



**PRIMARY CARE CONFERENCES**  
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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## **INTERNAL MEDICINE FOR PRIMARY CARE: ADDICTION/CARDIOLOGY/PSYCHIATRY**

**Anchorage, AK - The Hotel Alyeska  
July 17 - 19, 2026**

Friday, July 17, 2026

**7:00 am**

**Check-In and Breakfast**

**7:30 am - 8:30 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

**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 (ICD and/or CRT) 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 - Cardiology**

**Arrhythmias**

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

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

**The Complexity of Adult ADHD**

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

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

**12:40 pm**

**Session Adjourns**

**Saturday, July 18, 2026**

**7:00 am**

**Arrival and Breakfast**

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

**Suicide and Violence**

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

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

**Depressive Disorders**

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

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

**Coffee Break**

**9:40 am - 10:40 am - Cardiology**

**Hypertension**

The 2025 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; Risk factors by new pooled equations

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

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

**Drugs: Review of Addictive Drugs and Their Effects**

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

**12:40 pm**

**Session Adjourns**



**Sunday, July 19, 2026**

**7:00 am**

**Arrival and Breakfast**

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

**8:30 am - 9:30 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

**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 current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- 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

### **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.

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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: Addiction/Cardio/Psych and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 7/17/2026 to 7/19/2026. 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 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 6.5 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 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: JA0003680-0000-26-084-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.