INTERNAL MEDICINE FOR PRIMARY CARE:
ENDOCRINOLOGY/NEUROLOGY/PULMONARY/SPORTS
MEDICINE

Wailea, Maui, Hawaii – Wailea Beach Resort-Marriott
January 21 – 25, 2018
Sunday, January 21st:

3:30 pm – 4:00 pm
Registration

4:00 pm – 5:00 pm – Pulmonary
Asthma
The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

5:00 pm – 6:00 pm – Pulmonary
Controversies in the Treatment of Common Respiratory Infections
Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

6:00 pm
Session Adjourns
Monday, January 22nd:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Sports Medicine
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.

9:00 am – 10:00 am – Sports Medicine
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 4th 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.

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:20 am – Pulmonary
Everything You Need to Know About COPD
Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

11:20 am – 12:30 pm – Pulmonary
A Primary Care Approach to Lung Cancer Screening and Pulmonary Nodules
Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

12:30 pm
Session Adjourns
Tuesday, January 23rd:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am - Sports Medicine
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.

9:00 am – 10:00 am – Sports Medicine
Commonly Missed Orthopedic Injuries in Children and Adolescents
The immature skeleton of the pediatric and adolescent athlete make it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:30 am – Endocrinology
Type 2 Diabetes Mellitus
Prevalence, diagnosis, complications, new therapies

11:30 am – 12:30 pm – Endocrinology
Disorders of Thyroid Function
Prevalence, diagnosis and treatment

12:30 pm
Session Adjourns
Wednesday, January 24th:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 9:00 am – Endocrinology
Management of Dyslipidemia
Cholesterol disorders; triglyceride disorders; NCEPIII guidelines; new tests and current therapies

9:00 am – 10:00 am – Endocrinology
Obesity Management Update
Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:20 pm – Neurology
Neuropathy and Neuropathic Pain Management
Discussion of the spectrum of neuropathic signs, symptoms and causes; the approach to bedside examination; discussion of the mechanism of neuropathic pain; effective therapies

11:20 pm – 12:30 pm – Neurology
Prevention and Management of Cerebrovascular Disorders
Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

12:30 pm
Session Adjourns
Thursday, March 25th:

7:30 am – 8:00 am
Continental Breakfast

8:00 am – 9:00 am – Neurology
Headaches and Migraines: Vascular & Non-Vascular
Basic headache mechanisms; headache history: characteristics, precipitating factors, medical conditions; migraine: common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; Giant Cell Arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

9:00 am – 10:00 am – Neurology
Assessing Dizziness and Vertigo
Definition of terms; concepts; physiologic mechanisms; medical, neurological and laboratory evaluation of the patient; diseases that present with a complaint of dizziness; acute paroxysmal vertigo; acute positional vertigo; Meniere's disease; acoustic neuroma; cerebellar hemorrhage, etc.

10:00 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 signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- List the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent athlete
- Diagnose and tailor treatment strategies for Type 2 diabetes and disorders of thyroid function
- Interpret the diagnostic criteria for dyslipidemia and design individualized treatment
- Describe the pathophysiology surrounding obesity and counsel patients on the various weight management strategies including patient selection criteria for surgery
- Utilize prevention and treatment strategies for cerebrovascular disorders and seizures
- Review the pathophysiology of headaches, migraines, dizziness and vertigo, and discuss patient assessment and treatment options
- Identify the pathophysiology and diagnostic approach of asthma, COPD and common respiratory infections
- Design treatment strategies reflective of current evidence-based medicine for asthma, COPD and common respiratory infections

Learning Outcome

To provide updates in primary care medicine to office based providers
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Credit Designation
Medical Education Resources designates this live activity for a maximum of 17 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians
This Live activity, Internal Medicine for Primary Care, with a beginning date of January 21, 2018 has been reviewed and is acceptable for up to 17 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
These programs are approved for 17 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians
This program is approved by the American College of Emergency Physicians for a maximum of 17 hours of ACEP Category I credit.

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Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 17 contact hours.
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Universal Program Number: 0816-0000-18-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity.

This activity is certified as Knowledge-based CPE.