



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

WWW.MER.ORG

INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/ENDOCRINOLOGY/GENETICS/RHE UMATOLOGY

**Kauai, HI - Grand Hyatt Kauai Resort & Spa
February 7 - 11, 2027**



Sunday, February 7, 2027

2:30 pm

Check-In

3:00 pm - 4:00 pm - Cardiology

The Cardiovascular Work-up

The initial evaluation of a cardiac patient, including physical exam, medication history, and appropriate use of laboratory tests

4:00 pm - 5:00 pm - Cardiology

Acute Coronary Syndromes: The Patient with Acute Chest Pain

Diagnosis and initial evaluation in the primary care setting, urgent care clinic and emergency department; Initial workup, treatment, and follow-up; Diagnosing and treating ST segment elevation and non-ST segment elevation MIs; The role of drug therapy--primary vs adjunctive to PCI; Follow up after acute coronary syndromome

5:00 pm - 6:00 pm - Cardiology

Arrhythmias

Types and symptoms of arrhythmias; Approach to the patient: when to treat, when to refer, when to admit; Evaluation of the patient with palpitations; Atrial fibrillation: the use of anticoagulants indications, CVA risk scores, warfarin vs newer oral anticoagulants, controlling heart rate vs rhythm; Ventricular and other arrhythmias: when are they serious

6:00 pm

Session Adjourns

Monday, February 8, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Endocrinology

Obesity Management

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

8:30 am - 9:30 am - Endocrinology

Hormone Replacement in Women and Men

Estrogen and anti-estrogen options for women and testosterone treatment controversy in men

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment options of hypothyroidism and hyperthyroidism

10:40 am - 11:40 am - Cardiology

Cardiac Disease Prevention for Primary Care

Life's Essential 8; New concepts in prevention; Cardiovascular-Kidney-Metabolic Syndrome; The PREVENT equations; Primary prevention of ASCVD; Lifestyle measures for prevention of CAD and heart failure; Management of dyslipidemia; Statin intolerance; Lipoprotein(a); Secondary Prevention; Vaccinations

11:40 am - 12:40 pm - Cardiology

Cardiology Cases

Challenging case presentations in cardiology

12:40 pm

Session Adjourns

Tuesday, February 9, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Genetics

Practical Genetic Counseling for the Busy Clinician

Putting in place a system to collect a clinically meaningful three-generation family history in less than 5 minutes; Essential elements of informed consent for genetic testing; Strategies to communicate genetic risk and testing implications clearly to patients of varying health literacy levels.

8:30 am - 9:30 am - Genetics

The Genetic Rosetta Stone: Understanding Test Types and When to Use Them

Major genetic test types and their appropriate clinical indications; The diagnostic yield and limitations of each modality for common primary care presentations; Appropriate tests based on patient history, urgency, and suspected phenotype.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Genetics

Carrier Screening and Reproductive Planning For Primary Care

Principles and scope of expanded carrier screening; Counseling patients on reproductive risks, options, and follow-up pathways; Testing and referrals for couples with positive or inconclusive results.

10:40 am - 11:40 am - Endocrinology

Thyroid Nodules and Cancer

Diagnosis and treatment

11:40 am - 12:40 pm - Endocrinology

Endocrinology Cases: Thyroid Function

Challenging case presentations in thyroid dysfunction

12:40 pm

Session Adjourns

Wednesday, February 10, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Rheumatology

Differential Diagnosis of Inflammatory Arthritis

Clinical presentation and laboratory work-up and treatment for rheumatoid arthritis, systemic lupus erythematosus, spondyloarthropathies (SPA), infectious arthritis and systemic sclerosis; Treatment of RA with DMARDs; Treatment principles of SLE, Sjogren's, SPA and PMR

8:30 am - 9:30 am - Rheumatology

Crystal Disease: Gout & Pseudogout

Properly diagnosing and treating crystal diseases such as gout and pseudogout

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Rheumatology

Update in Pharmacology for Arthritis

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

10:40 am - 11:40 am - Genetics

DNA in the Drug Cabinet: Pharmacogenomics and Personalized Prescribing

Identification of medications most influenced by actionable pharmacogenomic variants; Integration of PGx results into personalized prescribing for psychiatric, cardiovascular, and pain indications; Recognition of limitations and avoidance of common pitfalls in PGx interpretation.

11:40 am - 12:40 pm - Genetics

Genetic Testing 2.0: Polygenic Risk Scores & Direct-to-Consumer Results

Discussion of polygenic risk scores, how they are developed and what they measure; The clinical utility and limitations of PRS in primary care; Strategies to counsel patients who present with direct-to-consumer genetic reports.

12:40 pm

Session Adjourns



Thursday, February 11, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Rheumatology

Osteoarthritis

Pathogenesis, diagnosis and treatment

8:30 am - 9:30 am - Rheumatology

Rheumatology Cases

Challenging case presentations in rheumatology

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:

- Perform a cardiovascular workup
- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Discuss patient specific options for pharmacologic and non-pharmacologic to the prevention of CAD
- Utilize case-based learning to develop treatment plans for cardiovascular conditions
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Describe the potential risks and benefits of hormone replacement therapy
- Identify the risks of abnormal thyroid function
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Utilize case-based learning to develop treatment plans for thyroid disorders
- Implement genetic counseling with efficient family history collection, informed consent, and communication of risk.
- Distinguish between karyotype, microarray, gene panels, WES, WGS, and mtDNA testing—highlighting diagnostic yield and limitations.
- Discuss an overview of expanded carrier screening, reproductive options, and counseling within primary care.
- Recognize evidence-based approaches to integrating pharmacogenomic results into medication selection.
- List important considerations for polygenic risk, clinical validity, and patient counseling.
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Diagnose and treat gout and pseudogout
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Utilize current evidence to design treatment strategies for osteoarthritis

Disclosure of Relevant Financial Relationships

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

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 20 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 20 *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 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 (AAFP)

AAFP has reviewed Internal Medicine for Primary Care: Cardio/Endo/Genetics/Rheum and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 2/7/2027 to 2/11/2027. 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 20 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 20 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 7.25 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 20 contact hours.

Physician Associates Credit Designation

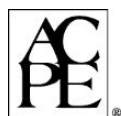
American Academy of Physician Associates (AAPA)



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 20 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 20 contact hours (2.0 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.