



**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/GERIATRICS/ORTHOPEDICS/  
REPRODUCTIVE HEALTH**

**Hilton Head, SC - The Westin Hilton Head Island Resort & Spa  
June 4 - 7, 2026**



**Thursday, June 4, 2026**

**7:00 am**

**Check-In and Breakfast**

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

**Dermatitis**

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

**8:30 am - 9:30 am - Dermatology**

**Papulosquamous Diseases**

Diagnostic principles of skin lesions consisting of red or purple papules; Psoriasis, lichen planus, pityriasis rosea, lupus erythematosus; Discussion of how to tell one scaly rash from another

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

**Coffee Break**

**9:40 am - 10:40 am - Dermatology**

**Benign Skin Tumors**

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

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

**Approach to the Geriatric Patient**

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

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

**Vascular Disorders in the Older Adult**

Peripheral vascular disease; DVT/thromboembolic disease; abdominal aortic aneurysm and related disorders

**12:40 pm**

**Session Adjourns**

**Friday, June 5, 2026**

**7:00 am**

**Arrival and Breakfast**

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

**Urological Disorders in the Older Adult**

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

**8:30 am - 9:30 am - Geriatrics**

**Alzheimer's & Other Dementias**

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

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

**Coffee Break**

**9:40 am - 10:40 am - Dermatology**

**Premalignant and Malignant Skin Tumors**

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

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

**The Knee: Anatomy, Common Injuries, and Exam Techniques**

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

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

**Ankle and Foot**

This presentation will address a series of common acute and chronic injuries and pain syndromes to the 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.

**12:40 pm**

**Session Adjourns**



**Saturday, June 6, 2026**

**7:00 am**

**Arrival and Breakfast**

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

**The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

**8:30 am - 9:30 am - Orthopedics**

**Wrist, Hand, and Fingers**

Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

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

**Coffee Break**

**9:40 am - 10:40 am - Reproductive Health**

**Contraception: A Primary Care Review of Best Practice**

Coverage of the effectiveness, side effects and non-contraceptive benefits of available contraceptive options in the U.S.; Discussion of contraceptive counseling that is patient-centric including communicating without coercion; Management strategies for medically complex contraceptive decisions (patients with a history of VTE, breast cancer, hypertension)

**10:40 am - 11:40 am - Reproductive Health**

**Preconception Counseling**

Screening and evaluation prior to a planned pregnancy; Optimization of medical conditions prior to pregnancy such as hypertension, diabetes, and obesity; When to refer for specialty consultation

**11:40 am**

**Session Adjourns**



**Sunday, June 7, 2026**

**7:00 am**

**Arrival and Breakfast**

**7:30 am - 8:30 am - Reproductive Health**

**Guide to Medication Use During Pregnancy and Lactation**

Review of the current classification systems; Discussion of medication classes commonly used during pregnancy and lactation; Discussion of commonly used medications that should be avoided during pregnancy and/or lactation

**8:30 am - 9:30 am - Reproductive Health**

**Mental Health in Pregnancy and Postpartum Women**

Epidemiology of mood disorders in pregnancy; treatment of major depression during pregnancy; use of psychotropics in pregnancy; treatment of postpartum mood disorders; psychotropics and lactation

**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:

- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Discriminate the diagnostic principles and treatment options for papulosquamous diseases with red, raised bumps
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Recognize and screen elderly patients for CVD risk factors
- Review common lower urinary tract symptoms (LUTS) that may progress to urinary incontinence, and initiate treatment options
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Describe the anatomy and function of the knee joint
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Diagnose and treat shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Describe strategies for discussing complex contraceptive options with patients
- Identify preconception interventions that can enhance pregnancy outcomes
- List commonly used medications that could potentially cause complications during pregnancy and lactation
- Describe the pros and cons of available pharmacologic treatment options for major depression during pregnancy



### **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: Derm/Geri/Ortho/Reproductive Health and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 6/4/2026 to 6/7/2026. 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 6.5 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 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: JA0003680-0000-26-123-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.