

**INTERNAL MEDICINE FOR PRIMARY CARE:
ALLERGY & IMMUNOLOGY/CARDIOLOGY/
GYNECOLOGY/NECK & SPINE**

**Aruba - Hyatt Regency Aruba Resort Spa & Casino
February 5 - 8, 2026**

Thursday, February 5, 2026

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - 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

8:30 am - 9:30 am - Cardiology

Hypertension

The 2017 AHA/ACC Hypertension Guidelines; The 2024 ESC Guidelines for hypertension; Approaches to treatment thresholds and goals; Choices for initial and combination therapy; Resistant hypertension; Treating special populations: diabetics, the elderly, patients with renal failure

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - 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

10:40 am - 11:40 am - Neck & Spine

Diagnosis and Treatment of Lumbar Spine Disorders

A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

11:40 am - 12:40 pm - Neck & Spine

Physical Examination of the Lumbar Spine, Hip, and Sacroiliac Joint

Exam techniques will be demonstrated and discussed

12:40 pm

Session Adjourns

Friday, February 6, 2026

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Neck & Spine

Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders

A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

8:30 am - 9:30 am - Neck & Spine

Physical Examination of the Cervical Spine and UE Entrapment Neuropathies

Exam techniques will be demonstrated and discussed

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Cardiology

Heart Failure

Etiologies and stages of heart failure; ACC/AHA Heart Failure Guidelines; Heart failure with reduced EF (HFrEF) and heart failure with preserved EF (HFpEF); Determining patients for referral using biomarkers, eg NT Pro BNP; Treatment options: ACE inhibitors, ARBs, ARNI, beta blockers, mineralocorticoid receptor antagonists, SGLT2i; The role of devices in treatment and antiplatelet drugs; Issues related to the hospitalized patient with acute decompensated heart failure and readmissions

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

Abnormal Uterine Bleeding

Overview of normal/abnormal menstrual physiology/profile; Menstrual disturbances; Ovulatory and anovulatory uterine bleeding; Other menstrual abnormalities; Diagnosis and appropriate treatment options

12:40 pm

Session Adjourns

Saturday, February 7, 2026

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - 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

8:30 am - 9:30 am - Gynecology

Breast Cancer Screening

Comparison of recent breast cancer screening recommendations from U.S. Preventive Services Task Force, ACOG/ACS/NCCN, including a discussion of risks and benefits of screening at various ages; Review of the new USPSTF guideline on BRCA-related cancer: risk assessment, genetic counseling, and genetic testing, including risk assessment tools for women with a personal or family history of breast, ovarian and related cancers

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Allergy & Immuno

Urticaria and Angioedema Updates for Primary Care

This presentation will discuss the pathogenesis and epidemiology of urticaria and angioedema; review the causes of urticaria and angioedema; and discuss the treatment of urticaria and angioedema

10:40 am - 11:40 am - Allergy & Immuno

Allergic Rhinitis, Sinusitis, and Nasal Polyps

This presentation will discuss the pathogenesis of non-allergic and allergic rhinitis; review the causes and differential diagnoses of rhinitis; and discuss the treatment of non-allergic and allergic rhinitis including sinusitis and nasal polyps

11:40 am

Session Adjourns

Sunday, February 8, 2026

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Allergy & Immuno

Diagnosing and Managing Food Allergies

This presentation will review the epidemiology, diagnosis and management of children and adults with food allergy; and discuss information about the latest attempts to treat food allergy and prevent food allergy in young children

8:30 am - 9:30 am - Allergy & Immuno

Primary Care Management of Asthma

This presentation will review the diagnostic features of asthma; discuss the management of comorbid complicating conditions; review guideline-driven therapy including the utility of biologics for the management of patients with severe asthma

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:

- Describe current diagnostic approaches and the role of drug therapy to the patient with acute chest pain
- Explain current concepts in the diagnosis and treatment of hypertension
- Describe current diagnostic and treatment approaches to arrhythmias and atrial fibrillation
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Identify early treatment options for the management of lumbar spine disorders
- Evaluate abnormal gait patterns
- Utilize observation, palpation, range of motion and neurologic exams to diagnose cervical spine disorders
- Evaluate a patient's cervical spine range of motion
- Identify evidence-based tools to determine best practices in incorporating all necessary elements in the annual women's health visit
- Assess and manage abnormal uterine bleeding
- Discuss menopausal transition and the risks/benefits of treatment options
- Discuss the current evidence and recommendations regarding breast cancer screening
- Develop an initial treatment plan for a patient with acute urticaria and/or angioedema
- Describe how to efficiently and cost effectively manage patients with asthma, rhinitis, and nasal polyps
- Recognize the role of genetic, dietary and environmental factors in pathogenesis of food allergies
- Discuss advantages and disadvantages of available asthma therapies

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)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

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 6.0 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 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.