INTERNAL MEDICINE FOR PRIMARY CARE: NEUROLOGY/PAIN MANAGEMENT/PSYCHIATRY/ SLEEP MEDICINE

Sevilla, Spain - Hotel Alfonso XIII, a Luxury Collection Hotel
March 8 - 11, 2027

Monday, March 8, 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 - Neurology
Evaluating Weakness
Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

8:30 am - 9:30 am - Neurology
Alzheimer's & Other Dementias
Review changes in cognition with normal aging; Behavioral changes that may precede early dementia; Screening tools for dementia; Characteristics of different dementia syndromes; Risks and benefits for treatment of Alzheimer Disease; Risk factors and causes of delirium, and how to reduce them; How to suspect and identify delirium; Management of the symptoms of delirium; Distinguishing delirium from dementia

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Neurology
Parkinson's Disease & Other Movement Disorders
Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic- induced movement disorders; chorea

10:40 am - 11:40 am - Sleep Medicine
How Sleep Works
The drivers of sleep and integration of how these drivers can be used to improve sleep; Basic principles of sleep drive, circadian rhythm and sleep associations will be discussed; Related to cases to highlight these principles.

11:40 am - 12:40 pm - Sleep Medicine
Approach to the Patient Who Can't Sleep
Discussion of Insomnia, one of the most common complaints related to sleep; Determination of the underlying contributors; Review of a straight forward way to approach the complaint of inability to sleep and construction of therapeutic plans directed at the underlying issues; Common presentations of insomnia and the approach to restless legs syndrome.

12:40 pm

Session Adjourns

Tuesday, March 9, 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 - Sleep Medicine
Evaluation and Treatment of the Excessively Sleepy Patient
Daytime sleepiness impairs approximately 15% of adults from getting the most out of their day; Review of the common and less common causes of daytime sleepiness including, behavioral insufficient sleep, narcolepsy, idiopathic hypersomnia and sleep related breathing disorders; The approach and therapeutic options for each disorder.

8:30 am - 9:30 am - Sleep Medicine
Restless Legs Syndrome and Other Nocturnal Events
This lecture will review the recent changes in our understanding and approach to Restless Legs Syndrome and Periodic Limb Movements of Sleep including newer treatment paradigms. In addition, the lecture will review the approach to evaluating and treating other nocturnal events.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Neurology
Cerebrovascular Disorders
Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

10:40 am - 11:40 am - Pain
Non-Opioid Pharmacologic Options in Pain Management
NSAID's; Acetaminophen; Topicals; Injections; Antidepressants; Anticonvulsants; Medical marijuana

11:40 am - 12:40 pm - Pain
Opioid Pharmacologic Options in Pain Management
Overall safety and efficacy; Selecting and monitoring patients; Pain contracts; Regulatory issues; Urine drug testing

12:40 pm

Session Adjourns

Wednesday, March 10, 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 - **Pain**
Non-pharmacologic Pain Management Options
Procedures; Pain clinics; Nerve blocks; Shots; Epidural options; Non-interventional approaches such as CBT (cognitive behavioral therapy) and exercise for pain; Urine drug testing for primary care providers

8:30 am - 9:30 am - **Pain**
Update on Cannabis as Medicine for Primary Care
Cannabis mechanism of action; Clinical effects on pain; Addiction, withdrawal and dependency; Adverse effects

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 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

11:40 am

Session Adjourns

Thursday, March 11, 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

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

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

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:

- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Discuss evidence-based management options for Alzheimer's disease
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders
- Utilize prevention and treatment strategies for cerebrovascular disorders
- Discuss the basic mechanisms of sleep and circadian rhythm disorders
- Develop a therapeutic plan related to common complaints surrounding insomnia and restless legs syndrome
- Review therapeutic options for excessive sleepiness and obstructive sleep apnea
- Describe medical issues surrounding RLS, parasomnias and other special sleep issues
- Design non-opioid pain management strategies
- Design opioid pain management strategies
- Describe both interventional and nonpharmacologic pain management strategies and the appropriateness of each for patients
- Discuss current evidence regarding the use of cannabis for pain management
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Describe strategies for identifying and treating substance use disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness

Disclosure of Relevant Financial Relationships

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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: Neuro/Pain/Psych/Sleep and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 3/8/2027 to 3/11/2027. 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 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.