

Brilliant Board Review – Internal Medicine CME Updates and Refresher

1 On-Demand Internal Medicine Updates and Refresher 2025

- 20.25 AMA PRA Category 1 Credit(s)[™] and 20.25 MOC points
- **Available:** October 1, 2025 - October 1, 2027
- **High-yield updates** in internal medicine and key specialties
- **Designed for internists, hospitalists, primary care, specialists,** Physician Assistants, Nurse Practitioners, Nurses
- **Stay current** with the most important clinical advances
- **Practical, evidence-based learning** you can apply immediately
- **Earn CME credits** while strengthening your practice

Cost: \$299.00

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2 Key Features

ULTIMATE CONVENIENCE & ACCESSIBILITY

- **Mobile App Access** – Study during commutes, between patients, or at home
- **Learn anywhere, anytime** – Hospital cafeteria, call room, or your couch
- **Pause & Resume** – Pick up exactly where you left off on any device

3 Topics Covered

New and Notable Drugs — Recent Additions to Clinical Practice

- **Suzetrigine** – novel NaV1.8 sodium-channel blocker offering a non-opioid option for acute pain management.
- **Methotrexate in Osteoarthritis** – expanding indications for disease-modifying therapy in degenerative joint disease.
- **Mavacamten** – cardiac myosin inhibitor improving management of obstructive hypertrophic cardiomyopathy.
- **Finerenone** – non-steroidal mineralocorticoid receptor antagonist with proven renal and cardiovascular benefit in diabetic CKD.
- **Vonoprazan** – potassium-competitive acid blocker (P-CAB) as an emerging alternative to PPIs for GERD.
- **Sotatercept** – activin-signaling modulator for pulmonary arterial hypertension, representing a novel disease-modifying mechanism.
- **Aripiprazole** – reviewed in the context of hormone therapy and chronic pain syndromes.

New Treatments and Emerging Clinical Concepts

- **PREVENT Risk Calculator** – updated AHA/ACC algorithm incorporating kidney and metabolic variables for more precise cardiovascular risk stratification.
- **HCTZ vs Chlorthalidone** – comparative outcome data guiding optimal thiazide selection in hypertension.
- **Transcatheter Mitral Valve Repair** – expanding interventional options for mitral regurgitation.
- **Lifestyle Medicine – Mediterranean Diet** – evidence synthesis for cardiometabolic risk reduction.
- **Health Equity and Social Determinants of Health** – integrating population-level data into individualized care.
- **Aspirin for Primary Prevention** – reevaluated thresholds based on 2023–2024 guideline revisions.
- **Antimicrobial Stewardship and Emerging Resistance** – updated stewardship frameworks and resistance trends.
- **Direct Oral Anticoagulants (DOACs)** – evolving data on indications, dosing, and reversal strategies.
- **Chronotherapy in Hypertension** – timing of antihypertensive dosing and its impact on nocturnal BP and outcomes.
- **Albumin in Sepsis and Acute Kidney Injury** – current evidence for fluid selection in critical illness.
- **Remote Hypertension Management Programs** – implementation of telemonitoring models in outpatient care.
- **Subclinical Hypothyroidism and Fracture Risk** – clinical implications of thyroid–bone interaction studies.
- **Endocrine Tumors and Emergencies** – recognition and acute management of high-risk endocrine conditions.
- **Critical Illness Myopathy** – identification, prevention, and recovery in ICU-acquired weakness.

- **Status Epilepticus and Non-Convulsive Seizures** – diagnostic and therapeutic updates for refractory cases.

4 Target Audience

- **Primary Care Physicians** - Comprehensive internal medicine updates
- **Residents** - Board prep and current practice standards
- **Nurse Practitioners** - Advanced practice competencies
- **Physician Assistants** - Evidence-based care protocols
- **Registered Nurses** - Clinical knowledge enhancement
- **Internal Medicine Subspecialists** - Cardiology, nephrology, endocrinology, GI, etc.
- **Family Medicine Practitioners** - Adult-focused care and management

5 Educational Objectives

Upon completion of this activity, participants should be able to:

- Integrate 2024 ADA and AHA recommendations into the management of diabetes and cardiovascular disease.
- Describe the appropriate clinical use of novel agents such as SGLT2 inhibitors, GLP-1 receptor agonists, and ARNIs.
- Select suitable candidates for newly approved medications using evidence-based criteria.
- Modify existing treatment plans to incorporate new drugs safely, considering comorbidities and drug interactions.
- Interpret revised thresholds and tools in the diagnosis of CKD, iron deficiency, and heart failure.
- Utilize updated scoring systems and imaging techniques to guide diagnostic and therapeutic choices.

Faculty

David Polizzi, MD
Clinical Instructor
Brilliant Board Prep LLC

Disclosures

Partners for Advancing Clinical Education (Partners) requires every individual in a position to control educational content to disclose all financial relationships with ineligible companies that have occurred within the past 24 months. Ineligible companies are organizations whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All relevant financial relationships for anyone with the ability to control the content of this educational activity are listed below and have been mitigated according to Partners policies. Others involved in the planning of this activity have no relevant financial relationships.

- Dr. David Polizzi, faculty for this activity, has no relevant financial relationships

6 Additional credit info

Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Partners for Advancing Clinical Education (Partners) and Brilliant Board Prep LLC. Partners 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.

Physician Continuing Education

Partners designates this enduring material for a maximum of 20.25 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Board of Internal Medicine Maintenance of Certification



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

To receive CME credit and/or MOC points, you **MUST** pass the posttest and complete the evaluation. For ABIM MOC points, your information will be shared with the ABIM through Partner's Joint Accreditation Program and Activity Reporting System (JAPARS). Please allow 6-8 weeks for your MOC points to appear on your ABIM records. By sharing your Diplomate Board ID # and DOB, you are giving Partners permission to use this information/data to report your participation to these Boards JA-PARS.

Nursing Continuing Professional Development

The maximum number of hours awarded for this Nursing Continuing Professional Development activity is 20.25 contact hours.

PA Continuing Medical Education



Partners 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 20.25 AAPA Category 1 CME credits. Approval is valid until October 1, 2027. PAs should only claim credit commensurate with the extent of their participation.

- **ABIM MOC Points:** 20.25 points automatically reported
- **State CME Requirements:** Accepted in all 50 states
- **Specialty Board Requirements:** Internal Medicine, Family Medicine, Subspecialties
- **Hospital CME Mandates:** Comprehensive continuing education credits
- **CME Passport Integration:** Seamless credit tracking and reporting
- **Accredited activity offers:** *AMA PRA Category 1 Credit(s)*[™], ABIM MOC points, ANCC Contact Hours, AAPA Category 1 CME credit
- Jointly provided by Partners for Advancing Clinical Education and Brilliant Board Prep LLC