

**INTERNAL MEDICINE FOR PRIMARY CARE:
GERIATRICS/GYNECOLOGY/PAIN
MANAGEMENT/RHEUMATOLOGY**

**Banana Bay, St. Kitts - Park Hyatt St. Kitts Christophe Harbour
February 11 - 14, 2027**

Thursday, February 11, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - Geriatrics

Approach to the Geriatric Patient

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

8:30 am - 9:30 am - Geriatrics

Depression: Considerations in Older Adults

Overview of depression as a common condition often seen in primary care; The many ways depression negatively impacts other healthcare issues; Simple methods of recognition and managing depression in the primary care setting that can greatly improve the comfort, function, and the quality of life for older adults

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Evaluating and Treating Frailty in the Elderly

Frail persons present the most complex and challenging problems to healthcare professionals because of higher susceptibility to adverse outcomes; review of the syndrome of frailty; examination of causes of frailty in the elderly; discussion of measures to prevent and manage frailty

10:40 am - 11:40 am - Gynecology

Annual Exam for Women

Best practices in offering annual pelvic examinations in asymptomatic non-pregnant women; Determination of who should be offered a clinical breast exam as a routine part of the annual women's health exam; The principal elements of the annual women's health visit: screening, vaccinations, evaluation of health risks and needs, counseling; Evidence-based tools to guide components of the annual women's health visit based on age and health needs

11:40 am - 12:40 pm - Gynecology

Menopause Transition and Hormone Replacement Therapy

Symptoms of menopause, including hot flashes, night sweats, and atrophy; Menopause syndromes, including osteoporosis, breast cancer, cardiac disease, and colon cancer; Estrogen analogs; Counseling patients in options and alternatives to hormone therapy; Designer estrogens; SERMs; HRTs; Discussion of risks and benefits, especially in breast cancer and CHD

12:40 pm

Session Adjourns

Friday, February 12, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Gynecology

Female Hyperandrogenic Disorders

Current recommendations for the treatment of hirsutism, virilization, and polycystic ovary disease;
Determining when referral is appropriate

8:30 am - 9:30 am - Gynecology

Gynecologic Cases

Challenging case presentations in gynecology

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Geriatrics

Geriatric Cases

Challenging case presentations in geriatrics

10:40 am - 11:40 am - Pain

The Interface of Pain and Addiction

The disease model of addiction; Strategies for managing patients with both chronic pain and addiction

11:40 am - 12:40 pm - Pain

Non-surgical Treatment of Low Back Pain

Comprehensive overview of various options for activity modification; The role and maximum benefit of physical therapy and the various modalities; Medications; Discussion of interventional treatments

12:40 pm

Session Adjourns

Saturday, February 13, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Pain

Non-Opioid Pharmacologic Options in Pain Management

NSAID's; Acetaminophen; Topicals; Injections; Antidepressants; Anticonvulsants; Medical marijuana

8:30 am - 9:30 am - Pain

Pain Cases

Challenging case presentations in pain management

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 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

11:40 am

Session Adjourns



Sunday, February 14, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - Rheumatology

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

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:

- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Recognize and manage geriatric depression
- Perform a functional assessment of the elderly patient
- Utilize case-based learning to develop treatment plans for various geriatric conditions
- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Discuss menopausal transition and the risks/benefits of treatment options
- Identify and treat female hyperandrogenic disorders in the primary care setting
- Utilize case-based learning to develop treatment plans for gynecologic conditions
- Identify strategies for managing patients with both chronic pain and addiction
- Describe how non-surgical activity modification and physical therapy can benefit low back pain patients
- Design non-opioid pain management strategies
- Utilize case-based learning to develop pain management plans
- Describe the differential diagnoses of inflammatory arthritis based on clinical presentation and laboratory workup
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Utilize case-based learning to develop treatment plans for rheumatologic conditions

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: Geri/Gyn/Pain/Rheum and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 2/11/2027 to 2/14/2027. 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 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.