


57TH ANNUAL SCIENTIFIC ASSEMBLY



MANITOBA COLLEGE OF FAMILY PHYSICIANS

APRIL 16-18, 2015

VICTORIA INN
1808 WELLINGTON AVE.
WINNIPEG, MB

THIS IS YOUR ASA:

PEDIATRICS
MEDICINE & THERAPEUTICS
WOMEN'S HEALTH
EMERGENCY MEDICINE
PSYCHIATRY

REGISTER ONLINE NOW

SEATS ARE LIMITED. REGISTER EARLY AND AVOID DISAPPOINTMENT.

THE FULL PROGRAM AND ONLINE REGISTRATION FORM
IS AVAILABLE AT WWW.MCFP.MB.CA/ASA/

OR WITH THE ENCLOSED REGISTRATION FORM

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



The Manitoba College of Family Physicians is pleased to invite you to our premier conference for family physicians that provides continuing professional development through workshops and sessions, and an opportunity to network with colleagues and discuss best practices.

We would like to welcome all the participants for the 2015 Manitoba Family Medicine ASA Conference.

You may notice a major revamping of the conference, starting back in January with email and postcard marketing, with website changes and then with the format of the program that will be presented over the next 2 days. We are very excited to bring this new approach to this conference and we are sure that everyone will be able to walk away from these 2 days having learnt something new that will impact practice and patient care. The impetus for all the changes came from all the feedback that we have received over the last few years. So we listen and will continue to listen to what the Manitoba Family Physicians want to see at their annual conference. This year the plan is to make this like high impact intensity training (for those in the sports section) with a full day of high quality lectures. Then the next day there will be choices between the various disciplines of medicine, pediatrics, emergency, psychiatry and women's health topics. These choices may not be easy, but we did not feel that there could be a compromise. And mixed in to all this is the opportunity to network and honour our leaders in our field of medicine and socialise at the annual banquet. The committee has worked long and hard to bring this new format and approach and we trust that this will be the start of a new era for the ASA.

We would like to thank the committee, Kari McKinnon, and Amanda Woodard for all their hard work to make this happen. I would also like to thank everyone that gave us feedback and would encourage this every year for ongoing improvements.

Dr. Richard Rusk **Dr. Ainslie Michalchuk**
ASA Planning Committee Co-Chairs

2015 ASA Planning Committee

Committee Co-Chairs

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

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

Committee Members

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

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

Amanda Condon, MD
Access River East, Winnipeg

Mike Dillon, MD
Klinik Community Health Centre, Winnipeg

Erica Halmarson, MD, CCFP
Access River East, Winnipeg

Robert Kruk, MD
Carmen Medical Clinic, Carman

Julie Lamb, MD CCFP FCFP
Autumnwood Medical Centre, Winnipeg

Michael Leonhart, MD, CCFP,
WRHA Adult Critical Care Program, Winnipeg

Christine J. Polimeni BSc, MD, CCFP,
Director of CPD Medicine, University of Manitoba

Jen Potter, MD, BSc, CCFP,
Kildonan Medical Centre, 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 57th Annual Scientific Assembly has been accredited for 13 M1 credits.

REGISTRATION INFORMATION AND FEES

2 DAYS: THURSDAY & FRIDAY ONLY.

FEE DOES NOT INCLUDE GST	EARLY BIRD RATE Registrations received BEFORE MARCH 1 st , 2015	LATE BIRD RATE Registrations received AFTER MARCH 2 nd , 2015
<input type="checkbox"/> CFPC Member Physician	\$500	\$600
<input type="checkbox"/> Non-Member Mainpro Participant	\$650	\$750
<input type="checkbox"/> First 5 Years in Practice Physicians	\$400	\$500
<input type="checkbox"/> Allied Health Care Professional	\$400	\$500
<input type="checkbox"/> Resident	\$100	\$200
<input type="checkbox"/> Medical Student	FREE (Must pre-register)	FREE (Must pre-register)

★ LIMITED SEATING CAPACITY ★

★ NO WALK-UP REGISTRATIONS ★

★ REGISTRATION CLOSING WEDNESDAY APRIL 15TH AT NOON ★



ASA PROGRAM SUMMARY

emergency medicine • psychiatry • women's health • medicine & therapeutics • pediatrics

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 conferences, this year's ASA offers a full day in the plenary room. Our slate of sessions include short snappers and long snappers on the clinical topics that you have requested. So on Thursday morning, go to the registration desk, grab a coffee, find your seat, and the CPD will come to you.

On Friday, we have offered up in depth, 45-minute sessions for you to choose from the ASA's clinical themes. Some sessions are repeated, others are not, so look at the program and select the sessions most interesting to you.

Keynote Presentation

Our keynote speaker, Dr. G. Michael Allan (Mike) speaks on Thursday morning and is known as the guru of evidence-based medicine. He has been in practice for approximately 15 years and has given over 150 presentations and published more than 50 articles. He also participates in a weekly medical podcast on iTunes and writes a regular evidence based update, "Tools for Practice," for the Alberta College of Family Physicians and the Canadian Family Physician journal.

Annual General Meeting

The MCFP Annual General Meeting provides members with an opportunity to review and learn about College activities in the last year. Presided by

Dr. Susan Fair, MCFP President, the AGM 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 17th.

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 new Gary Beazley Award winners will be introduced to the membership.

Mainpro-C Programs

Several Mainpro-C learning opportunities are offered on Saturday, April 18th. 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-C program may be cancelled and your registration fee will be refunded or applied to another session, if available. Register early to avoid disappointment.

Mainpro-C program registration fees are not included in the ASA registration fee. Program accreditation, credit allotment, and letters of attendance are managed by Mainpro-C program providers.

REGISTER BEFORE MARCH 1ST 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.

LUNCHES

On Thursday, the ASA offers two lunches to choose from: a free time networking lunch, or a special Lunch & Learn for those in the First Five Years in Practice group.

During lunch on Friday, the Manitoba College of Family Physicians holds the Annual General Meeting. While you eat, you can learn about MCFP activities and its financial snapshot. The AGM also includes the installation of the new MCFP President and awards presentation.

As always, coffee breaks and lunches are included in your registration fee. You just have to let us know when you register which lunches you will be attending.

NETWORKING & HOSPITALITY RECEPTION

Thursday, April 16, 2015

5:30 – 7:00 (directly following the afternoon sessions)

Before you leave for the day, relax, mingle and discuss the day's sessions. Have a nosh and a drinkie-drink, if you like. Appetizers will be served and a cash bar will be available.

PRESIDENT'S AWARDS & RECOGNITION DINNER

Friday, April 17, 2015

Winnipeg Winter Club 200 River Avenue, Winnipeg

Cocktails 6:30 • Dinner 7:00 • Entertainment 8:30

One complimentary ticket is included in the price of your registration*.

Additional Tickets: Adults: \$45, Children up to 13 years: \$17



Western Canadian Music Award Winners **Sweet Alibi** have been captivating audiences across Canada for the past few years. The Winnipeg based Folk/Pop trio infuse their Hallmark harmonies with influences of everything from folk, to country, to soul, without a hint of shame. Sweet Alibi's Jess Rae Ayre, Amber Nielsen, and Michelle Anderson share personal experiences that are genuinely felt in song, and in no time, will have you dancing and singing along.

Check out the video for their song "I'll Wait," on YouTube:

<https://www.youtube.com/watch?v=ab6iVCrzY2s>

**CFPC members, non-member Mainpro participants only.*



THURSDAY, APRIL 16, 2015

SCHEDULE AT-A-GLANCE

7:30

Registration & Continental Breakfast – Exhibit Hall

International Medical Graduate (IMG) Breakfast - Embassy Room A-E

PLENARY ROOM	
8:15	Welcome and Announcements, Dr. Richard Rusk
8:30 – 9:30 3 X 15 Min	Short Snappers: EMERGENCY MEDICINE (1) FEVER IN THE RETURNED TRAVELLER, Dr. Pierre Plourde (2) SYMPTOMATIC A-FIB, Dr. Michael Lyons (3) DEEP VEIN THROMBOSIS, Dr. Ryan Zarychanski
9:30 – 10:30 3 X 15 Min + Q&A	Short Snappers: PSYCHIATRY (1) CURRENT TRENDS IN PHARMACOTHERAPY, Dr. James Bolton (2) INTERVENTIONS TO SUPPORT MENTAL WELLNESS IN PRIMARY CARE, Dr. Alan Katz (3) IDENTIFYING AND ADDRESSING RISKY DRINKING IN FAMILY MEDICINE, Dr. David Brown
10:30 – 11:00	COFFEE:
11:00 – 12:00	KEYNOTE: GETTING PRACTICAL ABOUT CLINICAL PRACTICE GUIDELINES, DR. G. MICHAEL ALLAN
12:00 – 1:00 3 X 15 min + Q&A	Short Snappers: WOMEN'S HEALTH (1) CONTRACEPTION UPDATE, Dr. Helen Pymar (2) UPDATED BREAST IMAGING IN MANITOBA, Dr. Leanne van Amstel (3) PRENATAL SCREENING GUIDELINES, Dr. Larry Reynolds
1:00 – 2:00	LUNCH FFYP Networking Lunch – Carlton Room
2:00 – 3:30 4 X 20 min + Q&A	Long Snappers: MEDICINE AND THERAPEUTICS (1) GERIATRIC PRESCRIBING, Dr. Louis Minders (2) MEDS TO AID IN TOBACCO REDUCTION, Dr. Brent Kvern & Ms. Margie Kvern (3) BURNING & SQUIRMING: SYPHILIS & GONORRHEA, Dr. Joss Reimer (4) MANAGING PATIENTS ON BIOLOGICS: RHEUMATOLOGY IN PRIMARY CARE, Dr. Glen Thomson
3:30 – 4:00	COFFEE BREAK
4:00 – 5:00 2 X 25 min + Q&A	Long Snappers: PEDIATRIC CONCUSSION (1) CONCUSSION: LONG-TERM CARE, Dr. Michael Ellis (2) CONCUSSION: THE DAY AFTER, Dr. Neil Craton
5:00 – 5:30 30 min	MAINPRO+ UPDATE , Dr. Teresa Wawrykow
5:30 – 7:00	Networking & Hospitality Reception



THURSDAY, APRIL 16, 2015

EMERGENCY MEDICINE 8:30 – 9:30

(1) FEVER IN THE RETURNED TRAVELLER

DR. PIERRE PLOURDE, Medical Director, Integrated Tuberculosis Services; Medical Director, Travel Health and Tropical Medicine Services; Medical Director, Healthy Sexuality and Harm Reduction Services; Winnipeg Regional Health Authority

Fever in the returned traveller is a potential medical emergency, requiring assessment in an emergency room/urgent care setting where reliable parasitic disease laboratory diagnostic facilities are available. Nearly 50% of systemically ill febrile travellers who have recently visited tropical destinations require hospitalization. This concise presentation will outline the essential workup required of all febrile travellers, including important clues to look for on clinical examination and initial laboratory investigations to efficiently establish life threatening diagnoses. Useful tips will also be presented to direct initiation of timely management and/or consultation with Infectious Diseases to avert adverse outcomes.

(2) SYMPTOMATIC A-FIB

DR. MICHAEL LYONS, ER Physician, Concordia Hospital

Hypotensive? Unstable? Easy - throw on some Manitoba Hydro and save a life. But what if someone is fibbing really fast but is "stable"? Should I rate control or convert their rhythm? Which drugs should I use? What if they have significant comorbidities? Is anticoagulation a good idea? This session will overview the best treatment and how to choose the right drugs. We'll focus especially on the patients who also present with other significant health concerns. And for fun, we'll discuss how a letter in JAMA this year may ask us to question when to anticoagulate.

(3) DEEP VEIN THROMBOSIS

DR. RYAN ZARYCHANSKI, Assistant Professor, Departments of Internal Medicine & Community Health Sciences, University of Manitoba, Sections of Critical Care and Hematology/Medical Oncology; Director of Knowledge Synthesis, Centre for Healthcare Innovation; Director of Clinical Apheresis, Winnipeg Regional Health Authority

In this talk we will discuss how to treat venous thromboembolism (DVT/PE) and the role of the novel target specific oral anticoagulants. The presentation will also consider the appropriate duration of anticoagulation for venous thromboembolic disease, and when to suspect and investigate for an underlying thrombophilia.

PSYCHIATRY 9:30 – 10:30

(1) CURRENT TRENDS IN PHARMACOTHERAPY

DR. JAMES BOLTON, Associate Professor, University of Manitoba, Departments of Psychiatry, Psychology, and Community Health Sciences

Psychotropics are among the most commonly prescribed medications. In an ever-changing landscape of drug availability and indications for use, maintaining up-to-date, evidenced-based prescribing habits is very difficult. This brief update will highlight current prescribing trends in Manitoba, misconceptions, optimum choices, and the overuse of certain classes.



THURSDAY, APRIL 16, 2015

(2) INTERVENTIONS TO SUPPORT MENTAL WELLNESS IN PRIMARY CARE

DR. ALAN KATZ, Acting Director Manitoba Centre for Health Policy Professor, Departments of Family Medicine and Community Health Sciences, College of Medicine, Faculty of Health Sciences, University of Manitoba

The primary care physician is often the first point of contact in the healthcare system for people with mental health concerns, and is the only healthcare provider engaged in primary prevention, including preventing mental illness and promoting mental wellness.

Objective: To examine the broad range of approaches to supporting mental wellness, we conducted a scoping review of reviews of interventions that aim to prevent mental illness or promote mental wellness.

Conclusions: The literature supports the role of the family physician in preventing mental illness and promoting mental wellness, and provides guidance on which interventions have been shown to be effective.

(3) IDENTIFYING AND ADDRESSING RISKY DRINKING IN FAMILY MEDICINE

DR. DAVID BROWN, Consultant, Pathways Consulting

Risky drinking is defined as drinking beyond Canada's low risk drinking guidelines. It is a major contributor to the burden of preventable disease and injury, along with significant costs to health care systems. Despite the evidence supporting the use of screening tools and interventions, the uptake of these cost-effective practices has been limited. This presentation provides an overview of how screening and brief interventions might be integrated into Family Medicine settings in ways that are viable. The model emerged from pilot studies in Saskatchewan Family Medicine clinics with the support of Health Canada's Drug Treatment Funding Program. Through the use of efficient screening tools, the model streams individuals into three categories: low, moderate or high risk for harms from alcohol use. Moderate risk (non-dependent, but at-risk) drinkers account for the largest burden of disease and system costs. Based on the identified risk levels, care pathways then guide the health care responses through three corresponding intervention levels: prevention education for low risk, brief intervention for moderate risk and referral to specialized treatment for high risk (dependent) drinkers. The presentation will summarize the Saskatchewan pilot study results as well as critical lessons learned. Also outlined will be potential innovations to the model using information technology and emerging opportunities to take the research forward.

KEYNOTE 11:00 – 12:00



GETTING PRACTICAL ABOUT CLINICAL PRACTICE GUIDELINES

DR. G. MICHAEL ALLAN, Professor and Director of EBM, Department of Family Medicine, University of Alberta; Director of Evidence and CPD, Alberta College of Family Physicians

In this talk we outline the limits of Clinical Practice Guidelines (with a focus on Canada) and to lesser extent, performance measures. Some people have said that guidelines are like sausages: If you enjoy them, don't ever see how they're made. Our objective here is to give clinicians (and KT people) comfort making decisions or suggestions that do not always mirror guideline recommendations.



THURSDAY, APRIL 16, 2015

WOMEN'S HEALTH 12:00 – 1:00

(1) CONTRACEPTION UPDATE

DR. HELEN PYMAR, Associate Professor Department Obstetrics and Gynecology University of Manitoba; Physician Director of Ambulatory Care Women's Hospital Winnipeg, Manitoba.

I will be introducing the newest copper and hormonal IUDs available in Canada (costs, recommended time of use- both by Health Canada recommendations and by comparing similar types of IUDs and studies relating to their time of use, and coverage by Treaty/Social Assistance) and the Caya "one size fits most" diaphragm.

(2) UPDATED BREAST IMAGING IN MANITOBA

DR. LEANNE van AMSTEL, Radiologist, Radiology Consultants of Winnipeg and University of Manitoba

Digital mammography has replaced analogue mammography as the gold standard in screening for early stage breast cancer. The advantages of digital mammography and an update regarding its implementation in Manitoba will be discussed. This talk will also provide an overview on breast MRI with emphasis on the indications for this investigation. Digital Breast Tomosynthesis, still considered an emerging technology, will be introduced.

(3) PRENATAL SCREENING GUIDELINES

DR. LARRY REYNOLDS, Professor of Family Medicine and Obstetrics and Gynaecology, University of Manitoba

When we offer prenatal we must remember the underlying ethics of informed consent, as we try not to talk women into or out of screening. Alas, many see this testing as mandatory; it is not. Women experience enormous pressure to produce the "perfect" child and some are punished for having a child with a disability. Soon non-invasive testing will give us early and acute diagnosis of many genetic disorders. This will even more challenge our complex relationships with those who have obvious disabilities.

MEDICINE & THERAPEUTICS 2:00 – 3:30

(1) GERIATRIC PRESCRIBING

DR. LODEWYK (LOUIS) F G MINDERS, Family Physician, Western Medical Clinic, Brandon

In this 20 minute presentation, the pitfalls and precautions of prescribing medication in the geriatric population is highlighted.

(2) MEDS TO AID IN TOBACCO REDUCTION: USING NON-PRESCRIPTION AND PRESCRIPTION MEDICATIONS EFFECTIVELY

DR. BRENT KVERN, Associate Professor, Department of Family Medicine, University of Manitoba

MS. MARGIE KVERN, RN, BN Manager, Tobacco Reduction, Population and Public Health, WRHA

Tobacco reduction and smoking cessation is a complex process for our patients - yet often one of the most beneficial things they can do to help improve their health. Given the strength of nicotine addiction and the tenacity of smoking as a behaviour, many studies have shown significantly more patients are able to reduce and quit tobacco when nicotine replacement therapy and/or prescription medications are utilized. This presentation will review the best, evidence-informed uses of these medications in various populations.



THURSDAY, APRIL 16, 2015

(3) BURNING & SQUIRMING: SYPHILIS & GONORRHEA

DR. JOSS REIMER, Primary Care Physician - Women's Health, Department of Family Medicine, Faculty of Medicine, University of Manitoba

Sexually transmitted infections are alive and well in Manitoba. This presentation will highlight some of the new information around sexually transmitted infections with a specific focus on Syphilis and Gonorrhoea. The presentation will answer question like "How bad is Gonorrhoea's antimicrobial resistance and what are we doing about it?", "How do I interpret these new syphilis serology results?" and, "What's all the fuss about the syphilis outbreak?"

(4) MANAGING PATIENTS ON BIOLOGICS: RHEUMATOLOGY IN PRIMARY CARE

DR. GLENN THOMSON, Consultant Rheumatologist, Director CIADS Research Ltd; Associate Professor University of Manitoba; Thomson House Medical Consultants

The first biologic DMARD was approved in 1999 for the treatment of rheumatoid arthritis. This family of medications has revolutionized the treatment and outcome of many types of inflammatory arthritis. The mechanism of action blunts individuals' normal immune response to some types of infection. These are very costly medications and the benefits and the risks will be discussed in various clinical scenarios.

PEDIATRIC CONCUSSION 4:00 – 5:00

(1) CONCUSSION: LONG TERM CARE

DR. MICHAEL ELLIS, Neurosurgeon, PanAm Concussion Program

This session will discuss the pearls and pitfalls of managing more complex forms of concussion and post-concussion syndrome via a case series approach. Some of our most challenging cases (4-5) will be presented and how we managed them and the evidence to support these decisions.

(2) CONCUSSION: THE DAY AFTER

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

This session will provide practical primary care management strategies for the "day after", when patients are seen in family doctor's offices after having sustained a concussion the night before. We will explore how the family doc ensures the patient is safe, and help them feel better, with common sense, evidence based tools. The cultural phenomenon of "the concussion crisis" will also be placed into perspective.



5:00 – 5:30

**DR. TERESA WAWRYKOW,
Manitoba/Saskatchewan CPD Educator**

MAINPRO is a framework for providing CPD participation guidelines, standards and tracking for Canadian Family Physicians. MAINPRO+ will be implemented in 2015 and will include more intuitive reporting categories, a wider variety of credit eligible activities and explicit criteria for higher value accredited programs. This presentation will focus on the changes, advantages and potential challenges of MAINPRO+ relevant to all family physicians.



FRIDAY, APRIL 17, 2015

SCHEDULE AT-A-GLANCE

**7:30 Registration & Continental Breakfast – Exhibit Hall
PAST PRESIDENT’S BREAKFAST IMPERIAL BOARDROOM**

	CENTENNIAL 3 & 4	EMBASSY A & B	EMBASSY D & E
8:30 – 9:15 45 min	RADIOLOGY FOR NON-RADIOLOGISTS Dr. Lisa McPhee	PEDIATRIC TRICKY ISSUES Dr. Jeff Hyman	THE BIG 5 IN DIABETES MANAGEMENT Dr. Louis Minders
9:20 – 10:05 45 min	DELIRIUM Dr. Al Buchel	ADOLESCENT MEDICINE Dr. Jonathan MacClements	THE BIG 5 IN DIABETES MANAGEMENT (Repeat) Dr. Louis Minders
10:05 – 10:30	COFFEE		
10:30 – 11:15 45 min	NON-DRUG STRATEGIES YOU CAN INTEGRATE INTO YOUR PRACTICE IN AN EVIDENCE-INFORMED APPROACH (1.5 HRS) Dr. Greg Chernish	HYPERTENSION DISORDERS IN PREGNANCY Dr. Michael Helewa	OSTEOPOROSIS DRUG HOLIDAYS Dr. Heather Frame
11:20 – 12:05 45 min		MENOPAUSE ISSUES Dr. Jonathan MacClements	RE-NUMERATION, (NOT REMUNERATION) Dr. Roger Suss
12:15 – 1:45	LUNCH & ANNUAL GENERAL MEETING		
1:45 – 2:30 45 min	PROMOTING HEALTH THROUGH TRAUMA-INFORMED PRACTICE Ms. Kiri Shafto Ms. Christine Willette	COMMON INJURIES IN KIDS Dr. Norm Silver	AIRWAY MANAGEMENT Dr. Ganesan Abbu
2:35 – 3:20 45 min	CPSM STATEMENT 190 TBA	ANXIETY / PTSD Dr. Joseph Polimeni	AIRWAY MANAGEMENT Dr. Ganesan Abbu (Repeat)
3:20 – 3:40	COFFEE BREAK		
3:40 – 4:25 45 min	OPIOIDS & NON-CANCER PAIN Dr. Jamie Falk	ANXIETY / PTSD Dr. Joseph Polimeni	ALMOST ALWAYS NORMAL BIRTH: OBSTETRICAL EMERGENCIES Dr. Fran Berard
4:30 – 5:15 45 min	HEPATITIS C Dr. Kelly Kaita	NAVIGATING INSURANCE & REPORTS IN THE MENTAL HEALTH PATIENT Dr. Mark Etkin	RESPONSIBLE PRESCRIBING IN THE AGE OF ANTIBIOTIC RESISTANCE Dr. Ganesan Abbu

Medicine & Therapeutics	Psychiatrics	Women’s Health	Emergency Medicine	Pediatrics
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FRIDAY, APRIL 17, 2015

8:30 – 10:05

RADIOLOGY FOR NON-RADIOLOGISTS

DR. LISA MCPHEE, General Radiologist, Manitoba X-Ray Imaging Associates

(8:30 – 9:15, Centennial Room)

This session will provide a brief review on appropriateness criteria for ordering CT examinations in the emergency department, provide cases aimed to demonstrate commonly missed pathology on plain radiographs and provide a practical approach in interpreting CT examination of the brain. The session will be interactive and allow the participants to test their diagnostic imaging skills in a fun and stress free environment.

PEDIATRIC TRICKY ISSUES

DR. JEFF HYMAN, Academic Pediatrician, Pediatric Ambulatory Care, Children's Hospital of Winnipeg; Director, PINE Service CTU; Director, Pediatric Undergraduate Medical Education

(8:30 – 9:15, Embassy Room A)

"I really am not sure why I should be vaccinating my baby." "My child just doesn't want to go to sleep early." "Oh, I just let them eat what they want." "How much screen time should my son have?" Do you have any of these tough questions and worrisome statements that parents tell you in the office where there just doesn't seem to be an obvious answer? Dr. Jeff Hyman will look at the science and the guidelines and make practical recommendations.

THE BIG 5 IN DIABETES MANAGEMENT

DR LODEWYK (LOUIS) F G MINDERS, Family Physician, Western Medical Clinic, Brandon

(8:30 – 9:15, Repeated 9:20 – 10:05, Embassy D)

I am using the African Big Five – elephant, buffalo, lion, rhino and leopard as brain jerkers and starting point to emphasise the various important aspects of the management of diabetes. Diagnosis, lifestyle changes, medications and complications will be covered in this session.

DELERIUM: CREATING DRAMA OUT OF NOTHING AT ALL

DR. AL BUCHEL, Assistant Professor, Department of Emergency Medicine. University of Manitoba; Program Director CCFP-EM Emergency Medicine Program

(9:20 – 10:05, Centennial Room)

Clouding of consciousness ... Difficulty maintaining or shifting attention ... Disorientation ... Illusions ... Hallucinations ... Fluctuating levels of consciousness ... Dysphasia ... Our topic OR an accurate description of the speaker's state of mind?

In this talk we will go over the basics of the common causes of Delirium. Through a case based approach we will look at the subtle differences in both diagnosis and treatment of different types of delirium. Most importantly we will discover the meaning of the word "periblepsis" and be able to use it in a sentence.

ADOLESCENT MEDICINE

DR. JONATHAN MACCLEMENTS, Assistant Dean, Graduate Medical Education, Dell Medical School. University of Texas

(9:20 – 10:05, Embassy Room A)

Adolescence is the period in development between the onset of puberty and adulthood when the individual undergoes extensive physical, psychological, emotional, and personality changes. We will review the role of the family physician in providing care to this patient population focusing on consent and confidentiality, screening recommendations, vaccines, adolescent mental health, learning disabilities, female issues and substance abuse.



FRIDAY, APRIL 17, 2015

10:30 – 12:05

NON-DRUG STRATEGIES YOU CAN INTEGRATE INTO YOUR PRACTICE IN AN EVIDENCE-INFORMED APPROACH

DR. GREG CHERNISH, Assistant Professor of Family Medicine, University of Manitoba; Prairie Representative for the CFPC Special Interest and Focused Practices Chronic Pain Group, and the Manitoba representative for the National Complementary and Alternative Medicine in Undergraduate Medical Education Group.

(10:30 – 12:05, Centennial Room)

There is increasing evidence for the use of non-drug treatments in the management of many chronic medical conditions. The evidence is at times challenging to interpret and apply. This session will present an evidence-informed approach to the use of supplements, herbs and other non-drug strategies in the treatment of hypertension, menopause, depression, osteoarthritis, viral upper respiratory infection, polycystic ovarian syndrome, benign prostatic hypertrophy, low back pain and more. A practical clinical approach to the use of Echinacea, St. John's Wort, glucosamine, Black Cohosh, flax, vitex, saw palmetto and others will be presented along with patient handouts that will streamline discussion of these herbs and supplements in your office. A brief overview of the science behind non-drug treatments for pain will include acupuncture, chiropractic and more.

HYPERTENSION DISORDERS IN PREGNANCY

DR. MICHAEL E. HELEWA, Professor and Associate Head of Research, Department of Obstetrics and Gynecology, University of Manitoba; Medical Director of the Woman and Child Program and Head of Clinical Obstetrics, St. Boniface General Hospital

(10:30 – 11:15, Embassy Room A)

OSTEOPOROSIS DRUG HOLIDAYS

DR. HEATHER FRAME, Assiniboine Clinic, Mature Women's Center Osteoporosis Clinic; Osteoporosis Canada Scientific Advisory Council and member of Board of Directors

(10:30 – 11:15, Embassy Room D)

This presentation is based on the following article:

Canadian Family Physician in April 2014 entitled "Bisphosphonates for treatment of osteoporosis. Expected benefits, potential harms, and drug holidays."

One of the most frequent questions I am hearing during osteoporosis CMEs is when to consider this approach and for which patient.

MENOPAUSE ISSUES

DR. JONATHAN MACCLEMENTS, Assistant Dean, Graduate Medical Education, Dell Medical School. University of Texas
(11:20 – 12:05, Embassy Room A)

Menopause is a normal natural event. We will review the symptoms and physical exam findings related to perimenopause/menopause, and discuss the updated management options for patients with perimenopause/menopausal symptoms.



FRIDAY, APRIL 17, 2015

RE-NUMBERATION (NOT REMUNERATION)

DR. ROGER SUSS, Assistant Professor, Department of Family Medicine, University of Manitoba

(11:20 – 12:05, Embassy Room E)

Physicians are selected for their skills in quantitative studies such as physics and chemistry. They can be assumed to have reasonable numeracy. However, we have created a medical culture that encourages problem solving without quantification. We ask ourselves: “What should we do to treat this?” when the important question is: HOW MUCH can we change the course of this illness? We ask: “What is this patient's diagnosis?” - when a better question is: HOW LIKELY IS IT that this patient has this diagnosis vs that diagnosis? We conduct and discuss our research asking: “Does this treatment work?” - when a better question is: HOW MUCH does this treatment work?

The move to evidence based medicine means a move to quantifying the effects of our actions. This includes differentiating those actions that have large positive effects from those that have trivially positive effects. Quantifying the effects of our actions would impact almost every facet of our clinical decision making. Quantification is a skill we were selected for, and have largely forgotten. It is a skill we are all capable of re-learning. The culture of family medicine is changing but there is a long road ahead. This session is all about identifying the right questions - that is the place to start.

1:45 – 3:20

PROMOTING HEALTH THROUGH TRAUMA-INFORMED PRACTICE

MS. KIRI SHAFTO, Public Health Officer - Public Health Agency of Canada Klinik Community Health Centre

MS. CHRISTINE WILLETTE, Coordinator, Life in Balance Program and Post-Trauma Counsellor at Klinik Community Health Centre

(1:45 – 2:30, Centennial Room)

Psychological trauma, ranging from toxic stress to PTSD, is being recognized as a significant driver of mental and physical ill health. This workshop will touch on the epidemiological findings of the Adverse Childhood Event study and their implications for healthcare providers. Particular emphasis, through the use of case examples, will be placed on the healing potential of trauma-informed engagement in healthcare settings.

COMMON INJURIES IN KIDS

DR. NORM SILVER, Assistant Professor, University of Manitoba; Medical Director, Pan Am Clinic Minor Injury Clinic for Kids

(1:45 – 2:30, Embassy Room A)

Common Pediatric injuries - will be discussing the presentation, diagnosis, and management of some common Pediatric injuries

AIRWAY MANAGEMENT

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

(1:45 – 2:30 Repeated 2:35 – 3:20, Embassy Room D)

This is a hands on session that will look at approaches to endotracheal intubation and LMA insertion as a rescue airway device. Due to the practical nature of the session, we will limit participation to 30 people.



FRIDAY, APRIL 17, 2015

CPSM STATEMENT 190 – AFTER HOURS AND VACATION COVERAGE

TBA
(2:35 – 3:20, Centennial Room)
In the December 2014 CPSM Newsletter, President Dr. Brent Kvern presented the membership with Statement 190: Practice Coverage - After Hours and Vacation which states that all physicians who care for patients must participate in a system that ensures coverage for their practices both for after-business-hours and while on vacation.

The objectives of this session are to clarify the new statement by CPSM regarding after hours and vacation coverage, inform participants of how this new statement may apply to different practice types, facilitate discussion between participants and speakers about Statement 190, and review critical points that all physicians should understand clearly.

Please note that Statement 190 has already been enacted for implementation on July 1, 2015. This session is for information only and is not intended as a forum for policy decisions.

ANXIETY & PTSD

DR. JOSEPH POLIMENI, Associate Professor, Dept. of Psychiatry, University of Manitoba; Staff psychiatrist (civilian), Dept of National Defence, 17 Wing Winnipeg
(2:35 – 3:20, Repeated 3:40 – 4:25,, Embassy Room A)

During the last 30 years, there has been a substantial increase in the study of posttraumatic stress disorder (PTSD). In this presentation, I discuss some of the important advances in PTSD, including a concise review of the evolution of PTSD diagnosis in the Diagnostic and Statistical Manual of Mental Disorders, impact of PTSD in the community, an overview of the established risk factors for developing PTSD, and assessment and treatment. Throughout the session, controversies and clinical implications are discussed.

3:40 – 5:15

OPIOIDS AND CHRONIC NON-CANCER PAIN: PERCEPTIONS, PRINCIPLES, AND OPTIMIZING PRACTICE

DR. JAMIE FALK, Assistant Professor, College of Pharmacy, Faculty of Health Sciences, University of Manitoba; Clinical Pharmacy Specialist – Family Medicine
(3:40 – 4:25, Centennial Room)

This session will focus on fundamentals of chronic pain management, potential scenarios where opioids may be rational options, the short and long-term concerns associated with their use, and developing an approach to safely and effectively start and stop them.

ANXIETY & PTSD

DR. JOSEPH POLIMENI, Associate Professor, Dept. of Psychiatry, University of Manitoba; Staff psychiatrist (civilian), Dept of National Defence, 17 Wing Winnipeg
(3:40 – 4:25, Embassy Room A)

During the last 30 years, there has been a substantial increase in the study of posttraumatic stress disorder (PTSD). In this presentation, I discuss some of the important advances in PTSD, including a concise review of the evolution of PTSD diagnosis in the Diagnostic and Statistical Manual of Mental Disorders, impact of PTSD in the community, an overview of the established risk factors for developing PTSD, and assessment and treatment. Throughout the session, controversies and clinical implications are discussed.



FRIDAY, APRIL 17, 2015

ALMOST ALWAYS NORMAL BIRTH: HOW TO HANDLE SOME UNPREDICTABLE EMERGENCIES

DR. FRAN BERARD, Rural Physician, ALARM instructor

(3:40 – 4:25, Embassy Room D)

This session will include a review of obstetrical emergencies that can occur in the low risk birth setting. This will include preparation, recognition and management of unpredictable events such as shoulder dystocia and postpartum hemorrhage.

HEPATITIS C

DR. KELLY KAITA, Director, Viral Hepatitis Investigative Unit, Section of Hepatology, University of Manitoba

(4:30 – 5:15, Centennial Room)

Hepatitis C was identified over 25 years ago using molecular techniques while trying to identify an infectious cause of Non A, Non B hepatitis. Since the identification of this novel new virus, many investigators from around the world have been working diligently trying to find the “Golden Chalice.” In the early 90’s the identification of Interferon-alfa was felt to be a major development and milestone. The Achilles heel of interferon based therapies was and will always be the intolerant side effects. The addition of Ribavirin came in 1999. This resulted in SVR rates increasing to 35-40% but added a whole new set of problems such as anemia and rash. In 2013 we have started a whole new era of HCV therapy with the licensing of the first two DAA’s (Direct Acting Antivirals) for HCV. In 2015, we will see the launch of Interferon treatments for all genotypes with very high cure rates and minimal toxicity.

NAVIGATING INSURANCE & REPORTS IN THE MENTAL HEALTH PATIENT

DR. MARK ETKIN, Associate Professor, Department of Psychiatry, University of Manitoba; Psychiatric Consultant to Great West Life Insurance, Workers Compensation Board of Manitoba, Manitoba Blue Cross, Western Life Assurance, Wawanesa Mutual, and to Manulife Insurance

(4:30 – 5:15, Centennial Room)

Assessing medical ailments related to occupational disability can prove to be a daunting task for the busy primary care practitioner. When it comes to psychiatric diagnoses, this task can become even more formidable. When interfacing with disability providers, are we as physicians cognizant of the medical-legal pitfalls? Are we communicating on behalf of our patients using the correct terminology? This session will provide insight into the role of the family physician in assessing patients with psychiatric occupational disabilities.

RESPONSIBLE PRESCRIBING IN THE AGE OF ANTIBIOTIC RESISTANCE

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

(4:30 – 5:15, Embassy Room D)

The session will provide an overview of antibiotic resistance and its ongoing challenges. Antibiotic stewardship will be emphasized and a framework for thinking about antibiotic use will be presented. Community Acquired pneumonia will be used as an example.



SATURDAY, APRIL 18, 2015

MAINPRO-C SESSIONS

TEN-MINUTE CBT: HIGH-IMPACT TECHNIQUES FOR REAL DOCTORS – EMBASSY ROOM A

9:00AM TO 12:15PM 3.0 MAINPRO-C credits
Fee: \$325 + GST [\$341.25]

Yes, “good enough” CBT can be integrated into ten-minute primary care appointments. In this acclaimed three-hour kick-start, Dr. Greg Dubord and senior CBT Canada faculty will teach you skills that may fundamentally change your management of mental health and behavioral issues. You’ll learn flexible medical CBT tools that will enhance your existing approaches to major depression, persistent depressive disorder (“dysthymia” until DSM-5), GAD, chronic pain, substance abuse, non-compliance, and much more. See www.cbt.ca for further details.

1. Learn to break patients away from their “empathy addictions”
2. Learn to structure ten-minute appointments to maximize impact
3. Learn the vital importance of not working harder than most patients

“DIFFICULT” PATIENTS: TECHNIQUES FOR MANAGING THE PATIENTS WHO DRAIN YOU – EMBASSY ROOM A

1:00PM to 4:15PM 3.0 Mainpro-C credits
Fee: \$325 + GST [\$341.25]

When you review your appointment list for the day, do some names lead to a “heart sink” feeling? Odds are some patients disproportionately drain you—that is, until you get the appropriate training in CBT’s “psycho-judo”. In this year’s “Difficult” Patients workshop, we review practical and powerful tools to supplement your existing approaches to three conditions that needlessly deplete the caring physician: borderline personality disorder, hypochondriasis (“illness anxiety” in DSM-5), and suicidality. You’ll learn many techniques that can significantly improve patient outcomes—while making your life a lot easier. See www.cbt.ca for further details.

CASTED: EMERGENCY - CENTENNIAL ROOM 4

8:00 AM – 5:00 PM 9 Mainpro-C credits
Fee: \$950 + GST [\$997.50]

CASTED: Emergency is the ‘hands-on’ ED orthopedics course designed specifically for emergency department physicians and staff.

CASTED: Emergency offers numerous clinical pearls on:

- history, physical and investigations
- making more accurate diagnoses
- recognizing the ‘red flag’ patients
- knowing who needs a reduction
- fracture and dislocation reduction and molding techniques
- understanding who needs to see ortho and when.

Combining case presentations with over 4 hours of ‘hands-on’ casting and splinting, CASTED reviews:

- ED orthopedic principles
- ED management of over 80 specific diagnoses
- numerous ED casting, splinting and reduction techniques.

During the course, as you put on casts and splints, CASTED faculty will offer instruction on the proper application and molding techniques. By the end of the course, you will have the confidence that you are doing it right!



SATURDAY, APRIL 18, 2015

MAINPRO-C SESSIONS

EXERCISE PRESCRIPTION IN PRIMARY CARE - EMBASSY ROOM C

9:00 AM - 3:30 PM 6 MAINPRO-C CREDITS

FEE: \$375 + GST [**\$393.75**]

“What if there was one prescription that could prevent and treat dozens of diseases, such as hypertension, diabetes, and obesity. Would you prescribe it to your patients? Certainly.”

– Robert E. Sallis, MD, FACSM, Exercise is Medicine® Task Force Chairman.

Overview: The Exercise Vital Sign (EVS) is the most important vital sign you need to monitor with the majority of patients seen in primary care today. Learn how to efficiently integrate the EVS into your daily practice and to provide basic exercise counseling and prescription for your patients to prevent, manage and treat chronic disease.

Learning Objectives:

1. Discuss the health benefits and safety of regular exercise with their patients.
2. Use the exercise vital sign as part of periodic health evaluation
3. Provide basic exercise counseling and prescription for patients as part of patient care
4. Be able to utilize a motivational counseling framework for health behaviour change.
5. Learn how to monitor aerobic exercise intensity and how to do basic resistance exercise

WOMEN'S HEALTH- EMBASSY ROOM E

9:00 AM - 3:30 PM 6 MAINPRO-C CREDITS

FEE: \$425 + GST [**\$446.25**]

Morning Session: SKILLS TRANSFER WORKSHOP: OFFICE GYNECOLOGICAL PROCEDURES IN FAMILY MEDICINE

This workshop will briefly review an updated approach to the diagnosis and management of 5 benign uterine conditions (fibroids, abnormal uterine bleeding, endometriosis, chronic pelvic pain and pelvic organ prolapse). Using state-of-the-art models, participants will learn techniques for performing endometrial biopsies, inserting of the levonorgestrel IUS and fitting, inserting and caring for pessaries. This is a hands-on, interactive workshop.

Afternoon Session: INTRAUTERINE CONTRACEPTION: THEORY TO PRACTICE

This hands-on, interactive workshop will review the current copper and hormonal intra-uterine devices available and discuss the benefits, risks and counselling issues surrounding their use. Insertion techniques and troubleshooting challenging situations will be discussed and practiced on state-of-the-art gynecological models.

Learning Objectives:

- Review IUD key information including selecting appropriate patients, pros/cons of different IUD options, and counselling
- Hands-on practice of techniques for different IUDs
- Troubleshooting and practical pearls



HOTEL ACCOMODATIONS

VICTORIA INN

1808 WELLINGTON AVENUE
WINNIPEG MB R3H 0G3
PH: (204) 786-4801 or email kams@vicinn.com

ROOM & RATES

Standard Room, 2 beds - \$134.00/night
Business King - \$134.0/night/night
Executive Suite - \$210.00/night
Kids Themed Suite - \$210.00/night

Group Reservation number is 599939.



The host hotel, wake up and travel as far as the lobby to attend the conference.

Family Friendly – Dino Beach water park is fun for the kids!

Free parking!

HILTON SUITES WINNIPEG AIRPORT

1800 WELLINGTON AVENUE
WINNIPEG MB R3H 1B2
PH: (240) 783-1700

ROOMS & RATES

Suites with 1 King or 2 Double beds - \$136.00*

Group Reservation Code is ASA

*This rate is reserved until March 27, 2015



Next door and walking distance to the Victoria Inn

All rooms are suites – you choose one bed or two!

Free parking for registered guests!