



**INTERNAL MEDICINE FOR PRIMARY CARE:  
EMERGENCY  
MEDICINE/GASTROENTEROLOGY/ORTHOPEDICS  
/PALLIATIVE CARE**

**Oahu, HI - Aulani, A Disney Resort & Spa  
March 6 - 10, 2027**



**Saturday, March 6, 2027**

**2:30 pm**

**Check-In**

**3:00 pm - 4:00 pm - Emergency Med**

**Common Office-Based Emergencies**

Office-based evaluation of shortness of breath, chest pains, abdominal pain, syncope, seizure and endocrine related problems. Criteria for transfer to an emergency department will also be discussed.

**4:00 pm - 5:00 pm - Emergency Med**

**Toxicology Emergencies Commonly Seen in the Office**

Patients may walk into the clinic who have taken a toxic substance or drug overdose. It is important to do a detailed history, look for physical clues and determine if the patient has a toxidrome. The presentation will aid in determining who needs to go to emergency room and who can be treated in the office.

**5:00 pm - 6:00 pm - Emergency Med**

**OB/GYN and Male Emergencies in the Office Practice**

Patients with vaginal bleeding need a pregnancy assessment to determine whether this presentation is an emergency or can be handled in the office. Vaginal bleeding related to pregnancy and unrelated to pregnancy, STDs, toxic shock syndrome and sexual assault will be discussed in this talk. Male sexual disorders such as testicular torsion and epididymitis will also be discussed.

**6:00 pm**

**Session Adjourns**

**Sunday, March 7, 2027**

**7:00 am**

**Arrival and Breakfast**

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

**Approach to Elevated Liver Function Tests**

The elevation of elevated liver function tests can be challenging, how much testing is needed?; Discussion of common sources of elevated liver function tests; Recognition of Non Alcoholic Fatty Liver Disease; Hepatitis B evaluation and treatment; Hemochromatosis evaluation; A primary care perspective on Hepatitis C

**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 - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Gastroenterology**

**Acute Kidney Injury and Hepatorenal Syndrome in Liver Disease Patients**

Acute kidney injury is common in patients with cirrhosis; Discussion of the differential diagnosis, work-up and treatment of this potentially life-threatening condition with an emphasis on diagnosis and treatment of hepatorenal syndrome

**10:40 am - 11:40 am - Emergency Med**

**Wound Care for the Primary Care Office**

The office is an appropriate setting for the treatment of minor wounds. This presentation will provide an understanding of how to evaluate wounds, to properly suture wounds, and subsequent wound management. Criteria for transfer to an emergency department will also be discussed.

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

**Emergency Medicine Cases**

Challenging case presentations in office-based emergencies

**12:40 pm**

**Session Adjourns**

**Monday, March 8, 2027**

**7:00 am**

**Arrival and Breakfast**

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

**Musculoskeletal X-ray Views & Interpretation**

Tired of presentations on rotator cuff tendinopathy, Mechanical back pain and meniscal tears? This session will highlight some uncommon, unique and interesting musculoskeletal x-ray diagnoses often overlooked in traditional CME in an engaging format the covers the whole alphabet and adds differential diagnoses to the clinical toolkit.

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

**Navigating the Concussion Crisis**

A look at the worrisome messages your patients are receiving from the media and some health care providers regarding concussion. Evidence regarding the prognosis of concussion along with management pearls will be discussed. The 7 physiological trajectories of concussion will be learned. The relationship between concussion and brain wasting diseases will be explored in detail

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

**Coffee Break**

**9:40 am - 10:40 am - Orthopedics**

**Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)**

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. RED-S (Relative Energy Deficiency in Sports) is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary

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

**Acute Pancreatitis: Etiology and Management**

Recognition of acute and chronic pancreatitis; The etiology of pancreatitis and determination of next steps in management; Discussion of complications of pancreatitis and how to counsel patients on how to prevent recurrence of pancreatitis

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

**Gastroenterology Cases**

Challenging case presentations in gastroenterology

**12:40 pm**

**Session Adjourns**

**Tuesday, March 9, 2027**

**7:00 am**

**Arrival and Breakfast**

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

**Prognostication for the PCP**

Estimating life expectancy for patients with life-limiting illnesses such as CHF, Alzheimer's dementia, Parkinson's disease, end stage renal disease

**8:30 am - 9:30 am - Palliative**

**Addressing Goals of Care**

Definition of POA, DNR, DNI, DNH, MOLST, POLST; Techniques on how to address goals of care, both in acute crisis as well as when the patient has chronic issues

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

**Coffee Break**

**9:40 am - 10:40 am - Palliative**

**Medicare Hospice Benefit**

Which patients are eligible? What is palliative care? What does the Medicare benefit provide for patients and families?

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

**Stress Fractures in Athletes and the General Population**

Treatment of stress fractures caused by sports, work injuries and accidents

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

**Orthopedic Cases**

Challenging case presentations in orthopedics

**12:40 pm**

**Session Adjourns**



**Wednesday, March 10, 2027**

**7:00 am**

**Arrival and Breakfast**

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

**Pain Management in the Palliative Care Patient**

Treatment of pain with both nonopioid and opioid medications; New guidelines related to opioid prescribing; Side effects management

**8:30 am - 9:30 am - Palliative**

**Palliative Care Cases**

Challenging case presentations in palliative care

**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:

- Recognize when common complaints such as abdominal pain require urgent referral to the emergency department
- Utilize history and physical exam to determine if a patient has a toxidrome
- Distinguish when vaginal bleeding and other OB/GYN emergencies, as well as select male emergencies can be handled in office as opposed to the emergency department
- Evaluate and manage minor wounds
- Utilize case-based learning to develop treatment plans for emergent in-office conditions
- Describe needed testing for elevated liver function tests
- List current treatment recommendations for HBV and HCV
- Discuss the diagnosis and treatment of kidney injury due to an abrupt deterioration in renal function
- Discuss options to prevent recurring pancreatitis
- Utilize case-based learning to develop treatment plans for various gastroenterologic conditions
- Determine the basics and common pitfalls of orthopedic x-ray interpretation
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- Discuss stress fracture management
- Utilize case-based learning to develop treatment plans for orthopedic conditions
- Recognize the importance of prognosis in decision making for seriously ill patients
- Define and establish goals of care with patients and their families
- List details about the Medicare hospice benefit
- Discuss pain management options with both nonopioid and opioid medications
- Utilize case-based learning to develop goals of palliative care



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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: Emergency/Gastro/Ortho/Palliative and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 3/6/2027 to 3/10/2027. 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 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 7.75 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 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: JA0003680-0000-21-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.