



**INTERNAL MEDICINE FOR PRIMARY CARE:
GERIATRICS/INFECTIOUS DISEASES/
ORTHOPEDICS/PSYCHIATRY**

**Key West, FL - Casa Marina Key West, Curio Collection by Hilton
December 10 - 13, 2026**



Thursday, December 10, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 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

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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Psychiatry**

Depressive Disorders

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

10:40 am - 11:40 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

11:40 am **Session Adjourns**

Friday, December 11, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

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

Gastrointestinal Infections & Clostridioides Difficile

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

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

Urological Disorders in the Older Adult

Review common lower urinary tract symptoms (LUTS) in older adults that may progress to incontinence; Practical approaches to differential diagnoses and management of Stress Incontinence, Overflow Incontinence, and Overactive Bladder (OAB), leading to Urge Incontinence

12:40 pm

Session Adjourns

Saturday, December 12, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 am - Geriatrics

Managing Behavior Problems in Dementia Patients

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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)

10:40 am - 11:40 am - Orthopedics

The Shoulder: Anatomy, Common Injuries, and Exam Techniques

Discussion of the anatomy and function of the shoulder joint; Discussion of the clinical approaches to treating rotator cuff syndrome, shoulder impingement, frozen shoulder, subacromial bursitis, bicipital tendonitis, and A-C joint disease; The basics and common pitfalls of orthopedic x-ray interpretation; Discussion of how and when to utilize joint aspiration and injection for the shoulder joint

11:40 am - 12:40 pm - Orthopedics

Wrist, Hand, and Fingers

Discussion of the anatomy and function of the wrist, hand, and finger joints; Discussion of clinical approaches to treating carpal tunnel, CMC arthritis of the thumb, ganglion cyst, trigger finger, de Quervains disease; The basics and common pitfalls of orthopedic x-ray interpretation; How and when to utilize joint aspiration and injection for the wrist, hand and finger joints

12:40 pm

Session Adjourns



Sunday, December 13, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Orthopedics

The Knee: Anatomy, Common Injuries, and Exam Techniques

Discussion of the anatomy and function of the knee joint; Discussion of clinical approaches to treating ACL injuries, meniscus, common sports injuries, osteoarthritis, knee bursitis, prepatellar and pes anserine bursitis, and Baker's cyst; The basics and common pitfalls of orthopedic x-ray interpretation; How and when to utilize joint aspiration and injection for the knee joint

8:30 am - 9:30 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.

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:

- 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
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Describe strategies for identifying and treating substance use disorders
- Utilize case-based learning to develop treatment plans for various respiratory tract infections
- Discuss emerging infectious diseases including resurgence of vaccine-preventable diseases, zoonoses, and diseases related to animal exposures
- Evaluate the severity of diarrhea and evaluate the need for treatment
- Identify patients at risk for healthcare-associated infections
- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- 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
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Diagnose and treat shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Describe the anatomy and function of the knee joint
- Recognize chronic injuries and pain syndromes to the foot and ankle



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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: Geri/ID/Ortho/Psych and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 12/10/2026 to 12/13/2026. 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: JA0003680-0000-26-159-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.