



**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/INFECTIOUS DISEASES/  
PSYCHIATRY/RISK MANAGEMENT**

**Kauai, HI - Grand Hyatt Kauai Resort & Spa  
October 12 - 16, 2025**

**Participating Faculty**

**Joshua Lowinsky, MD, DFAPA**

**Susan A. Sgambati, MD, FACS, FASCRS**

**John F. Toney, MD, FACP, FIDSA**

**Eugene E. Wolfel, MD**



**Joshua Lowinsky, MD, DFAPA**

Partner, Children's Resource Group  
Consultant Psychiatrist, Indianapolis Public Schools  
Cofounder, Primary Care Psychiatry Foundation  
Adjunct Faculty, Indiana University School of Medicine Department of  
Psychiatry  
Marion University College of Medicine  
Indianapolis, Indiana

Dr. Lowinsky received his undergraduate degree from Oberlin College in Oberlin, Ohio and his medical degree from the Medical University of Ohio at Toledo. He completed his general psychiatry residency at the University of Wisconsin in Madison, and his adolescent psychiatry, consultation, and family systems fellowship at the University of Toronto, Ontario, Canada. Dr. Lowinsky was a board examiner for the American Board of Psychiatry and Neurology for 12 years and served a 2-year term as editorial board member of the Psychiatry Resident in Training Examination (PRITE).

Dr. Lowinsky has received a number of awards including the American Psychiatric Association (APA) Nancy CA Roeske, M.D. Certificate of Excellence in Medical Student Education, being elected member of the American College of Psychiatrists, and elected distinguished fellow of the APA. He has been named a "Top Doc" in Indianapolis, between 2015 and 2023. Dr. Lowinsky is particularly interested in the psychiatric education of non-psychiatric professionals. He presents at local, regional, and national conferences on a variety of psychiatric topics.



**Susan A. Sgambati, MD, FACS, FASCRS**

Senior Physician Risk Manager  
COPIC Insurance  
Denver, Colorado

Dr. Susan Sgambati is a native of New Jersey. She attained her undergraduate degree from Brown University with honors in Biomedical Ethics. She is a graduate of New York Medical College, where she was elected into the Alpha Omega Alpha honors society. She completed her general surgery training at the University of Connecticut. During residency, she performed 3 years of cell biology research at Yale University. Dr. Sgambati completed fellowship training in Colon and Rectal Surgery at the Mayo Clinic in Rochester, Minnesota.

Dr. Sgambati practiced colorectal surgery in Denver, Colorado for 22 years. She was the Chair of the Department of Surgery for 13 years. She co-founded the Colorado Comprehensive Pelvic Floor Center. Dr. Sgambati retired from surgery and is currently the Senior Physician Risk Manager in Copic insurance's Patient Safety and Risk Management Department.



**John F. Toney, MD, FACP, FIDSA**

Director of Healthcare Epidemiology, Antimicrobial Stewardship, and Infectious Disease Clinical Research Programs  
James A. Haley VA Hospital  
Professor of Medicine  
Division of Infectious Diseases and Internal Medicine  
University of South Florida Morsani College of Medicine  
Tampa, Florida

Dr. Toney is the Assistant Chief, Infectious Disease Section, and the Director of Healthcare Epidemiology, Antimicrobial Stewardship, and Infectious Diseases Clinical Research Programs at the James A. Haley Veterans' Administration Hospital in Tampa, Florida. He is also Professor of Medicine in the Division of Infectious Disease and International Medicine, Department of Internal Medicine at the University of South Florida Morsani College of Medicine. He received his Medical Degree as a member of the Charter Class from the Marshall University School of Medicine, Huntington, West Virginia, in 1981 and completed his Residency in Internal Medicine and Fellowship in Infectious Diseases at the University of South Florida College of Medicine. He is board certified in Infectious Diseases and Internal Medicine and a Fellow of both the American College of Physicians and the Infectious Diseases Society of America. He is also a past President of the Florida Infectious Diseases Society.

Dr. Toney's research interests have encompassed the treatment of HIV, investigational antibiotics, antifungals, and antivirals, investigational vaccines (most recently for COVID-19). He has contributed more than 120 manuscripts, reviews, chapters, abstracts, presentations and editorials in various scientific meetings and journals, including The New England Journal of Medicine, Clinical Infectious Diseases, Journal of Infectious Diseases, Critical Care Medicine, and Annals of Internal Medicine.

Dr. Toney's educational activities include academic-associated training focusing on infectious diseases to medical school students/residents and Infectious Disease Fellows; he also has over 25 years of experience with STD and HIV training nationally and internationally as Medical Director of the Southeast Region STD/HIV Prevention Training Center, one of the CDC National Network of STD/HIV Prevention Training Centers from 2000-2011.



**Eugene E. Wolfel, MD**

Emeritus Professor of Medicine  
Division of Cardiology - Department of Medicine  
University of Colorado School of Medicine  
Anschutz Medical Campus  
Aurora, Colorado

Dr. Wolfel received his undergraduate degree (BS) from Villanova University, his M.A. degree from Bryn Mawr College, and his MD degree from Jefferson Medical College (now Sidney Kimmel College of Medicine) in Philadelphia. He completed his residency in Internal Medicine at the Ohio State University Hospital where he also spent an additional year as a combined Cardiology/Pulmonary fellow. He then completed a four-year clinical and research fellowship in the Division of Cardiology at the University of Colorado.

Dr. Wolfel is an Emeritus Professor of Medicine at the University of Colorado School of Medicine. He was a member of the Advanced Heart Failure and Transplant Cardiology Section in the Division of Cardiology for 32.5 years. He was the former Director of the Cardiology Fellowship Program, the interim head of the Division of Cardiology and the medical director of both the Cardiac Rehabilitation Program and the Cardiology Stress Laboratory at the University of Colorado Hospital.

Dr. Wolfel is a fellow of the American Heart Association and the Heart Failure Society of America. He is also a long-standing member of the International Society of Heart and Lung Transplantation. His research endeavors included the physiology and medical aspects of heart failure, heart transplantation, exercise, and high-altitude adaptation.

Dr. Wolfel has been a member of the faculty at Medical Education Resources since 2006.



**Sunday, October 12, 2025**

**2:30 pm**

**Check-In**

**3:00 pm - 4:00 pm - Joshua Lowinsky, MD, DFAPA**

**The Complexity of Adult ADHD**

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

**4:00 pm - 5:00 pm - Joshua Lowinsky, MD, DFAPA**

**Bipolar Spectrum Disorders**

Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

**5:00 pm - 6:00 pm - Joshua Lowinsky, MD, DFAPA**

**Anxiety Disorders**

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

**6:00 pm**

**Session Adjourns**

**Monday, October 13, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Eugene E. Wolfel, MD**

**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

**8:30 am - 9:30 am - Eugene E. Wolfel, MD**

**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)

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

**Coffee Break**

**9:40 am - 10:40 am - Eugene E. Wolfel, MD**

**Primary & Secondary Prevention of CAD**

AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; The role of triglycerides in ASCVD--who to treat; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; The use of vitamin D and supplements for cardiology patients; Drug therapy updates

**10:40 am - 11:40 am - John F. Toney, MD, FACP, FIDSA**

**Skin & Soft Tissue Infections**

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

**11:40 am - 12:40 pm - John F. Toney, MD, FACP, FIDSA**

**Gastrointestinal Infections & Clostridioides Difficile**

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridioides difficile colitis and related updates from the ID and infection control literature

**12:40 pm**

**Session Adjourns**

**Tuesday, October 14, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - John F. Toney, MD, FACP, FIDSA**

**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.

**8:30 am - 9:30 am - Joshua Lowinsky, MD, DFAPA**

**Substance Use Disorders**

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

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

**Coffee Break**

**9:40 am - 10:40 am - Joshua Lowinsky, MD, DFAPA**

**Suicide and Violence**

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

**10:40 am - 11:40 am - Eugene E. Wolfel, MD**

**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

**11:40 am - 12:40 pm - Eugene E. Wolfel, MD**

**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

**12:40 pm**

**Session Adjourns**



**Wednesday, October 15, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Susan A. Sgambati, MD, FACS, FASCRS**

**The Anatomy of Medical Malpractice**

Identify the key elements of a malpractice claim in the practice setting; Assess the risk of malpractice in common and unusual situations; Identify risk management strategies for preventing claims

**8:30 am - 9:30 am - Susan A. Sgambati, MD, FACS, FASCRS**

**Risky Business: Consent and Communication**

Describe the necessary elements of an informed consent process; Discover why the shared decision making process represents an opportunity rather than an obligation for the provider; Discuss the importance of early disclosure of unanticipated outcomes; Learn methods to disclose and reconcile events with patients, families and providers

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

**Coffee Break**

**9:40 am - 10:40 am - Susan A. Sgambati, MD, FACS, FASCRS**

**Documentation: Effective Strategies and Pitfalls**

Articulate major patient safety and lawsuit risk areas abetted by the quality of documentation; Discuss what is considered adequate documentation in a given clinical encounter; Anticipate when more thorough documentation and direct communication with other providers may reduce adverse outcomes; Describe clinical situations where documentation may enhance shared decision making to improve patient safety

**10:40 am - 11:40 am - John F. Toney, MD, FACP, FIDSA**

**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

**11:40 am - 12:40 pm - John F. Toney, MD, FACP, FIDSA**

**Antimicrobial Stewardship and Multidrug Resistance**

Definition of an antimicrobial stewardship program (ASP); Concepts of the antimicrobial stewardship program; Four goals of antimicrobial stewardship; Most recent additions to the antimicrobial armamentarium

**12:40 pm**

**Session Adjourns**



**Thursday, October 16, 2025**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Susan A. Sgambati, MD, FACS, FASCRS**

**Non-Verbal Communication in Medicine**

Define nonverbal communication and its function; Identify the subtypes of nonverbal communication; Articulate how to utilize various forms of nonverbal communication; Discuss how effective nonverbal communication can improve your practice of medicine

**8:30 am - 9:30 am - Susan A. Sgambati, MD, FACS, FASCRS**

**Healing the Healer: Finding Meaning and Wellness in Patient Care**

Describe the signs and symptoms of burnout in healthcare; Articulate the causes of the epidemic of burnout; Describe strategies for rediscovering the joy in the practice of medicine

**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:

- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Evaluate the severity of diarrhea and evaluate the need for treatment
- Diagnose and manage genitourinary infections
- List common causative pathogens for various respiratory tract infections
- List goals of an antimicrobial stewardship program and strategies for antimicrobial treatment
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Explain current concepts in the diagnosis and treatment of hypertension
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Develop strategies for mitigating risky malpractice situations in practice
- Describe how informed consent and shared decision making reduces risk for the provider
- Identify adequate documentation samples that reduce risk to the provider
- List types of nonverbal communication and describe the effects of nonverbal communication in practice
- Describe strategies for rediscovering the joy in the practice of medicine





### **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



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: Cardio/ID/Medicolegal/Psych and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 10/12/2025 to 10/16/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### 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 7.5 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: JA0003680-0000-25-200-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.