



PRIMARY CARE CONFERENCES

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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INTERNAL MEDICINE FOR PRIMARY CARE: CARDIOLOGY/ENDOCRINOLOGY/ORTHOPEDICS

**Walt Disney World® Resort, FL - Disney's Grand Floridian Resort & Spa
January 23 - 25, 2026**

Friday, January 23, 2026

7:00 am

Check-In

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 syndromes

8:30 am - 9:30 am - Cardiology

Primary & Secondary Prevention of CAD

Definitions; AHA/ACC and other lipid guidelines updates; HDL Cholesterol: The good cholesterol?; Metabolic syndrome and/or obesity; Who needs treatment and how much; The role of lifestyle changes, exercise and cardiac rehabilitation; Drug therapy updates; Risk calculation

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 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

10:40 am - 11:40 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

11:40 am - 12:40 pm - Orthopedics

Ankle and Foot

This presentation will address a series of common acute and chronic injuries and pain syndromes to the foot and ankle as they would present in the primary care setting. The focus will be on developing a working differential diagnosis based on the historical mechanism of injury and exam findings.

12:40 pm

Session Adjourns

Saturday, January 24, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Orthopedics

Shoulder Injuries

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 - 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 - Endocrinology

Type 2 Diabetes Mellitus

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

11:40 am - 12:40 pm - Endocrinology

Insulin Therapy for Diabetes

Treating T2DM with insulin; T1DM

12:40 pm

Session Adjourns



Sunday, January 25, 2026

7:00 am

Arrival

7:30 am - 8:30 am - Endocrinology

Osteoporosis

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

8:30 am - 9:30 am - Endocrinology

Disorders of Thyroid Function

Prevalence, diagnosis and treatment options of hypothyroidism and hyperthyroidism

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
- Implement lifestyle changes as well as lipid and cholesterol guidelines for the prevention of CAD
- Explain current concepts in the diagnosis and treatment of hypertension
- Implement treatment strategies reflective of recent guidelines and current evidence based medicine for heart failure
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Recognize chronic injuries and pain syndromes to the foot and ankle
- Recommend appropriate exercise prescriptions for common shoulder injuries
- Diagnose and treat wrist, hand, and finger injuries
- Develop patient-specific treatment plans for the management of type 2 diabetes
- Diagnose and tailor treatment strategies for type 1 and type 2 diabetes
- Identify the risks and benefits of utilizing bisphosphonates in the treatment of osteoporosis
- Identify the risks of abnormal thyroid function

Disclosure of Relevant Financial Relationships

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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 12 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 12 *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 12 (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: Cardio/Endo/Ortho and deemed it acceptable for up to 12.00 Live AAFP Prescribed credit(s). Term of approval is from 1/23/2026 to 1/25/2026. 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 12 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 12 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 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 5.75 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 12 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 12 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 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-26-005-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.