

92nd Annual Dalhousie

FALL REFRESHER

December 6–8, 2018
Halifax Convention Centre
Halifax, NS

Program Content Agenda as of July 20, 2018

Thursday, December 6th

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. Tom 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

1030-1115 **Top 10 Family Medicine Articles That Should Change Your Practice**
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

1115-1200 **Office Emergencies**
Dr. Constance LeBlanc, Associate Dean, CPD

Learning objectives: 1. Learn how to prepare your office for emergencies 2. Learn an approach to common office emergencies, including anaphylaxis, including chest pain Description: Emergencies and potentially acutely ill patients occasionally present to our offices. This session will help participants prepare their offices for emergencies. In addition, participants will learn approaches to common office emergencies. These include chest pain and anaphylaxis.

1200-1300 Lunch

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 **Practical Tips for Managing ADHD in Your Office**

Dr. Risk Kronfli

Learning objectives: 1. Recognize clues of the presence of ADHD in patients in a practice 2. Be able to prescribe and adjust dosages of medications for ADHD in primary care 3. Be able to differentiate ADHD from other commonly occurring mental health problems

1430-1500 **Hypertension ABCs**

Dr. Steven Workman

1500-1530 Nutrition Break

1530-1615 **Adult Vaccination: A Grown Up Thing to Do**

Dr. Kathryn Slayter

Learning objectives: 1. Explore the types of influenza vaccinations and identify who should be vaccinated 2. Differentiate the roles of the two available pneumococcal vaccines in healthy and chronically ill adults 3. Examine the role of pertussis vaccine in adult practice including pregnancy 4. Review up-to-date recommendations for herpes zoster (shingles) vaccines

1615-1700 **Quality Improvement**

Dr. Nabha Shetty

Learning objectives: TBC

Concurrent Sessions

1030-1200 **Office-Based Use of Buprenorphine-Naloxone for Opioid Use Disorders**

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

1300-1500 **Common Questions and Problems Encountered in Pregnancy: Prenatal and Postpartum Guidelines**

Dr. Barbara Parish

Learning objectives: 1. Answer common questions pregnant patients ask 2. Identify common bothersome symptoms in pregnant patients and how to assess for serious health concerns 3. Manage common pregnancy symptoms effectively. 4. Describe essential prenatal/postpartum care recommendations and the rationale for them 5. Develop strategies for incorporating the recommendations into routine perinatal care. A review of current evidence-based prenatal and postnatal maternity care.

1530-1700 **The Many Faces of Adolescent Eating Disorders: Would you recognize them?**

Dr. Herb Orlick

Learning objectives: 1. Describe the updated DSM classification of eating disorders and their incidences in adolescence 2. Discuss barriers to implementing screening for eating disorders in primary care 3. Discuss the challenges inherent in the diagnosis and management of eating disorders in primary care

Friday, December 7th

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.

0915-1000 **Management of Common Complications from Chemotherapy and Systemic Therapy for the Family Physician**

Speaker TBC

Learning objectives: TBC 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

1030-1115 **“Timber!”: A common Sense Approach to Syncope**

Speaker TBC

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

1115-1200 **ABCs of AEFIs: An approach to Adverse Events following Immunization**

Dr. Karina Top

Teri Cole, Communicable Disease and Prevention, Department of Health and Wellness

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

1200-1300 Lunch

1300-1340 **Sleep Medicine Update: What’s New in the World of Sleep Medicine**

Dr. David Gardner & Dr. Judith Davidson

Learning objectives: 1. Identify symptoms and conditions that may warrant assessment for a sleep disorder 2. Recognize the role of sleep medicine specialists and how they can assist in managing patients with suspected sleep disorders 3. Distinguish between various treatment options for sleep medicine conditions

1340-1415 **Pediatrics: Better Nights, Better Days – What, Why & How**

Dr. Penny Corkum

Learning Objectives: 1. Have increased knowledge about the prevalence and impact of sleep problems, particularly pediatric insomnia 2. Understand best practice to treatment of pediatric insomnia and barriers to the provision of this care 3. Become familiar with the Better Nights, Better Days programs and future plans for sustainability of these program

1415-1500 **Heart Failure Medications: Who Needs What Drug Now?**

Dr. Simon Jackson

Learning objectives: TBC

1500-1530 Nutrition Break

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 Description: Otolaryngology presentations are common in the family medicine office. This session will allow participants to become more familiar with the diagnosis of and changing treatment patterns for these presentations.

1615-1700 **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.

Concurrent Sessions

0830-1000 **Concussions: Implications of the New 2017 Recommendations on your Practice**

Dr David Cudmore

Learning objectives: 1. Apply the recommendations published in 2017 regarding concussions to the practice 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

10:30-12:00 **EKG Workshop**

Dr. Constance LeBlanc, Associate Dean, CPD

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

1300-1500 **Office Orthopedics**

Dr. Christina Atkinson

Learning Objectives: TBC

1530-1700 **Central Zone INSPIRED COPD Outreach Program – Overview**

Lesley MacGregor, NP

Learning objectives: overview of our program, referral sources/how to access us, patient profiles, practitioners involved 2. Outline medical management, dyspnea management.

Saturday, December 8th

0830-0915 **Hepatitis C Update on New Treatments**

Dr. Lisa Barrett

Learning Objectives TBC

0915-1000 **Can You Please Get Them to Stop Coughing?**

Speaker TBC

Learning objectives: 1. Differentiate between acute, subacute, and chronic cough 2. Review the diagnostic approach and appropriate treatments 3. Understand the unique pressures family physicians experience from patients for unnecessary antibiotics 4. Understand how patients, physicians, and the medical system all perpetuate the problem of inappropriate antibiotic prescribing.

1000-1030 Nutrition Break

1030-1115 **Dermatology Differentials: “Where’s Waldo” and Worrisome Skin Changes**

Dr. Peter Green

Learning objectives: 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

1115-1200 **To Treat or Not to Treat: Current Recommendations for Osteoporosis Management**

Dr Diane Theriault

Learning Objectives: 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