is an active educator with the hospice fellows, internal medicine residents, and medical students.

Dr. Mathews' undergraduate degree is from Case Western Reserve University in Cleveland, Ohio, where she studied English, chemistry, and modern dance. She attended George Washington Medical School in Washington, D.C., and did her residency at Brown University in Providence, RI. She currently resides in East Greenwich, Rhode Island, with her orthopedic surgeon husband and three children.



**Sarah Morgan Carpenter, MD**

OB/GYN Hospitalist,  
Clinical Assistant Professor,  
Indiana University School of Medicine  
Indianapolis, Indiana

Dr. Carpenter received her undergraduate degree from Rhodes College in Memphis, Tennessee and her MD from the Medical College of Ohio at Toledo. She completed a residency in Obstetrics and Gynecology at Indiana University School of Medicine in Indianapolis, IN. Dr. Carpenter is board certified by the American Board of Obstetrics and Gynecology and is a member of the Central Association of Obstetrics and Gynecology (CAOG), among other professional organizations. Dr. Carpenter serves as a board examiner for ABOG and is a former Residency Program Director. Dr. Carpenter's current focus includes management of obstetric labor, management and prevention of postpartum hemorrhage and care of underserved patients. She is the recipient of multiple awards including the 'APGO Excellence in Teaching' award and the 'ACOG CREOG National Faculty Award for Excellence in Resident Education'. Dr. Carpenter is originally from Columbus, Ohio, is a loyal Buckeye football fan and loves to travel.



**Lipi Roy, MD, MPH, FASAM**

Physician and Founder, SITA MED  
Addiction Medicine Physician  
Media Health Commentator  
Clinical Assistant Professor of Medicine  
Albert Einstein College of Medicine  
New York, New York

Dr. Lipi Roy is a physician, international speaker, media personality, entrepreneur and host of the YouTube series, *Health, Humor and Harmony*. She is the founder of SITA MED, a health speaking and training company addressing stress-related conditions such as addiction, mental illness and sleep disorders. Dr. Roy was the Medical Director of COVID Isolation and Quarantine Sites for Housing Works in New York City. She also treated patients with opioid use disorder at a harm reduction clinic in the Bronx while working at multiple COVID vaccination sites. Dr. Roy currently treats patients with opioid use disorder at Greenwich House Center for Healing.

Dr. Roy's work spans academia, clinical medicine, homeless health, social and criminal justice, public speaking, and media. As the former Chief of Addiction Medicine for Rikers Island, Dr. Roy oversaw substance use treatment and recovery services at the nation's 2<sup>nd</sup> largest jail complex. Dr. Roy also serves as clinical assistant professor at Albert Einstein College of Medicine.

Previously, Dr. Roy served as a primary care doctor to Boston's homeless population among whom the leading cause of death was drug overdose. She also served as an attending physician at Massachusetts General Hospital and as faculty at Harvard Medical School. Dr. Roy completed her medical and master's in public health degrees at Tulane University, followed by residency training in internal medicine at Duke University Medical Center. Dr. Roy serves as a member of the DukeNY Board and is an active member of the Tulane New York Chapter.



**Sunday, June 15, 2025**

**2:30 pm**

**Registration**

**3:00 pm - 4:00 pm - Walter G. Carlini, MD, PhD**

**The Neurological Exam**

Characteristics and objectives of the examination; exam phases; assessing general mental status; long-term predications; examination of infants; demonstration on conducting an exam

**4:00 pm - 5:00 pm - Walter G. Carlini, MD, PhD**

**Evaluating Weakness**

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

**5:00 pm - 6:00 pm - Walter G. Carlini, MD, PhD**

**Headaches & Migraines**

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

**6:00 pm**

**Session Adjourns**

**Monday, June 16, 2025**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Donnah Mathews, MD, FACP**

**Medicare Hospice Benefit**

Which patients are eligible? What is palliative care? What does the Medicare benefit provide for patients and families?

**8:30 am - 9:30 am - Donnah Mathews, MD, FACP**

**Palliative Care for the PCP: Symptom Management**

Symptom management; Symptom management of dyspnea and cough, pain, nausea and vomiting, constipation, and agitation, at the end of life

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Donnah Mathews, MD, FACP**

**Prognostication for the PCP**

Estimating life expectancy for patients with life-limiting illnesses such as CHF, Alzheimer's dementia, Parkinson's disease, end stage renal disease

**10:40 am - 11:40 am - Walter G. Carlini, MD, PhD**

**Alzheimer's & Other Dementias**

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

**11:40 am - 12:40 pm - Walter G. Carlini, MD, PhD**

**Parkinson's Disease & Other Movement Disorders**

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic-induced movement disorders; chorea

**12:40 pm**

**Session Adjourns**

**Tuesday, June 17, 2025**

**7:00 am**

**Registration and Hot Breakfast**

**7:30 am - 8:30 am - Lipi Roy, MD, MPH, FASAM**

**Addiction 101: Neurobiology of Substance and Behavioral Addiction**

This module will introduce the disease model of addiction, its neurobiology, and some of the tools easily used in the primary care setting to identify who is at risk for addiction

**8:30 am - 9:30 am - Lipi Roy, MD, MPH, FASAM**

**Chronic Pain and Addiction**

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 - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Lipi Roy, MD, MPH, FASAM**

**Opioid Use Disorder**

Update on the opioid crisis; Risk for opioid misuse and addiction; FDA approved medication for treating overdose; FDA approved medication-assisted treatment (MAT) for managing opioid addiction

**10:40 am - 11:40 am - Donnah Mathews, MD, FACP**

**Addressing Goals of Care**

Definition of POA, DNR, DNI, DNH, MOLST, POLST; Techniques on how to address goals of care, both in acute crisis as well as when the patient has chronic issues

**11:40 am - 12:40 pm - Donnah Mathews, MD, FACP**

**Pain Management in the Palliative Care Patient**

Treatment of pain with both nonopioid and opioid medications; New guidelines related to opioid prescribing; Side effects management

**12:40 pm**

**Session Adjourns**



**Wednesday, June 18, 2025**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Sarah Morgan Carpenter, MD**

**Abnormal Uterine Bleeding**

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

**8:30 am - 9:30 am - Sarah Morgan Carpenter, MD**

**Menopause Transition and Hormone Replacement Therapy**

Symptoms of menopause, including hot flashes, night sweats, and atrophy; Menopause syndromes, including osteoporosis, breast cancer, cardiac disease, and colon cancer; Estrogen analogs; Counseling patients in options and alternatives to hormone therapy; Designer estrogens; SERMs; HRTs; Discussion of risks and benefits, especially in breast cancer and CHD

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Sarah Morgan Carpenter, MD**

**Cervical Cancer Screening Including HPV Management**

Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into practice; Algorithm for the appropriate use of HPV testing and managing results; Determining appropriate candidates for the use of the HPV vaccine

**10:40 am - 11:40 am - Lipi Roy, MD, MPH, FASAM**

**Alcohol Use Disorder and Benzodiazepines**

The scope of alcohol related problems and the societal burden of Alcohol Use Disorder; Overview of FDA-approved and more common off-label pharmacotherapies for Alcohol Use Disorder

**11:40 am - 12:40 pm - Lipi Roy, MD, MPH, FASAM**

**Gaming, Gambling and Social Media: How Do We Treat Behavioral Addiction?**

Description

**12:40 pm**

**Session Adjourns**



**Thursday, June 19, 2025**

**7:00 am**

**Registration and Continental Breakfast**

**7:30 am - 8:30 am - Sarah Morgan Carpenter, MD**

**Annual Exam for Women**

Best practices in offering annual pelvic examinations in asymptomatic non-pregnant women; Determination of who should be offered a clinical breast exam as a routine part of the annual women's health exam; The principal elements of the annual women's health visit: screening, vaccinations, evaluation of health risks and needs, counseling; Evidence-based tools to guide components of the annual women's health visit based on age and health needs

**8:30 am - 9:30 am - Sarah Morgan Carpenter, MD**

**Fertility Awareness and Management**

Comprehensive review and strategies to apply the physiologic knowledge of the menstrual cycle to clinical situations; Analysis of information about peak fertility times; Comparison and contrast of modern methods of fertility awareness and contraception

**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:

- Perform a neurological exam
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe the differential diagnosis of headaches and migraines
- Discuss evidence-based management options for Alzheimer's disease
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders
- List details about the Medicare hospice benefit
- Describe the primary care approach to palliative medicine including symptom management
- Recognize the importance of prognosis in decision making for seriously ill patients
- Define and establish goals of care with patients and their families
- Discuss pain management options with both nonopioid and opioid medications
- Describe the neurobiology of addiction
- Discuss options for patients with chronic pain addictions
- Identify therapies, including nonpharmacological pain treatment strategies, that can reduce the dose of opioids to control pain
- Develop a treatment plan for Alcohol Use Disorder
- Utilize case-based learning to develop treatment plans for substance use disorders
- Assess and manage abnormal uterine bleeding
- Discuss menopausal transition and the risks/benefits of treatment options
- Describe the management of HPV infection and abnormal pap smear results
- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Discuss modern methods of fertility, natural family planning and contraception





### **Disclaimer**

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

## 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)

AAFP has reviewed Internal Medicine for Primary Care: Addiction/Gyn/Neuro/Palliative and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 6/15/2025 to 6/19/2025. Physicians should claim only the credit commensurate with the extent of

### 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

Members of the College of Family Physicians of Canada are eligible to receive Mainpro+ Certified, Certified Assessment, or Non-Certified credits for participation in this activity due to reciprocal agreement with the American Academy of Family Physicians.

### 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.