



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**INTERNAL MEDICINE FOR PRIMARY CARE:
ALLERGY & IMMUNOLOGY/GERIATRICS/
ORTHOPEDICS/PODIATRY**

**Walt Disney World® Resort, FL - Disney's Grand Floridian Resort & Spa
March 15 - 19, 2026**



Sunday, March 15, 2026

2:30 pm

Check-In

3:00 pm - 4:00 pm - Geriatrics

Approach to the Geriatric Patient

The demographics of aging and the physiologic changes in the elderly patient; Medication use in the elderly including changes in age-related pharmacokinetics and pharmacodynamics and medication adherence; Review of risky medications often used in elderly patients

4:00 pm - 5:00 pm - Geriatrics

Urological Disorders in the Older Adult

Review of two very common conditions seen in the elderly population: benign prostatic hyperplasia (BPH), and urinary incontinence; Pathogenesis, clinical symptoms, recommended evaluation and management options for BPH; Review of the anatomy and mechanism of normal urinary function, causes of incontinence, the evaluation and management

5:00 pm - 6:00 pm - Geriatrics

Geriatric Gait Disorders & Falls

Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

6:00 pm

Session Adjourns



Monday, March 16, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Podiatry

Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

8:30 am - 9:30 am - Podiatry

Ankle Sprains

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Podiatry

Achilles Tendinitis

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

10:40 am - 11:40 am - Geriatrics

Alzheimer's & Other Dementias

Review of normal age-related changes in cognitive function as well as disorders of memory and cognition as part of dementing illness; Mental status exams, including their limitations in evaluating memory; Various types of dementia and the importance of an accurate diagnosis; Current treatment options for various kinds of dementia; Potentially reversible dementias; The responsibilities of healthcare providers in managing patients with dementia

11:40 am - 12:40 pm - Geriatrics

Managing Behavior Problems in Dementia Patients

Review of common behavior disorders often seen in patients with dementia; Behavioral techniques which have shown to be effective in managing some of the behavior disorders in patients with Alzheimer's and other dementias, focusing on the management of these patients without the use of psychotropic medications; Examples of behavior disturbances along with the behavior management technique which was effective in managing the patient with the behavior problem; Review of the potential adverse effects of the psychotropic medications usually used to manage behavior



12:40 pm

Session Adjourns

Tuesday, March 17, 2026

7:00 am

Arrival

7:30 am - 8:30 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

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

Food Allergies and Hymenoptera Allergies

Primary care focused discussion of food and venom allergies including gaining a working knowledge of how to efficiently and cost effectively manage patients with hymenoptera hypersensitivity

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 am - Podiatry

Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

11:40 am - 12:40 pm - Podiatry

Stress Fractures of the Foot and Ankle

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

12:40 pm

Session Adjourns

Wednesday, March 18, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Orthopedics

The Knee: Anatomy, Common Injuries, and Exam Techniques

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

8:30 am - 9:30 am - Orthopedics

Hip and Thigh

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Orthopedics

A Primary Care Approach to Back Pain

Review of the diagnostic triage of spinal pain. The skills to characterize an episode of spinal pain as ominous, radicular or mechanical will be reviewed. Current international guidelines on the management of spinal pain will be covered. Simple home based exercises for spinal pain patients will be presented

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

Urticaria, Angioedema, Eczema and Contact Dermatitis

Lecture focused on gaining a working knowledge of how to efficiently and cost effectively manage patients with various atopic skin conditions

11:40 am - 12:40 pm - Allergy & Immuno

Drug Allergies for Primary Care

Allergic reactions account for up to 10% of all adverse drug reactions; Discussion will include an office-based approach to rashes, hives, difficulty breathing and other immune responses to medication

12:40 pm

Session Adjourns



Thursday, March 19, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Orthopedics

The Shoulder: Anatomy, Common Injuries, and Exam Techniques

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

8:30 am - 9:30 am - Orthopedics

Wrist, Hand, and Fingers

Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

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 in the elderly patient
- Describe the primary care work-up of incontinence in older adults
- Assess and manage gait disorders to prevent falls
- 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
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss technologies used to treat acute and chronic plantar fasciitis
- Discuss causes, prevention and treatment of foot and ankle stress fractures
- Discuss advantages and disadvantages of available asthma therapies
- Outline the management of anaphylactic reactions and indications for immunotherapy
- Describe how to efficiently and cost effectively manage patients with asthma, rhinitis, and nasal polyps
- Discuss epidemiology, risk factors, and causes of atopic dermatitis
- Identify common adverse drug reactions to specific high incidence medications
- Describe the anatomy and function of the knee joint
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- List management strategies for effective management of low back pain
- Diagnose and treat shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries



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Accreditation Statements

Joint Accreditation for Interprofessional Continuing Education



JOINTLY ACCREDITED PROVIDER™
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)

AAFP has reviewed Internal Medicine for Primary Care: Allergy/Geri/Ortho/Pod and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 3/15/2026 to 3/19/2026. Physicians should claim only 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 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 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 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.