



**INTERNAL MEDICINE FOR PRIMARY CARE:  
CARDIOLOGY/OBESITY/NECK & SPINE/  
PSYCHIATRY**

**San Diego, CA - Hotel del Coronado  
June 11 - 14, 2026**



**Thursday, June 11, 2026**

**7:00 am**

**Check-In and Breakfast**

**7:30 am - 8:30 am - Psychiatry**

**Bipolar Spectrum Disorders**

Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

**8:30 am - 9:30 am - Psychiatry**

**Anxiety Disorders**

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

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

**Coffee Break**

**9:40 am - 10:40 am - Psychiatry**

**Depressive Disorders**

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

**10:40 am - 11:40 am - Psychiatry**

**Substance Use Disorders**

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

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

**Pathophysiology of Obesity**

A guide to understanding practice demographics and considerations; The what and why of epigenetics; A practical guide to behavioral and medication management

**12:40 pm**

**Session Adjourns**



**Friday, June 12, 2026**

**7:00 am**

**Arrival and Breakfast**

**7:30 am - 8:30 am - Obesity**

**Medical Management of Obesity**

Overview of obesity as a disease state; Costs to the individual of being obese; Use of appetite suppressant medications and lifestyle modifications

**8:30 am - 9:30 am - Obesity**

**Complications and Considerations of Bariatric Surgery**

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; Potential complications; The role of support and behavior modification, nutrition, and the stages of patient management post-surgery

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

**Coffee Break**

**9:40 am - 10:40 am - Obesity**

**Patient Management Post-bariatric Surgery**

The role of the clinician for support and behavior modification, nutrition, and the stages of patient management post-surgery

**10:40 am - 11:40 am - Cardiology**

**Acute Coronary Syndromes: The Patient with Acute Chest Pain**

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

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

**12:40 pm**

**Session Adjourns**

**Saturday, June 13, 2026**

**7:00 am**

**Arrival and Breakfast**

**7:30 am - 8:30 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

**8:30 am - 9:30 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

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

**Coffee Break**

**9:40 am - 10:40 am - Neck & Spine**

**Diagnosis and Treatment of Lumbar Spine Disorders**

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

**10:40 am - 11:40 am - Neck & Spine**

**Physical Examination of the Lumbar Spine, Hip, and Sacroiliac Joint**

Exam techniques will be demonstrated and discussed

**11:40 am**

**Session Adjourns**



**Sunday, June 14, 2026**

**7:00 am**

**Arrival and Breakfast**

**7:30 am - 8:30 am - Neck & Spine**

**Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders**

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

**8:30 am - 9:30 am - Neck & Spine**

**Physical Examination of the Cervical Spine and UE Entrapment Neuropathies**

Exam techniques will be demonstrated and discussed

**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:

- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Describe strategies for identifying and treating substance use disorders
- Explain the underlying mechanisms and physiological processes that contribute to the development and progression of obesity, including the roles of genetics, hormones, metabolism, and environmental factors
- Discuss non-surgical obesity treatment options
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Describe the approach to patient management after bariatric surgery
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Explain current concepts in the diagnosis and treatment of hypertension
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Identify early treatment options for the management of lumbar spine disorders
- Evaluate abnormal gait patterns
- Utilize observation, palpation, range of motion and neurologic exams to diagnose cervical spine disorders
- Evaluate a patient's cervical spine range of motion



### **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 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: Cardio/Obesity/Neck & Spine/Psych and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 6/11/2026 to 6/14/2026. 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 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 6.25 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: JA0003680-0000-26-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.