



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/GYNECOLOGY/PODIATRY/PULMONOLOGY**

**Waikoloa Village, Big Island, Hawaii – Hilton Waikoloa Village
March 15 – 19, 2020**

Sunday, March 15th:

2:30 pm – 3:00 pm

Registration

3:00 pm – 4:00 pm – Gynecology

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; menstrual disturbances; ovulatory and anovulatory uterine bleeding; other menstrual abnormalities; diagnosis and appropriate treatment options

4:00 pm – 5:00 pm - Gynecology

Menopausal Transition and Hormone Replacement Therapy

Estrogen analogs; options in estrogen therapy; designer estrogens; SERMs; HRTs; risks/benefits, especially in breast cancer and CHD

5:00 pm – 6:00 pm – Gynecology

Cervical Cancer Screening Including HPV Management

Current recommendations for cervical cancer screening; incorporating the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular cells) into your practice; algorithm for the appropriate use of HPV testing and managing results; determining appropriate candidates for the use of the HPV vaccine

6:00 pm

Session Adjourns

Monday, March 16th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Pulmonology

A Primary Care Approach to COPD and Lung Cancer Screening

Management update for COPD including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen; Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines

8:30 am – 9:30 am – Pulmonology

Spirometry and Pulmonary Function Testing for Primary Care

Basic interpretation of pulmonary function test; Which tests can be ordered for which patients

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Pulmonology

Controversies in the Treatment of Common Respiratory Infections

Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

10:40 am – 11:40 am – Gynecology

A Primary Care Review of Structural Abnormalities in Women

Cystocele, Uterine prolapse, Rectocele, Ovarian torsion

11:40 am – 12:10 pm – Gynecology

Breast Cancer Screening

Comparison of recent breast cancer screening recommendations from USPSTF, ACOG/ACS/NCI/NCCN; Discussion of risks and benefits of screening at various ages; Review of the scientific basis for screening



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12:10 pm – 12:40 pm – Gynecology

Case Studies in Gynecology

A challenging array of case studies in women's health

12:40 pm

Session Adjourns

Tuesday, March 17th:

7:00 am – 7:30 am

Hot Breakfast

7:30 am – 8:30 am – Podiatry

Common Ankle Sprains Seen in Primary Care

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.

8:30 am – 9:30 am – Podiatry

Recognition and Treatment of Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 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.

10:40 am – 11:40 am - Pulmonology

Asthma

The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

11:40 am – 12:40 pm – Pulmonology

Challenging Pulmonary Cases

An array of challenging cases including coverage of PE and lung nodules.

12:40 pm

Session Adjourns

Wednesday, March 18th:

7:00 am – 7:30 am

Hot 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

Insulin Therapy for Diabetes

Treating T2DM with insulin; T1DM

9:30 am – 9:40 am

Coffee Break

9:40 am – 10:40 am – Endocrinology

Management of Dyslipidemia

Guidelines for the management of cholesterol from AHA and ACC; Further LDL-cholesterol reduction with non-statin therapies for those with ASCVD; Risk stratification and reduction for those without ASCVD, diabetes or severe hypercholesterolemia; Recommendations for special populations

10:40 am – 11:40 am – Podiatry

Evaluation and Treatment of 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.



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11:40 am – 12:40 am – Podiatry

A Primary Care Approach to Stem Cell Therapy

Session will center around discussion of stem cell products for soft tissue injury, bone healing, cartilage repair and sports injuries. Session will include evaluation of current buzz and the ultimate value of using “Stem Cell Therapy” for common orthopedic sports and degenerative injuries.

12:40 pm

Session Adjourns



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Thursday, March 19th:

7:00 am – 7:30 am

Continental Breakfast

7:30 am – 8:30 am – Endocrinology

Obesity Management Update

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

8:30 am – 9:30 am – Endocrinology

Metabolic Bone Disease

Osteoporosis: diagnosis and treatment

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:

- Diagnose and tailor treatment strategies for Type 1 and Type 2 diabetes
- Review the diagnostic criteria and therapeutic approaches to osteoporosis and other calcium related disorders
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies including patient selection criteria for surgery
- Identify the pathophysiology and diagnostic approach of asthma, respiratory infections and COPD
- Discuss systemic consequences and counseling strategies, as well as available treatment options for deep vein thrombosis and pulmonary hypertension
- Perform a range of pulmonary diagnostics and be better prepared to handle lung cancer
- Describe the management and treatment of abnormal pap smears, uterine bleeding, and HPV
- Discuss the current evidence and recommendations regarding breast cancer screening
- Explain the process of menopausal transition (climacteric) and describe the potential risks/benefits of HRT option, especially in relation to breast cancer and cardiovascular disease
- Discuss common problems and treatment options for ankle and foot injuries including sprains, plantar fasciitis, and stress fractures
- Assess stem cell therapy for common orthopedic sport and degenerative injuries

Learning Outcome

To provide updates in primary care medicine to office based providers



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Accreditation

Physician Accreditation

Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation

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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 20 (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, *Key Issues in Internal Medicine*, with a beginning date of March 15, 2020 has been reviewed and is acceptable for up to 20 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 20 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 20 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.

American Academy of Physician Assistants

AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)TM* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 20 hours of Category I credit for completing this program.

Nursing Accreditation

Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This CE activity provides 20 contact hours of continuing nursing education.

This activity is designated for 5.0 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 20 contact hours.

Pharmacy Accreditation



Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 20 contact hours (2.0 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: 0816-0000-20-035-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.