



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/NEPHROLOGY/SPORTS MEDICINE

**Key West, FL - Opal Key Resort & Marina
January 22 - 24, 2027**

Friday, January 22, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Cardiology**

Metabolic Syndrome and Cardiovascular Disease

The purpose of this talk is to define metabolic syndrome, identify screening methodology, and discuss the role metabolic syndrome plays in the development of cardiovascular disease.

8:30 am - 9:30 am - **Cardiology**

The Cardiovascular Work-up

The initial evaluation of a cardiac patient, including physical exam, medication history, and appropriate use of laboratory tests

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

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**

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.

12:40 pm

Session Adjourns

Saturday, January 23, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - 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.

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 - Cardiology

Cardiology Cases

Challenging case presentations in cardiology

10:40 am - 11:40 am - Sports Med

Recognition and Treatment of Common Injuries to the Lower Leg, Ankle and Foot

This case-based presentation will address a series of common acute and chronic injuries and pain syndromes to the lower leg, 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. The session will conclude with a hands-on examination skills workshop.

11:40 am - 12:40 pm - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management

This topic will cover the current definition, signs and symptoms, significance and office approach to mild traumatic brain injury as a consequence of athletic endeavors. The presentation will include up-to-date classification, return to sport guidelines and decision making by the primary care physician, and discuss an office-based management scheme.

12:40 pm

Session Adjourns



Sunday, January 24, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Sports Med

Exercise Prescriptions for Primary Care Practitioners

Discussion of the health risks of obesity and a sedentary lifestyle; Up-to-date evidence for the health benefits of weight management and the risks and benefits of exercise; Exercise-related terminology used in the science of exercise physiology; Tools to confidently risk stratify the patient wishing to begin an exercise program; Basic components on an individual exercise prescription; Tips for becoming more proactive in prescribing exercise to their patients

8:30 am - 9:30 am - Sports Med

Sports Medicine Cases

Challenging case presentations in sports 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:

- Discuss cardiovascular risks of metabolic syndrome
- Perform a cardiovascular workup
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Utilize case-based learning to develop treatment plans for cardiovascular conditions
- Describe potential complications from chronic kidney disease and options for potential renal replacement therapy
- Describe evidence-based guidelines for the use of SGLT2 inhibitors in patients with CKD
- List the potential side effects of renin-angiotensin-aldosterone system inhibitors
- Utilize case-based learning to develop treatment plans for nephrology conditions
- Differentiate between common injuries to the lower leg, ankle, and foot using history and physical exam findings
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify appropriate exercise prescriptions for a variety of sports injuries
- Utilize case-based learning to develop treatment plans for patients with sports injuries

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)



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: Cardio/Nephro/Sports Med and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 1/22/2027 to 1/24/2027. 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 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: JA0003680-0000-21-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.