



**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/GERIATRICS/GYNECOLOGY/
VASCULAR MEDICINE**

**Oahu, HI - Aulani, A Disney Resort & Spa
March 8 - 12, 2026**



Sunday, March 8, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - Addiction

Substance Use Disorders: Diagnosis and Screening for Primary Care Practitioners

Essential information and skills necessary for identifying substance use and addiction in the primary care setting; Epidemiology, assessment and screening tools; Practical steps for intervention

4:00 pm - 5:00 pm - Addiction

Drugs: Review of Addictive Drugs and Their Effects

This module will review hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol

5:00 pm - 6:00 pm - Addiction

The Opioid Crisis and Primary Care Providers

Update on the opioid crisis; Risk for opioid misuse and addiction; FDA approved medication for treating overdose; FDA approved medication-assisted treatment (MAT) for managing opioid addiction

6:00 pm

Session Adjourns

Monday, March 9, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Geriatrics

Urological Disorders in the Older Adult

Review common lower urinary tract symptoms (LUTS) in older adults that may progress to incontinence; Practical approaches to differential diagnoses and management of Stress Incontinence, Overflow Incontinence, and Overactive Bladder (OAB), leading to Urge Incontinence

8:30 am - 9:30 am - Geriatrics

Heart Failure in Older Adults

Recognition of the high mortality associated with heart failure; Understanding how to diagnose heart failure and the difference between reduced ejection fraction and preserved ejection fraction heart failure; Evidence based treatments available for heart failure

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Heart Failure Discussion and Q&A

Interactive review of the principles of heart failure diagnosis and treatment in older adults, and audience questions further clarifying the topic

10:40 am - 11:40 am - Addiction

Treatment of Alcohol Use Disorder in Primary Care

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

11:40 am - 12:40 pm - Addiction

Addiction Medicine Cases

Challenging case presentations in addiction medicine

12:40 pm

Session Adjourns

Tuesday, March 10, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Gynecology

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

8:30 am - 9:30 am - Gynecology

Abnormal Pap Smears and High Risk HPV

Current recommendations for cervical cancer screening; Incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; Algorithm for the appropriate use of HPV testing; History of HPV and effectiveness of its use; Recommendations for missed doses; Storage and administration of HPV vaccines

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gynecology

Menopause Transition and Hormone Replacement Therapy

Symptoms of menopause, including hot flashes, night sweats, and atrophy; Menopause syndromes, including osteoporosis, breast cancer, cardiac disease, and colon cancer; Estrogen analogs; Counseling patients in options and alternatives to hormone therapy; Designer estrogens; SERMs; HRTs; Discussion of risks and benefits, especially in breast cancer and CHD

10:40 am - 11:40 am - Geriatrics

Controversies in the Management of Hypertension in Older Adults

Best evidence for treatment goals for hypertension in diabetics and those with previous stroke; Controversial evidence for the various guidelines for diagnosing and treating hypertension in older adults; Best evidence-based medications for hypertension

11:40 am - 12:40 pm - Geriatrics

Hypertension Discussion and Q&A

Interactive review of the principles of hypertension diagnosis and treatment in older adults, and audience questions further clarifying the topic

12:40 pm

Session Adjourns



Wednesday, March 11, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

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

Stroke: Initial Presentation to Medical and Surgical Treatment

An overview of embolic stroke including diagnosis and medical, surgical, and interventional therapy

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 - Gynecology

Contraception: A Primary Care Review of Best Practice

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

11:40 am - 12:40 pm - Gynecology

Breast Cancer Screening

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

12:40 pm

Session Adjourns



Thursday, March 12, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Vascular Medicine

Management of Venous Thrombosis

A discussion focusing on the variety of venous thrombotic diagnoses and the multiple available treatment options

8:30 am - 9:30 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

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 strategies for identifying and treating substance use disorders
- Review the effects of addictive drugs including hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol
- Identify therapies, including nonpharmacological pain treatment strategies, that can reduce the dose of opioids to control pain
- Develop a treatment plan for Alcohol Use Disorder
- Utilize case-based learning to develop treatment plans for substance use disorders
- Review common lower urinary tract symptoms (LUTS) that may progress to urinary incontinence, and initiate treatment options
- Describe the assessment and evidence-based treatment plans for heart failure (both reduced and preserved ejection fraction) in collaboration with cardiology
- Utilize discussion and case-based learning to further incorporate treatment options for heart failure into practice
- Evaluate hypertension in both younger and older adults, differentiate risks and goals of treatment, and recommend appropriate interventions
- Utilize discussion and case-based learning to further incorporate treatment options for hypertension into practice
- Assess and manage abnormal uterine bleeding
- Describe the management of abnormal pap smears and HPV
- Discuss menopausal transition and the risks/benefits of treatment options
- Describe approaches to counseling patients for making complex contraceptive decisions
- Discuss the current evidence and recommendations regarding breast cancer screening
- Describe the spectrum of maladies included in peripheral vascular disease
- Discuss presentation and interventional treatment of stroke patients
- List current pharmacologic options for the management of aneurysms
- Describe the evaluation and treatment of venous thrombosis
- Discuss presentation and interventional treatment of swelling and ulcers of dysvascular limbs



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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 20 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 20 *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 20 (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/Geri/Gyn/Vasc and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 3/8/2026 to 3/12/2026. 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 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 10.5 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 20 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 20 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 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-26-016-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.