



**INTERNAL MEDICINE FOR PRIMARY CARE:
CARDIOLOGY/NEPHROLOGY/PODIATRY/
SPORTS MEDICINE**

**Maui, HI - The Westin Maui Resort & Spa, Kaanapali
March 21 - 25, 2027**

Sunday, March 21, 2027

2:30 pm

Check-In

3:00 pm - 4:00 pm - Cardiology

Primary Prevention of Cardiometabolic CVD

Definitions; AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; Drug therapy updates; Risk calculation; Role of pooled equations for risk estimates

4:00 pm - 5:00 pm - Cardiology

Work-up of Patients with Suspected CAD

Risk factor evaluation and risk assessment models; 2021 ACC/AHA Chest Pain Guidelines; Test selection including ECG, echo, nuclear and newer imaging modalities (including discussion of appropriate use criteria--AUC); The usefulness of CT scanning; The role of bio markers and EBCT; Suspected CAD in special populations (women, diabetics, the elderly)

5:00 pm - 6:00 pm - Cardiology

Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure Guidelines; Heart failure with reduced EF (HFrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers, eg NT Pro BNP; Treatment options: ACE inhibitors, ARBs, ARNI, beta blockers, mineralocorticoid receptor antagonists, SGLT2i; The role of devices (ICD and/or CRT) in treatment and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure and readmissions

6:00 pm

Session Adjourns

Monday, March 22, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Sports Med

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

8:30 am - 9:30 am - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management

This topic will cover the current definition, signs and symptoms, significance and office approach to mild traumatic brain injury as a consequence of athletic endeavors. The presentation will include up-to-date classification, return to sport guidelines and decision making by the primary care physician, and discuss an office-based management scheme.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Sports Med

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 - Cardiology

Arrhythmias

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

11:40 am - 12:40 pm - Cardiology

Hypertension

The 2025 AHA/ACC Hypertension Guidelines; The 2024 ESC Guidelines for hypertension; Approaches

to treatment thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure; Risk factors by new pooled equations

12:40 pm

Session Adjourns

Tuesday, March 23, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Podiatry

Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

8:30 am - 9:30 am - Podiatry

Ankle Sprains

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Podiatry

Achilles Tendinitis

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

10:40 am - 11:40 am - Sports Med

Common Orthopedic Injuries in Children and Adolescents

The immature skeleton of the pediatric and adolescent athlete make it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

11:40 am - 12:40 pm - Sports Med

Exercise Prescriptions for Primary Care Practitioners

Discussion of the health risks of obesity and a sedentary lifestyle; Up-to-date evidence for the health benefits of weight management and the risks and benefits of exercise; Exercise-related terminology used in the science of exercise physiology; Tools to confidently risk stratify the patient wishing to begin an exercise program; Basic components on an individual exercise prescription; Tips for becoming more proactive in prescribing exercise to their patients

12:40 pm

Session Adjourns

Wednesday, March 24, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Nephrology

Should All Patients with CKD be on SGLT2 Inhibitors?

Sodium-glucose transporter 2 inhibitors (SGLT2i) represent a major advance in the treatment of patients with diabetes in kidney disease when added onto renin-angiotensin system blocking drugs. Increasing evidence indicates that this class of drugs provides both kidney and cardiovascular benefits to patients with chronic kidney disease, regardless of diabetes status. Primary care providers need to know which patients should be prescribed these drugs as they clearly not only reduce morbidity but also mortality in CKD patients with or without diabetes. This lecture will provide the most up to date use of SGLT2i in patients with CKD, including evidence-based guidelines/goal directed medical therapy.

8:30 am - 9:30 am - Nephrology

Kidney, Heart, and Bone: A Challenging Trifecta in CKD

Cardiovascular calcifications are highly prevalent in patients with chronic kidney disease and contribute to morbidity and mortality. This case-based lecture introduces the complex pathophysiologic changes occurring in the bony tissue and their contribution to vascular calcifications. Early recognition of this disorder and management of calcium, phosphorus, vitamin D and parathyroid hormone imbalances are key components of CKD care.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Nephrology

Glomerulonephritis 101

Glomerulonephritis is an important cause of chronic progressive kidney disease and can be difficult to detect and diagnose. This case based lecture will provide primary care providers with the knowledge and tools on when to suspect glomerulonephritis, how to differentiate from other causes of kidney disease. IgA nephropathy, the most common cause of glomerulonephritis, will be discussed as an example of differentiating glomerulonephritides and participants will learn about the mechanisms of action and how to prescribe three FDA approved treatments for patients with this particular glomerular disease.

10:40 am - 11:40 am - Podiatry

Stress Fractures of the Foot and Ankle

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

11:40 am - 12:40 pm - Podiatry

Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

12:40 pm

Session Adjourns

Thursday, March 25, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Nephrology

Primary Care Primer on Electrolytes

Electrolyte and acid-base disorders are common findings in clinical practice. They can arise from genetic and acquired diseases and can be associated with commonly prescribed medications. This case-based lecture focuses on the disturbances in and interactions between serum sodium, potassium, and bicarbonate. It reviews the pathophysiology, diagnosis and management of these common imbalances.

8:30 am - 9:30 am - Nephrology

Proteinuria, Hematuria, and Diabetic Kidney Disease

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. It also focuses on updates in diabetic kidney disease and when to refer to a specialist.

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:

- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Explain current concepts in the diagnosis and treatment of hypertension
- Discuss the components of a pre-participation sports physical
- 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 diagnoses that are common sports injuries
- Identify appropriate exercise prescriptions for a variety of sports injuries
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss causes, prevention and treatment of foot and ankle stress fractures
- Discuss technologies used to treat acute and chronic plantar fasciitis
- Describe evidence-based guidelines for the use of SGLT2 inhibitors in patients with CKD
- List steps to diagnose and treat bone disease and its cardiovascular consequences in CKD
- Describe treatment options for hematuria and glomerulonephritis
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- Identify causes of hematuria and proteinuria

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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 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: Cardio/Nephro/Pod/Sports Med and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 3/21/2027 to 3/25/2027. 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 7.5 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 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.