INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION/ENDOCRINOLOGY/ORTHOPEDICS

Bar Harbor, ME - Harborside Hotel, Spa, & Marina
September 2 - 4, 2026

Wednesday, September 2, 2026

7:00 am

Check-In and Breakfast

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

Introduction to Addiction Medicine: Neurobiology and Identification

This module will introduce the disease model of addiction, its neurobiology, and some of the tools easily used in the primary care setting to identify who is at risk for addiction

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

Pharmacotherapy for Addictive Disorders: Role of Primary Care

This presentation will review the FDA approved medications for addiction treatment and examine the role of primary care with respect to each of them

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Addiction**

Chronic Pain and Addictions

Epidemiology of pain; risk factors and comorbidity; pain management concepts; patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

10:40 am - 11:40 am - **Endocrinology**

Obesity Management

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

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

Osteoporosis

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

12:40 pm

Session Adjourns

Thursday, September 3, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Endocrinology**
Thyroid Nodules and Cancer
Diagnosis and treatment

8:30 am - 9:30 am - **Endocrinology**
Endocrinology Cases: Thyroid Nodules
Challenging case presentations in thyroid nodules

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Addiction**
Addiction Medicine Cases
Challenging case presentations in addiction medicine

10:40 am - 11:40 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.

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

Friday, September 4, 2026

7:00 am

Arrival and Breakfast

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

Hip and Thigh

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

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

Orthopedic Cases

Challenging case presentations in orthopedics

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 neurobiology of addiction
- List FDA approved medications for addiction treatment and examine the role of each
- Discuss options for patients with chronic pain addictions
- Utilize case-based learning to develop treatment plans for substance use disorders
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Utilize case-based learning to develop treatment plans for patients with thyroid nodules
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Diagnose and treat wrist, hand, and finger injuries
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Utilize case-based learning to develop treatment plans for orthopedic conditions

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 Internal Medicine for Primary Care: Addiction/Endo/Ortho and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 9/2/2026 to 9/4/2026. 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 6 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: JA0003680-0000-21-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.