



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: GERIATRICS/NEPHROLOGY/ORTHOPEDICS

**Park City, UT - The Chateaux Deer Valley
February 5 - 7, 2027**

Friday, February 5, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 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

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 - 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

10:40 am - 11:40 am - Nephrology

Hematuria and Proteinuria

Proteinuria, and hematuria are two of the most common abnormalities in routine urinalysis that require further evaluation. There is a broad spectrum of diseases that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This case-based presentation discusses the detection, diagnosis and general management principles of these findings.

11:40 am - 12:40 pm - Nephrology

Blood Pressure Control in Kidney Disease

Review of blood pressure basics; Discussion of the AHA guidelines for diagnosis of primary and secondary hypertension; Discussion of key clinical trials in patients with and without kidney disease; Treatment of patients with and without diabetes

12:40 pm

Session Adjourns

Saturday, February 6, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Nephrology

A Primary Care Approach to Mild to Moderate Chronic Kidney Disease

Chronic kidney disease affects one in six people; It is important for the primary care provider to know the complications from chronic kidney disease and be part of the team planning for potential renal replacement therapy; Exploration of electrolyte abnormalities, acid base imbalances, bone mineral disorders, anemia management; Planning for eventual kidney transplantation or dialysis

8:30 am - 9:30 am - Nephrology

Primary Care Primer on Calcium and Phosphorus

Calcium and phosphorus disorders are common in clinical practice and can arise from both genetic and acquired disease, as well as commonly prescribed medications; Discussion of the pathophysiology, diagnosis, prevention, and management of these common imbalances

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Depression: Considerations in Older Adults

Overview of depression as a common condition often seen in primary care; The many ways depression negatively impacts other healthcare issues; Simple methods of recognition and managing depression in the primary care setting that can greatly improve the comfort, function, and the quality of life for older adults

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, February 7, 2027

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:

- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Review common lower urinary tract symptoms (LUTS) that may progress to urinary incontinence, and initiate treatment options
- Recognize and manage geriatric depression
- Identify causes of hematuria and proteinuria
- Discuss the findings of key clinical trials in the treatment of hypertensive patients with and without kidney disease
- Describe potential complications from chronic kidney disease and options for potential renal replacement therapy
- Discuss the pathophysiology, diagnosis, prevention, and management of calcium and phosphorus disorders
- 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

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 12 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 12 *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 12 (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/Nephro/Ortho and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 2/5/2027 to 2/7/2027. 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 12 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 12 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 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 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 12 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 12 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 12 contact hours (1.2 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.