

95th Annual Dalhousie

FALL REFRESHER



November 26 & 27, 2021
Virtual Conference



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Continuing Professional Development
& Medical Education

SPEAKERS

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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Psychologist, Cancer Care Nova Scotia
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PLANNING COMMITTEE

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Family Physician
Fredericton, NB

FRIDAY, NOVEMBER 26, 2021

0815 – 0830 **Opening Remarks**

0830 – 0900 **Interpretation of Common Blood Tests**

Dr. Ashley Miller

Learning objectives:

1. Review the basic components of a complete blood count (CBC) and differential
2. Discuss common CBC abnormalities, including recommendations for monitoring, investigation, and indications for referral
3. Review serum protein electrophoresis interpretation, including recommendations for monitoring, investigation, and indications for referral

0900 – 0930 **Chronic Renal Disease-Management in Family Practice**

Dr. Colin Van Zoost

Learning objectives:

1. Review the common causes of chronic kidney disease
2. Discuss the work up and management of chronic kidney disease in a primary care setting
3. Explore new medical therapy for chronic kidney disease

0930 – 1000 **Prolonged QT Interval**

Dr. Kyle McCoy

Learning objectives:

1. Review the definition and consequences of Acquired Long-QT Syndrome
2. Identify risk Factors for Torsades des Pointes (TdP)
3. Suggest management principles for Drug-induced Long-QT syndrome

1000 – 1015 **BREAK**

1015 – 1045 **Update on STI Testing and Treatment**

Dr. Nicholas Humphreys

Learning objectives:

1. Review the importance of a thorough sexual history taking
2. Review indications for testing for various sexually transmitted infections
3. Review treatment recommendations and required follow-up for suspected or known positive cases

1045 – 1115 **The Challenging Role of Primary Care in Workplace Injury and Return to Work**

Dr. Manoj Vohra and Daniel Makhan

Learning objectives:

1. Understanding WCB 101 — The process, the people, the programs
2. Evidence behind being work connected
3. Difficult conversations (leading stay at work and return to work conversations)
4. Your words matter — maybe the most (The role of influencer)

1115 – 1155 **Diagnosis in Liver Disease: ABLE Pathway**

Dr. Magnus McLeod

Learning objectives:

1. Understand the approach to abnormal liver enzymes
2. How to triage patients with Non-Alcoholic Fatty Liver Disease
3. Guidance on when to refer patients for specialist care

1155 – 1225

LUNCH

1225 – 1300

Hypo and Hyper-natremia: What to Do?

Dr. Nabha Shetty

Learning objectives:

1. Recognize when abnormal serum sodium needs your attention
2. Diagnose drivers of hyponatremia and hypernatremia
3. Determine when management is within the scope of primary care

1300 – 1330

Ophthalmology Refresher: Anterior Segment

Dr. Brendan Eadie

Learning objectives:

1. To review anterior segment anatomy
2. To learn the latest trends in cataract surgery: premium intraocular lenses and immediate sequential bilateral cataract surgery
3. To learn the newest topical glaucoma drops being prescribed and the various minimally invasive glaucoma surgeries being employed
4. To learn the new corneal lamellar keratoplasty surgeries being employed

Ophthalmology Refresher: Overview of the Most Common Retinal Disorders

Dr. Carolina Francisconi

Learning objectives:

1. Diabetic Retinopathy: diagnosis and treatment
2. Retinal vascular occlusions review
3. Age-related macular degeneration review

1330 – 1400

Diagnosis and Management of Delirium in Long-Term Care

Dr. Colin Hebb

Learning objectives:

1. Recognize and diagnose delirium in long-term care populations
2. Properly review and workup possible etiologies of delirium in long-term care populations
3. Managing delirium in long-term care populations in the context of identified goals of care

1400 – 1430

Medications and Deprescribing In Long-Term Care

Dr. Chris MacKnight

Learning objectives:

1. Understand the clinical impact of medication-related adverse events in long term care
2. Understand a basic approach to deprescribing in daily practice
3. Be introduced to resources available to facilitate deprescribing

1430 – 1500

Abnormal Uterine Bleeding

Dr. Brett Vair

Learning objectives:

1. Describe the presentation of abnormal uterine bleeding and its functional impact
2. Outline an approach to assessment and diagnosis of abnormal uterine bleeding
3. Discuss treatment strategies for women presenting with abnormal uterine bleeding

1500 – 1515

BREAK

1515 – 1545 **Cannabis Use in Chronic and Cancer Pain**
Dr. Robin Grant
Learning objectives:
1. Summarize the evidence for cannabis for cancer pain
2. Summarize the evidence for cannabis for chronic pain
3. Describe various forms of cannabis available for use with pain
4. Describe how to prescribe or authorize cannabis for pain

1545 – 1615 **ANA – Understanding the Misunderstood**
Dr. Sylvie Ouellette
Learning objectives:
1. Know when to order an ANA
2. Understand the implications of ANA positivity
3. Know what additional investigations are helpful when the ANA is positive

1615 – 1700 **Gender Diversity and Gender Dysphoria in Children and Youth: A Taster**
Dr. Tania Wong & Dr. Arati Mokashi
Learning objectives:
1. To understand how gender dysphoria is defined and recognize signs of gender dysphoria in youth.
2. Demonstrate a sensitive and genuine approach towards children and youth with gender dysphoria/variance and their families.
3. To recognize and manage common co-morbidities
4. To gain an understanding of gender affirming therapies: hormones and surgery.

Saturday, November 27th, 2021

0825 – 0830 **Opening Remarks**

0830 – 0900 **Tapering Benzodiazepines**
Dr. Sundeep Chohan
Learning objectives:
1. Understand the issues behind the drive for Benzodiazepine deprescribing
2. Discussion of the practicalities influencing Benzodiazepine deprescribing and a review of guidelines
3. Discussion of complex case examples to highlight the challenges of successful tapers

0900 – 0930 **Evidence based skills for Difficult Patient Consultations**
Dr. Dayna Lee-Baggleley
Learning objectives:
1. Identify factors that can make consultations difficult
2. Review evidence based skills in motivational readiness to manage difficult consultations
3. Review evidence based skills in trauma informed care to manage difficult consultations

0930 – 1000 **Practical Management of Common Pediatric Skin Conditions**
Dr. Peter Green
Learning objectives:
1. Review morphology of cutaneous diseases in children
2. Review common management principles in pediatric dermatology
3. Review cutaneous infectious disease in children

1000 – 1015

BREAK

1015 – 1045

Perimenopause: All the symptoms and what to do about it

Dr. Melissa Brooks

Learning objectives:

1. Be able to use the appropriate terminology to discuss women's reproductive aging
2. Understand the physiologic changes that occur during the menopausal transition
3. Have an approach to evaluating women who present with symptoms felt to be attributable to perimenopause
4. Be able to counsel patients on treatment options available for perimenopausal symptoms

1045 – 1115

Diagnosis and Management of IBS

Dr. Chadwick Williams

Learning objectives:

1. Defining what is (and is not) IBS
2. Discuss the epidemiology and disease burden of IBS
3. Identify and discuss important therapeutic options for IBS

1115 – 1200

Screening and Diagnosis of Substance Use, Misuse, and Use Disorders

Dr. Amy Gillis

Learning objectives:

1. Know who, when, and how to screen for use of substances
2. Avoid subjectivity and use correct language in assessment of substance use
3. Be familiar with objective measures of screening and diagnosis: Canada's Low Risk Drinking Guidelines, AUDIT-C, AUDIT, DSM-V criteria
4. Use these measures to make a diagnosis
5. Use that diagnosis to plan treatment

1200 – 1225

LUNCH

1225 – 1300

Pharmacotherapy for the Management of Alcohol Use Disorder

Dr. David Martell

Learning objectives:

1. List a menu of pharmacotherapeutic options for a person with alcohol use disorder interested in changing drinking behavior.
2. Implement a care plan for a person with alcohol use disorder using a holistic approach.
3. Explain harm reduction in the context of alcohol use.

1300 – 1330

Infertility Workup and Management

Dr. Renda Bouzayen

Learning objectives:

1. Define infertility – Incidence and prevalence
2. Etiology of infertility and evaluation
3. Management options
4. Investigations prior to referral
5. Success rate
6. New services

1330 – 1400

Speaking with patients about organ donation: What is presumed consent?

Dr. Tom Skinner and Dr. Cathy Connell

Learning objectives:

1. What does the new 'presumed consent' legislation for organ and tissue donation really mean for patients?
2. The importance of discussing organ and tissue donation with patients AND families and how to fit this into a busy clinical practice
3. Review of our new toolkit with easily accessible resources for both physicians and patients to help navigate this space

1400 – 1445

Working with Marginalized Pediatric Patients

Dr. Tara Chobotuk

Learning objectives:

1. Describe how poverty affects NS children
2. Describe 2 "tips" when working with marginalized families
3. List 3 resources you can use in your practice to help pediatric patients and their families

1445 – 1500

BREAK

1500 – 1530

The Itchy Vulva

Dr. Mary Lou Baxter

Learning objectives:

1. To recognize diagnostic clinical features of the most common inflammatory vulvar disorders
2. To gain an understanding of the current recommendations for safe and effective management of these disorders
3. To acquire practical tips on what can be done in the primary care setting, and when to refer to a specialist

1530 – 1600

Update on Parkinson's Disease

Dr. Kerrie Schoffer

Learning objectives:

1. Learn about new concepts in our understanding of Parkinson's disease
2. Be aware of the newest medical treatments available for Parkinson's disease
3. Be familiar with the latest in interventional and surgical treatment for Parkinson's disease

1600 – 1645

Understanding Long COVID

Dr. Christy Bussey

Learning objectives:

1. Definition and clinical features of Long COVID with case examples
2. Risk factors for developing Long COVID
3. Expected outcomes and health system implications
4. Review of Nova Scotia resources

END OF REFRESHER

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 the Continuing Professional Development Office of Dalhousie University for up to **14.75** Mainpro+ credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Dalhousie University. You may claim a maximum of **14.75** hours (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

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=65245>

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 or when you need a break, 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 or when you are ready to begin again, 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.



SAVE THE DATE

The 47th Annual Dalhousie Spring Refresher Therapeutics will be held in person April 29th and 30th, 2022 at the Halifax Convention Centre.

For a complete listing of our upcoming CME events and registration information, [please visit the Dal CPD Conference website](#)