

98<sup>th</sup> Annual  
Dalhousie Fall Refresher **Thursday In-Person**

# DRAFT AGENDA

Thursday, November 28, 2024	
Session 1: 1300-1430	
1300-1430	<p><b>Sleepwell – An Evidence-Based Insomnia Care Resource for Family Physicians.</b> Speakers: <b>Dr. David Gardner</b>, Department of Psychiatry, <b>Dr. Andrea Murphy</b>, College of Pharmacy,</p> <p>Learning objectives: On completion of this session, participants should be able to:</p> <ul style="list-style-type: none"> <li>i) Describe the evidence supporting Sleepwell as a direct-to-patient resource for sedative deprescribing and improving insomnia outcomes with cognitive-behavioural therapy for insomnia.</li> <li>ii) Use Sleepwell’s 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.</li> <li>iii) Identify their learning needs for being able to support their patients completing self-directed CBTi.</li> </ul>
1300-1430	<p><b>Deprescribing in the elderly.</b> Speaker: <b>Dr. Alethea Lacas</b></p>
1300-1430	<p><b>Dermatology Boot Camp.</b> Speaker: <b>Dr. Peter Green</b> 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)</p>
1300-1430	<p><b>Choosing depression and Anxiety medications including medication switching and adjunct therapies.</b> Speaker: <b>Dr. Rudolph Uher</b></p>
Session 2: 1500-1630	
1500-1630	<p><b>Managing substance use disorders in primary care.</b> Speakers: <b>Dr. Muna Chowdhury</b> and <b>Dr. Mike Gniewek</b></p>
1500-1630	<p><b>Sports Med Refresher.</b> Speaker: <b>Dr. Jen Fletcher</b> - Common injuries, exam pearls and direction on management.</p>
1500-1630	<p><b>Chronic Pain in Family Practice.</b> Speaker: <b>Dr. Maureen Allen</b> - approaches to common problems; when, if, how to use Opioids in Chronic Pain. When and when not to trial Opioids in chronic pain.</p>
1500-1630	<p><b>AI in Clinician Practice.</b> Speaker: <b>Dr. Wendy Stewart</b> Following participation in this workshop, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Explain the fundamentals of AI in healthcare</li> <li>2. Describe different ways AI can be used to enhance clinical care in practice</li> <li>3. Apply AI to different tasks required in clinical practice</li> <li>4. Identify the ethical issues and concerns related to the use of AI in clinical practice</li> </ol>