INTERNAL MEDICINE FOR PRIMARY CARE: ENDOCRINOLOGY/PSYCHIATRY/ RHEUMATOLOGY

Glacier National Park, MT - Grouse Mountain Lodge
September 24 - 26, 2027

Friday, September 24, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Endocrinology**
Type 2 Diabetes Mellitus
Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

8:30 am - 9:30 am - **Endocrinology**
Lipid Metabolism and Treatment
Review of the most recent American Heart Association Dietary and Lipid Guidelines; Discussion of the most recent ADA guidelines for lipid management for both primary and secondary CV prevention; Detail of treatments for elevated triglycerides and the lack of cardiovascular benefit from fish oil

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Endocrinology**
Osteoporosis
Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

10:40 am - 11:40 am - **Rheumatology**
Update in Pharmacology for Arthritis
Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

11:40 am - 12:40 pm - **Rheumatology**
Differential Diagnosis of Inflammatory Arthritis
Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

12:40 pm

Session Adjourns

Saturday, September 25, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Rheumatology**
Crystal Disease: Gout & Pseudogout
Properly diagnosing and treating crystal diseases such as gout and pseudogout

8:30 am - 9:30 am - **Rheumatology**
Fibromyalgia
Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Endocrinology**
Obesity Management
Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

10:40 am - 11:40 am - **Psychiatry**
Bipolar Spectrum Disorders
Bipolar spectrum disorders in adults as compared to youth; Comprehensive history-taking; Differential diagnosis; Co-occurring psychiatric and medical conditions; Phase specific treatment considerations and interventions

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

12:40 pm

Session Adjourns

Sunday, September 26, 2027

7:00 am

Arrival and Breakfast

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

Depressive Disorders

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

8:30 am - 9:30 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

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:

- Develop patient-specific treatment plans for the management of type 2 diabetes
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Diagnose and treat gout and pseudogout
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Describe strategies for identifying and treating substance use disorders

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: Endo/Psych/Rheum and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 9/24/2027 to 9/26/2027. 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 6.5 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.