



**PRIMARY CARE CONFERENCES**  
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/INFECTIOUS DISEASE/SLEEP  
MEDICINE**

**San Diego, CA - Hotel del Coronado  
March 13 - 15, 2026**

**Friday, March 13, 2026**

**7:00 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.

**7:30 am - 8:30 am - Cardiology**

**Interactive EKG Refresher**

A case-based refresher including challenging EKG readings

**8:30 am - 9:30 am - Cardiology**

**Arrhythmias**

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

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

**Coffee Break**

**9:40 am - 10:40 am - Cardiology**

**The Cardiovascular Work-up**

The initial evaluation of a cardiac patient, including physical exam, medication history, and appropriate use of laboratory tests

**10:40 am - 11:40 am - Infectious Diseases**

**Genitourinary Infections**

Presentation on a relevant and clinically practical approach to the patient with genitourinary complaints focusing on the latest guidelines for the range of urinary tract infections and highlights of selected and important sexually-transmitted disease syndromes.

**11:40 am - 12:40 pm - Infectious Diseases**

**Respiratory Tract Infections**

Discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

**12:40 pm**

**Session Adjourns**

**Saturday, March 14, 2026**

**7:00 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.

**7:30 am - 8:30 am - Infectious Diseases**

**Skin & Soft Tissue Infections**

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

**8:30 am - 9:30 am - Infectious Diseases**

**Infectious Disease Cases**

Challenging case presentations in infectious diseases

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

**Coffee Break**

**9:40 am - 10:40 am - Cardiology**

**Cardiology Cases**

Challenging case presentations in cardiology

**10:40 am - 11:40 am - Sleep Medicine**

**How Sleep Works**

The drivers of sleep and integration of how these drivers can be used to improve sleep; Basic principles of sleep drive, circadian rhythm and sleep associations will be discussed; Related to cases to highlight these principles.

**11:40 am - 12:40 pm - Sleep Medicine**

**Evaluation and Treatment of the Excessively Sleepy Patient**

Daytime sleepiness impairs approximately 15% of adults from getting the most out of their day; Review of the common and less common causes of daytime sleepiness including, behavioral insufficient sleep, narcolepsy, idiopathic hypersomnia and sleep related breathing disorders; The approach and therapeutic options for each disorder.

**12:40 pm**

**Session Adjourns**

**Sunday, March 15, 2026**

**7:00 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.

**7:30 am - 8:30 am - Sleep Medicine**

**Approach to the Patient Who Can't Sleep**

Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

**8:30 am - 9:30 am - Sleep Medicine**

**Sleep Challenges as We Age**

Discussion of troubles falling asleep and staying asleep as a patient ages; The decrease of deep sleep; Practical approaches to solving common sleep problems including nocturia, anxiety, discomfort from pain, and other challenges to effective sleep as we age

**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:

- Discuss best practices for reading and interpreting EKGs
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Perform a cardiovascular workup
- Utilize case-based learning to develop treatment plans for cardiovascular conditions
- Diagnose and manage genitourinary infections
- List common causative pathogens for various respiratory tract infections
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Utilize case-based learning to develop treatment plans for various infectious diseases
- Discuss the basic mechanisms of sleep and circadian rhythm disorders
- Review therapeutic options for excessive sleepiness and obstructive sleep apnea
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome
- List challenging factors affecting sleep across the adult life cycle

### **Disclosure of Relevant Financial Relationships**

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis, MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

### **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 or 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 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 X 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: JA0003680-0000-21-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.