GERIATRIC MEDICINE FOR PRIMARY CARE: GERIATRICS/NEPHROLOGY/ORTHOPEDICS

Walt Disney World® Resort, FL - Disney's Grand Floridian Resort & Spa
March 13 - 15, 2026

Friday, March 13, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Geriatrics**

Common Musculoskeletal Problems in the Elderly

Discuss strategies to minimize musculoskeletal problems in the elderly patient population.

8:30 am - 9:30 am - **Geriatrics**

Update in Pharmacology for Arthritis in the Older Adult

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; analgesics (narcotics and tramadol) and acetaminophen

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Geriatrics**

Osteoporosis in the Older Adult

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

10:40 am - 11:40 am - **Orthopedics**

The Shoulder: Anatomy, Common Injuries, and Exam Techniques

Rotator cuff syndrome; impingement, frozen shoulder; subacromail bursitis; bicipital tendonitis; A-C joint disease

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

Wrist, Hand, and Fingers

Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

12:40 pm

Session Adjourns

Saturday, March 14, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Orthopedics**

The Knee: Anatomy, Common Injuries, and Exam Techniques

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

8:30 am - 9:30 am - **Orthopedics**

Ankle and Foot

This presentation will address a series of common acute and chronic injuries and pain syndromes to the foot and ankle as they would present in the primary care setting. The focus will be on developing a working differential diagnosis based on the historical mechanism of injury and exam findings.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Geriatrics**

Geriatric Gait Disorders & Falls

Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

10:40 am - 11:40 am - **Nephrology**

Primary Care Primer on Electrolytes

Electrolyte and acid-base disorders are common findings in clinical practice. They can arise from genetic and acquired diseases and can be associated with commonly prescribed medications. This case-based lecture focuses on the disturbances in and interactions between serum sodium, potassium, and bicarbonate. It reviews the pathophysiology, diagnosis and management of these common imbalances.

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

Kidney, Heart, and Bone: A Challenging Trifecta in CKD

Cardiovascular calcifications are highly prevalent in patients with chronic kidney disease and contribute to morbidity and mortality. This case-based lecture introduces the complex pathophysiologic changes occurring in the bony tissue and their contribution to vascular calcifications. Early recognition of this disorder and management of calcium, phosphorus, vitamin D and parathyroid hormone imbalances are key components of CKD care.

12:40 pm

Session Adjourns

Sunday, March 15, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Nephrology

Proteinuria, Hematuria, and Diabetic Kidney Disease

Proteinuria, and hematuria are two of the most common abnormalities in routine urinalysis that require further evaluation. There is a broad spectrum of diseases that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This case-based presentation discusses the detection, diagnosis and general management principles of these findings. It also focuses on updates in diabetic kidney disease and when to refer to a specialist.

8:30 am - 9:30 am - Nephrology

Pain Management and Kidney Disease: From Prescription to Over-the-Counter

Pain management in patients with kidney diseases presents unique challenges for the prescribing provider. The clinical situation can be complicated by the use of over-the-counter and herbal preparations. This case-based presentation discusses principles of pain management and several preparations and compounds that have been identified to possess significant nephrotoxic properties.

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:

- Evaluate and manage common musculoskeletal problems and pain in the elderly
- Describe risks and benefits of traditional pharmacologic agents for treating arthritis
- Discuss interpretation of bone scans and identify risk assessment
- Assess and manage gait disorders to prevent falls
- Diagnose and treat shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Describe the anatomy and function of the knee joint
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- List steps to diagnose and treat bone disease and its cardiovascular consequences in CKD
- Identify causes of hematuria and proteinuria
- Identify over-the-counter preparations with the potential to cause nephrotoxicity

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)

ABIM CME MOC ACCREDITED

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 Geriatric Medicine for Primary Care: Geri/Nephro/Ortho and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 3/13/2026 to 3/15/2026. Physicians should claim only the credit commensurate with the extent of the 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 4.75 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.