



INTERNAL MEDICINE FOR PRIMARY CARE: DERMATOLOGY/PODIATRY/SPORTS MEDICINE

**Moab, UT - HooDoo Moab Curio Collection by Hilton
May 21 - 23, 2027**

Friday, May 21, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - Dermatology

Benign Skin Tumors

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

8:30 am - 9:30 am - Dermatology

Premalignant and Malignant Skin Tumors

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Dermatology

Acne and Acneiform Eruptions

Discussion of acne, rosacea, and select follicular disorders; Determination of treatment therapies based on acne grading scale; Diagnosis and treatment approaches; Topical and systemic therapy

10:40 am - 11:40 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

11:40 am - 12:40 pm - 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.

12:40 pm

Session Adjourns

Saturday, May 22, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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.

8:30 am - 9:30 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.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Dermatology

Skin Manifestations of Systemic Disease

Skin will often reflect signs of systemic diseases, be useful for diagnosis, or suffer from a complication of disease or its treatment; Diagnosis of rheumatologic, endocrine, gastrointestinal, and psychologic conditions based on cutaneous findings

10:40 am - 11:40 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.

11:40 am - 12:40 pm - 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

12:40 pm

Session Adjourns

Sunday, May 23, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 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.

8:30 am - 9:30 am - 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

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:

- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Identify cutaneous findings that serve as surrogates of internal diseases
- 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
- Discuss causes, prevention and treatment of foot and ankle stress fractures
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss the components of a pre-participation sports physical
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify appropriate exercise prescriptions for a variety of sports injuries

Disclosure of Relevant Financial Relationships

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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 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: Derm/Pod/Sports Med and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 5/21/2027 to 5/23/2027. 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 3.75 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

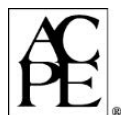
American Academy of Physician Associates (AAPA)



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.