



**INTERNAL MEDICINE FOR PRIMARY CARE:  
ALLERGY & IMMUNOLOGY/ENDOCRINOLOGY/  
ORTHOPEDICS/RHEUMATOLOGY**

**Maui, HI - Grand Wailea, A Waldorf Astoria Resort  
January 18 - 22, 2026**



**Sunday, January 18, 2026**

**2:30 pm**

**Check-In**

**3:00 pm - 4:00 pm - Endocrinology**

**Type 2 Diabetes Mellitus**

Diagnosis and treatment; lessons from the DCCT; managing diabetic emergencies; screening; pre-diabetes

**4:00 pm - 5:00 pm - Endocrinology**

**Insulin Therapy for Diabetes**

Treating T2DM with insulin; T1DM

**5:00 pm - 6:00 pm - Endocrinology**

**Obesity Management**

Diagnosis; etiology; complications; use of appetite suppressant medications; lifestyle modifications; when surgery should be performed

**6:00 pm**

**Session Adjourns**

**Monday, January 19, 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**

**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

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 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

**10:40 am - 11:40 am - Endocrinology**

**Disorders of Thyroid Function**

Prevalence, diagnosis and treatment options of hypothyroidism and hyperthyroidism

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

**Thyroid Nodules and Cancer**

Diagnosis and treatment

**12:40 pm**

**Session Adjourns**

**Tuesday, January 20, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 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

**8:30 am - 9:30 am - Orthopedics**

**Knee Injuries**

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Orthopedics**

**Wrist, Hand, and Fingers**

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

**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**

**Wednesday, January 21, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Rheumatology**

**Evaluating the Patient with Joint Pain**

Differentiating between inflammatory and non-inflammatory joint pain; The utility of joint aspiration and lab work-up with interpretation of synovial fluid analysis; Differential diagnosis of joint pain and inflammatory arthritis

**8:30 am - 9:30 am - Rheumatology**

**Update in Pharmacology for Arthritis**

Review risks and benefits of traditional NSAIDs and cox-2 inhibitors; Analgesics (narcotics and tramadol), acetaminophen, conventional-synthetic DMARDs, and bDMARDs

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Rheumatology**

**Osteoporosis**

Review the epidemiology and pathophysiology of osteoporosis along with interpretation of DEXA scans and FRAX risk assessment; up-to-date therapeutic options

**10:40 am - 11:40 am - Orthopedics**

**The Shoulder: Anatomy, Common Injuries, and Exam Techniques**

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

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

**The Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

**12:40 pm**

**Session Adjourns**

Thursday, January 22, 2026

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Rheumatology**

**Crystal Disease: Gout & Pseudogout**

Properly diagnosing and treating crystal diseases such as gout and pseudogout

**8:30 am - 9:30 am - Rheumatology**

**Fibromyalgia**

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

**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:

- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Describe the pathophysiology surrounding obesity and the risks and benefits of the various weight management options
- Identify the risks of abnormal thyroid function
- Describe the diagnostic evaluation of thyroid nodules with a focus on the utilization of ultrasound and cytology
- Discuss advantages and disadvantages of available asthma therapies
- Describe how to efficiently and cost effectively manage patients with asthma, rhinitis, and nasal polyps
- Outline the management of anaphylactic reactions and indications for immunotherapy
- Discuss epidemiology, risk factors, and causes of atopic dermatitis
- Identify common adverse drug reactions to specific high incidence medications
- Diagnose and treat orthopedic problems in the hip, thigh, knee and shoulder
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Diagnose and treat wrist, hand, and finger injuries
- Diagnose and treat shoulder injuries
- Diagnose and treat shoulder injuries
- Compare and contrast inflammatory & non-inflammatory joint pain and their differential diagnoses
- Review the risks and benefits of the treatment options for arthritis (non-selective NSAIDs, cox-2 inhibitors, DMARDs, narcotics and tramadol)
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Diagnose and treat gout and pseudogout
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia

### **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 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 & Immuno/Endo/Ortho/Rheum and deemed it acceptable for up to 20.00 Live AAFP Prescribed credit(s). Term of approval is from 1/18/2026 to 1/22/2026. 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 9.25 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**

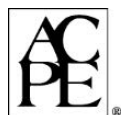
#### **American Academy of Physician Associates (AAPA)**



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: JA0003680-0000-26-004-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.