Speakers have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.

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The Canadian Medical Protective Association

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Physician, Dartmouth General Hospital

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Gillian Reid
Manager, CPD Programs
Continuing Professional Development
Dalhousie University
SCHEDULE

THURSDAY, DECEMBER 6

0730 – 0825  Registration and Coffee

0825 – 0830  Opening Remarks Dr. Michael Fleming

0830 – 0915  Ophthalmology in the Family Physician’s Office
Dr. Jennifer Leverman
Learning objectives:
1. Learn to recognize and treat common eye complaints
2. Learn to recognize rare but important eye complaints
3. Refine your eye exam

0915 – 1000  Diets: Review the Physiology and Discuss the Evidence
Dr. Thomas Ransom
Learning objectives:
1. Learn an intervention designed for your busy office that will help your patients lose weight easily
2. Describe the scientific evidence for why fat is in and carbs are out for weight loss and glycemic control
3. Appreciate results from practice prescribing a low-carb, high-fat diet to patients with insulin resistance

1000 – 1030  Nutrition Break and Exhibits

CONCURRENT SESSIONS

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<tr>
<th>Time</th>
<th>Main Plenary Room</th>
<th>Room 106</th>
<th>Room 109</th>
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<tbody>
<tr>
<td>1030 – 1115</td>
<td>Top 10 Family Medicine Articles That Should Change Your Practice</td>
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Dr. Jock Murray; Dr. Mandi Irwin; Dr. Jennifer Leverman
Learning objectives:
1. Consider integrating three to five practice-changing concepts into the practice
2. Be aware of the influence of “spin” when interpreting new evidence
3. The participant will be made aware of the importance of caution when implementing guidelines

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<tr>
<td>1030 – 1115</td>
<td>Collaboration: Beyond Teamwork Workshop</td>
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Faculty Development |
Dr. Richard Mimeault
Learning objectives:
1. Describe 2 elements of a highly effective team
2. Recognize the importance of policies and procedures to support delivery of effective collaborative care
3. List communication tools and practices that improve patient safety in a shared care model
4. Explain the overarching impact of culture on team function

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<tr>
<td>1030 – 1115</td>
<td>Office-Based Use of Buprenorphine-Naloxone for Opioid Use Disorders</td>
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Dr. Leah Genge
Learning objectives:
1. Compare methadone and buprenorphine-naloxone and evaluate which medication to prescribe for treating opioid use disorder
2. Explain the pharmacology and pharmacodynamics of buprenorphine-naloxone, and plan an office-based induction without precipitating opioid withdrawal
3. Explore provincial guidelines and identify how to obtain certification to prescribe buprenorphine-naloxone

1115 – 1200  Office Emergencies
Dr. Constance LeBlanc
Learning objectives:
1. Learn how to prepare your office for emergencies
2. Learn an approach to common office emergencies, including anaphylaxis and chest pain

1200 – 1300  Lunch and Exhibits
1300 – 1345  
**Making Sense of Common Endocrine Tests in Pediatric Patients** 
Dr. Teresa Pinto  
**Learning Objectives:**  
1. To review interpretation of some common endocrine laboratory tests  
2. Thyroid tests, Gonadal Axis, adrenal androgens  
3. To recognize the importance of developmental stages in interpretation of these tests  
4. To review clinical utility of common endocrine tests

1345 – 1430  
**Trans Magnetic Stimulation**  
Dr. Sameh Hassan  
**Learning objectives:**  
1. Gain an understanding of the role in neuromodulation in psychiatry  
2. Understand the scientific basis behind rTMS  
3. Be familiar with the indications of rTMS

1430 – 1500  
**Hypertension ABCs**  
Dr. Stephen Workman  
**Learning objectives:**  
1. Appreciate pheochromocytoma as a rare but important cause of uncontrolled blood pressure  
2. Update in hypertension treatment  
3. Practical points for comprehensive cardiac risk factor management

1500 – 1530  
**Nutrition Break and Exhibits**

1530 – 1615  
**Use of Cannabinoids: What Is the Current Evidence**  
Dr. John Fraser  
**Learning Objectives:**  
1. Identify patients appropriate for cannabinoid therapy  
2. List the contraindications and complications of cannabinoid therapy  
3. Conduct a cannabinoid trial

1615 – 1700  
**Learning into QI – the most efficient talk you’ve heard all day**  
**Faculty Development**  
Dr. Nabha Shetty  
**Learning objectives:**  
1. Identify opportunities to improve care in your practice/community  
2. Develop a framework for quality improvement projects  
3. Identify champions and lay the foundation for a primary care QI network

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**Main Plenary Room**

**Room 106**

**Room 109**

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**FRIDAY, DECEMBER 7**

0730 – 0830  **Registration, Continental Breakfast and Exhibits**

### CONCURRENT SESSIONS

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<tr>
<th>Time</th>
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| 0830 – 0915 | **An Exit Plan for Opioids: When, Why, How?**  
Dr. Maureen Allen  
**Learning objectives:**  
1. Define the reasons for considering tapering or discontinuing opioids for a patient with chronic non-cancer pain  
2. Apply motivational interviewing techniques to initiate the discussion and facilitate the taper process  
3. Identify options for tapering or discontinuing opioids in an outpatient setting. The presentation will incorporate recommendations from the recently published 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain | **Concussions: Implications of the New 2017 Recommendations on Your Practice**  
Dr. David Cudmore  
**Learning objectives:**  
1. Apply the recommendations published in 2017 regarding concussions  
2. Provide a medical recommendation about returning to work, an activity or sport at risk of concussion  
3. Integrate practical tools that will facilitate concussion management in the practice  
4. Determine which industries present the greatest risk of concussion  
5. Use knowledge of the neurometabolic changes that accompany a concussive incident in treatment decisions  
6. Implement evidence-based clinical guidelines to assist in assessment, treatment, and accommodation in the workplace |
| 0915 – 1000 | **Management of Common Complications from Chemotherapy and Systemic Therapy for the Family Physician**  
Dr. Robyn Macfarlane  
**Learning objectives:**  
1. Learn the basics of chemotherapy  
2. Demonstrate an understanding of possible short-term side effects of chemotherapy and their appropriate management  
3. Recognize remote effects of chemotherapy and appreciate appropriate management |  |
| 1000 – 1030 | **Nutrition Break and Exhibits** |  |
| 1030 – 1115 | **“Timber!”: A Common Sense Approach to Syncope**  
Dr. Christopher Cox  
**Learning objectives:**  
1. Understand the physiology underlying syncope  
2. Identify high-risk features on history, physical, and ECG  
3. Appropriately disposition and investigate syncope patients | **EKG Workshop**  
Dr. Constance LeBlanc; Dr. Janet MacIntyre  
**Learning objectives:**  
1. Become familiar with an approach to reading electrocardiograms  
2. Learn to recognize signs of acute coronary syndrome on electrocardiograms  
3. Learn to recognize the signs of arrhythmia on electrocardiograms |
| 1115 – 1200 | **ABCs of AEFIs: An Approach to Adverse Events Following Immunization**  
Dr. Karina Top; Teri Cole  
**Learning Objectives:**  
1. Describe how vaccine safety is monitored in Canada and how physicians can support vaccine safety monitoring  
2. Develop an approach to managing patients who experience adverse events following immunization  
3. Identify resources to support primary care providers in managing patients with adverse events following immunization |  |
<p>| 1200 – 1300 | <strong>Lunch and Exhibits</strong> |  |</p>
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<td>Main Plenary Room</td>
<td><strong>Sleep Medicine Update: What’s New in the World of Sleep Medicine</strong>&lt;br&gt;Dr. David Gardner; Dr. Judith Davidson&lt;br&gt;<strong>Learning objectives:</strong>&lt;br&gt;1. Identify symptoms and conditions that may warrant assessment for a sleep disorder&lt;br&gt;2. Recognize the role of sleep medicine specialists and how they can assist in managing patients with suspected sleep disorders&lt;br&gt;3. Distinguish between various treatment options for sleep medicine conditions</td>
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<td>Room 106</td>
<td><strong>Office Orthopedics</strong>&lt;br&gt;Dr. Christina Atkinson&lt;br&gt;<strong>Learning Objectives:</strong>&lt;br&gt;1. Learn how to assess acute or chronic joint pain in less than 15 minutes in an office including history, physical, differential diagnosis and a management plan&lt;br&gt;2. Learn how to assess common acute and chronic soft tissue pain in less than 15 minutes in an office&lt;br&gt;3. Awareness of injuries not to miss that need immediate referral&lt;br&gt;4. Learn when to prescribe rest and when to prescribe therapy?&lt;br&gt;5. When do I refer for surgical management?&lt;br&gt;6. Learn when it is safe to exercise with injuries</td>
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<td>1415 – 1500</td>
<td>Room 103 &amp; 109</td>
<td><strong>Choosing Wisely Canada Skills Pavilion for Lower Back Pain</strong>&lt;br&gt;<strong>Pre-Registration required on a first come basis at the Registration Desk. Space is limited to 16 participants.</strong>&lt;br&gt;This novel 40 minute skills pavilion focuses on the Choosing Wisely Canada recommendation to avoid unnecessary imaging for lower back pain. &lt;br&gt;<strong>Learning objectives:</strong>&lt;br&gt;1. Explore a comprehensive lower back pain assessment tool that can be embedded into an EMR&lt;br&gt;2. Identify red and yellow flags in back pain assessment&lt;br&gt;3. Describe strategies for communication with patients seeking unnecessary imaging&lt;br&gt;Participants will complete computer-based modules before meeting with a simulated patient who will request an unnecessary MRI. Participants will receive confidential one-on-one feedback on their communication skills from the simulated patient.</td>
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<td><strong>Pediatrics: Better Nights, Better Days – What, Why &amp; How</strong>&lt;br&gt;Dr. Penny Corkum&lt;br&gt;<strong>Learning Objectives:</strong>&lt;br&gt;1. Have increased knowledge about the prevalence and impact of sleep problems, particularly pediatric insomnia&lt;br&gt;2. Understand best practice to treatment of pediatric insomnia and barriers to the provision of this care&lt;br&gt;3. Become familiar with the Better Nights, Better Days programs and future plans for sustainability of these program</td>
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<td><strong>Heart Failure Medications: Who Needs What Drug Now?</strong>&lt;br&gt;Dr. Simon Jackson&lt;br&gt;<strong>Learning objectives:</strong>&lt;br&gt;1. Emphasize the role and importance of primary care providers in optimally delivering maximal tolerated non-pharmacologic and pharmacologic heart failure treatments old and new&lt;br&gt;2. Provide a summary of the background evidence supporting the use of ACEi/ARB, beta-blockade and mineralocorticoid receptor antagonists (MRA's) as disease modifying treatment for CHF&lt;br&gt;3. Review the use and adverse effects of nepriysin inhibition in combination with ARB therapy (Sacubitril/ Valsartan) as an optimal agent in the treatment HFrEF&lt;br&gt;4. Make you aware of the role of ivabradine as an additional heart failure medication in selected HFrEF patients</td>
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**Rooms 103 & 109**

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| 1530 – 1615 | **Pediatric Ear, Nose, and Throat Issues for the Family Physician**  
Dr. Jock Murray  
**Learning objectives:**  
1. Learn to recognize common pediatric otolaryngology problems  
2. Learn approaches to treating common otolaryngology presentations  
3. Become aware of rare otolaryngology presentations | Central Zone INSPIRED COPD Outreach Program – Overview  
Lesley MacGregor, NP; John Cushing, RRT  
**Learning objectives:**  
1. COPD: Our Current Reality  
2. Overview of the INSIPRED COPD Outreach Program – Patient Profile and Overview  
3. Describe home visits by COPD educator/RRT  
4. Discuss additional interventions and follow up phone calls  
5. Overview of Advanced Care Planning  
6. Overview of the Nurse Practitioner Role  
7. Canadian Thoracic Guidelines for management of COPD  
8. Brief overview of Dyspnea management with Opioids  
9. Lessons learned |
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| 0830   | **Hepatitis C Update on New Treatments**                                 | Dr. Lisa Barrett                                                             | 1. Know hepatitis C biology and epidemiology  
2. Know current HCV care and cure paradigms  
3. Know the provincial landscape for HCV elimination                                                                                                      |
| 0915   | **Creating Evidence to Support Your Practice**                           | Dr. Fred Burge                                                               | 1. Learn about practice-based research (e.g. MaRNet-FP, BRIC NS) and how your practice can contribute  
2. Learn about how participating in research can support quality improvement, the full use of the EMR, and inform best practice  
3. Learn about specific studies on polypharmacy, case management in chronic disease, addressing social determinants of health, chronic opioid therapy in primary care, frailty, and more |
| 1000   | **Nutrition Break and Exhibits**                                         |                                                                              |                                                                                                                                                                                                                      |
| 1030   | **Dermatology Differentials: “Where’s Waldo” and Worrisome Skin Changes** | Dr. Peter Green                                                              | 1. Review approach to morphologic differential diagnosis in skin lesions  
2. Develop differentials for more common skin morphology presentations  
3. Review high level diagnostic clues to identify worrisome skin changes                                                                                       |
| 1115   | **To Treat or Not to Treat: Current Recommendations for Osteoporosis Management** | Dr. Diane Theriault                                                          | 1. Recognize fracture risk (rather than diagnosis of osteoporosis) as the key determinant for decision-making regarding the need for osteoporosis treatment  
2. Identify high risk patients who need to be on osteoporosis treatment; conversely identify patients who are unlikely to benefit from such treatments  
3. Dispel myths in regard to the relative benefits and risks of osteoporosis medications                                                                   |
| 1200   | **Closing Remarks**                                                      |                                                                              |                                                                                                                                                                                                                      |
STUDY CREDITS

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development (CPD), Dalhousie University for up to 16.0 Mainpro+ credits. (Thursday = 6.5 credits; Friday = 6.5 credits; Saturday = 3.0 credits)

Please note: CME certificates will be sent to attendees via the email address provided during registration. They should arrive within a week of the conference end date. Be sure to check your spam/junk mail folders as they may be diverted there.

POST CONFERENCE RESOURCES

Subject to speaker permission, most presentations will be available in PDF format on the Dalhousie CPD website for a period of six months following the conference. Available presentations will be posted as received within two weeks and can be found at:

https://medicine.dal.ca/departments/core-units/cpd/conferences/post-conference-resources.html

ONLINE EVALUATION

The conference evaluation will be conducted online at : https://surveys.dal.ca/opinio/s?s=46499

How to complete the evaluation

Step 1: Visit the site above, or scan the QR code, on your mobile device.

Step 2: Keep the survey open as you complete the evaluations for each session you attend. Click NEXT on the bottom of the screen to go to the next session.

Step 3: At the end of each day, click SAVE at the bottom of the screen to save your work. ENTER YOUR EMAIL to get a return ticket.

Step 4: The next day, CHECK YOUR EMAIL for the return ticket. The email will be from Continuing Professional Development (cpd@dal.ca). CLICK ON THE LINK to return where you left.

Step 5: The last evaluation is for the overall conference. When you are completely done, click FINISH at the bottom of the screen.

WIFI

To access the complimentary Wi-Fi, please select:
Network: Halifax Convention Centre
Access code: DALFALL18

SAVE THE DATE

The 45th Annual Dalhousie Spring Refresher will be held at the Halifax Convention Centre from March 7–9, 2019. Please note that due to the Canadian Association of Emergency Physicians National Meeting, CAEP by the Ocean, taking place in Halifax from May 26–29, 2019, the 45th Spring Refresher will be Therapeutics oriented rather than Emergency Medicine.

The 93rd Annual Dalhousie Fall Refresher will be held at the Halifax Convention Centre from November 28–30, 2019.
In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers. This program has received an educational grant or in-kind support from:

Allergan
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Choosing Wisely Nova Scotia
Crosbie House Society
Department of Health & Wellness – Government of PEI
Galderma
GlaxoSmithKline
Mylan
Novo Nordisk Canada Inc.
Purdue Pharma
Shire Pharma Canada ULC
Sigvaris Corp.
Valneva Canada

Complete list as of date of printing.