



## **INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION/CARDIOLOGY/DERMATOLOGY**

**Zion, UT - SpringHill Suites Springdale/Zion National Park  
May 15 - 17, 2026**

Friday, May 15, 2026

7:00 am

**Check-In**

7:30 am - 8:30 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)

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

**Primary & Secondary Prevention of CAD**

Definitions; AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; Drug therapy updates; Risk calculation

9:30 am - 9:40 am

**Coffee Break**

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

**Hypertension**

The 2017 AHA/ACC Hypertension Guidelines; The 2024 ESC Guidelines for hypertension; Approaches to treatment thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

10:40 am - 11:40 am - **Addiction**

**Substance Use and Addiction: Screening and Brief Intervention**

Essential information and skills needed for identifying substance use concerns; Epidemiology, screening tools and the stages of change; Practical steps for initial intervention in the primary care setting

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

**Addiction Psychopharmacology for Alcohol Use Disorder**

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

12:40 pm

**Session Adjourns**

**Saturday, May 16, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Addiction**

**Substance Use and Addiction: Diagnosis and Treatment**

Definition of addiction and its neurobiological basis; Examination of the diagnosis of substance use disorder and ASAM's multidimensional assessment; Treatment and relapse challenges; The use of motivational interviewing

**8:30 am - 9:30 am - Addiction**

**Addiction Psychopharmacology for Opioid Use Disorder**

Opioid crisis update; Assessing risk factors for opioid overdose; FDA approved medication for treating overdose; FDA approved medication assisted treatment options for managing opioid addiction

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

**Coffee Break**

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

**Heart Failure**

Etiologies and stages of heart failure; ACC/AHA Heart Failure Guidelines; Heart failure with reduced EF (HFrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers, eg NT Pro BNP; Treatment options: ACE inhibitors, ARBs, ARNI, beta blockers, mineralocorticoid receptor antagonists, SGLT2i; The role of devices in treatment and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure and readmissions

**10:40 am - 11:40 am - Dermatology**

**Skin Manifestations of Systemic Disease**

Skin will often reflect signs of systemic diseases, be useful for diagnosis, or suffer from a complication of disease or its treatment; Diagnosis of rheumatologic, endocrine, gastrointestinal, and psychologic conditions based on cutaneous findings

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

**Acne and Acneiform Eruptions**

Identification of noninflammatory open or closed comedones and inflammatory lesions; Determination of treatment therapies based on acne grading scale; Bacterial folliculitis, drug-induced acne, hidradenitis suppurativa, miliaria, perioral dermatitis, pseudofolliculitis barbae, rosacea, seborrheic dermatitis; Topical and systemic therapy

**12:40 pm**

**Session Adjourns**

**Sunday, May 17, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Dermatology**

**Benign Skin Tumors**

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

**8:30 am - 9:30 am - Dermatology**

**Premalignant and Malignant Skin Tumors**

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

**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:

- 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
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe strategies for identifying and treating substance use disorders
- Develop a treatment plan for Alcohol Use Disorder
- Describe strategies for identifying and treating substance use disorders
- Describe the role of cannabinoids in the opioid crisis
- Identify cutaneous findings that serve as surrogates of internal diseases
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions

### **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 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)

AAFP has reviewed Internal Medicine for Primary Care: Addiction/Cardio/Derm and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 5/15/2026 to 5/17/2026. 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 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 5.75 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: JA0003680-0000-26-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.