



**PEDIATRIC & ADOLESCENT MEDICINE FOR
PRIMARY CARE: EAR, NOSE & THROAT/
GASTROENTEROLOGY/GYNECOLOGY/SPORTS
MEDICINE**

**Hilton Head, SC - The Westin Hilton Head Island Resort & Spa
April 9 - 12, 2026**

Thursday, April 9, 2026

7:00 am

Check-In

7:30 am - 8:30 am - **Gastroenterology**

Chronic Abdominal Pain in Children

Physiology and differential diagnosis of chronic abdominal pain in children; testing (laboratory, radiographic, endoscopic) techniques available for the treatment of chronic abdominal pain in children; treatment options for chronic abdominal pain, including treatment for recurrent abdominal pain of childhood and irritable bowel syndrome

8:30 am - 9:30 am - **Gastroenterology**

Gastroesophageal Reflux in Children

The Physiology of pediatric gastroesophageal reflux (GER) and how to differentiate GER from gastroesophageal reflux disease (GERD); testing techniques to diagnose pediatric GER; treatment options for pediatric GER and pediatric GERD

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**

Constipation in Children

The pathophysiology and differential diagnosis of pediatric constipation; testing techniques used to diagnose complications associated with pediatric constipation; treatment options

10:40 am - 11:40 am - **Sports Med**

Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care

Severity and consequences of concussion for those 18 and younger; Current definition, signs and symptoms, their significance; Up-to-date return to sport guidelines and decision making and provide concussion management tools; Discussion the 6th International Conference on Concussion in Sports in Amsterdam 2022 as well as CRT6, SCAT6, SCOAT6; Discussion of helmets, hype and hope

11:40 am - 12:40 pm - **Sports Med**

Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. RED-S (Relative Energy Deficiency in Sports) is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary

12:40 pm

Session Adjourns

Friday, April 10, 2026

7:00 am

Arrival

7:30 am - 8:30 am - **Sports Med**

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

8:30 am - 9:30 am - **Sports Med**

Common Orthopedic Injuries in Children and Adolescents

The immature skeleton of the pediatric and adolescent athlete make it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**

Pediatric Gastrointestinal Foreign Body Ingestion

Complications of various gastrointestinal (GI) foreign bodies in children; testing techniques to diagnose GI foreign bodies in children; treatment options (observational versus removal)

10:40 am - 11:40 am - **ENT**

Allergic Rhinitis

The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy

11:40 am - 12:40 pm - **ENT**

Tonsillitis: When is Tonsilectomy Indicated?

A general review will be given of the different forms of tonsillitis (chronic vs. acute), modes of anti-microbial therapy based on common pathogens, with emphasis on the different disease mechanisms that form the indications for tonsillectomy (obstruction, abscess, chronic and recurrent infections, etc.).

12:40 pm

Session Adjourns

Saturday, April 11, 2026

7:00 am

Arrival

7:30 am - 8:30 am - ENT

Examination and Treatment of Common Ear Problems

Examination of the Tympanic membrane requires understanding of the normal anatomy, common pathologic findings, and recognition of serious conditions requiring referral to a surgeon. A rapid and thorough method for performing this exam and discussion of the worrisome conditions is discussed with many examples allowing every participant to feel confident in identifying these pathologic conditions.

8:30 am - 9:30 am - ENT

Sublingual Immunotherapy as an Alternative to Allergy Shots

Mechanisms of action, advantages, and limitations of sublingual immunotherapy for allergic rhinitis and the most common methods of administering immunotherapy via an oral route

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Abnormal Bleeding in the Adolescent

Review normal and abnormal uterine bleeding (AUB) in teens and adolescents; Discuss the diagnostic criteria and treatment options for AUB and PCOS in the adolescent patient

10:40 am - 11:40 am - Gynecology

Primary and Secondary Amenorrhea in the Adolescent

Review normal timing of pubertal milestones, including menarche; Discuss structural and hormonal etiologies of primary and secondary amenorrhea in the adolescent and appropriate evaluation

11:40 am

Session Adjourns



Sunday, April 12, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Gynecology

Addressing Sexual Pressures in the Adolescent Population

Discussion of when and how to talk about sex and sexuality with the pediatric and adolescent patients; Tips and strategies to empower adolescent patients to talk about their changing bodies and give the adults that are caring for them tools to help steward them into adulthood safely; Updates on contraceptive options; Appropriate gyn screenings; HPV vaccinations

8:30 am - 9:30 am - Gynecology

Pediatric Gynecologic Emergencies

Evaluation and management of vaginal bleeding; Straddle injuries and trauma; Identification and treatment of ovarian cysts and torsion; Imperforate hymen and outlet obstruction

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 symptoms and treatment of chronic abdominal pain and gastroesophageal reflux in children
- Compare and contrast the clinical presentations of GER vs GERD in pediatric patients
- Present a practical approach for management of constipation
- Review the epidemiology of foreign body ingestions in children
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- Discuss the components of a pre-participation sports physical
- Discuss diagnoses that are common sports injuries
- Review the basic allergic pathways that affect the body, with particular emphasis on the nasal and sinus regions
- List treatment options for tonsillitis
- Describe abnormal findings of an ear exam requiring a referral
- Discuss the risks and benefits of sublingual immunotherapy as an alternative to allergy shots
- Evaluate abnormal uterine bleeding, including PCOS, in the adolescent patient
- Describe hormonal abnormalities that affect puberty in the adolescent
- Describe strategies to help educate tweens and teens about their sexual health
- Evaluate gynecologic emergencies as well as reproductive anomalies in the adolescent patient



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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)

AAFP has reviewed Pediatric & Adolescent Medicine for Primary Care: ENT/Gastro/Gyn/Sports Med and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 4/9/2026 to 4/12/2026. 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 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 6.25 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: JA0003680-0000-26-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.