



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**PEDIATRIC & ADOLESCENT MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/NEUROLOGY/SPORTS MEDICINE**

**San Antonio, Texas – Hilton Palacio del Rio  
November 6 – 8, 2020**

**Friday, November 6th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Neurology**

**Movement Disorders in Children**

Cerebral palsy (CP); Tics, tremors, chorea/ballismus, dystonia; Sydenham chorea

**8:30 am – 9:30 am – Neurology**

**Diagnosis of Pediatric Seizures and Epilepsy**

Identification and recognition of common seizure types; Differentiation between seizures and pseudoseizures; Diagnostic approaches to seizures and epilepsy

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Neurology**

**A Primary Care Approach to Treatment of Pediatric Epilepsy**

First line seizure medications; The role of diet; Surgical alternatives; Medical marijuana in the pediatric patient

**10:40 am – 11:40 am – Sports Medicine**

**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 4th 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.



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### **11:40 am – 12:40 pm – Sports Medicine**

#### **Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care**

Those 18 years of age and younger are particularly vulnerable to concussion, its severity and consequences. This topic will cover the current definition, signs and symptoms, their significance and an office-based approach to mild traumatic brain injury that can accompany participation in youth sports. The presentation will include up-to-date return to sport guidelines and decision making and provide concussion management tools for the primary care physician.

### **12:40 pm**

#### **Session Adjourns**

**Saturday, November 7th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Sports Medicine**

**Commonly Missed 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.

**8:30 am – 9:30 am – Sports Medicine**

**Nutritional Considerations for the Young Athlete—The Female Athlete Triad**

The growing popularity of organized youth sports is well documented. Young women are now participating in organized sports at historic levels. However, many active young women 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. The Female Athlete Triad 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 care perspective.

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Neurology**

**The Treatment of Headaches in Children and Adolescents**

Diagnosis of migraines; Tumors; Treatment of increased intracranial pressure

**10:40 am – 11:40 am – Dermatology**

**Acne and Acneiform Eruptions**

Topical and systemic therapy



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### **11:40 am – 12:40 pm – Dermatology**

#### **Viral Diseases**

Herpes simplex, varicella-zoster, viral exanthems, molluscum and warts

### **12:40 pm**

#### **Session Adjourns**

**Sunday, November 8th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Dermatology**

**Dermatitis**

Contact, atopic, irritant, nummular, seborrheic and exfoliative; diagnosis and management

**8:30 am – 9:30 am – Dermatology**

**Papulosquamous Diseases**

Psoriasis, lichen planus, pityriasis rosea, connective tissue diseases; how to tell one scaly rash from another

**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:

- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- List the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent athlete
- List treatment strategies for pediatric epilepsy, headaches and movement disorders
- Discriminate the diagnostic principles and treatment options for dermatitis and papulosquamous diseases in children and adolescents
- Discuss the diagnosis and treatment of viral skin infections
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions

**Learning Outcome**

To provide updates in primary care medicine to office based providers



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### ABIM MOC Recognition

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

This Live activity, *Pediatric & Adolescent Medicine for Primary Care*, with a beginning date of November 6, 2020 has been reviewed and is acceptable for up to 12 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### American Osteopathic Association

These programs are approved for 12 hours in Category 2-A by the American Osteopathic Association.

### American College of Emergency Physicians

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 College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.



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This activity is designated for X.X ANCC pharmacotherapeutic contact hours.

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.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 12 contact hours.

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Universal Program Number: 0816-0000-20-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.