

98th Annual
Dalhousie Fall Refresher **Thursday In-Person**

DRAFT AGENDA

Thursday, November 28, 2024	
Session 1: 1300-1430	
1300-1430	<p>INSOMNIA – treatment and resource update for aligning your practice with current guidelines</p> <p>Speakers: Dr. David Gardner, Department of Psychiatry, Dalhousie University Dr. Andrea Murphy, College of Pharmacy, Dalhousie University Dr. Lucas Eberhardt De Master, Crux Psychology, Atlantic Canada</p> <p>Learning objectives: On completion of this session, participants should be able to:</p> <ul style="list-style-type: none"> • Describe the evidence supporting Sleepwell as a direct-to-patient resource for sedative deprescribing and improving insomnia outcomes with cognitive-behavioural therapy for insomnia. • Use tools and resources to motivate and enable patients to prioritize the sleep enhancing techniques of CBTi for improved, long-term sleep outcomes and/or reduce/avoid sedatives. • Identify their learning needs for being able to support their patients completing self-directed CBTi.
1300-1430	Deprescribing in the elderly. Speaker: Dr. Alethea Lacas
1300-1430	Dermatology Boot Camp. Speaker: Dr. Peter Green 3 hours covering a wide range of dermatology conditions. (Early diagnosis of melanoma, dermoscopy for family doctors, treatment of psoriasis, atopic dermatitis, vitiligo and alopecia)
1300-1430	Choosing depression and Anxiety medications including medication switching and adjunct therapies. Speaker: Dr. Rudolph Uher
Session 2: 1500-1630	
1500-1630	<p>Managing substance use disorders in primary care. Speakers: Dr. Muna Chowdhury and Dr. Mike Gniewek</p>
1500-1630	Sports Med Refresher. Speaker: Dr. Jen Fletcher - Common injuries, exam pearls and direction on management.
1500-1630	Chronic Pain in Family Practice. Speaker: Dr. Maureen Allen - approaches to common problems; when, if, how to use Opioids in Chronic Pain. When and when not to trial Opioids in chronic pain.
1500-1630	<p>AI in Clinician Practice. Speaker: Dr. Wendy Stewart Following participation in this workshop, participants will be able to:</p> <ol style="list-style-type: none"> 1. Explain the fundamentals of AI in healthcare 2. Describe different ways AI can be used to enhance clinical care in practice

	<ol style="list-style-type: none">3. Apply AI to different tasks required in clinical practice4. Identify the ethical issues and concerns related to the use of AI in clinical practice
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