

**49<sup>th</sup> Annual Dalhousie**

# Spring Refresher

**Hybrid Conference**

April 19 & 20, 2024

Halifax, NS

Educationally approved/co-sponsored by



**DALHOUSIE  
UNIVERSITY**

CONTINUING PROFESSIONAL  
DEVELOPMENT &  
MEDICAL EDUCATION

0730 – 0815      **Registration and Light Breakfast**

0815 – 0830      **Opening Remarks by Dr. Lisa Bonang**

0830 – 0900      **Hypertension: Academic Detailing Updates**

Dr. Edie Baxter and Michelle Pye

*Learning objectives:*

- To recognize recent evidence comparing thiazides to thiazide-like diuretics for cardiovascular outcomes.
- To examine the available evidence comparing the effects of administration time of antihypertensive drugs (morning versus evening).

0900 – 0930      **Hypertensive urgency in your office; to worry or not to worry**

Dr. Stephen Miller

*At the end of this session, participants will be able to:*

- Compare the difference between hypertensive urgency and emergency.
- Relate evidence-based investigation of hypertensive urgency.
- Describe evidence-based treatment of hypertensive urgency.

0930 – 1000      **HIV: Treatment Options**

Dr. Lisa Barrett

*Learning objectives:*

- Identify first line therapies suitable for most HIV patients and how to monitor for side effects.
- Review guidelines based followup for HIV therapeutics including some medication interaction 'pearls'.
- Know the top 5 primary care considerations for your person living with HIV beyond 60.

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1000 – 1015      **BREAK**

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1015 – 1045      **Vaccination update – what is recommended, what is covered and to who is it recommended**

Dr. Shelly McNeil

*Learning objectives:*

- To review what's new in the prevention of RSV disease.
- To review updated guidance for influenza, COVID-19 and pneumococcal vaccines.
- To review updated guidance for use of meningitis B vaccines.

1045 – 1115      **Re-Emerging Sexually Transmitted Infectious Diseases – diagnosis and treatment**

Dr. Todd Hatchette

*Learning objectives:*

- Describe the epidemiology of syphilis in Canada.
- Describe how to stage and diagnose syphilis.
- Describe the epidemiology of gonorrhea and the changes to treatment recommendations.

1115 – 1200      **Serious Common Drug Side Effects: What we need to counsel to patients and monitor**

Graham Mackenzie

*At the conclusion of this activity, participants will be able to:*

- Recognize how adverse effect lists are developed for medications and differentiate to patients the difference between significant effects and less important random ones.
- Identify and predict how common adverse drug reactions can occur with antibiotics, statins and QT interval reactions and plan how to implement decisions to help minimize them.
- Explain key issues with various medications so you can illustrate to your patients a safe and effective way to navigate their therapy and implement evidence-based decisions with various online tools.

1200 – 1300

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**LUNCH**

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1300 – 1400

**Medical Management of Substance Abuse: Alcohol and Opioids**

Dr. Michael Gniewek and Dr. Muna Chowdhury

*Learning objectives:*

**Alcohol**

- Understand the significant health epidemiology of alcohol related illness in Canada.
- Gain prescribing comfort with common anti-craving medications used in alcohol use disorder.
- Identify which patients in your practice may be appropriate for home detox and which pharmacotherapy regimens you could consider.
- Review current community resources available for alcohol use disorder patients.

**Opioids**

- Review the first line Opioid Agonist Treatments (OAT) and learn what you need to know about patients taking these treatments.
- Gain skill and comfort initiating and managing Buprenorphine/Naloxone in your family practice.
- Review current community resources available for opioid use disorder patients.

1400 – 1430

**A Practical Approach to Investigating and Managing Chronic Kidney Disease in Primary Care**

Dr. Keigan More

*At the conclusion of this presentation, participants will be able to:*

- Understand the initial investigations required for patients with chronic kidney disease.
- Describe best practices for managing patients with chronic kidney disease.

1430 – 1500

**Recurrent Renal Calculi: Update on Treatment**

Dr. Andrea Lantz-Powers

*At the conclusion of this activity, participants will be able to:*

- Identify renal stones that require active management/treatment and referral to Urology.
- Determine the appropriate management of ureteric stones, including follow-up and need for surgical intervention.

1500 – 1515

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**BREAK**

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1515 – 1545

**Management of Diffuse Interstitial Lung Diseases**

Dr. Sarah Maclsaac

*At the conclusion of this activity, participants will be able to:*

- Review the main diagnostic categories of diffuse interstitial lung diseases.
- Highlight the general workup for diffuse interstitial lung diseases.
- Describe the approach to therapeutic management of diffuse interstitial lung diseases.

1545 – 1615

**COPD Treatment Update**

Dr. Kristina Kemp

*At the conclusion of this activity, participants will be able to:*

- Appraise the COPD patient for symptom burden and risk of exacerbations.
- Optimize maintenance pharmacological therapy for individuals with stable COPD.

1615 – 1700

**Empowering Change in Nova Scotia with The Three Pillars of Obesity Care**

Dr. Michael Mindrum

*At the conclusion of this activity, participants will be able to:*

- Understand obesity as a chronic disease.
- Review the three pillars of obesity care (Obesity Canada Guidelines).
- Advocate for improved obesity care in Nova Scotia.

0730 – 0825 **Registration and Light Breakfast**

0825 – 0830 **Opening Remarks**

0830 – 0900 **PTSD: Management in the Primary Care Setting**

Dr. Leigh Meldrum

*Learning objectives:*

- Understand the DSM-V diagnostic criteria for post-traumatic stress disorder and other trauma-related disorders.
- Be able to apply evidence-based approaches for the treatment of post-traumatic stress disorder.

0900 – 0930 **Differential Diagnosis of Psychotic Symptoms**

Dr. Lara Hazelton

*After this presentation, participants will be able to:*

- Describe how to assess patients with delusions and hallucinations in outpatient and inpatient settings.
- Explain how psychotic symptoms in mood disorders may differ from those in primary psychotic disorders such as schizophrenia.
- Generate a comprehensive differential diagnosis for psychotic symptoms.

0930 – 1000 **Gender Affirming Hormone Therapy in Primary Care**

Dr. Laci Williams

*At the end of this presentation, you will be:*

- More confident discussing gender incongruence and gender dysphoria with your patients seeking GAHT.
- More confident initiating and monitoring GAHT.
- Aware of common side effects and risks associated with GAHT and know when to refer.

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1000 – 1015 **BREAK**

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1015 – 1045 **“News Flash meets Hot Flash”: Update on Pharmacotherapy for Menopause**

Dr. Maria Migas

*Learning objectives:*

- Identify common and uncommon symptoms associated with the menopause transition.
- Summarize evidence-based therapies to treat menopausal symptoms.
- Apply current guidelines on menopause hormone therapy to patients with moderate to severe symptoms.

1045 – 1115 **Contraceptive Update**

Dr. Elana Kimmel

*Learning objectives:*

- Identify and understand three new contraceptive methods.
- Compare and select appropriate candidates for these contraceptive methods.
- Manage common complications.
- Support inclusivity in contraceptive counselling.

1115 – 1200 **Recognizing and Responding to Intimate Partner and Familial Violence**

Dr. Meghan Hansford and Zhanelle McHugh

*Learning objectives:*

- Identify and screen for IPV and Familial Violence.
- Increase understanding of Trauma-Informed Care.
- Navigate appropriate community resources.

1200 – 1300

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**LUNCH**

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1300 – 1330

**Monoclonal Gammopathy of Undetermined Significance (MGUS): Overview for Primary Care**

Dr. Andrea Kew

*Learning objectives:*

- Recognize when to order a serum protein electrophoresis and how to interpret the results.
- Develop an understanding of the natural history of MGUS and be able to differentiate IgM MGUS from non-IgM MGUS.
- Provide ongoing care of patients with MGUS.

1330 – 1400

**Dyslipidemia Guidelines and Treatment: Update for Family Physicians (To Statin or not to Statin)**

Dr. Jock Murray

*Learning objectives:*

- Review the 2021 Canadian Cardiovascular Society Dyslipidemia Guidelines.
- Critique the evidence and conflicts associated with these guidelines.
- Provide a framework for approaching Dyslipidemia in Family Practice.

1400 – 1445

**Peripheral Neuropathy - diagnosis and treatment**

Dr. Michael Thorne

*Learning objectives:*

- Recognize the common and potentially serious causes of peripheral neuropathy.
- Review the diagnostic workup for peripheral neuropathy.
- Review and Appraise the treatments for peripheral neuropathy.

1445 – 1500

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**BREAK**

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1500 – 1530

**BPH – treatment**

Dr. Nick Paterson

- Contrast the pharmacologic options for the treatment of BPH.
- Recognize which patients may need early specialist referral.
- Employ the use of symptom scores to help guide treatment of BPH.

1530 – 1615

**Hypogonadism and Testosterone Therapy: Tips and Tricks**

Dr. Jesse Ory

*Learning objectives:*

- Comfortably prescribe Testosterone therapy without worry.
- Counsel men on what benefits to expect/what issues will not improve with Testosterone.
- Understand the safety issues associated with Testosterone therapy.

1615 – 1700

**Approach to Steatotic Liver Disease**

Dr. Magnus McLeod

*Learning objectives:*

- Update on terminology.
- Approach to diagnosis and prognostication.
- Management update.

**END OF REFRESHER**

## Planning Committee

### **Lana Beth Barkhouse, MD**

Family Physician  
Charlottetown, PE

### **Lisa Bonang, MD, CCFP, FCFP (Chair)**

Director, Large Programs  
Continuing Professional Development and Medical Education  
Associate Professor, Department of Family Medicine  
Dalhousie University

### **Heather Hayman, RN, NP**

Vice President  
Family Practice Nurses Association of Nova Scotia

### **Lara Hazelton, MD, MEd, FRCPC**

Professor & Director of CPD, Department of Psychiatry  
Co-Director of Faculty Development, CPDME  
Dalhousie Faculty of Medicine

### **Kristian Lobban, MD, CCFP, MBA, BSc**

Family Physician  
Halifax, NS

### **Israel Opeyemi-Ajayi, MD**

Family Physician  
Tatamagouche, NS

### **Gillian Reid**

Manager, CPD Programs  
Continuing Professional Development  
Dalhousie University

### **Lisa Searle, MD, CCFP(PC), FCFP, FRCPC**

Family & Palliative Medicine, The Moncton Hospital  
Faculty Development Coordinator, Moncton Medical Education  
Director of Faculty Development, Dalhousie Medicine  
New Brunswick

### **Laura Schep, BAS, MD, CCFP**

Family Physician, Western Zone

### **Kelly Silver, BScN, RN**

Clinical Educator  
Interprofessional Practice and Learning  
Primary Health Care, Northern Zone  
President, Family Practice Nurses Association of Nova Scotia

### **Adrienne Watson, MD, CCFP, FCFP**

Family Physician  
Halifax, NS

## 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.*

### **Lisa Barrett, MD, PhD, FRCPC**

Assistant Professor  
Division of Infectious Diseases, Department of Medicine  
Department of Microbiology & Immunology  
Department of Pathology  
Dalhousie University

### **Edie Baxter, MSc, MD, CCFP**

Clinical Director of Academic Detailing  
Continuing Professional Development and Medical Education  
Dalhousie University

### **Muna Chowdhury, MD, CCFP, FCFP**

Assistant Professor, Department of Family Medicine,  
Dalhousie University  
Direction 180 Opioid Agonist Treatment Centre  
Dalhousie University Student Health and Wellness Centre  
Physician Counselor - Professional Support Program  
Consultant Physician - Phoenix Youth Services  
Consultant Physician - Gender Affirming Care for Youth

### **Michael Gniewek, MD, CCFP**

Family Physician - Mobile Outreach Street Health (MOSH),  
Direction 180  
Addiction Medicine Consultant - NSH Addiction Medicine  
Consult Service  
Assistant Professor, Department of Family Medicine,  
Dalhousie University

### **Meghan Hansford, PhD**

Manager, Housing Support Program  
Adsum for Women & Children

### **Todd Hatchette, MD, FRCPC, FAMMI**

Chief, Division of Microbiology  
Department of Pathology and Laboratory Medicine  
Nova Scotia Health  
Professor  
Depts of Pathology, Immunology and Microbiology, Medicine  
Dalhousie University

### **Lara Hazelton, MD, MEd, FRCPC**

Professor & Director of CPD, Department of Psychiatry  
Co-Director of Faculty Development, CPDME  
Dalhousie Faculty of Medicine

**Kristina Kemp, MD, FRCPC**

Assistant Professor  
Division of Respiriology  
Department of Medicine  
Dalhousie University

**Andrea Kew, MD, FRCPC**

Assistant Professor  
Division of Hematology  
Department of Medicine  
Dalhousie University

**Elana Kimmel, MD, CCFP**

Family Physician  
Halifax, NS

**Andrea Lantz – Powers, MD, MEd, FRCSC**

Assistant Professor & Residency Program Director  
Department of Urology  
Dalhousie University

**Graham Mackenzie, PhC**

Pharmacist  
Baddeck, NS

**Sarah MacIsaac, MD, FRCPC**

Assistant Professor  
Division of Respiriology  
Department of Medicine  
Dalhousie University

**Zhanelle McHugh**

Program Co-Ordinator and Support Worker  
Housing Support Program  
Adsum for Women & Children

**Magnus McLeod, MD, FRCPC**

Interim division head, Assistant professor  
Division of General Internal Medicine  
Department of Medicine  
Dalhousie University

**Shelly McNeil, MD, FRCPC**

Professor, Division Head/Service Chief  
Division of Infectious Diseases  
Department of Medicine  
Dalhousie University

**Leigh Meldrum, MD, FRCPC**

Assistant Professor  
Department of Psychiatry  
Dalhousie University

**Stephen Miller, MD, CCFP(EM), FCFP, MEd**

Associate Dean, Continuing Professional Development and  
Medical Education  
Director of Simulation, Faculty of Medicine  
Associate Professor, Department of Emergency Medicine  
Dalhousie University

**Maria Migas, MD, CCFP, FCFP, MSCP**

Family Physician  
Halifax, NS

**Michael Mindrum, MD, FRCPC**

Assistant Professor  
Division of General Internal Medicine  
Department of Medicine  
Dalhousie University

**Keigan More, MD, FRCPC**

Assistant Professor  
Division of Nephrology  
Department of Medicine  
Dalhousie University

**Jock Murray, MD, CCFP**

Family Physician  
Spryfield, NS

**Jesse Ory, MD, FRCSC**

Assistant Professor  
Department of Urology  
Dalhousie University

**Nick Paterson, MD, FRCSC**

Assistant Professor  
Department of Urology  
Dalhousie University  
Urology and Renal Transplant Surgery

**Michelle Pye, BSc (Pharm), ACPR**

Drug Evaluation Unit Pharmacist  
Team Lead  
Nova Scotia Health

**Michael Thorne, MD, FRCPC**

Assistant Professor  
Division of Neurology  
Department of Medicine  
Dalhousie University

**Laci Williams, MD, CFPC**

Family Physician  
Halifax, NS

## 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 Dalhousie University Continuing Professional Development and Medical Education for up to **14.0** MAINPRO+ credits.

As an accredited provider, Dalhousie University Continuing Professional Development and Medical Education, designates this continuing professional development activity for up to **14.0** credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

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 online at [edhub.ama-assn.org](http://edhub.ama-assn.org).

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 arrive 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 for attendee access. This link was emailed to attendees with conference details from [cpd@dal.ca](mailto:cpd@dal.ca)

## Online Evaluation

The conference evaluation will be conducted online at : <https://surveys.dal.ca/opinio/s?s=76358>



### 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](mailto: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 Dates

The **12<sup>th</sup> Annual Thomas and Alice Morgans Fear Memorial Conference.**

Gender Equity and Shared Care: Bridging the Know-How Gap. May 27, 2024 at the Halifax Convention Centre.

The **Dalhousie Academic Detailing Conference** will be October 25-27, 2024 at Liscombe Lodge, Liscomb, NS.

For a complete listing of our upcoming CME events and registration information, please visit the Dal CPD Conference website.