INTERNAL MEDICINE FOR PRIMARY CARE: GASTROENTEROLOGY/NEPHROLOGY/RHEUMATOLOGY/VASCULAR MEDICINE

Grand Cayman, Cayman Islands - The Westin Grand Cayman Seven Mile Beach Resort & Spa
December 17 - 20, 2026

Thursday, December 17, 2026

7:00 am

Check-In
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 - **Gastroenterology**
Approach to Elevated Liver Function Tests
The elevation of elevated liver function tests can be challenging, how much testing is needed?; Discussion of common sources of elevated liver function tests; Recognition of Non Alcoholic Fatty Liver Disease; Hepatitis B evaluation and treatment; Hemochromatosis evaluation; A primary care perspective on Hepatitis C

8:30 am - 9:30 am - **Gastroenterology**
Colorectal Cancer Screening and Surveillance
Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**
Irritable Bowel Syndrome
This topic will discuss the pathophysiology, clinical manifestations, diagnosis, and management of IBS.

10:40 am - 11:40 am - **Nephrology**
A Primary Care Approach to Chronic Kidney Disease
Chronic kidney disease affects one in six people; It is important for the primary care provider to know the complications from chronic kidney disease and be part of the team planning for potential renal replacement therapy; Exploration of electrolyte abnormalizes, acid base imbalances, bone mineral disorders, anemia management; Planning for eventual kidney transplantation or dialysis

11:40 am - 12:40 pm - **Nephrology**
Blocking the Renin-Angiotensin-Aldosterone System (RAAS) in Patients with CKD
The most common forms of progressive chronic kidney disease leading to kidney failure include diabetes, hypertension and polycystic disease. It is well established that use of renin-angiotensin-aldosterone system inhibitors can slow progression of these and other chronic kidney diseases in adults and children. However, because these agents can alter kidney hemodynamics and ion transport, especially potassium, their use in patients with chronic kidney disease can lead to elevation in serum creatinine and potassium. This presentation will focus on the benefits and risks of using these agents in people with chronic kidney disease and how providers can best manage dosing and side effects.

12:40 pm

Session Adjourns

Friday, December 18, 2026

7:00 am

Arrival
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 - **Nephrology**
Should All Patients with CKD be on SGLT2 Inhibitors?
Sodium-glucose transporter 2 inhibitors (SGLT2i) represent a major advance in the treatment of patients with diabetes in kidney disease when added onto renin-angiotensin system blocking drugs. Increasing evidence indicates that this class of drugs provides both kidney and cardiovascular benefits to patients with chronic kidney disease, regardless of diabetes status. Primary care providers need to know which patients should be prescribed these drugs as they clearly not only reduce morbidity but also mortality in CKD patients with or without diabetes. This lecture will provide the most up to date use of SGLT2i in patients with CKD, including evidence-based guidelines/goal directed medical therapy.

8:30 am - 9:30 am - **Nephrology**
Nephrology Cases
Challenging case presentations in nephrology

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**
Gastroenterology Cases
Challenging case presentations in gastroenterology

10:40 am - 11:40 am - **Rheumatology**
Differential Diagnosis of Inflammatory Arthritis
Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

11:40 am - 12:40 pm - **Rheumatology**
Crystal Disease: Gout & Pseudogout
Properly diagnosing and treating crystal diseases such as gout and pseudogout

12:40 pm

Session Adjourns

Saturday, December 19, 2026

7:00 am

Arrival
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 - **Rheumatology**
Update in Pharmacology for Arthritis
Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

8:30 am - 9:30 am - **Rheumatology**
Rheumatology Cases
Challenging case presentations in rheumatology

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Vascular Medicine**
Aortic and Peripheral Aneurysms
A guide for primary care outlining diagnosis, management, and therapeutic options

10:40 am - 11:40 am - **Vascular Medicine**
Peripheral Vascular Disease and Medical Therapy
Defining the spectrum of maladies under the umbrella of Peripheral Vascular Disease including the pathophysiology of atherosclerosis and treatments highlighting lipid lowering agents and antiplatelet therapy

11:40 am

Session Adjourns

Sunday, December 20, 2026

7:00 am

Arrival
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 - **Vascular Medicine**

The Dysvascular Limb: How to Approach Swelling and Ulcers

An organizational approach to swelling and lower extremity ulceration focusing on the differential diagnosis, pathophysiology, and treatment

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

Vascular Cases

Challenging case presentations in vascular 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:

- Describe needed testing for elevated liver function tests
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Evaluate the efficacy of treatment options for IBS
- Utilize case-based learning to develop treatment plans for various gastroenterologic conditions
- Describe potential complications from chronic kidney disease and options for potential renal replacement therapy
- List the potential side effects of renin-angiotensin-aldosterone system inhibitors
- Describe evidence-based guidelines for the use of SGLT2 inhibitors in patients with CKD
- Utilize case-based learning to develop treatment plans for nephrology conditions
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Diagnose and treat gout and pseudogout
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Utilize case-based learning to develop treatment plans for rheumatologic conditions
- List current pharmacologic options for the management of aneurysms
- Describe the spectrum of maladies included in peripheral vascular disease
- Discuss presentation and interventional treatment of swelling and ulcers of dysvascular limbs
- Utilize case-based learning to develop treatment plans for a variety of vascular conditions

Disclosure of Relevant Financial Relationships

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Disclaimer

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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 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 Internal Medicine for Primary Care: Gastro/Nephro/Rheum/Vasc and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 12/17/2026 to 12/20/2026. 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 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 7 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: JA0003680-0000-21-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.