RHEUMATOLOGY & MUSCULOSKELETAL MEDICINE FOR PRIMARY CARE

Scottsdale, AZ - Scottsdale Marriott at McDowell Mountains
March 20 - 22, 2026

Friday, March 20, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Rheumatology - 1**

Evaluating the Patient with Joint Pain

Differentiating between inflammatory and non-inflammatory joint pain; The utility of joint aspiration and lab work-up with interpretation of synovial fluid analysis; Differential diagnosis of joint pain and inflammatory arthritis

8:30 am - 9:30 am - **Rheumatology - 1**

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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Rheumatology - 2**

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

10:40 am - 11:40 am - **Rheumatology - 1**

Physical Examination of Joints and Soft Tissue & Diagnosis of Regional Pain Syndromes

Includes: carpal tunnel syndrome; DeQuervain’s tenosynovitis; epicondylitis; impingement; hip, knee, ankle and foot overuse syndromes

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

Joint & Soft Tissue Examination Workshop

Small-group workshops.

12:40 pm

Session Adjourns

Saturday, March 21, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Rheumatology - 2**
Osteoarthritis
Pathogenesis, diagnosis and treatment

8:30 am - 9:30 am - **Rheumatology - 2**
Crystal Disease: Gout & Pseudogout
Properly diagnosing and treating crystal diseases such as gout and pseudogout

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Rheumatology - 3**
Osteoporosis
Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

10:40 am - 11:40 am - **All Faculty / Rheumatology - 1**
Panel Discussion/Joint Injection Technique
Interactive panel discussion with all faculty covering all aspects of rheumatology

Instruction on proper joint injection technique of major joints including shoulder, elbow, fingers, hip, knee, and ankle

11:40 am - 12:40 pm - **All Faculty**
Joint Aspiration & Injection Technique Workshop
Small-group workshops.

12:40 pm

Session Adjourns

Sunday, March 22, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Rheumatology - 3**

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

8:30 am - 9:30 am - **Rheumatology - 3**

Update on Cannabis as Medicine for Primary Care

Cannabis mechanism of action; Clinical effects on pain; Addiction, withdrawal and dependency; Adverse effects

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:

- Compare and contrast inflammatory & non-inflammatory joint pain and their differential diagnoses
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Discuss physical examination of joints/soft tissue in the diagnosis of regional pain syndromes
- Identify important landmarks and proper techniques for injecting the major joints
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Utilize current evidence to design treatment strategies for osteoarthritis
- Diagnose and treat gout and pseudogout
- Perform an examination of joints and soft tissues
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Describe the technique of joint aspiration, joint injection, and synovial fluid analysis
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Discuss available evidence and evaluate when cannabis use is appropriate in medicine

Disclosure of Relevant Financial Relationships

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis, MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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 Rheumatology & Musculoskeletal Medicine for Primary Care and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 3/20/2026 to 3/22/2026. 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 4 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: JA0003680-0000-26-023-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.