INTERNAL MEDICINE FOR PRIMARY CARE: GASTROENTEROLOGY/MEDICOLEGAL/PAIN MANAGEMENT/PSYCHIATRY

Grand Cayman, Cayman Islands - The Westin Grand Cayman Seven Mile Beach Resort & Spa
October 8 - 11, 2026

Thursday, October 8, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Risk Management**

The Anatomy of Medical Malpractice

Identify the key elements of a malpractice claim in the practice setting; Assess the risk of malpractice in common and unusual situations; Identify risk management strategies for preventing claims

8:30 am - 9:30 am - **Risk Management**

Risky Business: Consent and Communication

Describe the necessary elements of an informed consent process; Discover why the shared decision making process represents and opportunity rather than an obligation for the provider; Discuss the importance of early disclosure of unanticipated outcomes; Learn methods to disclose and reconcile events with patients, families and providers

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Risk Management**

Documentation: Effective Strategies and Pitfalls

Articulate major patient safety and lawsuit risk areas abetted by the quality of documentation; Discuss what is considered adequate documentation in a given clinical encounter; Anticipate when more thorough documentation and direct communication with other providers may reduce adverse outcomes; Describe clinical situations where documentation may enhance shared decision making to improve patient safety

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

Non-Opioid Pharmacologic Options in Pain Management

NSAID's; Acetaminophen; Topicals; Injections; Antidepressants; Anticonvulsants; Medical marijuana

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

Fibromyalgia

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

12:40 pm

Session Adjourns

Friday, October 9, 2026

7:00 am

Arrival and Breakfast

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

Controversies in Pain Management

Urine drug testing, cannabinoids

8:30 am - 9:30 am - **Pain**

Opioid Pharmacologic Options in Pain Management

Overall safety and efficacy; Selecting and monitoring patients; Pain contracts; Regulatory issues; Urine drug testing

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Risk Management**

Non-Verbal Communication in Medicine

Define nonverbal communication and its function; Identify the subtypes of nonverbal communication; Articulate how to utilize various forms of nonverbal communication; Discuss how effective nonverbal communication can improve your practice of medicine

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, October 10, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Psychiatry

Anxiety Disorders

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

8:30 am - 9:30 am - Psychiatry

Substance Use Disorders

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gastroenterology

Management of Lower GI Bleeding- From Occult to Massive

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approached to the spectrum of patients presenting with hematochezia

10:40 am - 11:40 am - Gastroenterology

Colorectal Cancer Screening and Surveillance

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

11:40 am

Session Adjourns

Sunday, October 11, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - Gastroenterology

Hepatitis B and C Management

HBV screening: whom to screen, whom to vaccinate; management of patients with decompensated hepatitis B related liver disease; treatment in special populations

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:

- Develop strategies for mitigating risky malpractice situations in practice
- Describe how informed consent and shared decision making reduces risk for the provider
- Identify adequate documentation samples that reduce risk to the provider
- List types of nonverbal communication and describe the effects of nonverbal communication in practice
- Design non-opioid pain management strategies
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Discuss some of the controversies surrounding pain management
- Design opioid pain management strategies
- 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
- Review current evidence for the treatment of anxiety disorders
- Describe strategies for identifying and treating substance use disorders
- List current treatment recommendations for the management of lower GI bleeding
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Recommend appropriate testing for the workup of celiac disease
- List current treatment recommendations for HBV and HCV

Disclosure of Relevant Financial Relationships

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Accreditation Statements

Joint Accreditation for 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: Gastro/Medicolegal/Pain/Psych and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 10/8/2026 to 10/11/2026. 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 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 5.75 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: JA0003680-0000-26-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.