INTERNAL MEDICINE FOR PRIMARY CARE: INFECTIOUS DISEASES/LIFESTYLE MEDICINE/ ONCOLOGY/ORTHOPEDICS

Walt Disney World® Resort, FL - Disney's Contemporary Resort
October 11 - 15, 2026

Sunday, October 11, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - Lifestyle Medicine

Nutrition for Optimal Health

The core principles of whole food and plant-based nutrition and its role in chronic disease prevention and reversal; Dietary patterns and their associations with non-communicable diseases (NCDs); Strategies for personalized, practical dietary interventions using evidence-based guidelines

4:00 pm - 5:00 pm - Lifestyle Medicine

Physical Activity: Prescribing Exercise as Medicine

Overview of the role of physical activity in health promotion and disease prevention; Differences between exercise types (aerobic, strength, flexibility) and their specific health benefits; Strategies for formulation of exercise prescriptions tailored to individual patients' needs, capacities, and goals

5:00 pm - 6:00 pm - Lifestyle Medicine

Stress Management & Mental Well-being

The physiological and psychological impact of chronic stress on health; Assessing stress in patients using validated tools and techniques; Stress management interventions, including mindfulness and relaxation techniques; Economic benefits of stress reduction

6:00 pm

Session Adjourns

Monday, October 12, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

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

Hip and Thigh

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **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.

10:40 am - 11:40 am - **Lifestyle Medicine**

Sleep Health: The Role of Restorative Sleep in Chronic Disease Prevention

Understanding the relationship between sleep quality and chronic health conditions; Review of proper sleep hygiene and its role in promoting restorative sleep; Strategies for developing a patient-centered approach to assessing and improving sleep

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

Behavioral Change & Health Coaching: Motivating Patients

The psychological and behavioral factors affecting lifestyle change; Review of different behavior change models (e.g. Stages of Change, Motivational Interviewing; Techniques to guide patients in setting realistic goals and achieving sustainable change

12:40 pm

Session Adjourns

Tuesday, October 13, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Oncology**
Cancer Prevention
Cancer screening and clinical practices shown to prevent cancer will be reviewed

8:30 am - 9:30 am - **Oncology**
Approach to the Patient with Suspected Cancer
Symptoms, signs and diagnoses that raise the suspicion of cancer will be reviewed, and an approach to evaluating these patients will be presented

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Oncology**
Management of Cancer Survivors
Medical issues related to cancer survivorship and approaches to surveillance for cancer recurrence will be reviewed

10:40 am - 11:40 am - **Orthopedics**
The Shoulder: Anatomy, Common Injuries, and Exam Techniques
Rotator cuff syndrome; impingement, frozen shoulder; subacromail bursitis; bicipital tendonitis; A-C joint disease

11:40 am - 12:40 pm - **Orthopedics**
Wrist, Hand, and Fingers
Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

12:40 pm

Session Adjourns

Wednesday, October 14, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Infectious Diseases**

Skin & Soft Tissue Infections

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

8:30 am - 9:30 am - **Infectious Diseases**

Respiratory Tract Infections

A case-based interactive discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Infectious Diseases**

Gastrointestinal Infections & Clostridiodes Difficile

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridiodes difficile colitis and related updates from the ID and infection control literature

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

Diagnosis and Treatment of Venous Thromboembolism

Symptoms, signs, diagnostic studies, and interventions to prevent and treat acute deep venous thrombosis and pulmonary embolism will be reviewed

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

A Primary Care Review of New Oral Anticoagulants

Mechanisms of action, clinical indications, therapeutic indices, perioperative management and approaches to reversal of new anticoagulant and antiplatelet medications will be reviewed

12:40 pm

Session Adjourns

Thursday, October 15, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Infectious Diseases

Emerging Infectious Diseases

Novel influenza viruses, resurgence of vaccine-preventable diseases, zoonoses and disease related to animal exposures (including vectors such as mosquitoes that bear west Nile virus and dengue), bioterrorism and food/waterborne illness

8:30 am - 9:30 am - Infectious Diseases

Healthcare-Associated Infections

Presentation on important pathogens in the healthcare setting and related clinical, epidemiologic and infection control information (please note that the discussion on blood-borne pathogens will NOT suffice for standard hospital CME requirements for BBP training)

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:

- Discuss strategies for using whole-food, plant-based nutrition to prevent chronic and non-communicable diseases
- Incorporate strategies for patients to integrate physical activity into daily routines
- Discuss optimal daily mindfulness exercises and relaxation techniques to manage stress and improve resilience
- Develop patient-centered strategies for improving sleep quality
- Apply techniques to support patients in setting realistic, sustainable goals for lifestyle change
- Describe the anatomy and function of the knee joint
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Diagnose and treat shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Identify clinical practices shown to prevent cancer
- Discuss the diagnostic approach to the patient with suspected cancer
- Evaluate and manage risks of the cancer survivor
- Diagnose, manage, and prevent DVT
- Manage patients on new oral anticoagulants
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Utilize case-based learning to develop treatment plans for various respiratory tract infections
- Evaluate the severity of diarrhea and evaluate the need for treatment
- Discuss emerging infectious diseases including resurgence of vaccine-preventable diseases, zoonoses, and diseases related to animal exposures
- Identify patients at risk for healthcare-associated infections

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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 20 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 20 *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 20 (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: Genetics/Lifestyle Med/Onc/Ortho and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 10/11/2026 to 10/15/2026. 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 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.25 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 20 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 20 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 20 contact hours (2.0 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.