



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/ENT/GASTROENTEROLOGY/PODIA
TRY**

**Nassau, Bahamas - Atlantis Paradise Island Resort
January 28 - 31, 2027**

Thursday, January 28, 2027

7:00 am

Check-In and Breakfast

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

Primary Prevention of Cardiometabolic CVD

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; Role of pooled equations for risk estimates

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**

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 - **ENT**

Allergic Rhinitis

The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy

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

Antimicrobial Therapy in Treating Sinusitis

Symptoms, signs and examination findings helpful in diagnosing sinusitis are outlined. When to use systemic and topical agents as well as emerging resistance to these agents is discussed. Imaging studies and proper referral to specialists is described with clarity.

12:40 pm

Session Adjourns

Friday, January 29, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - ENT

Examining the Ear

Examination of the Tympanic membrane requires understanding of the normal anatomy, common pathologic findings, and recognition of serious conditions requiring referral to a surgeon. A rapid and thorough method for performing this exam and discussion of the worrisome conditions is discussed with many examples allowing every participant to feel confident in identifying these pathologic conditions.

8:30 am - 9:30 am - ENT

ENT Cases

Challenging case presentations of the ear, nose, and throat.

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 - Gastroenterology

Celiac Disease and Chronic Diarrhea

Millions of Americans are now on a gluten free diet. Only some of them actually have Celiac disease. We will review the workup of diarrhea and malabsorption with a focus on celiac disease; We will discuss how to diagnose celiac disease when a patient is already on a gluten free diet and an appropriate differential diagnosis

11:40 am - 12:40 pm - Gastroenterology

Assessment of the Gallbladder

Review the clinical manifestations, diagnosis, and treatment of patients with suspected functional gallbladder disorder.

12:40 pm

Session Adjourns



Saturday, January 30, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Gastroenterology

Inflammatory Bowel Disease

Importance of early and positive diagnosis based upon a careful history and the exclusion of other health problems; treatment focused on presenting symptoms recognizing that symptoms and functionality can be improved with a consistent approach

8:30 am - 9:30 am - Gastroenterology

Gastroenterology Cases

Challenging case presentations in gastroenterology

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Podiatry

Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

10:40 am - 11:40 am - Podiatry

Achilles Tendinitis

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

11:40 am

Session Adjourns



Sunday, January 31, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Podiatry

Ankle Sprains

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

8:30 am - 9:30 am - Podiatry

Podiatry Cases

Challenging case presentations in podiatry

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:

- 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
- 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
- Review the basic allergic pathways that affect the body, with particular emphasis on the nasal and sinus regions
- Recommend appropriate systemic and/or topical antimicrobial agents for the treatment of sinusitis
- Describe abnormal findings of an ear exam requiring a referral
- Utilize case-based learning to develop treatment plans for conditions of the ears, nose, and throat
- Recommend appropriate testing for the workup of celiac disease
- Assess and treat biliary disease
- Explain the diagnosis and treatment of IBD
- Utilize case-based learning to develop treatment plans for various gastroenterologic conditions
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Recognize achilles tendinitis and recommend appropriate treatment
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Utilize case-based learning to develop treatment plans for foot conditions



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/ENT/Gastro/Pod and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 1/28/2027 to 1/31/2027. 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 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 6.75 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 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: JA0003680-0000-21-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.