INTERNAL MEDICINE FOR PRIMARY CARE: GASTROENTEROLOGY/INFECTIOUS DISEASES/ LIFESTYLE MEDICINE

Scottsdale, AZ - Fairmont Scottsdale Princess
February 26 - 28, 2027

Friday, February 26, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - **Gastroenterology**

Management of Lower GI Bleeding- From Occult to Massive

The correct use and interpretation of tests for occult blood in the stool will be discussed in relation to lower GI bleeding; focus on the utility of different diagnostic and management approached to the spectrum of patients presenting with hematochezia

8:30 am - 9:30 am - **Gastroenterology**

Colorectal Cancer Screening and Surveillance

Reviews the most recent recommendations for CRC screening in the general population at average risk for CRC.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**

Celiac Disease and Chronic Diarrhea

Millions of Americans are now on a gluten free diet. Only some of them actually have Celiac disease. We will review the workup of diarrhea and malabsorption with a focus on celiac disease; We will discuss how to diagnose celiac disease when a patient is already on a gluten free diet and an appropriate differential diagnosis

10:40 am - 11:40 am - **Infectious Diseases**

Skin & Soft Tissue Infections

Presentation on important skin and soft-tissue infections and their prompt recognition, emphasizing evaluation and management strategies

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

Respiratory Tract Infections

A case-based interactive discussion highlighting critical points regarding the diagnosis and management of pneumonia and bronchitis – with a focus on the impact of multidrug resistant pathogens

12:40 pm

Session Adjourns

Saturday, February 27, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Infectious Diseases**

Gastrointestinal Infections & Clostridiodes Difficile

Presentation on important enteric pathogens and their recognition, diagnosis and management; special emphasis on clostridiodes difficile colitis and related updates from the ID and infection control literature

8:30 am - 9:30 am - **Infectious Diseases**

Antimicrobial Stewardship and Multidrug Resistance

Definition of an antimicrobial stewardship program (ASP); Concepts of the antimicrobial stewardship program; Four goals of antimicrobial stewardship; Most recent additions to the antimicrobial armamentarium

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of MASLD, its implications and management

10:40 am - 11:40 am - **Lifestyle Medicine**

Primary Care Provider Well-being: Practical Tools for Burnout Prevention

Discussion of the common causes of burnout in primary care providers; Practical strategies for maintaining mental and physical well-being; Strategies for developing and implementing effective workplace wellness initiatives and self-care practices; Resilience-building techniques, and the economic impact of provider burnout

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

Nutrition for Optimal Health

The core principles of whole food and plant-based nutrition and its role in chronic disease prevention and reversal; Dietary patterns and their associations with non-communicable diseases (NCDs); Strategies for personalized, practical dietary interventions using evidence-based guidelines

12:40 pm

Session Adjourns

Sunday, February 28, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Lifestyle Medicine**

Physical Activity: Prescribing Exercise as Medicine

Overview of the role of physical activity in health promotion and disease prevention; Differences between exercise types (aerobic, strength, flexibility) and their specific health benefits; Strategies for formulation of exercise prescriptions tailored to individual patients' needs, capacities, and goals

8:30 am - 9:30 am - **Lifestyle Medicine**

Stress Management & Mental Well-being

The physiological and psychological impact of chronic stress on health; Assessing stress in patients using validated tools and techniques; Stress management interventions, including mindfulness and relaxation techniques; Economic benefits of stress reduction

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:

- List current treatment recommendations for the management of lower GI bleeding
- Discuss the guidelines for colonoscopic colorectal cancer screening and surveillance
- Recommend appropriate testing for the workup of celiac disease
- Identify risk factors for the development of MASLD
- Review epidemiology and microbiology of skin and soft tissue infections (SSTI)
- Utilize case-based learning to develop treatment plans for various respiratory tract infections
- Evaluate the severity of diarrhea and evaluate the need for treatment
- List goals of an antimicrobial stewardship program and strategies for antimicrobial treatment
- Describe strategies for keeping burnout from affecting patient care
- Discuss strategies for using whole-food, plant-based nutrition to prevent chronic and non-communicable diseases
- Incorporate strategies for patients to integrate physical activity into daily routines
- Discuss optimal daily mindfulness exercises and relaxation techniques to manage stress and improve resilience

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: Gastro/ID/Lifestyle and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 2/26/2027 to 2/28/2027. 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 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.