



**INTERNAL MEDICINE FOR PRIMARY CARE:  
DERMATOLOGY/NEPHROLOGY/PSYCHIATRY/  
RADIOLOGY**

**Nassau, Bahamas - Atlantis Paradise Island Resort  
January 29 - February 1, 2026**

**Thursday, January 29, 2026**

**7:00 am**

**Check-In**

**7:30 am - 8:30 am - Dermatology**

**Skin Manifestations of Systemic Disease**

Skin will often reflect signs of systemic diseases, be useful for diagnosis, or suffer from a complication of disease or its treatment; Diagnosis of rheumatologic, endocrine, gastrointestinal, and psychologic conditions based on cutaneous findings

**8:30 am - 9:30 am - Dermatology**

**Acne and Acneiform Eruptions**

Identification of noninflammatory open or closed comedones and inflammatory lesions; Determination of treatment therapies based on acne grading scale; Bacterial folliculitis, drug-induced acne, hidradenitis suppurativa, miliaria, perioral dermatitis, pseudofolliculitis barbae, rosacea, seborrheic dermatitis; Topical and systemic therapy

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

**Coffee Break**

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

**10:40 am - 11:40 am - Nephrology**

**Primary Care Primer on Electrolytes**

Electrolyte and acid-base disorders are common findings in clinical practice. They can arise from genetic and acquired diseases and can be associated with commonly prescribed medications. This case-based lecture focuses on the disturbances in and interactions between serum sodium, potassium, and bicarbonate. It reviews the pathophysiology, diagnosis and management of these common imbalances.

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

**Kidney, Heart, and Bone: A Challenging Trifecta in CKD**

Cardiovascular calcifications are highly prevalent in patients with chronic kidney disease and contribute to morbidity and mortality. This case-based lecture introduces the complex pathophysiologic changes occurring in the bony tissue and their contribution to vascular calcifications. Early recognition of this disorder and management of calcium, phosphorus, vitamin D and parathyroid hormone imbalances are key components of CKD care.

**12:40 pm**

**Session Adjourns**

**Friday, January 30, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Nephrology**

**Proteinuria, Hematuria, and Diabetic Kidney Disease**

Proteinuria, and hematuria are two of the most common abnormalities in routine urinalysis that require further evaluation. There is a broad spectrum of diseases that can give rise to blood and protein in the urine ranging from benign to rapidly progressive kidney failure. This case-based presentation discusses the detection, diagnosis and general management principles of these findings. It also focuses on updates in diabetic kidney disease and when to refer to a specialist.

**8:30 am - 9:30 am - Nephrology**

**Pain Management and Kidney Disease: From Prescription to Over-the-Counter**

Pain management in patients with kidney diseases presents unique challenges for the prescribing provider. The clinical situation can be complicated by the use of over-the-counter and herbal preparations. This case-based presentation discusses principles of pain management and several preparations and compounds that have been identified to possess significant nephrotoxic properties.

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

**Coffee Break**

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

**10:40 am - 11:40 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

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

**Depressive Disorders**

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

**12:40 pm**

**Session Adjourns**

**Saturday, January 31, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Psychiatry**

**Substance Use Disorders**

Substance abuse history-taking to encourage patient honesty; Accurate diagnosis; Use of screening tools; Brief intervention; Recovery and treatment options; Motivational interviewing; Family symptoms and codependency

**8:30 am - 9:30 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

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

**Coffee Break**

**9:40 am - 10:40 am - Radiology**

**Ultrasound Technology & Services for Primary Care**

Ultrasound is a fundamental imaging technique that is used daily for a multitude of applications. This presentation will focus on the common US tests as well as the uncommon, including Musculoskeletal Ultrasound, their capabilities in enabling diagnoses of difficult clinical conditions and uses in combination with other modalities such as MRI.

**10:40 am - 11:40 am - Radiology**

**Appropriate Ordering of Imaging and Contrast**

Guidelines to assist referring providers in ordering the most appropriate and effective imaging studies for routine and acute presentations; Special emphasis given to when to use contrast agents

**11:40 am**

**Session Adjourns**



**Sunday, February 1, 2026**

**7:00 am**

**Arrival**

**7:30 am - 8:30 am - Radiology**

**Imaging of the Acute Abdomen**

Primary care focused discussion of the role of imaging and special considerations for imaging in the diagnosis and management of both common and uncommon acute abdominal pathologies

**8:30 am - 9:30 am - Radiology**

**Managing Common Incidental Findings**

Discussion of common incidental findings in radiology; Review of management guidelines according to the American College of Radiology (ACR) and other medical and surgical societies

**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:

- Identify cutaneous findings that serve as surrogates of internal diseases
- Describe the step-wise approach for the diagnosis and treatment of acne and acneiform eruptions
- Differentiate benign and malignant skin tumors and employ appropriate interoffice procedures
- Detect pre-cancerous and cancerous skin lesions
- Review the pathophysiology, diagnosis, prevention and management of common electrolyte imbalances
- List steps to diagnose and treat bone disease and its cardiovascular consequences in CKD
- Identify causes of hematuria and proteinuria
- Identify over-the-counter preparations with the potential to cause nephrotoxicity
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Recommend appropriate pharmacologic and non-pharmacologic treatment for depression
- Describe strategies for identifying and treating substance use disorders
- Review current evidence for the treatment of anxiety disorders
- Review indications and the clinical utility of ultrasound in the primary care office setting
- Describe recent advances in ultrasound technology and rationale for ordering radiologic tests
- Utilize imaging in the management of abdominal pathologies
- Manage incidental findings on imaging tests

### **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 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)

AAFP has reviewed Internal Medicine for Primary Care: Derm/Nephro/Psych/Rad and deemed it acceptable for up to 16.00 Live AAFP Prescribed credit(s). Term of approval is from 1/29/2026 to 2/1/2026. Physicians should claim only the credit commensurate with the extent of the their participation in the activity.

### 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 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 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: JA0003680-0000-26-007-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.