



**INTERNAL MEDICINE FOR PRIMARY CARE:
DERMATOLOGY/NEUROLOGY/PSYCHIATRY/
PULMONOLOGY**

**Costa Rica - Four Seasons Resort Costa Rica at Peninsula Papagayo
December 12 - 15, 2026**

Saturday, December 12, 2026

7:00 am

Check-In and Breakfast

7:30 am - 8:30 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

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pulmonology

COPD

Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

10:40 am - 11:40 am - Dermatology

Benign Skin Tumors

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

11:40 am - 12:40 pm - Dermatology

Premalignant and Malignant Skin Tumors

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

12:40 pm

Session Adjourns

Sunday, December 13, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Dermatology

Acne and Acneiform Eruptions

Identification of noninflammatory open or closed comedones and inflammatory lesions; Determination of treatment therapies based on acne grading scale; Bacterial folliculitis, drug-induced acne, hidradenitis suppurativa, miliaria, perioral dermatitis, pseudofolliculitis barbae, rosacea, seborrheic dermatitis; Topical and systemic therapy

8:30 am - 9:30 am - Dermatology

Skin Manifestations of Systemic Disease

Skin will often reflect signs of systemic diseases, be useful for diagnosis, or suffer from a complication of disease or its treatment; Diagnosis of rheumatologic, endocrine, gastrointestinal, and psychologic conditions based on cutaneous findings

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pulmonology

Lung Cancer Screening & Pulmonary Nodules

Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

10:40 am - 11:40 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

11:40 am - 12:40 pm - Neurology

Headaches & Migraines

Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

12:40 pm

Session Adjourns

Monday, December 14, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Neurology

Alzheimer's & Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Depressive Disorders

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

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

Session Adjourns



Tuesday, December 15, 2026

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - 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

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:

- Diagnose and manage patients with asthma
- Design treatment strategies reflective of current evidence-based medicine for common respiratory infections
- Describe the current therapeutic management of COPD
- Discuss diagnosis and screening strategies as well as treatment plans for lung nodules and lung cancer
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Identify cutaneous findings that serve as surrogates of internal diseases
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Describe the differential diagnosis of headaches and migraines
- 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
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- 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
- 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



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: Derm/Neuro/Psych/Pulm and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 12/12/2026 to 12/15/2026. Physicians should claim only the credit commensurate with the extent of 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 7.5 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 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: JA0003680-0000-26-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.