



# ***66th ANNUAL SCIENTIFIC ASSEMBLY***

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MANITOBA COLLEGE OF FAMILY PHYSICIANS

**VIRTUAL STREAMING EVENT**

**APRIL 19, 2024**

**THEMES PRESENTED**

**Pediatrics**

**Internal Medicine**

**Dermatology**

**Therapeutics**

**Reproductive Health**

**Post-COVID**

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## Welcome to the 66th Annual Scientific Assembly

It is my great pleasure to welcome you all to the Manitoba College of Family Physicians' 66th Annual Scientific Assembly. After these many years, we are proud to continue providing the highest quality Family Medicine education for our colleagues.

As we are all aware, the practice of Family Medicine in Manitoba remains challenging in an ever-changing healthcare system. The Manitoba College of Family Physicians continues to work hard to make your practice simpler, and more efficient. The Annual Scientific Assembly is a cornerstone of the many educational activities provided to our members throughout the year.

We continue to plan each Annual Scientific Assembly with the evolving needs of our colleagues in mind. You'll find that we continue to focus on high yield topics that are relevant to practicing family physicians across the province. As well, our Scientific Planning Committee works hard throughout the year to find exciting speakers to bring these topics to life.

I would like to thank the staff of the Manitoba College of Family Physicians for their ongoing work and dedication to make this a meaningful event for our members. As well, I would like to thank the members of the Continuing Education and Research committee which plan the Annual Scientific Assembly. Their enthusiasm for high quality continuing medical education helps make this event a success every year.

We look forward to seeing you in April, and celebrating Family Medicine together!

**[Register online now!](#)**



# 2024 Continuing Education and Research Committee

## Committee Chair

**Dr. Ian Alexander, MD CCFP**

Assistant Professor - Department of Family Medicine  
Selkirk Medical Associates, Selkirk

## Committee Members

**Dr. Ganesan Abbu, MD Chb CCFP-Anesthesia FCFP**

C.W. Wiebe Medical Centre, Winkler

**Dr. Julie Lamb, MD CCFP FCFP**

Maple Creek Medical, Sunnyside

**Dr. Richard Rusk, DVM MD CCFP**

Assistant Professor, Community Health Sciences  
Max Rady College of Medicine

**Dr. Padma Mongru, MD MMed CCFP**

Assistant Professor, UGME Program Director for Family Medicine

**Dr. Tamara Buchel, MD CCFP, FCFP**

Program Director, Postgraduate Education. Department of Family Medicine.  
Max Rady College of Medicine Kingsbury Family Medical Centre, Winnipeg

**Lisa Goss, LPN, BHADM, PBDM, MBA**

Executive Director, MCFP

*Interested in joining?  
Contact Lisa Goss at  
[lgoss@mcfp.mb.ca](mailto:lgoss@mcfp.mb.ca)*



# ANNUAL SCIENTIFIC ASSEMBLY

## PHILOSOPHY AND LEARNING OBJECTIVES

The Participants will:

- gain knowledge about new concepts in the delivery of family 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.

MCFP Annual Scientific Assembly registration link:

<https://www.eventbrite.ca/e/66th-annual-scientific-assembly-tickets-841737287887>

The 66th Annual Scientific Assembly has been accredited for 1 Mainpro+ credit per hour.

PRICES DO NOT INCLUDE GST	WEBINAR ACCESS
MCFP/CFPC Family Physician Member	\$250
Non-Member Physician Participant	\$300
First Five Years in Practice Physician	\$150
Allied Health Care Professionals	\$350
Family Medicine Resident	Free
Family Medicine Interest Group	Free

***[Register online now!](https://www.eventbrite.ca/e/66th-annual-scientific-assembly-tickets-841737287887)***





# PROGRAM SUMMARY

PEDIATRICS | WOMENS HEALTH | THERAPIES | POST-COVID | INTERNAL MEDICINE | DERMATOLOGY

**Hosted by the Manitoba College of Family Physicians (MCFP), the Annual Scientific Assembly (ASA) provides the highest quality, expertly vetted, evidence-based education specific to the practice of Family Medicine.**

## PLENARY SESSIONS VIA WEBINAR

With the exceptional cooperation of our presenters and partners, the MCFP will continue to deliver the educational component of the Annual Scientific Assembly via webinar. This means that you can attend all or portions of the conference from wherever you are most comfortable. You will be able to ask your questions to the speakers via the chat function. Your questions will be sent to the session moderator, who vet and ask the questions on your behalf. The presentation is streamed LIVE. If you have a computer, laptop, cellphone or tablet and reliable internet, you will be able to watch the presentations and participate. More details on how to get ready to join the meeting will be coming.

## MAINPRO+ CREDITS

Mainpro+ credits for attending the live stream ASA Webinar are 1 credit per hour of education attended, for a maximum of 6 credits for attending on April 19, 2024.

Credits for attending the Live Stream ASA Webinar will be submitted to the College of Family Physicians of Canada and added to your Mainpro+ account by the MCFP staff.

If you choose to watch all or some of the recorded sessions after the ASA, those credits will be considered Online Learning Programs, and you will be responsible for recording your Mainpro+ credits.

## ANNUAL MEMBERS MEETING VIA WEBINAR

The Annual Members Meeting is scheduled for Friday, April 19, 2024, from 8:00 to 8:50 am. This meeting serves as a valuable opportunity for members to comprehensively review and gain insights into the activities of the Manitoba College of Family Physicians (MCFP) over the past year. Presided over by Dr. Ganesan Abbu, MCFP President, the Annual Members Meeting will encompass a summary of the College's financial health and the introduction of the Executive Committee, along with the proposed board slate for membership voting.

We extend a warm invitation to all members of the College to participate in the Annual Members Meeting, irrespective of whether you are registered for the education sessions. Your attendance and engagement are highly encouraged as we collectively reflect on the achievements and initiatives of the past year.



# Airmeet

This year, the Annual Scientific Assembly and the Annual Members Meeting will be hosted on the platform Airmeet.

Airmeet is a fully interactive platform, with many new features - changing how you stream the Annual Scientific Assembly. Members will have the opportunity to connect and network remotely, catch up with colleagues in the virtual lounge, and replay favourite sessions immediately after the conference.

A full schedule for the day will be easily accessible, as well as the session descriptions and an introduction to the day's speakers.

**Upon purchasing your ticket on Eventbrite, you will receive a calendar invitation from Airmeet to save the event to your personal calendar, and includes a button to join the Airmeet event page. Please do not share this link with anyone else, as it is unique to you and will be important for calculating your credits. Follow the link to join the Airmeet site.**

Explore Airmeet through this introductory video:

- [Attendee Walkthrough](#)

[\*\*Register online now!\*\*](#)

Click the button below to join the sessions

Enter Event

Event Details Overview Schedule Hosts

The screenshot shows the event page for the 66th Annual Scientific Assembly. The header includes the event title, date (April 19, 2024), and themes presented: Pediatrics, Internal Medicine, Dermatology, Therapeutics, Reproductive Health, and Post-COVID. The event is organized by the Manitoba College of Family Physicians. The page also displays the event date (19 Apr 2024), start time (9:00 AM CDT), and end time (4:30 PM CDT). The event starts in 50D : 17H : 12M : 12S. There is a button to 'Add to calendar' and a section for sharing the event via social media (LinkedIn, Twitter, Facebook, WhatsApp).

# SCHEDULE AT A GLANCE

66th Annual Scientific Assembly



7:40am - 7:55am	Registration Opens
8:00am - 8:55am	Annual Members Meeting
9:00am - 9:10am	Opening Remarks
9:10am - 11:20am Block One - Therapeutics	1. Therapeutic Substitution – There is a free lunch! – <b>Dr. Dan Hunt</b> 2. Management of Hypertension in older adults: what are we hoping to accomplish? – <b>Dr. Jamie Falk</b> 3. Current Trends in Obesity Management – <b>Dr. Kaitlin Cyr</b> 4. Long COVID: A PM&R Perspective – <b>Dr. Lindsey Woodrow</b> 5. COPD: An Update on the Canadian Guidelines – <b>Dr. Clare Ramsey</b>
11:20am - 11:35am	Morning Break
11:35am - 12:35pm Block Two - Pediatrics Part I	6. An Approach to Well Child Care – <b>Dr. Meghan Cranston</b> 7. Is this normal for my child? A primer for developmental delays in primary care – <b>Dr. Tannis Wiebe</b> 8. Pediatric Orthopedic Conditions That Require Urgent Referral and Those That Can Wait – <b>Dr. Ian Laxdal</b>
12:35pm – 1:05pm	Lunch Break
1:05pm – 1:45pm Block Three – Pediatrics Part II	9. Childhood Diabetes - A Primer for Family Medicine – <b>Dr. Brandy Wicklow</b> 10. Indigenous Adverse Childhood Experiences – <b>Dr. Sheila Peters</b>
1:45pm – 2:55pm Block Four – Gynecology	11. Endometriosis and Chronic Pelvic Pain: Practical Information for Primary Care – <b>Dr. Devon Evans</b> 12. Update on how you can help your patients who have threatened or diagnosed miscarriage – <b>Dr. Helen Pymar</b> 13. Expanding primary care capacity for people living with HIV in Manitoba: primary care recommendations for the management of adults living with HIV – <b>Dr. Laurie Ireland</b>
2:55pm – 3:10pm	Afternoon Break
3:10pm – 4:10pm Block Five - Dermatology	14. Diversity in Derm – Dermatological Differences – <b>Dr. Reetesh Bose</b> 15. New Therapeutics in Atopic Dermatitis and Psoriasis – <b>Dr. Victoria Taraska</b>
4:10pm – 4:20pm	Closing Remarks



# FRIDAY, APRIL 19

## Therapeutics

### **Therapeutic Substitution – There is a free lunch! – Dr. Dan Hunt, MD, CCFP (EM), FCFP**

Dr. Dan Hunt will present cost tables for common medication classes, highlighting the least expensive options.

#### **Learning Objectives:**

1. Identify the magnitude of overspending on prescription drugs.
2. Identify costs of common medications.
3. Identify the most cost effective options within each therapeutic class.

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### **Management of hypertension in older adults: what are we hoping to accomplish? – Dr. Jamie Falk, PharmD**

In this session, we will explore “ideal blood pressure” in older adults through assessment of vascular benefits and potential harms and when the risks of lowering blood pressure might outweigh the potential benefits in individual patients. Within this context, we’ll devise approaches to safely escalating or de-escalating antihypertensive therapies in this population.

#### **Learning Objectives:**

1. Explore the potential vascular benefits and harms of incremental blood pressure reduction in older adults.
2. Assess when to consider de-escalating antihypertensives and how to take them away safely.
3. Consider specific patient factors that inform antihypertensive decisions.

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### **Current Trends in Obesity Management – Dr. Kaitlin Cyr, BScBN, MD, CCFP**

In “Current Trends in Obesity Management,” led by Dr. Kaitlin Cyr, the presentation will explore contemporary approaches to addressing obesity, with a focus on practical strategies, attendees will gain insights into responding to common patient inquiries regarding weight loss interventions. Additionally, the session will cover the management approach when patients specifically request medications such as Ozempic. Through this presentation, participants will enhance their understanding of current trends in obesity management and improve their ability to address patient needs in this area.

#### **Learning Objectives:**

1. Defining effective responses to questions like “Doc, what can I do for weight loss?”
2. “My friends doctor prescribed it, what can you do for me?”
3. Patient asking for Ozempic? What do you need to do?





## FRIDAY, APRIL 19

### Therapeutics

#### **Long COVID: A PM&R Perspective**— *Dr. Lindsey Woodrow, MD, MSc.*

In this education session with Dr. Lindsey Woodrow, participants will explore various long COVID phenotypes, enhancing their understanding of this complex condition. This session aims to review current knowledge and treatment options for long COVID, while also discussing potential future directions in treatment strategies. Attendees will gain insights into identifying different long COVID presentations and stay abreast of advancements in managing this challenging aspect of post-acute COVID-19 care.

#### **Learning Objectives:**

1. Identify the different long COVID phenotypes.
2. Review the knowledge of long COVID, including treatment.
3. Future directions for treatment.

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#### **COPD: An Update on the Canadian Guidelines** – *Dr. Clare Ramsey, MD, FRCPC*

In COPD: An Update on the Canadian Guidelines, Dr. Clare Ramsey, will provide an informative session on the latest developments in managing Chronic Obstructive Pulmonary Disease (COPD) based on Canadian guidelines. The presentation will cover key aspects of COPD management, including risk factors for exacerbations and strategies to minimize them, as well as insights into factors influencing mortality and poor outcomes in COPD patients.

#### **Learning Objectives:**

1. Gain insight into the current recommendations outlined in the Canadian guidelines for managing stable COPD, focusing on effective treatment strategies and interventions.
2. Identify and understand the various risk factors associated with COPD exacerbations and explore management approaches aimed at reducing the risk of exacerbations and improving patient outcomes.
3. Enhance understanding of the risk factors contributing to mortality and adverse outcomes in COPD patients, facilitating more comprehensive care and tailored management strategies to optimize patient well-being.



## FRIDAY, APRIL 19

### Pediatrics

#### **An Approach to Well Child Care – Dr. Meghan Cranston, MD, FRCPC, FAAP (she/her)**

In "An Approach to Well Child Care," attendees will delve into strategies for optimizing pediatric care within a busy practice setting. Led by Dr. Meghan Cranston, the session will focus on updating pediatric records, including the Rourke Protocol, and streamlining well child care procedures. Participants can expect to gain practical insights to enhance their efficiency and effectiveness in providing comprehensive care for children in primary care settings.

#### **Learning Objectives:**

1. Enhance proficiency in completing updated pediatric records, including but not limited to the Rourke protocol, ensuring comprehensive documentation of children's health history and developmental milestones.
2. Develop efficient strategies for integrating well-child care into the workflow of a busy practice, optimizing time management and resource utilization.
3. Explore methods for fostering strong patient-provider relationships and promoting family-centred care, enhancing overall patient satisfaction and health outcomes.

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#### **Is This Normal for my Child? A Primer for Developmental Delays in Primary Care – Dr. Tannis Wiebe, MD**

Join Dr. Tannis Wiebe, MD, for an insightful session titled "Is This Normal for My Child? A Primer for Developmental Delays in Primary Care." This session will equip attendees with the knowledge and skills necessary to recognize developmental issues in pediatric patients and effectively address parental concerns regarding cognitive and social development.

#### **Learning Objectives:**

1. Enhance the ability to recognize and identify patients with developmental delays, enabling timely intervention and support within primary care settings.
2. Explore diverse strategies and approaches for managing parental concerns surrounding the cognitive and social development of pediatric patients, fostering effective communication and collaboration between healthcare providers and caregivers.
3. Develop practical skills to navigate the complexities of addressing developmental challenges in primary care, ensuring comprehensive care and support for pediatric patients and their families.



# FRIDAY, APRIL 19

## Pediatrics

### **Pediatric Orthopedic Conditions that require urgent referral and those that can wait – Dr. Ian Laxdal, MD**

Join Dr. Ian Laxdal for an insightful session titled "Pediatric Orthopedic Conditions That Require Urgent Referral and Those That Can Wait." This session provides a deep dive into the spectrum of pediatric orthopedic conditions, offering participants a comprehensive understanding of common issues affecting children's musculoskeletal health. Through interactive discussions and case studies, attendees will develop the skills to differentiate between conditions necessitating urgent referral and those that can be managed with a less time-sensitive approach. By the end of the session, healthcare professionals will be equipped with the knowledge and confidence to make informed decisions regarding pediatric orthopedic care pathways.

#### ***Learning Objectives:***

1. Review common pediatric orthopedic conditions, including their etiology, clinical presentation, and management strategies.
2. Identify red flags and clinical indicators that signal the need for urgent consultation in pediatric orthopedics, ensuring timely intervention and appropriate patient care.
3. Develop a systematic approach to triage pediatric orthopedic cases, distinguishing between urgent referrals and cases that can be managed through conservative measures or outpatient follow-up.

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### **Childhood Diabetes - A Primer for Family Medicine – Dr. Brandy Wicklow, MD, MSc (epi), FRCPC (she/her)**

This session will review the presentation and diagnosis of childhood onset diabetes (type 1 diabetes and type 2 diabetes). Review the differences between type 1 and type 2 diabetes in childhood. Identify the features on history and physical examination which suggest an increased risk of type 2 diabetes and the appropriate means of surveillance and diagnosis. Outline the ongoing management and complication surveillance for children diagnosed with type 1 and type 2 diabetes. Finally, this presentation will provide resources for the provider and family of youth diagnosed with either type 1 or type 2 diabetes.

#### ***Learning Objectives:***

1. Review the epidemiology of T1D and T2D in children and adolescents.
2. Identify at risk children for screening and prevention of T2D.
3. Review management and surveillance of children with T1D and T2D.



## FRIDAY, APRIL 19

### **Indigenous Adverse Childhood Experiences – Dr. Sheila Peters, MD**

In this session, I will share the evidence for (ACES). The application of (ACES) screening to primary care providers. The unique perspective of Indigenous (ACES) and highlight the importance of the prevention and treatability of (ACES) interventions with my collaboration working with James Smith First Nation.

#### **Learning Objectives:**

1. Increase knowledge of Indigenous Adverse Childhood Experiences (IACES).
2. Consider Interventions of Indigenous Adverse Childhood Experiences.
3. To create a provincial working group Indigenous Adverse Childhood Experiences.

## Reproductive Health

### **Endometriosis and Chronic Pelvic Pain: Practical Information for Primary Care – Dr. Devon Evans, BScH, MD, MPH, FRCSC, FACOG**

This will be a high-yield, pragmatic presentation on endometriosis and chronic pelvic pain in the primary care setting. Facilitated discussion will follow.

#### **Learning Objectives:**

1. Appreciate the high prevalence of Endometriosis, chronic pelvic pain, and the impact on patient's and their function.
2. Outline treatment options suitable for a Family Physician to initiate.
3. Identify referral pathways for patient's requiring further assessment and management.

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### **Update on how you can help your patients who have threatened or diagnosed miscarriage –**

*Dr. Helen Pymar, MD, FRCSC, MPH*

Since my last talk 2 years ago on pregnancy loss and EPAC, there have been recommendations coming from the UK about better planning after 1 loss for next pregnancy. There is also widespread information about the potential to forego Rh testing and/or provision of Rh Immune globulin under 12 weeks of pregnancy. I would like to provide an update on how family physicians can diagnose and support their patients with early pregnancy bleeding and those with a previous pregnancy loss. EPAC cannot manage care of all patients and needs family physicians to do as much as possible. Can also focus more on use of mifegymiso or misoprostol only treatment and manual uterine aspiration for pregnancy loss if wanted.

#### **Learning Objectives:**

1. Provide patient-centred discussion of whether to give Rh Immune Globulin.
2. Provide patient-centred discussion about micronized progesterone after one or more pregnancy losses and book an ultrasound in a future pregnancy at 7 weeks or greater to confirm viability.
3. Review how and when to order an ultrasound for bleeding in pregnancy.



## FRIDAY, APRIL 19

### **Expanding primary care capacity for people living with HIV in Manitoba: Primary care recommendations for the management of people living with HIV – Dr. Laurie Ireland, MD, CCFP**

This session will provide primary care providers in Manitoba with an overview of their role in providing care for patients in their practice living with HIV, describe the pathway into care, as well as an overview of the MB HIV Program's new "Primary Care Recommendations for the Management of Adults Living with HIV in Manitoba."

#### **Learning Objectives:**

1. Describe the role of primary care providers in the care of people living with HIV in Manitoba.
2. Facilitate the pathway into care for patients who test positive for HIV in your practice.
3. Facilitate primary care for patients living with HIV in your practice as per the "Primary Care Recommendations for the Management of Adults Living with HIV in Manitoba."

## **Dermatology**

### **Diversity in Derm - Dermatological Differences – Dr. Reetesh Bose, MD FRCPC**

This session aims to shed light on the nuances of dermatological presentations among patients with diverse skin tones, including People of Color (POC). Participants will delve into understanding the variations in common skin conditions across different ethnicities, enhancing their diagnostic and treatment approaches. Through case-based discussions, attendees will gain insights into how certain procedures and treatments may impact individuals with varying skin colors disproportionately. Moreover, the session will focus on recognizing optimal options for diagnosis and treatment tailored to patients with diverse skin tones, fostering more inclusive and effective dermatological care practices.

#### **Learning Objectives:**

1. Understand differences of presentation in common skin conditions in POC patients.
2. Understand how common procedures and treatments may disproportionately effect patients with skin of various shades.
3. Recognize better options for diagnosis/biopsy, and treatment in POC patients.

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### **New Therapeutics in Atopic Dermatitis and Psoriasis – Dr. Victoria Taraska, MD FRCPC**

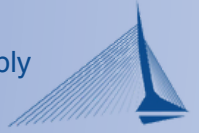
Participants will delve into the latest advancements in treatment options for these dermatological conditions. Through this session, attendees will gain insights into newly approved medications for Atopic Dermatitis (AD) and Psoriasis, expanding their understanding of therapeutic options. Additionally, the session will focus on equipping family doctors with crucial knowledge about potential side effects associated with these new medications, enabling them to make informed decisions in patient care and management.

#### **Learning Objectives:**

1. Learn about the new medications approved for AD and Psoriasis.
2. What should a family doctor know about potential side effects.

**[Register online now!](#)**





# Thank you!

THE MANITOBA  
COLLEGE OF  
FAMILY PHYSICIANS



LE COLLÈGE DES  
MÉDECINS DE FAMILLE  
DU MANITOBA



*The Staff of Manitoba College of Family Physicians*

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