


# 61<sup>ST</sup> ANNUAL SCIENTIFIC ASSEMBLY



MANITOBA COLLEGE OF FAMILY PHYSICIANS

**APRIL 11 - 13, 2019**

**RBC CONVENTION CENTRE  
375 YORK AVE.  
WINNIPEG, MB**

**THIS IS  
YOUR ASA:**

MEDICINE & THERAPEUTICS  
WOMEN'S HEALTH  
GERIATRIC HEALTH  
QUALITY IMPROVEMENT & INNOVATION  
MENTAL HEALTH & ADDICTION  
HOT TOPICS  
...AND MUCH MORE INSIDE!

**REGISTRATION OPENS FEBRUARY 1<sup>ST</sup>, 2019**  
SEATS ARE LIMITED. REGISTER EARLY AND AVOID DISAPPOINTMENT.

THE FULL PROGRAM AND ONLINE REGISTRATION FORM WILL BE  
AVAILABLE ON FEBRUARY 1<sup>ST</sup> AT [WWW.MCFP.MB.CA/ASA/](http://WWW.MCFP.MB.CA/ASA/)

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



## Welcome to the 61st Annual Scientific Assembly.

On behalf of the Planning Committee and the Manitoba College of Family Physicians (MCFP), it is our privilege to welcome you to the 61st Annual Scientific Assembly. We hope that you will enjoy the proceedings and that your interaction with colleagues will stimulate a creative and rewarding exchange of ideas.

The conference has been designed in a format that aims to succinctly answer a relevant clinical question. These questions represent a composite of responses from last year's attendees. We are committed to include ideas that reflect the best clinical evidence and those most relevant to family physicians. Your feedback is crucial to the process of developing content that you deem important. Kindly take a few moments to submit your ideas for next year.

The speakers are mainly family doctors and consultants from Manitoba. This year, we are proud to include family medicine residents in our program and experiment with an innovative debate learning format. It is our strategic goal to encourage broader participation in a more diverse conference that we hope will include primary care research and quality improvement initiatives in Manitoba.

If you attended the ASA last year, you will no doubt remember that our Jets were in the playoffs. (Who could forget Dr. Barry Campbell giving his presentation dressed in white - complete with white face paint - ready to head to the MTS Centre directly after his talk.) The **President's Awards & Recognition Dinner** was held at the Inn at the Forks, and we dressed up and dined – all the while keeping our eyes on the score. We were so impressed with the meal and the service of the Inn at the Forks, that we decided to go back for a second year on **Friday, April 12, 2019**. The evening is a wind-up of the conference, a chance to mingle with your friends, and to honour the College's award winners. You can purchase a single ticket, tickets for your family, or a whole table for your clinic.

We would like to thank Dr Richard Rusk for his many years of dedication to the ASA. As Co-Chair and emcee of the ASA, his experience and many personal connections have enabled great ideas and wonderful speakers over the years. We were grateful that he stayed on the ASA Planning Committee, even though he stepped aside as one of the Chairs.

Our gratitude to the members of the planning committee, Kari MacKinnon and Amanda Woodard for their exceptional efforts in arranging this conference.

**Dr. Ganesan Abbu**                      **Dr. Ainslie Mihalchuk**  
**ASA Planning Committee Co-Chairs**

## 2019 ASA Planning Committee

### Committee Co-Chairs

**Ganesan Abbu**, MD.Chb CCFP FCFP  
C.W. Wiebe Medical Centre, Winkler

**Ainslie Mihalchuk**, BA BSc BSc Med MD CCFP, Concordia Hospital/ACCESS River East, Winnipeg

### Committee Members

**Shilpa Alex**, MD  
PGY2, Family Medical Centre, Winnipeg

**Tamara Buchel**, MD CCFP,  
Executive Director of MCFP, Winnipeg

**Robert Kruk**, MD CCFP  
Carman Medical Clinic, Carman

**Julie Lamb**, MD CCFP FCFP  
Autumnwood Medical Centre, Winnipeg

**Stephane Lenoski**, BSc, MD, CCFP (SEM), Dip. Sport Med,  
Exercise physiologist CEP

**Luisa Menjivar Ponce**, R2, Family Medicine, Bilingual  
stream, University of Manitoba

**Richard Rusk**, DVM MD CCFP MPH  
Manitoba Public Health, Winnipeg

**Sanam Siddiqui**, MD CCFP  
Access Norwest, Winnipeg



## ANNUAL SCIENTIFIC ASSEMBLY PHILOSOPHY & LEARNING 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.

**Annual Scientific Assembly:** *You miss a year; you miss a lot!*

**The 61st Annual Scientific Assembly has been certified for 12.75 Mainpro+ credits.**

## REGISTRATION INFORMATION AND FEES

<b>2 DAYS: THURSDAY &amp; FRIDAY ONLY.</b>		
<b>FEE DOES NOT INCLUDE GST</b>	<b>EARLY BIRD RATE Registrations received BEFORE MARCH 22<sup>ND</sup> 2019</b>	<b>LATE BIRD RATE Registrations received AFTER MARCH 22<sup>ND</sup> 2019</b>
<input type="checkbox"/> CFPC Member Physician	\$485	\$585
<input type="checkbox"/> Non-Member Mainpro Participant	\$635	\$735
<input type="checkbox"/> First 5 Years in Practice Physicians	\$385	\$485
<input type="checkbox"/> Allied Health Care Professional	\$385	\$485
<input type="checkbox"/> Resident	\$115	\$115
<input type="checkbox"/> Medical Student	FREE (Must pre-register)	FREE (Must pre-register)

★ LIMITED SEATING CAPACITY ★

★ NO WALK-UP REGISTRATIONS ★

★ REGISTRATION CLOSES WEDNESDAY APRIL 10<sup>TH</sup> AT NOON, OR WHEN FULL ★



## ANNUAL SCIENTIFIC ASSEMBLY PROGRAM SUMMARY

innovation • geriatric health • women’s health • medicine & therapeutics • preventative medicine • hot topics

**Since its inception, the MCFP has recognized the importance of providing members with CPD opportunities and a forum where primary care physicians can learn and network with their peers and colleagues.**

### Plenary Sessions

Following the format of other popular conferences, this year’s ASA offers two full days in the plenary room. Our slate of sessions includes short snappers and long snappers on the clinical topics that you have requested. So on Thursday & Friday morning, go to the registration desk to get scanned in, grab a coffee, find your seat, and the CPD will come to you.

This year the Hot Topic session will be on *Marijuana – The Pot Thickens* on Thursday afternoon. You won’t want to miss the Resident Debate on the Keto Diet versus the Mediterranean Diet on Friday.

### Annual Members Meeting

The MCFP Annual Members Meeting provides members with an opportunity to review and learn about College activities in the last year. Presided by Dr. Ainslie Mihalchuk, MCFP President, the AMM delivers a summary of the financial health of the College, honours award recipients, and introduces the membership to the incoming President and Executive Committee. The Annual General Meeting is held over lunch on Friday, April 12th, 2019.



### Awards Presentation

At the Annual General Meeting, a large part of the program is dedicated to honouring our award recipients. Family Physician of the Year, Awards of Excellence, and the Gary Beazley Award winners will be introduced to the membership.

### Optional Certified Mainpro + Workshops

Several Mainpro+ learning opportunities are offered on Saturday, April 21<sup>st</sup>. Capacity is limited for these sessions and registration is on a first-come, first-served basis. Additionally, if minimum numbers in any given session are not met, the Mainpro+ program may be cancelled, and your registration fee will be refunded or applied to another session, if available. Register early to avoid disappointment.

Optional Mainpro+ workshop registration fees are not included in the ASA registration fee. Program accreditation, credit allotment, and letters of attendance are managed by program facilitators.



### EARLY BIRD REGISTRATION

**REGISTER BEFORE MARCH 22<sup>ND</sup>  
AND BE ENTERED TO WIN  
FREE REGISTRATION**



## ASA PROGRAM

# NETWORKING & SOCIAL EVENTS

### CONTINENTAL BREAKFASTS & COFFEE BREAKS

Breakfast and coffee breaks during the day offer ample time to circulate, check out the booths in the Exhibit Hall, catch up with old acquaintances and forge new ones. Continental breakfast and two half-hour breaks in the day will help re-charge your batteries between sessions. **Our Exhibit Hall is now pharma-free!**

### LUNCHES

On Thursday, there are no scheduled events, so you can enjoy lunch at a leisurely pace, chat with your colleagues, and peruse the exhibit hall. On Friday, the Manitoba College of Family Physicians holds the Annual Members Meeting during lunch. While you eat, you can learn about MCFP activities and its financial snapshot. The AMM also includes the installation of the new MCFP President and awards presentation.

## Special Networking Lunches

### First Five Years in Practice (FFYP) Networking Lunch

Anyone who is in their First Five Years in Practice are invited to attend a luncheon to dine, chat, and network with colleagues who are newbies in their medical careers. Meet the members of the First Five Years in Practice Committee and see how they are working with the College for the benefit of newly minted family physicians.

### International Medical Graduate (IMG) Networking Lunch

If you are an IMG, you are invited to a networking lunch to meet, greet and share your experiences with your IMG colleagues. This informal luncheon will give some insights on how the College's ongoing work to support IMG physicians, and introduce the IMG Committee.

**As always, breakfasts, lunches and coffee breaks and lunches are included in your registration fee.**



*Inn at the Forks*

### PRESIDENT'S AWARDS & RECOGNITION BANQUET

**Friday, April 12, 2019**

75 Forks Market Road, Winnipeg  
Cocktails 6:30 • Dinner 7:00

**Tickets: \$75 per person**

Children up to 10 years: \$17



## THURSDAY, APRIL 11, 2019

# SCHEDULE AT-A-GLANCE

<b>7:15</b>	<b>Registration &amp; Continental Breakfast – Exhibit Hall</b>
<b>8:15</b>	<b>Welcome and Announcements,</b>
<b>8:30 – 9:30</b> 3 X 15 Min + Q & A	<b>Short Snappers: MEDICINE &amp; THERAPEUTICS</b> 1) The “Incidental” High Ferritin - Is a Trial of Observation Better than a Trial of Phlebotomy? Dr. Arjuna Ponnampalam 2) When Should I Investigate Thyroid Conditions Beyond TSH? Dr. Isanne Schacter 3) Do the new COPD Meds Provide a “Breath of Fresh Air”?
<b>9:30 – 10:30</b> 3 X 15 Min + Q & A	<b>Short Snappers: WOMEN’S HEALTH</b> 1) How Can I Mitigate the Risks Associated with Late Entry into Antenatal Care? Dr. Vanessa Poliquin 2) Breastfeeding and Nipple Pain – is APNO the Answer? Dr. Christina Raimondi and Dr. Katherine Kearns 3) When is Chronic Pelvic Pain Endometriosis...or Not? Devon Ambrose
<b>10:30 – 11:00</b>	<b>COFFEE: EXHIBIT HALL</b>
<b>11:00 – 12:00</b> 3 X 15 Min + Q & A	<b>Short Snappers: MSK</b> 1) How Do I Evaluate Common Shoulder Conditions in My Office? Dr. Brad Baydock 2) When Should I Order an MRI in Common MSK Conditions? Dr. Stephane Lenoski 3) How Do I Determine Appropriate Restrictions for Return to Work? Dr. Mitch Cosman
<b>12:00 – 12:45</b>	<b>LUNCH</b>
<b>12:45 – 1:30</b> 2 x 15 Min + Q & A	<b>Short Snappers: DERMATOLOGY</b> 1) When is a Skin Rash More Than Just Skin Deep? Dr. Shane Silver 2) How to Avoid Rash Decisions in Childhood Viral Exanthema? Dr. Jared Bullard
<b>1:30 – 2:30</b> 2 X 20 Min + Q & A	<b>HOT TOPIC: MARIJUANA - THE POT THICKENS</b> 1) Herbal Cannabis for Pain Management - What Is the Evidence? Dr. Neil Craton? 2) How Should I Counsel Mary Jane on Marijuana Use? Dr. Joss Reimer
<b>2:30 – 3:00</b>	<b>COFFEE BREAK: EXHIBIT HALL</b>
<b>3:00 – 4:00</b> 3 X 15 min + Q&A	<b>Short Snappers: MENTAL HEALTH &amp; ADDICTIONS</b> 1) What’s New for Treatment and Resources in PTSD? Dr. Stewart Wakeman 2) How Do I Access Timely Help for my Addicted Patient Who’s Ready? Dr. Erin Knight 3) Burned Out? Dr. Jillian Horton
<b>4:00 – 5:00</b> 3 X 15 min + Q & A	<b>Short Snappers: ACUTE CARE</b> 1) The Meth Epidemic- How Do I Manage The Acute Psychotic and Agitated Patient in the ER? TBA 2) What is the Evidence for Thrombolytics in Stroke? Stroke Clinic TBA 3) What are the determinants of outpatient antimicrobial prescribing, and how can we optimize our practices? Dr. Sergio Fanella



**THURSDAY, APRIL 11, 2019**

**MEDICINE & THERAPEUTICS 8:30 – 9:30**

- (1) **THE “INCIDENTAL” HIGH FERRITIN - IS A TRIAL OF OBSERVATION BETTER THAN A TRIAL OF PHLEBOTOMY?**  
DR. ARJUNA PONNAMPALAM, Departments of Pathology and Internal Medicine, Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba
- (2) **WHEN SHOULD I INVESTIGATE THYROID CONDITIONS BEYOND TSH?**  
DR. ISANNE SCHACTER, Assistant Professor, Section of Endocrinology and Metabolism, Department of Medicine. Program Director of the Endocrine and Metabolism Subspecialty Residency Training Program  
Learning Objectives:
1. Discuss the diagnosis of both hypo- and hyperthyroidism, with specific emphasis on antibody testing
  2. Discuss the utility of imaging in the diagnosis of both hypo- and hyperthyroidism.
- (3) **DO THE NEW COPD MEDS PROVIDE A “BREATH OF FRESH AIR”?**

**WOMEN’S HEALTH 9:30 – 10:30**

- (1) **HOW CAN I MITIGATE THE RISKS ASSOCIATED WITH LATE ENTRY INTO ANTENATAL CARE?**  
DR. VANESSA POLIQUIN, Reproductive Infectious Diseases, Dept. of Obstetrics & Gynecology, University of Manitoba  
Learning Objectives:
1. List appropriate testing to order at time of late entry into prenatal care
  2. Identify maternal conditions that should prompt consideration for early delivery and/or referral to a tertiary care centre
  3. Recognize appropriate STBBI testing and management for the third trimester of pregnancy
- (2) **BREASTFEEDING AND NIPPLE PAIN- IS APNO THE ANSWER?**  
DR. CHRISTINA RAIMONDI, Family MD, Consultant in Breastfeeding Medicine, the Winnipeg Breastfeeding Centre  
DR. KATHERINE KEARNS, Family MD, Consultant in Breastfeeding Medicine, the Winnipeg Breastfeeding Centre, Low Risk Obstetrics, St. Boniface Hospital  
Learning Objectives:
1. Review how to teach and assess latch
  2. Learn how to approach nipple pain in the bf woman
  3. Learn about the impact of tongue tie and how to approach and tx
  4. Learn how to treat various causes of nipple pain and save the breastfeeding relationship !
- (3) **WHEN IS CHRONIC PELVIC PAIN ENDOMETRIOSIS...OR NOT?**  
DR. DEVON AMBROSE, FRCSC  
Learning Objectives:
1. Understand typical endometriosis pain
  2. Discuss an approach to diagnose and treat pelvic pain generators



THURSDAY, APRIL 11, 2019

## MUSCULOSKELETAL 11:00 – 12:00

### (1) HOW DO I EVALUATE COMMON SHOULDER CONDITIONS IN MY OFFICE?

DR. BRAD BAYDOCK, MD, CCFP(SEM), FCFP, Dip Sport Medicine (CASEM)

Learning Objectives:

1. A Brief review of shoulder anatomy and function.
2. Discussion about common shoulder conditions seen in general practice
3. Keys to the shoulder examination
4. Advice on treatment for common shoulder conditions.

### (2) WHEN SHOULD I ORDER AND MRI IN COMMON MSK CONDITIONS?

DR. STEPHANE LENOSKI, Exercise physiologist- CSEP-CEP, Legacy Sports Medicine; Exercise Is Medicine  
National Physician Working Group,

Learning Objectives:

1. Review MRI wait times
2. Review red flags of when to order an MRI
3. Discuss common MSK pathologies that are benign
4. Know when to refer

### (3) HOW DO I DETERMINE APPROPRIATE RESTRICTIONS FOR RETURN TO WORK?

DR. MITCH COSMAN, Chief Medical Officer, Workers Compensation Board of Manitoba

Learning Objectives:

1. To recognize the risks to your patient's health associated with worklessness
2. To be able to differentiate impairment from disability
3. To be able to assess fitness for work from the perspectives of risk, capacity and tolerance

## DERMATOLOGY 12:45 – 1:30

### (1) WHEN IS A SKIN RASH MORE THAN JUST SKIN DEEP?

DR. SHANE SILVER, Dermatologist

Learning Objectives:

1. Recognize the cutaneous manifestations of connective tissue disease.
2. What investigations should one do with vasculitis to find its potential internal manifestation.
3. Impress your colleagues and provide better patient care by diagnosing internal diseases base on cutaneous manifestations.

### (2) HOW TO AVOID RASH DECISIONS IN CHILDHOOD VIRAL EXANTHEMA?

DR. JARED BULLARD, Pediatric Infectious Diseases & Medical Microbiology; Associate Professor,  
Departments of Pediatrics & Child Health and Medical Microbiology & Infectious Diseases, University of  
Manitoba; Associate Medical Director, Cadham Provincial Laboratory

Learning Objectives:

1. Review key clinical characteristics of common viral rashes
2. Discuss possible infection control and public health implications of viral rashes
3. Describe selected testing that can assist in the diagnosis of viral rashes





**THURSDAY, APRIL 11, 2019**

**HOT TOPIC: MARIJUANA – THE POT THICKENS 1:30 – 2:30**

**(1) HERBAL CANNABIS FOR PAIN MANAGEMENT. WHAT IS THE EVIDENCE?**

**DR. NEIL CRATON, Assistant Professor, Faculty of Medicine, University of Manitoba; Adjunct Professor, Gupta School of Kinesiology and Applied Health, University of Winnipeg**

Learning Objectives:

1. The evidence for herbal cannabis for pain management is limited and weak.
2. The evidence of harm in heavy cannabis users is substantial.
3. Health Canada has not approved herbal cannabis for any medical condition

**(2) HOW SHOULD I COUNSEL MARY JANE ON MARIJUANA USE?**

**DR. JOSS REIMER, Medical Officer of Health – Population & Public Health – WRHA; Medical Officer of Health – STBBI/CDC – Manitoba Health; Co-director UGME – CHS, University of Manitoba; Primary Care Physician – Northern Connection Medical Centre**

Learning Objectives:

1. Describe the harms associated with acute cannabis use
2. Describe the harms associated with chronic cannabis use
3. Counsel a patient on ways to reduce the harms associated with cannabis
4. Describe the new legal framework for cannabis in Canada

**MENTAL HEALTH & ADDICTIONS 3:00 – 4:00**

**(1) WHAT'S NEW FOR TREATMENT & RESOURCES FOR PTSD?**

**DR. STEWART WAKEMAN, Psychiatrist, Community Mental Health, WRHA; Consultant, Addictions Foundation of Manitoba**

Learning Objectives:

1. To know the changes for DSM 5 in diagnosing PTSD
2. To reflect on how these changes may impact treatment
3. To know the evidence-based practices for PTSD
4. To reflect on emerging practices in treatment of PTSD

**(2) HOW DO I ACCESS TIMELY HELP FOR MY ADDICTED PATIENT WHO'S READY?**

**DR. ERIN KNIGHT, Medical Director, Addiction Program - Health Sciences Centre; Family Physician, Aboriginal Health & Wellness Centre**

Learning Objectives:

1. Become familiar with access points for existing addiction resources in Manitoba, including consultation.
2. Understand the function of Rapid Access Addiction Medicine clinics.
3. Consider how to integrate screening, brief intervention and treatment of addiction into your clinical encounters.

**(3) BURNED OUT?**

**DR. JILLIAN HORTON**



THURSDAY, APRIL 11, 2019

**ACUTE CARE 4:00 – 5:00**

- (1) THE METH EPIDEMIC- HOW DO I MANAGE THE ACUTE PSYCHOTIC AND AGITATED PATIENT IN THE ER?  
DR. MONA HEGDEKAR
  
- (2) WHAT IS THE EVIDENCE FOR THROMBOLYTICS IN STROKE?  
THE STROKE CLINIC
  
- (3) WHAT ARE THE DETERMINANTS OF OUTPATIENT ANTIMICROBIAL PRESCRIBING, AND HOW CAN WE OPTIMIZE OUR PRACTICES?  
DR. SERGIO FANELLA, Assistant Professor & Program Director, Pediatric Infectious Diseases, Department of Pediatrics & Child Health and Medical Microbiology, University of Manitoba



### WHY YOU SHOULD VISIT THE EXHIBIT HALL

The ASA experience means your education doesn't stop with the presentation theatre. The exhibit hall is the showcase of technology, business solutions, health care associations, and patient-centred organizations here to inform and update you on the latest trends.

- Happy exhibitors = lower registration fees for you.
- Get your *Passport for Prizes* card stamped by an exhibitor and enter to win a fabulous prize.
- The Exhibit Hall is pharma free.

A vibrant, interactive exhibit hall during breaks is a win-win, so grab some coffee, visit some booths, talk to some people, pick up some literature, get your Passport stamped, and *voila!* you are winning at life, my friend.



FRIDAY, APRIL 12, 2019

## SCHEDULE AT-A-GLANCE

7:15	<b>Registration &amp; Continental Breakfast – Exhibit Hall Past President’s Breakfast (Cecil Richards Suite)</b>
<b>PRESENTATION THEATRE</b>	
8:15	Welcome and Announcements
<b>8:30 – 9:30</b> 3 X 15 Min + Q & A	<b>Short Snappers: GERIATRICS</b> 1) How & When Do I De-Prescribe Medications for Chronic Diseases in the Elderly? Dr. Ashley Bhullar 2) How Do I Help My Geriatric Patient Get a Good Night Sleep? Dr. Craig Omelan 3) Syncope In Older Adults- When Should The Family Doctor Take Fainting To Heart?" Dr. Lorraine Peitsch
<b>9:30 – 10:30</b> 3 X 15 Min + Q&A	<b>Short Snappers: QUALITY IMPROVEMENT &amp; INNOVATION</b> 1) What is the New College QI Program About? Dr. Marilyn Singer 2) How do I Make the Science of Improvement Part of my Practice? Dr. Alex Singer 3) How Can I Use Home Clinic Data to Achieve My QI Goals? Dr. Daniel Hunt
<b>10:30 – 11:00 COFFEE: EXHIBIT HALL</b>	
<b>11:00 – 11:45</b> 2 X 15 Min + Q&A	<b>Short Snappers: ENDOCRINOLOGY</b> 1) What’s Next if Metformin and Gliclazide Aren’t Enough? Dr. Josef Silha 2) Teeing Up BMD in Osteoporosis: How Do We Chip Away at the Problem? Dr. Ceri Richards
<b>11:45 – 12:30</b> 2 X 15 Min + Q&A	<b>Short Snappers: MEDICINE &amp; THERAPEUTICS</b> 1) Which Drug-to-Drug Interactions Do I Really Need to Be Afraid Of? Dr. Jamie Falk (2) How Do I Keep an Eye Out for Non-Traumatic Ocular Emergencies? Dr. Alanna Flynn
<b>12:30 – 2:00 LUNCH &amp; AGM</b>	
<b>2:00 – 3:00</b> 2 X 20 min + Q&A	<b>Short Snappers: PREVENTATIVE MEDICINE</b> 1) What Can I do to Help My Patient Exercise? Ms. Jacqueline Hay and Dr. Todd Duhamel 2) Resident Debate: Is the Keto Diet Superior to the Mediterranean Diet for Weight Loss?
<b>3:00 – 3:30</b>	<b>KEYNOTE: THE TRUTH AND RECONCILIATION: ARE WE MEETING THE HEALTH RELATED ‘CALLS TO ACTION’ SET OUT IN 2015?, Dr. Sara Goulet</b>
<b>3:30 – 4:00 COFFEE: EXHIBIT HALL</b>	
<b>4:00 – 5:00</b> 2 X 20 min + Q&A	<b>Short Snappers: PALLIATIVE / END OF LIFE CARE</b> 1) Advance Care Planning and Intellectual & Development Disabilities: Can a Primary Care Approach Improve Decision About Goals of Care? Dr. Ashleigh Sprange 2) MAID - What’s New? Dr. Kim Wiebe
<b>6:30 PRESIDENT’S AWARDS &amp; RECOGNITION DINNER: INN AT THE FORKS</b>	



**FRIDAY, APRIL 12, 2019**

**GERIATRICS 8:30 – 9:30**

**(1) HOW & WHEN DO I DE-PRESCRIBE MEDICATIONS FOR CHRONIC DISEASES IN THE ELDERLY?**

**DR. ASHLEY BHULLAR REHSIA**

Learning Objectives:

1. Review polypharmacy and its impact on elderly patients
2. Understand the concept and importance of deprescribing
3. Utilize different techniques and resources to help facilitate deprescribing

**(2) HOW DO I HELP MY GERIATRIC PATIENT GET A GOOD NIGHT SLEEP?**

**DR. CRAIG OMELAN, Assistant Professor Department of Psychiatry, Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba**

Learning Objectives:

1. Discuss changes in sleep with aging
2. Outline limitations and potential side effects of medications given for sleep
3. Review non-pharmacologic options for improving sleep

**(3) SYNCOPE IN OLDER ADULTS- WHEN SHOULD THE FAMILY DOCTOR TAKE FAINTING TO HEART?**

**DR. LORRAINE PEITSCH, Assistant Professor, Max Rady College of Medicine, University of Manitoba Geriatrician Clinician, WRHA**

Learning Objectives:

1. Identify risk factors for syncope in older adults
2. Be able to perform a complete initial evaluation of syncope
3. Know when to refer for specialist evaluation

**QUALITY IMPROVEMENT & INNOVATION 9:30 – 10:30**

**(1) WHAT IS THE NEW COLLEGE QI PROGRAM ABOUT?**

**DR. MARILYN SINGER, Family Physician, CPSM Consultant for Quality Improvement**

Learning Objectives:

1. Describe the philosophy behind the CPSM QI program
2. Describe the basic components of the CPSM QI program
3. Describe the benefits of participation for physicians and their practices

**(2) HOW DO I MAKE THE SCIENCE OF IMPROVEMENT PART OF MY PRACTICE?**

**DR. ALEX SINGER, Associate Professor, University of Manitoba**

Learning Objectives:

1. Appreciate how to incorporate quality improvement and measurement techniques as part of a busy practice
2. Describe the IHI quadruple aim
3. Describe the role of quality improvement techniques in family medicine
4. Identify opportunities for improvement and measurement within an existing practice (e.g. chart audits, significant event analyses, surveys, practice reports)

**(3) HOW CAN I USE HOME CLINIC DATA TO ACHIEVE MY QI GOALS?**

**Dr. Daniel Hunt, Family Physician, C.W. Wiebe Medical Centre – Winkler**

Learning Objectives:

1. Understand how to use data from your home clinic report to create quality improvement projects.



**FRIDAY, APRIL 12, 2019**

**ENDOCRINOLOGY 11:00 – 11:45**

**(1) WHAT'S NEXT IF METFORMIN AND GLICLAZIDE AREN'T ENOUGH?**

**DR. JOSEF SILHA, Endocrinologist, Manitoba Clinic**

Learning Objectives:

**(2) TEEING UP BMD IN OSTEOPOROSIS: HOW DO WE CHIP AWAY AT THE PROBLEM?**

**DR. CERI RICHARDS, MD, FRCP. Internal Medicine & Rheumatology; Lecturer, Department of Internal Medicine, University of Manitoba**

Learning Objectives:

1. When to treat osteoporosis based on bone mineral density report
2. When to treat for osteoporosis regardless of bone mineral density results
3. How to determine patient specific fracture risk

**MEDICINE & THERAPEUTICS 11:45 – 12:30**

**(1) WHICH DRUG-TO-DRUG INTERACTIONS DO I REALLY NEED TO BE AFRAID OF?**

**DR. JAMIE FALK, Assistant Professor, College of Pharmacy & Clinical Pharmacist, Department of Family Medicine, Rady Faculty of Health Sciences**

Learning Objectives:

1. Review some of the common drug interactions that clinicians should pay attention to.
2. Understand how to determine the acuity and degree of clinical importance of commonly seen “scary” interactions.
3. Identify key patient risk factors to help determine how concerning an interaction might be for that patient.
4. Discuss strategies to prevent or manage drug interactions.

**(2) HOW DO I KEEP AN EYE OUT FOR NON-TRAUMATIC OCULAR EMERGENCIES?**

**DR. ALANNA FLYNN,**

Learning Objectives:

**PREVENTATIVE MEDICINE 2:00 – 3:00**

**(1) WHAT CAN I DO TO HELP MY PATIENT EXERCISE?**

**MS. JACQUELINE HAY, CSEP Certified Exercise Physiologist, Exercise is Medicine Level II**

**DR. TODD DUHAMEL, Associate Dean (Research and Graduate Studies) & Professor, Faculty of Kinesiology and Recreation Management, Director of the Health Leisure and Human Performance Research Institute  
208 Active Living Centre, University of Manitoba,**

Learning Objectives:

1. Identify tools and resources to promote physical activity and exercise in your practice.
2. Assess a patient's activity level in less than a minute.
3. Prescribe and monitor activity with step counts.
4. Identify qualified professionals and programs to refer patients in need of exercise support and guidance.



## FRIDAY, APRIL 12, 2019

### (2) THE GREAT KETO DEBATE: GETTING THE LEAN ON KETO AND CARDIOVASCULAR RISK REDUCTION?

#### Learning Objectives:

1. To understand the basic of the Ketogenic diet
2. To understand the basics of the Mediterranean Diet
3. To appreciate specific weight loss strategies employed by both diets

## KEYNOTE 3:00 – 3:30

### THE TRUTH AND RECONCILIATION: ARE WE MEETING THE HEALTH RELATED 'CALLS TO ACTION' SET OUT IN 2015?

**Dr. Sara Goulet MD, FCFP**, is a Metis family doc who grew up in the Red River Valley. Like her father, a bush pilot, she travels all over northern Manitoba and the Kivalliq region of Nunavut providing health care services to First Nations and Inuit communities since graduating from family medicine residency in 2007. She provides leadership and support to the fly in docs at Ongomazwiin Health Services (formerly known as NMU). In order to maintain her knowledge, skills and relationships needed to best service her Indigenous communities, she works to provide hospitalist services at HSC in the CAU and SICU. She is an Assistant Professor in the Department of Family Medicine and the Chair of the Indigenous Stream of applicants to the Max Rady College of Medicine.

The **Truth and Reconciliation committee** examined the lasting and extensive negative impacts of residential schools in Canada. On Dec 15, 2015 they released the **'94 calls to action'** outlining the steps needed to be taken by all levels of government, religious institutions, civil groups and ALL Canadians, in a variety of programming areas, including health. This talk will examine where we are in Manitoba with regards to government, university and other organizations response to date. We will then explore how to 'act' in our own office practice in a manner aligned with the **TRC's calls to action**, including how to access resources to strengthen our skills as culturally safe and trauma informed care givers

## PALLIATIVE / END OF LIFE CARE 4:00 – 5:00

### (1) ADVANCE CARE PLANNING AND INTELLECTUAL AND DEVELOPMENTAL DISABILITIES: CAN A PRIMARY CARE APPROACH IMPROVE DECISIONS ABOUT GOALS OF CARE?

**DR. ASHLEIGH SPRANGE**, Medical Director, River Road Place, St. Amant Centre and Consultant Physician with the WRHA Palliative Care Program

#### Learning Objectives:

1. Discuss the challenges of advance care planning in people with intellectual and developmental disabilities
2. Discuss the common misconceptions about advance care planning and quality of life for people with intellectual and developmental disabilities
3. Discuss suggestions for incorporating advance care planning into a primary care setting for people with intellectual and developmental disabilities
4. Share resources available to help support primary care providers caring for people with intellectual and developmental disabilities

### (2) MAID – WHAT'S NEW?

**DR. KIM WIEBE**, Administrative Lead – WRHA Medical Assistance in Dying Clinical Team"

#### Learning Objectives:

1. Be familiar with new terminology for MAID
2. Be aware of evolving interpretation of MAID eligibility criteria
3. Update on how to communicate with patients about MAID



SATURDAY, APRIL 13, 2019

## OPTIONAL MAINPRO+ CERTIFIED WORKSHOPS

### CASTED: Emergency - The ED Orthopedics Course

8:00 am – 4:30 pm

Victoria Inn, 1808 Wellington Avenue

FEE: \$1,095 + GST – MAX 36 PARTICIPANTS

MAINPRO+ Credits: 27

CASTED: Emergency is ruthlessly clinical - a practical, high-yield, practice-changing ED orthopedics course. By the end of the course, you will be better at diagnosing subtle but serious ED ortho injuries. You will have a much better approach to ED reductions and immobilization. And you will have a better sense of when ortho needs to get involved (and why!). The course will be valuable to anyone who manages ED patients with acute injuries - from the rural to urban.

CASTED has been presented over 300 times - mostly across Canada but also in the US and UK. Numerous clinical pearls are offered on assessment, special x-rays to consider, subtle clues to recognize 'red flag' patients and knowing who needs a reduction. Get comprehensive 'hands-on' instruction, then practice various reduction, immobilization, and moulding techniques. A detailed physical exam is reviewed for the various joints.

CASTED is focused on clinically relevant teaching points. We want you to understand ED ortho - not just memorize it! By the end of the course, you will have significantly increased confidence and skills for use on your next shift!

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 27 Mainpro+ credits. (3 credits/hour; 1-day course = 27;

### LEARNING ESSENTIAL APPROACHES TO PALLIATIVE CARE (LEAP) Mini

1-day introductory palliative care course for health care professionals

8:00 am – 5:30 pm

Inn at the Forks

Fee: \$650 + GST

Mainpro+ Credits: 16.50

LEAP Mini is a one-day course that features an inter-professional approach, face-to-face learning with group discussion and case studies, and resources that include the Pallium Palliative Pocketbook. LEAP Mini is ideal for any health care professional (e.g. physicians, nurses, pharmacists, social workers, home care nurses, etc.) whose primary focus of work is not palliative care but who provides care for patients with life-threatening and progressive life-limiting illnesses. This course will provide health care professionals and family health teams with the essential skills and competencies of the palliative care approach, with course modules that cover topics such as advance care planning; essential conversations; taking ownership; pain; delirium; and nausea, nutrition, and hydration.

LEAP Mini has been certified by the College of Family Physicians of Canada for up to 16.50 Mainpro+ credits.

The capacity of LEAP Mini course is 25-30 people.



## PRACTICE IMPROVEMENT ESSENTIALS WORKSHOP (PART 1)

**9:00 am – 12:00 noon**

**Inn at the Forks**

**Fee: \$35 + GST**

**Mainpro+ Credits: 6**

Practice Improvement can be challenging for family physicians given the competing demands in primary care to “improve how the work is done.” To help family physicians improve the care we provide by harnessing quality improvement (QI) methods, data readiness and to nurture a culture of curiosity, the CFPC has developed the Practice Improvement Initiative (Pii).

The educational component of Pii is a set of two 3-hour workshops titled “Practice Improvement Essentials”. We are excited to be offering Part 1 of Practice Improvement Essentials on February 13 at the Manitoba College of Family Physician offices from 5:30-8:30p.m. Dinner will be provided free of charge.

Practice Improvement Essentials is certified for 6 Mainpro+ credits.

