INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/GERIATRICS/PSYCHIATRY/ REPRODUCTIVE HEALTH

Aruba - Hyatt Regency Aruba Resort Spa & Casino
June 3 - 6, 2027

Thursday, June 3, 2027

7:00 am

Check-In
Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

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**
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

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 - **Reproductive Health**
Preconception Counseling
Screening and evaluation prior to a planned pregnancy; Optimization of medical conditions prior to pregnancy such as diabetes, asthma, and substance abuse; When to refer for specialty consultation

11:40 am - 12:40 pm - **Reproductive Health**
Guide to Medication Use During Pregnancy and Lactation
Review of the current classification systems; Discussion of medication classes commonly used during pregnancy and lactation; Discussion of commonly used medications that should be avoided during pregnancy and/or lactation

12:40 pm

Session Adjourns

Friday, June 4, 2027

7:00 am

Arrival
Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

7:30 am - 8:30 am - **Reproductive Health**
Preexisting Disease and Pregnancy
Review of management of common disorders during pregnancy, such as hypertension, obesity, thyroid disease, and depression; Discussion of the impact of pregnancy on disease state as well as impact of the disease on pregnancy well-being and outcomes, with a focus on management recommendations during pregnancy

8:30 am - 9:30 am - **Reproductive Health**
Postpartum Cardiovascular Health
Recognize ways pregnancy is a metabolic and cardiovascular stress test; Coverage of the long term health risks of a complicated pregnancy; Highlights of the importance of early cardiovascular screening; Discussion of strategies for cardiovascular risk education in women with complicated pregnancies

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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)

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 pharmacodymamics and medication adherence; Review of risky medications often used in elderly patients

11:40 am - 12:40 pm - **Geriatrics**
Urologic 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, June 5, 2027

7:00 am

Arrival
Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

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 - **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**
Burnout and Provider Wellness
Strategies to enable physicians and other healthcare providers in coping with increased pressures and responsibilities

11:40 am

Session Adjourns

Sunday, June 6, 2027

7:00 am

Arrival
Rooms booked as part of the MER room block include breakfast in the hotel dining room. Participants booked outside of the MER room block, please make breakfast arrangements on your own.

7:30 am - 8:30 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

8:30 am - 9:30 am - Psychiatry

Anxiety Disorders

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

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 current diagnostic and treatment approaches to arrhythmias and atrial fibrilation
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Describe the work-up, risk assessment and test selection of patients with suspected CAD
- Identify preconception interventions that can enhance pregnancy outcomes
- List commonly used medications that could potentially cause complications during pregnancy and lactation
- Monitor for preexisting disease and potential complications in pregnancy
- Discuss the dangers of hypertension and high blood pressure in all stages of pregnancy
- 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
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Discuss options for coping with increased practice pressure with the goal of avoiding provider burnout
- Describe strategies for identifying and treating substance use disorders
- Review current evidence for the treatment of anxiety disorders

Disclosure of Relevant Financial Relationships

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis, MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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 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: Cardio/Geri/Psych/Reproductive Health and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 6/3/2027 to 6/6/2027. 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 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 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 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: JA0003680-0000-21-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.