



**INTERNAL MEDICINE FOR PRIMARY CARE:
DERMATOLOGY/LIFESTYLE MEDICINE/PAIN
MANAGEMENT/PSYCHIATRY**

**Maui, HI - Grand Wailea, A Waldorf Astoria Resort
March 15 - 19, 2026**



Sunday, March 15, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - Dermatology

Dermatitis

Overview of the causes and forms of skin irritants; Contact, atopic, irritant, nummular, seborrheic and exfoliative; Treatment of blistering, oozing, crusting and flaking; Diagnostic principles and management strategies

4:00 pm - 5:00 pm - Dermatology

Benign Skin Tumors

Proper diagnosis and treatment of common benign tumors; Biopsies and histopathologic examination; Nevi, seborrheic keratosis keloids, hemangiomas and miscellaneous tumors; When to refer

5:00 pm - 6:00 pm - Dermatology

Premalignant and Malignant Skin Tumors

Recognition of precursors of malignancies; Excisional and punch biopsies; Actinic keratosis, Bowen's disease, squamous cell carcinoma, basal cell carcinoma, melanoma and other selected tumors; Risk reduction education

6:00 pm

Session Adjourns

Monday, March 16, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Psychiatry

The Complexity of Adult ADHD

ADHD in adults with an emphasis on symptom identification; Co-occurring conditions; Psychiatric and medical differential diagnosis; evidence-based and FDA approved pharmacological treatments

8:30 am - 9:30 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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Psychiatry

Anxiety Disorders

The nature of anxiety; Generalized anxiety disorder, panic disorder, social anxiety disorder and post-traumatic stress disorder; etiology and diagnosis; Co-occurring conditions; Treatment options for these disabling conditions

10:40 am - 11:40 am - Dermatology

Viral Infections of the Skin

Proper diagnosis and differences in viral skin presentation; Herpes simplex, varicella-zoster, viral exanthems; Molluscum and warts; Treating lasting post-herpetic neuralgia; Symptom management and referral to dermatology

11:40 am - 12:40 pm - Dermatology

Fungal Infections of the Skin

Dermatophytes, tinea versicolor, candidiasis; Selected deep fungal infections; Onycholysis; Drug induced nail changes; paronychia, koilonychia, nail discolorations, tumors of the nail; Fungal infections diagnosis and management; Overview and comparison of antifungal treatment options

12:40 pm

Session Adjourns

Tuesday, March 17, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Pain

Overview of Pain Management Options

Behavioral and lifestyle modifications; Medications overview; Interventional therapies; Opioids and cannabinoids overview

8:30 am - 9:30 am - Pain

Non-Opioid Pharmacologic Options in Pain Management

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

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Pain

Opioid Pharmacologic Options in Pain Management

Overall safety and efficacy; Selecting and monitoring patients; Pain contracts; Regulatory issues; Urine drug testing

10:40 am - 11:40 am - Psychiatry

Digital Media and Mental Health

The impact of digital and social media on mental health; Treating anxiety, depression, and other mental health challenges arising from increased exposure to on-line influences

11:40 am - 12:40 pm - Psychiatry

Depression and Suicide

Assessment of depressive symptoms in adults; Assessment and mitigation of suicide risk; Treatment of depression

12:40 pm

Session Adjourns

Wednesday, March 18, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Lifestyle Medicine

Nutrition for Optimal Health

The core principles of whole food and plant-based nutrition and its role in chronic disease prevention and reversal; Dietary patterns and their associations with non-communicable diseases (NCDs); Strategies for personalized, practical dietary interventions using evidence-based guidelines

8:30 am - 9:30 am - Lifestyle Medicine

Physical Activity: Prescribing Exercise as Medicine

Overview of the role of physical activity in health promotion and disease prevention; Differences between exercise types (aerobic, strength, flexibility) and their specific health benefits; Strategies for formulation of exercise prescriptions tailored to individual patients' needs, capacities, and goals

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Lifestyle Medicine

Stress Management & Mental Well-being

The physiological and psychological impact of chronic stress on health; Assessing stress in patients using validated tools and techniques; Stress management interventions, including mindfulness and relaxation techniques; Economic benefits of stress reduction

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

Examination and Work-up of Low Back Pain

Comprehensive discussion of an efficient physical examination of the low back; When to order diagnostic studies as well as low back pain mimickers; Vertebral fractures, Axial Spondyloarthritis and radiology review; Diagnosing common low back pain pathology

12:40 pm

Session Adjourns



Thursday, March 19, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Lifestyle Medicine

Sleep Health: The Role of Restorative Sleep in Chronic Disease Prevention

8:30 am - 9:30 am - Lifestyle Medicine

Primary Care Provider Well-being: Practical Tools for Burnout Prevention

Discussion of the common causes of burnout in primary care providers; Practical strategies for maintaining mental and physical well-being; Strategies for developing and implementing effective workplace wellness initiatives and self-care practices; Resilience-building techniques, and the economic impact of provider burnout

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:

- Differentiate between the presentations and causes of atopic, contact (irritant and allergic), and nummular dermatitis
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Discriminate between various viral skin infections and treatment strategies
- Compare the different treatment options for fungal skin infections and nail infections
- Compare the benefits and side effect profiles of pharmacologic treatment options for ADHD
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Review current evidence for the treatment of anxiety disorders
- Discuss options for coping with increased practice pressure with the goal of avoiding provider burnout
- Describe symptoms that move depression to plans for suicide
- Identify pharmacologic and non-pharmacologic options for the management of pain
- Design non-opioid pain management strategies
- Design opioid pain management strategies
- Identify strategies for managing patients with both chronic pain and addiction
- Discuss techniques for conducting an efficient physical exam of the low back
- Discuss strategies for using whole-food, plant-based nutrition to prevent chronic and non-communicable diseases
- Incorporate strategies for patients to integrate physical activity into daily routines
- Discuss optimal daily mindfulness exercises and relaxation techniques to manage stress and improve resilience
- Develop patient-centered strategies for improving sleep quality
- Describe options for implementing mindfulness practices for optimal mental well-being and provider wellness



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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)

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 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 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 20 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 6.5 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 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 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-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.