INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/GASTROENTEROLOGY/ ORTHOPEDICS

Phoenix, AZ - JW Marriott Phoenix Desert Ridge Resort & Spa
March 19 - 21, 2027

Friday, March 19, 2027

7:00 am

Check-In and Breakfast

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

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

9:30 am - 9:40 am

Coffee Break

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

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

Approach to Common GI Complaints

Approach to patients who present with gastroparesis, constipation, and irritable bowel syndrome; Discussion of the dramatic evolutions in the diagnosis and treatment of these conditions; Practical tools for improving these challenging conditions

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

Dysphagia, Dyspepsia, GERD, and Barrett's for the PCP

Discussion of the differences between GERD and dyspepsia; Determining the yearly risk of Barrett's esophagus evolving into cancer; Evaluating the long term risks in using PPIs; Discussion of the difference between Vonoprazan and PPIs

12:40 pm

Session Adjourns

Saturday, March 20, 2027

7:00 am

Arrival and Breakfast

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

Helicobacter Highlights

Discussion of the frustrations clinicians face in treating Helicobacter; Understanding the multiple pills and their uses; Strategies for helping patients complete the regimen; Understanding the malignancies commonly caused by Helicobacter; Diagnostics and treatments which can be integrated into practice

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

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of MASLD, its implications and management

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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 fibrilation: 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

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, March 21, 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:

- 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 fibrilation
- Discuss diagnosis and treatment of gastroparesis, constipation, and IBS
- Identify differences in presentation and treatment of dysphagia, dyspepsia, and GERD
- Counsel patients on the treatment options for successful outcomes in managing Helicobacter
- Identify risk factors for the development of MASLD
- 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)

ABIM CME MOC ACCREDITED

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: Cardio/Gastro/Ortho and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 3/19/2027 to 3/21/2027. 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 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 4.75 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 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.