

56th Annual Scientific Assembly & Annual General Meeting

Conference Program 2014



April 10—12, 2014

Victoria Inn

1808 Wellington Avenue

Winnipeg Manitoba

**THE MANITOBA
COLLEGE OF
FAMILY PHYSICIANS**



**LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU MANITOBA**

A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

CHANGES

This year the ASA committee has seen the start of a new team. With Dr Helga Sickert stepping down, after many years of successful chairing, it took two to fill her place and a slew of new committee members to support the new co-chairs. So clearly, the theme would have to be revolving around "Changes". However, let's not fix what ain't broke. So using many of the same proven structures from the past conferences, such as the "short snappers" and related interactive workshops, we have put together a conference that will hopefully challenge many of those old ideas of practice and enlighten us about the changes to come in family medicine in Manitoba over the coming years.

Manitoba prides itself in being relatively self-sufficient. There are many experts and very well educated teachers right here in our own province. Therefore calling for abstracts from local experts has proven to be an excellent source of speakers. Having our peers teach us, frequently leads to more pointed learning that is current and topical to the local circumstances. And then to top it all off, we are adding two re-

Based on a previous successful formula and adding in the new ideas from the ASA Planning Committee, we have put together a broad and interesting conference that reflects where family medicine is for 2014

nowned Keynote speakers who hail from Manitoba. **Mr Terry MacLeod from the CBC will bring a patient's perspective on medicine and tie that in with his expertise from his profession - the media.** How much do the public and media drive changes in medicine? We shall see. **Dr Michael Rachlis is well known to many**

and has challenged the establishment for years with the changes that are needed to make quality family medicine sustainable in Canada. How much is our practice going to have to change to achieve this? Find out on April 10th.

We have tried to keep a balance of changes in academic content and management content. And realizing that family medicine is a difficult profession to maintain balance when we are always being pulled in so many directions, we have also added in a section of self-care content. So based on a previous successful formula, and adding in the new ideas from the committee, we have put together a broad and interesting conference that reflects where family medicine is for 2014. Mixed in on the last day, there will also be Main Pro C sessions to offer all forms of CME that is needed to keep us current.

Some things shouldn't change though. To ensure that questions from the audience are answered and recorded for all to learn from, we will continue to post all questions from the question periods. We continue to ask for feedback from all participants to ensure our future planning reflects the interest of the membership. And we also continue to have healthy nutritional breaks and meals with time to reflect and discuss stimulating sessions, or just to catch up with friends and colleagues. Our social evening will again be at the Winter Club for some of the best food in the city. To keep a healthy theme, we are having a fantastic local band, "House of Doc", to keep us on the dance floor, hopefully with many cover versions of Bowie classics.

To quote Helga from previous years: "Great home grown continuing medical education, the true local approach!"

To close we would like to thank this group of enthusiastic committee members. There is a great mix of old and new members and it has led to some exciting ideas for this year and into the future. And there is always place at the table for anyone else who wants to participate. Special thanks go to Kari MacKinnon, who coordinates these conferences so well, keeping us all on track and capturing all the thoughts and discussions.

See you at the conference,

Richard Rusk, MD

Ainslie Mihalchuk, MD

Co-Chairs, ASA Planning Committee

Annual Scientific Assembly

APRIL 10—12, 2014

PROGRAM OBJECTIVES

The Family Physician will:

- gain knowledge about new concepts in the delivery of medicine,
- gain knowledge and skills to apply to his or her everyday practice,
- be given an opportunity to discuss concepts that are controversial and innovative,
- be challenged by new innovations in medicine and continually apply these to his or her practice,
- leave the program with confidence in new skills and gain tools to explore new ways of obtaining information and expanding his or her knowledge.

MAINPRO-M1 CREDITS

COMPLETE PROGRAM—14.75 MAINPRO-M1 CREDITS

Thursday Program	6.25 MAINPRO-M1 Credits
Friday Program	5.5 MAINPRO-M1 Credits
Saturday Program	3.0 MAINPRO-M1 Credits

The Manitoba College of Family Physicians Inc.

2013—2014 Executive Committee

Past President.....	Dr. I. Goldstine
President	Dr. P. Sawchuk
President-Elect	Dr. S. Fair
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Resident Member 2nd Year	Dr. I. Alexander
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Medical Student Representative...	Mr. W. Chan
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Council

Annual Scientific Assembly	Dr. R. Rusk & Dr. A. Mihalchuk
Awards	Dr. D. Klassen
By-Laws	Dr. T. Buchel
Continuing Medical Education	Dr. I. Goldstine
Membership	Dr. T. Buchel
Communications	Dr. I. Goldstine
Research	Dr. A. Katz
University of Manitoba	Dr. J. François
Doctors Manitoba	Dr. F. Padeanu

Annual Scientific Assembly Planning Committee

Dr. R. Rusk, Co-Chair	Dr. A. Mihalchuk, Co-Chair
Dr. G. Abbu	Dr. T. Buchel
Dr. A. Condon	Dr. M. Dillon
Dr. D. Gray	Dr. E. Halmarson
Ms. E. Houtkooper	Dr. R. Kruk
Dr. J. Potter	Ms. K. MacKinnon, Conference Coordinator

**SCIENTIFIC PROGRAM
THURSDAY**

7:30	Registration & Continental Breakfast – Exhibit Hall				
	PLENARY ROOM			EMBASSY A & B	
8:15	Welcome & Announcements				
8:30 – 9:30 3 X 15 min 15 min Q&	WHERE ARE WE NOW? NEW GUIDELINES (1) DIABETES Dr. P. Katz (2) HYPERTENSION Dr. A. Junaid (3) VACCINES Dr. T. Hilderman				
9:30 – 10:00	PRIMARY CARE RENEWAL - ARE WE PREPARED? Panel: Dr. B. Wright / Dr. M. Thiessen Dr. J. François / Dr. K. Coates				
10:00 – 10:30	NUTRITION BREAK				
10:30 – 11:30 3 X 15 min 15 min Q&	SOUND & VISION: INTERPROFESSIONAL ROLES & SCOPE (1) PHYSICIAN ASSISTANTS Mr. S. Naherniak (2) MIDWIVES Ms. K. Abbott (3) NURSE PRACTITIONERS Ms. B. Dawyduk		ABSOLUTE BEGINNERS: PEDIATRIC (1) WHEN TO INTRODUCE ALLERGENIC FOOD Dr. E. Abrams (2) CONSTIPATION Dr. G. MacDougall (3) BED WETTING Dr. E. Martinez		
11:35 – 12:05	WE COULD BE HEROES: TEACHING SESSION Dr. T. Cavett				
12:05 – 12:20	MAINPRO UPDATE Dr. I. Goldstine				
12:20 – 13:30	LUNCH FIRST FIVE YEARS OF PRACTICE LUNCHEON – CARLTON ROOM				
13:30 – 14:30	KEYNOTE: MEDICARE UNDER PRESSURE: LET'S DANCE WHILE WE MAKE THE NECESSARY CHANGES Dr. Michael Rachlis				
	PLENARY ROOM	EMBASSY E	EMBASSY C	EMBASSY A	CARLTON
14:30 – 15:30	ASHES TO ASHES INJECTION DRUG USE PROBLEMS / STREET DRUGS Dr. M. Dillon	ALL THE YOUNG DUDES DIABETIC FOOT HEALTH & PREVENTION: PODIATRIST / RN COLLABORATIVE PRACTICE Ms. D. Ferry Dr. P. Monk	WE COULD BE HEROES TEACHING WORKSHOP I LEARNING STYLES: A TOOL IN YOUR TOOLBOX Dr. T. Cavett Dr. J. Hamilton	DANCING IN THE STREET PAs TO THE RESCUE Dr. S. Permack Mr. S. Naherniak	
15:30 – 15:50	NUTRITION BREAK				
15:50 – 16:50		FANTASTIC VOYAGE INCORPORATING TRADITIONAL MEDICINE WITH WESTERN MEDICINE Dr. M. Cook	WE COULD BE HEROES TEACHING WORKSHOP II SMALL GROUP MODULES IN FACULTY DEVELOPMENT Pre-registration required	HOW DOES YOUR GRASS GROW? ARE THE THERAPEUTIC AGENTS YOU PRESCRIBE BEING DIVERTED AND/OR ABUSED? WHAT NOW? Dr. M. Reinecke	CHANGES HOSPITAL HOME TEAMS Dr. A. Condon Dr. P. Sawchuk Dr. A. Jones Dr. J. Williams

WHERE ARE WE NOW? NEW GUIDELINES

SHORT SNAPPER: DIABETES

(8:30 – 9:30) Plenary Room

DR. PAM KATZ, Assistant Professor, Department of Medicine, Section of Endocrinology & Metabolism, University of Manitoba

In this session, key recommendations from the 2013 Canadian Diabetes Association clinical practice guidelines will be reviewed. Topics covered will include: use of A1C for the diagnosis of diabetes, individualized A1C targets, self-monitoring of glucose, pharmacotherapy in type 2 diabetes and vascular protection. Tools to assist with the implementation of guideline recommendations in clinical practice will be highlighted.

SHORT SNAPPER: HYPERTENSION

(8:30 – 9:30) Plenary Room

DR. ASSAD JUNAID, Director of Vascular Medicine Program and Vascular Laboratory at the University of Manitoba

SHORT SNAPPER: VACCINES UPDATE

(8:30 – 9:30) Plenary Room

DR. TIM HILDERMAN, Medical Director, Manitoba Immunization Program; Medical Lead, Communicable Disease Control, Manitoba Health; Assistant Professor, Community Health Sciences, Faculty of Medicine, University of Manitoba

The immunization landscape in Canada has changed dramatically over the last few years with an unprecedented investment by the pharmaceutical industry in vaccine development resulting in multiple new vaccine approvals spanning the entire life course. Public Health has been forced to rethink its historical approach to new vaccines in order to meet this challenge with more sophisticated analytics and methodologies. Emerging vaccines and programs as well as the evolving strategies that lead to their inclusion in publicly funded programs will be reviewed.

PRIMARY CARE RENEWAL ... WHAT WE ALWAYS WANTED BUT ARE WE PREPARED???

(9:30 – 10:00) Plenary Room

DR. BROCK WRIGHT, WRHA Senior Vice President, Clinical Services and Chief Medical Officer; Chair, Provincial Medical Leadership Council

DR. MYRON THIESSEN, Vice President Medical and Chief Medical Officer, Interlake Eastern Regional Health Authority

DR. JOSÉ FRANÇOIS, Medical Director, WRHA and University of Manitoba Family Medicine and Primary Care

DR. KEVIN COATES, Family Physician, St. Boniface Clinic.

In Manitoba, as across the country and internationally, there is shared vision that quality primary care and Family Medicine are the foundation of the health system. This strengthened vision presents many CCC (continuity, comprehensiveness, centered in family medicine) opportunities for family physicians with an interest in primary care home, continuity of care, access and quality. There are many activities underway in Manitoba that support primary care and the principles of Family Medicine such as Primary Care Networks, Interprofessional Teams in Fee for Service practice, Physician Assistants in primary care, EMR adoption and optimization as well as Physician Integrated Networks.

The WRHA family medicine/primary care team, in collaboration with key stakeholders, will coordinate a panel of family physicians champions to educate and inform their peers about opportunities that primary care renewal activities have provided for their practices, work satisfaction, their patients and communities. The panel will be physician led, however, it will be moderated by senior leaders in the area of primary care renewal to facilitate discussion and answer your questions about the future of family doctors within primary care in Manitoba.

VISIT THE DOCTORS MANITOBA HEALTH CHECK STATION IN THE EXHIBIT HALL

As advocates of health and healthy lifestyles, family physicians can set the example for their patients. Have you ever wondered how you measure up? How healthy are the family physicians that attend this meeting? Doctors Manitoba Physician Health and Wellness Committee invites you to drop in at the Health Check Station on Thursday and Friday. A team of health professionals will be on hand to measure a range of health indicators including body mass index, blood pressure, blood sugar and stress level. Attendance at the Doctors Manitoba Health Check Station promises to increase your awareness of your own health.

**SOUND & VISION:
INTERPROFESSIONAL ROLES & SCOPE**

SHORT SNAPPER: PHYSICIAN ASSISTANTS

(10:30 – 11:30) Plenary Room

MR. SCOTT NAHERNIAK, Physician Assistant

In 2012 the family medicine primary care program in the Winnipeg region hired physician assistants to help meet the provincial government's goal that every citizen have access to a family physician by 2015. The unique relationship between family physicians and physician assistants has the potential to achieve the family doc for all goal while improving patient care and reducing the increasing burden on family physicians. Benefits include enhance inter-professional practice and integration and support of community health services within the Winnipeg Health region.

SHORT SNAPPER: MIDWIVES

(10:30 – 11:30) Plenary Room

MS. KATE ABBOTT, Registered Midwife

This presentation will review the scope of practice of midwives in Manitoba, including which women are good candidates for midwifery care. The ways in which midwives and family physicians can work well together will be discussed, as will reasons midwives may refer clients back to their family physicians for specific concerns in pregnancy or the postpartum. The process of patient self-referral to midwifery care will be explained. It will also touch on choice of birthplace and research pertaining to out-of-hospital birth.

SHORT SNAPPER: NURSE PRACTITIONERS

(10:30 – 11:30) Plenary Room

MS. BRENDA DAWYDUK, Nurse Practitioner; Specialty Lead of Pediatrics, Thompson General Hospital

Part of a panel presentation on interprofessional collaboration. I will be discussing the Nurse Practitioner role, the varied work Nurse Practitioners do in Manitoba and how we work together and contribute to patient care within an interprofessional team environment.

**ABSOLUTE BEGINNERS:
PEDIATRIC UPDATE**

SHORT SNAPPER: WHEN TO INTRODUCE ALLERGENIC FOOD

(10:30 – 11:30) Embassy A & B

DR. ELISSA ABRAMS, Pediatric Allergist and Clinical Immunologist, Meadowood Clinic and Department of Pediatrics and Child Health, University of Manitoba.

SHORT SNAPPER: CONSTIPATION

(10:30 – 11:30) Embassy A & B

DR. GRANT MACDOUGALL, Community Pediatrician, Manitoba Clinic

Constipation is a big problem for little kids: This talk will focus on the children's big fears, the parents' really big fears about effective treatment and the best advice a physician can give to deal with all of them.

SHORT SNAPPER: BED WETTING

(10:30 – 11:30) Embassy A & B

DR. EDDSEL MARTINEZ, MD, FRCPC

Nocturnal enuresis is the most common pediatric urologic complaint encountered by primary care physicians. This talk will focus on the etiology, natural history, nonpharmacologic and pharmacologic treatment and management of nocturnal enuresis.

TEACHING SESSION

(11:35 – 12:05) Plenary Room

DR. TERESA CAVETT, Program Director, Family Medicine; Assistant Professor, Departments of Family Medicine and Medical Education, Faculty of Medicine, University of Manitoba

Interested in teaching but uncertain if you have what it takes? Hear from community family physicians like yourself as they share their teaching journey. Warning: their enthusiasm for teaching will be contagious!

MAINPRO UPDATE

(12:05—12:20) Plenary Room

Dr. Ian Goldstine will provide an update to the membership on upcoming changes in Mainpro Accreditation.

FIRST FIVE YEARS OF PRACTICE LUNCHEON 12:20—13:30 Carlton Room

"The most useful thing I learned in my first few years of practice was ..."

Come out and network with colleagues in the early phase of their career and a few slightly more seasoned folks for some advice. Good food, good times, and good advice!



KEYNOTE: MEDICARE UNDER PRESSURE: LET'S DANCE WHILE WE MAKE THE NECESSARY CHANGES

(13:30 – 14:30) Plenary Room

DR. MICHAEL RACHLIS, Health Policy Consultant and Associate Professor, University of Toronto

Dr. Michael Rachlis was born in Winnipeg, Manitoba and graduated from the University of Manitoba medical school in 1975. Dr. Rachlis practices as a private consultant in health policy analysis. He has consulted to the federal government, all ten provincial governments, and two royal commissions. He is also an Adjunct Professor at the University of Toronto. In 2010, the University of Manitoba conferred upon Dr. Rachlis an honorary doctor of laws in recognition of his service to Canadian health policy.

Dr. Rachlis is based in Toronto but consults and lectures widely on health policy issues. He is a frequent media commentator on health policy issues and the author of three national bestselling books about Canada's health care system.

Canadian health care costs as a share of our economy have been decreasing since 2009 but the political pressure on Medicare continues. Our health system performs poorly compared with those in other developed countries and the biggest problems are in primary health care and community services. Canadian access to primary care and specialty care is near the bottom of the list. There is some duplication of services and many glaring gaps. Few providers work to their full scope of practice although some operate dangerously beyond scope. High performing teams are the exception rather than the norm. In this keynote, Dr. Rachlis will outline the problems with Canadian primary health care and then describe how to make the needed changes while enhancing the satisfaction of providers.

WORKSHOPS - 14:30—15:30

ALL THE YOUNG DUDES: DIABETIC FOOT HEALTH & PREVENTION

(14:30 – 15:30) Embassy E

DR. PAMELA MONK

MS. D. FERRY, RN

This hands-on demonstration / workshop can only accept 20 ppl. Please pre-register.

DANCING IN THE STREET: PAs TO THE RESCUE

(14:30 – 15:30) Embassy Room A

DR. SHELDON PERMACK, Medical Director, Family Medicine Primary Care Program and Home Care Program

MR. SCOTT NAHERNIAK, Canadian Certified Physician Assistant

Manitoba has established a master's-level program for physician assistants, to fill gaps in the health care system. In 2012, the family medicine primary care program in the Winnipeg region hired physician assistants to help meet the provincial government's goal that every citizen have access to a family physician by 2015. The learnings from implementing this professional in a community fee-for-service practice are profound across the scope of family medicine in the hospital, office, and personal care home. There are also opportunities to support rural and northern communities.

WE COULD BE HEROES: TEACHING WORKSHOP I: LEARNING STYLES: A TOOL IN YOUR TOOLBOX

(14:30 – 15:30) Embassy Room C

DR. TERESA CAVETT, Program Director, Family Medicine; Assistant Professor, Departments of Family Medicine and Medical Education, Faculty of Medicine, University of Manitoba

DR. JOANNE HAMILTON, Assistant Professor, Director, Educational Development, Department of Medical Education

What helps you learn? What is the best approach in teaching someone who learns differently than you? Understanding learning styles, or different ways of learning, is a useful tool in teaching others. This workshop will give you an opportunity to discover your learning style and those of your patients/students/colleagues. Armed with this knowledge and some tools, you will be a more effective and confident teacher.

ASHES TO ASHES: INJECTION DRUG USE / STREET DRUGS

(14:30 – 15:30) Plenary Room

DR. MIKE DILLON, Medical Director, Klinik Medical Health Centre

"The Needle and the Damage Done": an interactive primer on the medical complications of injection drug use.

WORKSHOPS - 15:50 - 16:50

FANTASTIC VOYAGE: INCORPORATING TRADITIONAL MEDICINE WITH WESTERN MEDICINE

(15:50 – 16:50) Embassy Room E

DR. MARLYN COOK, Community Physician for two First Nation Communities Pikangikum in Northwestern Ontario and Grand Rapids in Manitoba; Board Director for the Aboriginal Healing Foundation; Advisory Council for Nuclear Waste Management Organization.

As a First Nation physician, Dr. Marlyn Cook, has been working with traditional medicine in aboriginal communities throughout Canada. She looks at the effects of residential schools and cultural genocide on the health status of aboriginal people and how and why traditional medicine "works". This workshop would be informational for all physicians working with Aboriginal patients.

HOW DOES YOUR GRASS GROW? ARE THE THERAPEUTIC AGENTS YOU PRESCRIBE BEING DIVERTED AND/OR ABUSED? WHAT NOW?

(15:50 – 16:50) Embassy Room A

DR. MARINA REINECKE, Medical Director, Addictions Unit, Health Sciences Centre

This interactive workshop will review the problems related to prescription drug abuse and/or addiction, including opioids and benzodiazepines. We will review the scope of the problem, clinical diagnosis and treatment resources. We will discuss how to identify vulnerable patients in your own practice, what to watch for when prescribing potentially addictive drugs and what to do if you suspect diversion/active addiction.

WE COULD BE HEROES: TEACHING WORKSHOP II: SMALL GROUP MODULES IN FACULTY DEVELOPMENT

(15:50 – 16:50) Embassy Room C

SPEAKERS: FACULTY TEACHERS FROM THE DEPARTMENT OF FAMILY MEDICINE

Uncertain about the best approach to take with a learner in difficulty? How can I fit in teaching between patients in my busy practice? What steps do I need to take before a learner arrives in my office? If these are questions you have asked yourself, then join with members of the Dept of Family Medicine as we work through small group modules devoted to teaching in Family Medicine.

CHANGES: HOSPITAL HOME TEAMS – PROVIDING CARE FOR COMPLEX PATIENTS IN THEIR HOMES

(15:50 – 16:50) Carlton Room

DR. AMANDA CONDON, MD CCFP

DR. PAUL SAWCHUK, MD CCFP MBA

MS. ARLE JONES, BSW RSW

MS. JAN WILLIAMS, RN

The Hospital Home Team is an innovative new program that partners home care and primary care with an aim to provide intensive case management, care and support in the community to high risk patients and their families. These patients have multiple medical co-morbidities, mental health issues and/or social support challenges. This program is still in its infancy but is demonstrating improvements in responsiveness to patient needs, hospital length of stay, emergency room presentations, patient and family satisfaction and development of collaborative interprofessional partnerships between primary care and home care. Qualitative case reviews, with objective measures, demonstrate the success thus far with this program. An interprofessional team of providers doing this work, and involved in the implementation of this project, will provide tangible suggestions for advancing this approach to providing team-based community care.

PRESIDENT'S BANQUET

Friday, April 11, 2014

Winnipeg Winter Club 200 River Avenue, Winnipeg

Cocktails 6:30 pm ■ Dinner 7:00 pm ■ Entertainment: 8:00

Adults \$40 ■ Children up to 12 years \$15



HOUSE OF DOC

Named after their family home, presided over by Grandfather David 'Doc' Schroeder, Ph. D., House of Doc infuses musical inspirations such as Gordon Lightfoot, Simon & Garfunkel & Spirit of the West with intricate harmonies, sophisticated counterpoint and a rocking, down-home delivery, the band has captured its story with a rich and sensitive attention to detail.

**SCIENTIFIC PROGRAM
FRIDAY**

7:00	Past President's Breakfast – Imperial Boardroom				
7:30	Registration & Continental Breakfast – Exhibit Hall				
	PLENARY ROOM			EMBASSY D	
8:15	Welcome & Announcements				
8:30 – 9:30	UNDER PRESSURE: TO FORM OR NOT TO FORM Panel: Dr. A. Kraut / Dr. T. Hiebert / Dr. N. Wightman			KNOCK ON WOOD: PHYSICIAN WELLNESS INTRODUCTION TO MINDFULNESS Dr. M. Saint-Hillaire	
9:30 – 10:00	VELVET GOLDMINE: LEVERAGING EMR FOR EFFECTIVE CHRONIC DISEASE MANAGEMENT Dr. A. Singer			Pre-registration required	
10:00 – 10:30	NUTRITION BREAK				
10:30 – 11:30	THE INFORMER 2 X 25 min session + 10 min Q&A (1) RESEARCH IN FAMILY PRACTICE Dr. A. Katz (2) INTERNATIONAL CANCER BENCHMARKING PARTNERSHIP, FPS AND CANCER DIAGNOSIS-MANITOBA DATA Dr. G. Konrad			EMBASSY A & B LET'S DANCE 3 x 15 min session + 15 min Q&A (1) EXERCISE FOR OSTEOPOROSIS & CONCUR- RENT OSTEOARTHRITIS Dr. M. Kennedy (2) DIZZINESS – A REHABILITATION APPROACH Ms. S. Moore (3) RX MOVE Mr. A. Edey-Mazowita	
11:35 – 12:35	KEYNOTE: FINDING MY OWN WAY TO HEAL - A JOUR- NALIST AND PATIENT SEARCHES FOR HEALTH, HOPE AND MEANING IN THE LABYRINTH OF THE MANITOBA MEDI- CAL SYSTEM Mr. Terry MacLeod				
12:35 – 14:00	LUNCH AND AGM – WELLINGTON ROOM				
	PLENARY ROOM	EMBASSY E	EMBASSY C	EMBASSY A & B	CARLTON ROOM
14:00 – 15:00		BOYS KEEP SWING- ING MSK : KNEE Dr. P. Nemeth	TAKE YOUR PRO- TEIN PILLS AND PUT YOUR HELMET ON USELESS TESTS – USELESS TREAT- MENTS Dr. F. Ross	VELVET GOLDMINE LEVERAGING EMR FOR EFFECTIVE CHRONIC DISEASE Dr. A. Singer Ms. G. Brennan	GOLDEN YEARS BEHAVIOUR IN THE ELDERLY/DEMENTED Dr. C. Omelen
15:00 – 15:20	NUTRITION BREAK				
15:20 – 16:20		JOHN I'M ONLY DANCING MSK : SHOULDER Dr. J. Old	IT'S NO GAME LIVER DISEASE FOR PRIMARY CARE Dr. J. Gabor	IT'S HARD TO BE A SAINT IN THE CITY ADVANCED ACCESS AND THE MEDICAL HOME Dr. K. Hahlweg Ms. R. Vyse Dr. H. Nyhof	SLIP AWAY PHYSICIAN ASSISTED SUICIDE Dr. G. Webster Dr. B. Kvern

UNDER PRESSURE: TO FORM OR NOT TO FORM

(8:30 – 9:30) Plenary Room

DR. ALLEN KRAUT, Medical Director, Occupational Health, Winnipeg Regional Health Authority Integrated Sites; Associate Professor, Departments of Internal Medicine and Community Health Sciences, University of Manitoba

Many patients leave the hospital against medical advice (AMA), and doing so has been shown to lead to increased morbidity and mortality. The objectives of this presentation are to; identify factors associated with leaving hospital AMA, describe why people leave AMA, describe the likelihood of readmission of patients that leave hospital AMA, and the influence that leaving hospital AMA has on mortality.

DR. TIM HIEBERT, WRHA Consultant in Palliative Care and Internal Medicine

When a patient chooses to leave against medical advice (AMA), the responsible clinician may face ethical challenges. Many patients who choose to leave AMA are among the most vulnerable and disadvantaged. Does the patient fully understand the potential consequences of his or her decision? Have the risks of leaving AMA been adequately communicated? Is paternalism sometimes warranted to protect a patient from a dangerous choice? Do limited hospital resources and constant bed shortages influence the way we address patients who wish to leave AMA? These challenges will be discussed through the lens of the cardinal ethical principles of autonomy, justice, beneficence and non-maleficence.

DR. NANCY WIGHTMAN, WRHA Consultant in Community Psychiatry/Shared Care, Associate Professor of Psychiatry

When a patient decides to leave hospital against medical advice, the physician frequently needs to assess the patients capacity to consent to treatment. Capacity/Competence is essentially the ability to provide reasonable informed consent. Mental illness, and cognitive impairment (intellectual disability or dementia) can influence this capacity. Substance Use Disorders and Personality Disorders pose a particular challenge. In some instances, Psychiatric input is indicated and/or mental health act forms may be required. This talk will review the components of a competency assessment, how we approach complex cases, and the role/practicalities of the Form 21.

VELVET GOLDMINE: LEVERAGING EMR FOR EFFECTIVE CHRONIC DISEASE

(9:30 – 10:00) Plenary Room

DR. ALEX SINGER, Assistant Professor, University of Manitoba, Department of Family Medicine; Manitoba eHealth Peer Supporter

MS. GILLIAN BRENNAN, Manager, Primary Care/Community Physician Information Systems (PCIS) Office, Manitoba eHealth

Perhaps the single greatest change to family practice in the last decade was the move to documentation using Electronic Medical Records (EMRs). Complex and ongoing care for such ailments as diabetes, hypertension, coronary artery disease, congestive heart failure and asthma can be more effective and efficient with EMRs. New tariffs introduced by Manitoba Health in 2012 also enable family doctors to improve their bottom line if they provide appropriate care and use their systems effectively.

KNOCK ON WOOD: PHYSICIAN WELLNESS—INTRODUCTION TO MINDFULNESS

(8:30 – 10:00) Embassy Room D

DR. MÉLANIE SAINT-HILAIRE, Family Physician

Being a primary care physician can be stressful. It is well known that physicians are at increased risk of burnout, which is linked to poorer quality of care, increased errors and reduced empathy. Mindfulness is paying attention to the present, in a particular way, moment by moment and without judgment. Training in mindfulness attempts to increase awareness of thoughts, emotions, and maladaptive ways of responding to stress, to help participants learn to cope with stress in a healthier more skillful way.

Research demonstrates that health care professionals who participated in mindfulness interventions reported decreased stress levels, increased quality of life and self-compassion. The purpose of this workshop is to provide an introduction to mindfulness as an approach to self-care. Through formal and informal meditation practices participants will experience how mindfulness can be cultivated in their daily lives to foster greater self-awareness and wellbeing.

THE INFORMER

RESEARCH IN FAMILY PRACTICE

(10:30 – 11:30) Plenary Room

DR. ALAN KATZ, Professor, Departments of Family Medicine and Community Health Sciences, University of Manitoba; Chair, Section of Researchers, College of Family Physicians of Canada

This presentation will emphasize the importance of research in family practice. It will describe the vision of the Section of Researchers of the College that research be a core component of family medicine training, scholarship, and clinical practice. I will describe the role of the Section, how it relates to Manitoba Chapter members and how ASA attendees can benefit from developing a relationship with research

INTERNATIONAL CANCER BENCHMARKING PARTNERSHIP, FPS AND CANCER DIAGNOSIS-MANITOBA DATA

(10:30 – 11:30) Plenary Room

DR. GERALD KONRAD, Associate Professor, University of Manitoba; Unit Director, Family Medical Centre

The International Cancer Benchmarking Partnership recently showed variation in cancer survival rates between countries with otherwise similar health care systems and economies. Canada is in the middle of the pack, but falls below some of the Scandinavian countries. Family Physician attitudes and practice styles were studied in Manitoba and other parts of the world to help explain these disparities. The Manitoba data compared attitudes and practice styles between urban versus rural physicians, international versus Canadian grads, and recent versus remote grads. Is there anything we can learn about how we care for cancer patients in Manitoba from this study?

LET'S DANCE

SHORT SNAPPERS: DIZZINESS – A REHABILITATION APPROACH

10:30 – 11:30) Embassy Room A & B

MS. SHAYLA MOORE, Physiotherapist, Creekside Physiotherapy Clinic & Multi-Service Center

Dizziness significantly affects mobility and increases the risk for falls. Assessing and treating Vestibular Dysfunction are integral to Fall Prevention. A physiotherapist trained in Vestibular Rehabilitation can assess for and treat BPPV, benign paroxysmal positional vertigo, the leading cause of dizziness. A Unilateral Vestibular Loss (UVL) stemming from aging or trauma, such as a fall, can be assessed with tests for gaze stabilization and balance. Custom in-clinic and home exercises are provided to decrease dizziness, improve balance and mobility, and reduce fall risk.

SHORT SNAPPERS: EXERCISE FOR OSTEOPOROSIS AND CONCURRENT OSTEOARTHRITIS

(10:30 – 11:30) Embassy Room A & B

DR. MAUREEN KENNEDY, Sport & Exercise Medicine Physician, Sport Medicine Centre

Osteoporosis and osteoarthritis are common conditions, more prevalent with increasing age. The lifetime risk of an osteoporotic fracture is 1/3 for women and 1/5 for men. Osteoarthritis is present in nearly everyone by the age of 70. Both conditions are treated with lifestyle modification and medications. Exercise is an important therapy for the prevention and treatment of these conditions. However, the impact of exercise therapy can vary depending on the disease severity. Furthermore, it can be confusing for both patients and their family physicians when the pain from osteoarthritis in a weight-bearing joint makes it difficult to follow exercise recommendations for osteoporosis. Using two practical clinical scenarios, this session reviews clinical approaches to helping patients with the predicament of exercising in the presence of the pain of osteoarthritis with a history of osteoporosis.

SHORT SNAPPERS: RX MOVE

(10:30 – 11:30) Embassy Room A & B

MR. ALEX EDYE-MAZOWITA, Health Services Manager, Reh-Fit Centre; Kinesiologist, ENCOURAGE Project

85% of Canadians do not meet the recommended level of 150 minutes of moderate to vigorous physical activity per week. The most sedentary segment of the population (which often includes the elderly) stands to benefit immensely, with an eight minute per day increase resulting in a nine percent reduction in risk of death. Learn how you can help these individuals feel the benefit of physical activity safely and believe in its capacity to improve their health by making use of existing resources, community programs, and allied healthcare professionals.



KEYNOTE: FINDING MY OWN WAY TO HEAL - A JOURNALIST AND PATIENT SEARCHES FOR HEALTH, HOPE AND MEANING IN THE LABYRINTH OF THE MANITOBA MEDICAL SYSTEM

(11:35 – 12:35) Plenary Room

TERRY MACLEOD, CBC Radio Personality, Journalist

In his more than 20 years with CBC Radio Winnipeg Terry MacLeod has established himself as a respected, informed, inquisitive and compassionate presence on the Winnipeg scene. He recently moved to hosting and producing The Weekend Morning show after many years with Marcy Markusa on Information Radio (which won the Best Regional Program in CBC's National Radio Awards and the Community Media Award from the Manitoba Psychological Society. In 2013 he was awarded The Queens Diamond Jubilee Medal for community service and he was the recipient in 2012 of The Special Award of Merit for his volunteer work with The Canadian Muslim Leadership Institute. He has been a volunteer recently with Leadership Winnipeg, The Gimli Alternative Folk Festival and The Gimli Film Festival. With a very wide range of interests Terry has volunteered with hundreds of community organizations.

In February of 2005 Terry was diagnosed with profound coronary artery disease. On January 9, 2013 at St Boniface Hospital Dr Alan Menkis and his team performed quintuple bypass surgery on Terry - to great success. He will be addressing the audience on the subject of health care in times of change, from the perspective as a patient and the role of the media in our health system.

WORKSHOPS - 14:00—15:00

VELVET GOLDMINE: LEVERAGING EMR FOR EFFECTIVE CHRONIC DISEASE MANAGEMENT

(14:00 – 15:00) Embassy A & B

DR. ALEX SINGER, Assistant Professor, University of Manitoba, Department of Family Medicine; Manitoba eHealth Peer Supporter

MS. GILLIAN BRENNAN, Manager, Primary Care/Community Physician Information Systems (PCIS) Office, Manitoba eHealth

This 60-minute workshop will coach family doctors how to use their EMRs to improve their management of chronic diseases. The session would be a collaborative effort between Dr. Singer and the Manitoba eHealth Peer-to-Peer Network. The session will be comprised of:

- An overview of the concept and key characteristics of data quality;
- A brief explanation of the new Chronic Disease Management (CDM) tariffs and the opportunity to leverage EMR data to support tariff claims;
- Breakout sessions for participants, based on two of Manitoba's approved EMR products used by the majority of Manitoba clinics. During breakouts, participants will see demonstrations of CDM-related EMR functionality plus hear tips and tricks intended to improve patient care, optimize EMR use and facilitate the CDM tariff process.

JOHN I'M ONLY DANCING: MSK KNEE

14:00 – 15:00 Embassy Room E

DR. PETER NEMETH, MD Dip, Sport Med, Pan Am Clinic

Common knee injuries will be reviewed with a view for the primary care physician. Diagnosis and treatment will be discussed.

TAKE YOUR PROTEIN PILLS AND PUT YOUR HELMET ON: USELESS TESTS, USELESS TREATMENTS

(14:00 – 15:00) Embassy Room C

DR. FREDERICK ROSS, CPD Planning Committee, Department of Family Medicine, University of Manitoba

This talk will cover the PSA, EBCT heart scans and routine FBS testing. The use of ASA and omega 3 acids and statins in primary prevention - all according to new guidelines will be discussed.

GOLDEN YEARS: BEHAVIOR IN THE ELDERLY/DEMENTED

(14:00 – 15:00) Carlton Room

DR. CRAIG OMELEN, Assistant Professor, University of Manitoba Faculty of Medicine, Department of Psychiatry

A review of the recent literature regarding psychotropic use for behavioral disturbances. Introducing a model for understanding difficult behaviors. Case examples (including patients with aggression, disinhibited behavior and disrupted sleep). Accessing resources for primary care physicians will be reviewed.

WORKSHOPS - 15:20—16:20

IT'S HARD TO BE A SAINT IN THE CITY: ADVANCED ACCESS AND THE MEDICAL HOME: A PRACTICE MANAGEMENT TOOLKIT

(15:20 – 16:20) Embassy A & B

DR. KEN HAHLWEG, Department of Family Medicine, University of Manitoba;

MS. ROBERTA VYSE, Advanced Access project lead, Manitoba Health

DR. HAROLD NYHOF, Medical Director of Primary Care Clinics, Northern Health Region

Panel Participants:

DR. DAVID KINNEAR, Portage Clinic, Chief of Staff Portage District Hospital;

ANNE-MARIE CHANEL, Clinical Systems Analyst, Southern Health Region;

KAREN ILCHYNA, Primary Care Network Lead, Southern Health Region;

JO-ANNE LUTZ, Director Primary Care Clinics, Northern Health Region

Contrary to most people's understanding, Advanced Access is more than just a scheduling system. It is a comprehensive approach towards achieving professionally satisfying, effective, high quality, patient-centred care within a medical home setting.

In the CFPC's Patients' Medical Home document [A Vision for Canada](#), 10 goals are outlined. Most, if not all of these goals can be facilitated using the access and efficiency principles and tools of Advanced Access.

Manitoba Health has strongly supported the concept of the Medical Home and has adopted Advanced Access as being foundational to its Primary Care Vision. In this Advanced Access Manitoba Faculty led presentation, Advanced Access principles and tools will be discussed and will be linked to the CFPC 10 Goals to becoming a Patients' Medical Home. Additionally, how Advanced Access informs and supports our provincial primary care initiatives will be presented. A Panel discussion including members of the Manitoba Faculty along with local Advanced Access graduates and will follow.

BOYS KEEP SWINGING: MSK SHOULDER

14:00 – 15:00 Embassy Room E

DR. JASON OLD,

Who of us hasn't had to deal with the shoulder that has been sore for months? Rotator cuff tear, chronic bursitis, referred pain from the neck... a workshop on what we should be looking for, how to investigate and establish an appropriate treatment plan.

IT'S NO GAME: LIVER DISEASE FOR PRIMARY CARE

(15:20 – 16:20) Embassy Room C

DR. JONATHAN GABOR, General Internal Medicine, Concordia Hospital, Selkirk and District General Hospital, Health Plus Medical Centre, J.A. Hildes Northern Medical Unit

This presentation will focus on useful assessment and management strategies for common acute and chronic presentations in end-stage liver disease, such as encephalopathy, bleeding, peritonitis, hyponatremia, and renal dysfunction. Essential investigations and disease classification schemes will be reviewed that allow the clinician to quantify and prognosticate disease severity. Lastly, given resource limitations with respect to subspecialist quantity and transplant availability, indications for specialist referral will be discussed.

SLIP AWAY: PHYSICIAN ASSISTED SUICIDE

(15:20 – 16:20) Carlton Room

DR. GEORGE WEBSTER, Clinical Ethicist, Health Care Ethics Service, St. Boniface Hospital

DR. BRENT KVERN, Associate Professor, Department of Family Medicine; Site Director, Family Medicine Program, St. Boniface Hospital

Physician assisted suicide, also known as physician assisted death, is one of those topics where patients can push us – as clinicians – into a 'zone of discomfort'. Yet this topic seems to be of great interest to both the public and the media. Why do some patients believe this is the right option for them? What do many clinicians find troubling about this topic? What can we learn from our patients (and patient groups) whom we may not see eye-to-eye with? How do we approach the care of the suffering patient? How should we, as clinicians and care-providers, find the right balance between patient requests and our own moral agency? The session, starting with a case presentation, will be highly interactive and exploratory in the role(s) we family doctors find ourselves playing in this complex topic.

SCIENTIFIC PROGRAM SATURDAY		
7:30	Registration & Continental Breakfast – Exhibit Hall	
	PLENARY ROOM	EMBASSY E & F
8:15	Welcome & Announcements	
8:30 – 9:30 Short snapper 3 X 15 min 15 min Q&A	LITTLE WONDER: PRENATAL CARE (1) FAMILY MEDICINE OBSTETRICS NETWORK (FMON) Dr. S. Kredentser (2) ADVANCED MATERNAL AGE Dr. D. Ambrose (3) VACCINATION IN PREGNANCY Dr. J. Reimer	SCARY MONSTERS: INFECTIOUS DISEASES (1) TUBERCULOSIS – ACTIVE AND LATENT Dr. P. Plourde (2) SEPSIS IN THE COMMUNITY Dr. G. Abbu (3) MANITOBA TICK BORNE DISEASES Dr. F. Aoki
9:35 – 10:05	GYNE BLEEDING Dr. D. Ambrose	
10:05 – 10:45	BRUNCH	
10:45 – 11:45	PUTTING OUT THE FIRE INTERPROFESSIONAL LIABILITIES & SUPERVISION Dr. A. Buchel/ Dr. B. Pope/ Ms. C. Martens/ Dr. T. Zmijowskyj	BREAKING GLASS DOCTORS HELPING DOCTORS RECEIVE PRIMARY CARE Dr. P. Erhard Pre-Registration required
11:45 – 12:15	TOP MEDICOLEGAL TRAPS AND TROUBLES IN FAMILY PRACTICE Dr. T. Zmijowskyj	

LITTLE WONDER: PRENATAL CARE

SHORT SNAPPER: FAMILY MEDICINE OBSTETRICS NETWORK

(8:30 – 9:30) Plenary Room

DR. SARAH KREDENTSER, Assistant Professor, Department of Family Medicine, University of Manitoba; Medical Director Family Medicine Obstetrics Network

The Family Medicine Obstetrics Network is an exciting new referral option for family docs who do not do intrapartum care. You may refer your patients to any of the family physicians who are part of the network. Referral can occur early in the pregnancy or at 28 weeks. FMON physicians will provide the remainder of the prenatal care and the intrapartum care for your patient and will look after mom and baby in the hospital. After delivery, your patients will return to you for their ongoing care. This initiative is part of a coordinated effort to enhance the appeal of obstetrics to new physicians and provide an alternative for low risk maternity care to the women of Winnipeg.

GYNE BLEEDING

(9:35 – 10:05) Plenary Room

DR. DEVON AMBROSE, UGME Site Director St. Boniface Hospital

Premenopausal abnormal uterine bleeding can be divided into ovulation dysfunction, structural pathology, disorders of hemolysis, or neoplasia. A variety of hormonal, non-hormonal, and surgical treatments are available. These treatments will be discussed including the new class of medication, a selective progesterone receptor modulator (Fibristral). Post menopausal bleeding is most commonly caused by atrophic vaginitis, however endometrial and cervical malignancy needs to be considered and ruled out.

SHORT SNAPPER: ADVANCED MATERNAL AGE

(8:30 – 9:30) Plenary Room

DR. DEVON AMBROSE, UGME Site Director St. Boniface Hospital

Older women are at risk of the same pregnancy complications than younger women, but their risk is higher for some of these problems. Some complications seem to be related to the aging process alone, while others are largely related to other coexisting factors such as multiple gestation, high parity and chronic medical conditions. The increased risk of stillbirth with increasing age persists after accounting for these coexisting conditions, the risk increases sharply at 40 weeks of gestation. Increased fetal surveillance and earlier induction of labour is recommended to help decrease this risk.

SHORT SNAPPER: VACCINATION IN PREGNANCY

(8:30 – 9:30) Plenary Room

DR. JOSS REIMER, Medical Officer of Health, WRHA

SCARY MONSTERS: INFECTIOUS DISEASES

TUBERCULOSIS – ACTIVE AND LATENT

(8:30 – 9:30) Embassy Room E & F

DR. PIERRE PLOURDE, Medical Director, WRHA Integrated Tuberculosis Services

This short snapper session will dispel the mystery of Latent TB Infection (LTBI) and TB Disease, and will assist family physicians on how to use a high index of suspicion to diagnose active TB disease. Will review the different tests to order to diagnose TB disease and Latent TB Infection.

SEPSIS IN THE COMMUNITY

(8:30 – 9:30) Embassy Room E & F

DR. GANESAN ABBU, Lecturer, Department of Family Medicine, University of Manitoba

Sepsis continues to be an important issue in our communities. The diagnosis is often delayed and sometimes even overlooked. A successful approach requires the participation of many stakeholders. This session highlights the developmental process in devising a comprehensive approach to the problem. It is our hope that some of you would champion the cause of sepsis in your communities.

MANITOBA TICK BORNE DISEASE

(8:30 – 9:30) Embassy Room E & F

DR. FRED AOKI, Professor of Medicine, Medical Microbiology and Pharmacology & Therapeutics, Faculty of Medicine, University of Manitoba

Lyme disease, ehrlichiosis and babesiosis are infections of wild animals that are transmitted to Manitobans by infected ticks. Of these, Lyme disease is the commonest. In the 5 years from 2009 to 2013, the incidence of confirmed and probable cases has increased from 5 to 26.

Typical cases of each infection will be described along with available epidemiologic data and recommendations for diagnosis and treatment.

BREAKING GLASS: DOCTORS HELPING DOCTORS RECEIVE PRIMARY CARE

(10:45 – 12:15) Embassy Room E & F

DR. PHILIPPE ERHARD, Dip. Sports Medicine, Pan Am Clinic

“The physician who treats himself has a fool for a patient” – William Osler. This session will cover why many physicians are reluctant to become patients and how to overcome difficulties involved in providing primary care for another physician.

PUTTING OUT THE FIRE

INTERPROFESSIONAL LIABILITIES & SUPERVISION

(10:45 – 11:45) Plenary Room

DR. AL BUCHEL, Assistant Professor, Department of Emergency Medicine, Program Director CCFP (EM) Program, University of Manitoba; Staff physician St Boniface Hospital

DR. BILL POPE, Registrar & CEO, College of Physician and Surgeons of Manitoba

MS. CATHERYN MARTENS, Director of Primary Health, Mount Carmel Clinic

In its 2007 "Vision Statement on Inter-Professional Care", the College of Family Physicians of Canada says that Canadians' family doctors will work together with registered nurses, nurse practitioners and other health professionals in complementary roles to ensure the provision of full spectrum primary care. The challenges inherent in interprofessional care include liability and supervisory concerns in practice and training. These concerns will be addressed in this Panel Discussion, with representation from Patient Safety, the College of Physicians and Surgeons, and Front-line care and teaching.

TOP MEDICOLEGAL TRAPS AND TROUBLES IN FAMILY PRACTICE

(11:45 – 12:15) Plenary Room

DR. TIM ZMIJOWSKYJ, Physician Risk Manager, The Canadian Medical Protective Association (CMPA)

Family physicians most frequently request medicolegal advice to assist in dealing with difficulties arising from patient care. The issues include communications with the patient, patient's family or other healthcare professionals; treatment; diagnosis; and practice administration. Medicolegal actions can arise even when the best of care is rendered. In addition to providing appropriate medical care, family physicians can take other steps in an attempt to mitigate associated risk. During this presentation, several key themes and accompanying risk management strategies will be discussed.

MAINPRO-C SESSIONS
See the Mainpro-C Registration Form
for complete details.

Hotel Accommodations

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The ASA program and registration forms are available online at www.mcfp.mb.ca/asa/