INTERNAL MEDICINE FOR PRIMARY CARE: GASTROENTEROLOGY/NUTRITION/OBESITY/ PSYCHIATRY

Fort Lauderdale, FL - The Westin Fort Lauderdale Beach Resort
February 25 - 28, 2027

Thursday, February 25, 2027

7:00 am

Check-In and Breakfast

7:30 am - 8:30 am - Gastroenterology

Approach to Common GI Complaints

Approach to patients who present with gastroparesis, constipation, and irritable bowel syndrome; Discussion of the dramatic evolutions in the diagnosis and treatment of these conditions; Practical tools for improving these challenging conditions

8:30 am - 9:30 am - Gastroenterology

Dysphagia, Dyspepsia, GERD, and Barrett's for the PCP

Discussion of the differences between GERD and dyspepsia; Determining the yearly risk of Barrett's esophagus evolving into cancer; Evaluating the long term risks in using PPIs; Discussion of the difference between Vonoprazan and PPIs

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Gastroenterology

Helicobacter Highlights

Discussion of the frustrations clinicians face in treating Helicobacter; Understanding the multiple pills and their uses; Strategies for helping patients complete the regimen; Understanding the malignancies commonly caused by Helicobacter; Diagnostics and treatments which can be integrated into practice

10:40 am - 11:40 am - Obesity

Pathophysiology of Obesity

A guide to understanding practice demographics and considerations; The what and why of epigenetics; A practical guide to behavioral and medication management

11:40 am - 12:40 pm - Obesity

Medical Management of Obesity

Overview of obesity as a disease state; Costs to the individual of being obese; Use of appetite suppressant medications and lifestyle modifications

12:40 pm

Session Adjourns

Friday, February 26, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Obesity**

Complications and Considerations of Bariatric Surgery

An overview of risks and effectiveness of bariatric surgery; Overview of potential surgical options; Potential complications; The role of support and behavior modification, nutrition, and the stages of patient management post-surgery

8:30 am - 9:30 am - **Obesity**

Guiding Patients in the Medical and Surgical Care of Obesity

Differences in treating obesity vs. other medical conditions, treatments, and procedures; Strategies for better engagement and understanding of patient pathways, perspectives, and team partnership

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - **Gastroenterology**

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

A primary care approach to evaluating and managing mildly abnormal hepatocellular liver chemistry in the asymptomatic patient; review of MASLD, its implications and management

10:40 am - 11:40 am - **Nutrition**

Myths vs. Science in Nutritional Trends: Approach for the Medical Professional

Discussion of how to scientifically navigate the nutritional maze of popular diets and nutritional trends; The potential nutrition benefits and pitfalls of various dietary preferences and related patient concerns; Ways nutrition affects healthy lifestyles

11:40 am - 12:40 pm - **Nutrition**

Nutrition Through the Ages: Prevention and Potential Pitfalls

A working guide for a nutritional and behavioral rubric to understand what is expected (and what may undermine) optimal health from infancy through the elderly; Barriers patients face in implementing and sticking with nutritional strategies

12:40 pm

Session Adjourns

Saturday, February 27, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Nutrition**

Medical Nutrition Therapy: A Practical Approach to Diet and Disease

Science-based Nutrition and Behavioral Guide to Treating “The Big” Medical Problems that are taking over your practice; Essential (and proven) strategies to help guide patients' diet and behaviors in the treatment of diabetes, cardiovascular disease, and GI health; Travel through the google-mess of what patients hear and why they turn to these as resources; The science-based strategies and resources that can be implemented to help patients take rational control of their health

8:30 am - 9:30 am - **Nutrition**

Cutting Edge Nutrition Innovation: A Personalized Approach

How to critically evaluate nutrition tools that patients can use to promote optimal health; Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients’ nutrition and health pursuits; Creation of personalized health plans based on unique, patient-specific plans, tests, and analyses

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 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

11:40 am

Session Adjourns

Sunday, February 28, 2027

7:00 am

Arrival and Breakfast

7:30 am - 8:30 am - **Psychiatry**

Depressive Disorders

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

8:30 am - 9:30 am - **Psychiatry**

Suicide Prevention

Assessment of symptoms in adults that may lead to suicide attempts; Assessment and mitigation of suicide risk

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:

- Discuss diagnosis and treatment of gastroparesis, constipation, and IBS
- Identify differences in presentation and treatment of dysphagia, dyspepsia, and GERD
- Counsel patients on the treatment options for successful outcomes in managing Helicobacter
- Identify risk factors for the development of MASLD
- Explain the underlying mechanisms and physiological processes that contribute to the development and progression of obesity, including the roles of genetics, hormones, metabolism, and environmental factors
- Discuss non-surgical obesity treatment options
- List the advantages and disadvantages of surgical options and the post-surgery care of patients
- Describe the pathophysiology surrounding obesity and council patients on the various weight management strategies, including patient selection criteria for surgery
- Discuss how popular diets and nutritional science can lead to healthier lifestyles
- Identify expectations for optimal nutrition across the patient's expected life span
- List strategies to modify diet and behaviors in patients with a range of health issues
- Describe options for personalizing a patient-specific nutrition plan to each patient
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Describe strategies for identifying and treating substance use disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Describe symptoms that move depression to plans for suicide

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: Gastro/Nutrition/Obesity/Psychiatry and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 2/25/2027 to 2/28/2027. Physicians should claim only the credit commensurate with the extent of the 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 5.75 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: JA0003680-0000-27-018-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.