



**INTERNAL MEDICINE FOR PRIMARY CARE:
ADDICTION/EAR, NOSE & THROAT/
GERIATRICS/SPORTS MEDICINE**

**Maui, HI - Grand Wailea, A Waldorf Astoria Resort
January 29 - February 2, 2023**



Sunday, January 29, 2023

2:30 pm

Registration

3:00 pm - 4:00 pm - Geriatrics

Approach to the Geriatric Patient

Poly-pharmacy and dosing problems; functional assessment; quality-of-life issues; abuse; interacting with the patient and the family

4:00 pm - 5:00 pm - Geriatrics

Alzheimer's & Other Dementias

Assessing mild cognitive impairment, dementia and Alzheimer's Disease; therapeutic options

5:00 pm - 6:00 pm - Geriatrics

Managing Difficult Behaviors of Patients With Dementia Without the Use of Psychotropic

Identification and understanding of undesired behavior; strategies for working with dementia patients, including communication approaches, environmental changes, the use of both rewards and redirection

6:00 pm

Session Adjourns

Monday, January 30, 2023

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - ENT

Evaluation of the Neck Mass

Patients presenting with masses in the neck are challenging and worrisome. The diagnostic and therapeutic process is described. A method for evaluating the mass, guidance on when imaging studies are indicated, and when immediate or routine referral to ENT becomes appropriate is discussed.

8:30 am - 9:30 am - ENT

Antimicrobial Therapy in Treating Sinusitis

Symptoms, signs and examination findings helpful in diagnosing sinusitis are outlined. When to use systemic and topical agents as well as emerging resistance to these agents is discussed. Imaging studies and proper referral to specialists is described with clarity.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - ENT

Allergic Rhinitis

The lecture will focus on a review of the basic allergic pathways that affect the body. Special emphasis will be given to the nasal and sinus regions, with discussion to include diagnostic testing and modes of treatment, including avoidance, pharmacotherapy and immunotherapy

10:40 am - 11:40 am - Geriatrics

Urological Disorders

Incontinence and two of the following: BPH, prostate cancer, prostatitis or sexual dysfunction

11:40 am - 12:40 pm - Geriatrics

Vascular Disorders

Peripheral vascular disease; DVT/thromboembolic disease; abdominal aortic aneurysm and related disorders

12:40 pm

Session Adjourns

Tuesday, January 31, 2023

7:00 am

Registration and Hot Breakfast

7:30 am - 8:30 am - Addiction

Introduction to Addiction Medicine: Neurobiology and Identification

This module will introduce the disease model of addiction, its neurobiology, and some of the tools easily used in the primary care setting to identify who is at risk for addiction

8:30 am - 9:30 am - Addiction

Drugs: Review of Addictive Drugs and Their Effects

This module will review hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Addiction

Pharmacotherapy for Addictive Disorders: Role of Primary Care

This module will review the FDA approved medications for addiction treatment and examine the role of primary care with respect to each of them

10:40 am - 11:40 am - ENT

A Primary Care Approach to Sudden Hearing Loss

When a patient presents with sudden hearing loss, accurate differentiation of sensorineural versus conductive loss is essential. Techniques to make that differentiation, testing and treatment strategies will be discussed; Urgent treatment and when to refer for audiometric testing and ENT referral will be outlined

11:40 am - 12:40 pm - ENT

Tinnitus

Primary care approach to proper diagnosis and treatment of common ringing in the ear; includes latest advancements in treatment approaches

12:40 pm

Session Adjourns

Wednesday, February 1, 2023

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Sports Med

Shoulder Problems in Weekend Warriors

The common area of rotator cuff disorders, shoulder instability and acute injuries. Anatomy, physical examination, exercise prescription and injection techniques will all be mastered by the learner

8:30 am - 9:30 am - Sports Med

Knee Problems in Sport Medicine Practice

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care

Those 18 years of age and younger are particularly vulnerable to concussion, its severity and consequences. This topic will cover the current definition, signs and symptoms, their significance and an office-based approach to mild traumatic brain injury that can accompany participation in youth sports. The presentation will include up-to-date return to sport guidelines and decision making and provide concussion management tools for the primary care physician.

10:40 am - 11:40 am - Addiction

The Opioid Crisis and Primary Care Providers

Origin and epidemiology; differentiating other elements contributing to the crisis; opioid effects and pharmacology; common misconceptions about opioid analgesic safety; identifying risk for overdose and addiction; best practices and guidelines for safe prescribing and monitoring use

11:40 am - 12:40 pm - Addiction

Chronic Pain and Addictions

Epidemiology of pain; risk factors and comorbidity; pain management concepts; patient factors affecting the analgesic response; the relationship between stress and chronic pain; the range of therapeutic options for management including non-pharmacologic approaches

12:40 pm

Session Adjourns

Thursday, February 2, 2023

7:00 am

Registration and Continental Breakfast

7:30 am - 8:30 am - Sports Med

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth.

8:30 am - 9:30 am - Sports Med

Nutritional Considerations for the Young Athlete- The Female Athlete Triad

The growing popularity of organized youth sports is well documented. Young women are now participating in organized sports at historic levels. However, many active young women are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. The Female Athlete Triad is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary care perspective.

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
- Diagnose and treat cognitive impairment, dementias, and Alzheimer's disease
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Describe the primary care workup of incontinence in older adults
- Recognize and screen elderly patients for CVD risk factors
- Identify when imaging and/or referral to an ENT is necessary for patients presenting with a neck mass
- Recommend appropriate systemic and/or topical antimicrobial agents for the treatment of sinusitis
- Review the basic allergic pathways that affect the body, with particular emphasis on the nasal and sinus regions
- Accurately differentiate between sensorineural and conductive hearing loss
- Identify management approaches for tinnitus
- Describe the neurobiology of addiction
- Review the effects of addictive drugs including hallucinogens, stimulants, inhalants, sedatives, tobacco and alcohol
- List FDA approved medications for addiction treatment and examine the role of each
- Identify therapies, including nonpharmacological pain treatment strategies, that can reduce the dose of opioids to control pain
- Discuss options for patients with chronic pain addictions
- Recommend appropriate exercise prescriptions for common shoulder injuries
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Discuss the components of a pre-participation sports physical
- Describe the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent female athlete

Disclosure of Conflicts of Interest

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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 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)



This Live activity, *Internal Medicine for Primary Care: Addiction/ENT/Geri/Sports Med*, with a beginning date of January 29, 2023 has been reviewed and is acceptable for up to 20 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim 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 College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1

credits.

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 7.0 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 Assistant Credit Designation

American Academy of Physician Assistants (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-H01-P

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.