



68th Annual Refresher Course for Family Physicians

April 8-10, 2019

Ottawa Conference and Event Centre
200 Coventry Road, Ottawa, ON

19.5 MAINPRO+ CREDITS | 19.5 SECTION 1 HOURS



Bureau du développement
professionnel continu

Office of Continuing
Professional Development



613-761-4480 ext: 1 | cpd@toh.ca | www.med.uottawa.ca/cpd

COURSE DESCRIPTION

This comprehensive course is designed to provide family physicians and other health-care providers with relevant and recent information about approaches to the diagnosis and management of conditions across the breadth of family medicine in both rural and urban settings. Each day consists of a combination of short snappers, lectures and workshops designed specifically for family physicians and healthcare providers which allows course attendees to customize their learning experience.

OVERALL LEARNING OBJECTIVES

By the end of this conference, participants should be able to identify and discuss relevant and recent information about approaches to the diagnosis and management of conditions across the breadth of family medicine in both rural and urban settings.

ACCREDITATION

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 the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **19.5 hours** (credits are automatically calculated).

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 University of Ottawa's Office of Continuing Professional Development for up to **19.5 Mainpro+ credits**.

PLANNING COMMITTEE

Special thanks to the following committee members who participated in the planning of this event:

Dr. Judy Chow, Family Physician

Dr. Paul Hendry, Office of CPD

Dr. Matthew Dionne, Family Physician

Dr. Heather Lochnan, Endocrinology/Office of CPD

Dr. Alison Eyre, Family Physician

Dr. Bruno Nicoletti, Family Physician

REGISTRATION - REGISTER FOR 3 DAYS AND SAVE!

Conference Registration Fees (fees are in CAD and inclusive of taxes)	Early Bird Online Rate On or before March 1	Regular Online Rate After March 1	Onsite Rate At the conference
Physician			
Full Conference	\$772	\$922	\$952
Two Day Rate	\$548	\$648	\$668
One Day Rate	\$274	\$324	\$334
Other Healthcare Professional/Resident			
Full Conference	\$622	\$722	\$802
Two Day Rate	\$448	\$548	\$568
One Day Rate	\$224	\$274	\$284
Student			
Full Conference	\$127	\$217	\$247
Two Day Rate	\$118	\$178	\$198
One Day Rate	\$59	\$89	\$99

[CLICK HERE TO REGISTER ONLINE TODAY!](#)

Cancellation Policy:

Refunds less \$75 administrative charge will be issued in writing by **March 1, 2019**. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

ACCOMMODATIONS

Should you require accommodations during the conference, a block of rooms has been set aside at the **Courtyard Marriott Ottawa East** for the discounted rate of \$149/night. To book your accommodations, please call **1-800-321-2211** and quote the "Annual Refresher Course". Please note that accommodations must be booked by **March 14, 2019** in order to receive the group rate.

DAY 1: MONDAY, APRIL 8, 2019

06:45 - 08:00	Registration and Breakfast			Foyer	
07:00 - 07:45	Breakfast Session Benefits of Exercise - Dr. Mark Tremblay Explain in detail how many common conditions seen in family medicine are improved through exercise; Discuss and advise patients of the benefits of exercise			Ballroom 106	
08:00 - 08:10	Welcome Remarks			Ballroom 106	
08:10 - 08:45	Short Snapper: Imaging Decisions Shoulder / Knee - Dr. Marcos Sampaio Decide on whether Ultrasound or MRI is the preferred modality for evaluating a painful shoulder or knee depending on differential diagnoses Liver / Pancreas - Dr. Matt McInnes Distinguish between ultrasound and CT as tools to examine illnesses of the liver and pancreas Pelvic - Dr. Matt McInnes Analyze and explain the use of ultrasound or MRI to evaluate pelvic complaints and decide which is best			Ballroom 106	
08:45 - 09:45	MAID in 2019 - Dr. Ellen Wiebe (Vancouver) & Dr. Louise Linney Describe how to access MAID and outline the process; Summarize what an Ontario doctor needs to know, and what to do if the GP is asked to be the second assessor; Relate some insight as to how to speak to the family			Ballroom 106	
09:45 - 10:15	Nutrition Break			Ballroom 118	
10:15 - 11:15	Short Snapper: Infectious Disease TB - Dr. Curtis Cooper Outline when to screen, when to do a two-step test and how to interpret this; Describe when to use Qantiferon; Relate treatment options for latent TB Malaria - Dr. Anne McCarthy Identify in which patients one should suspect malaria and relate the latest treatment Hepatitis C - Dr. Curtis Cooper Evaluate who to screen and how to interpret lab work; Describe treatment options and follow up Entamoeba Histolytica / Blastocystis Hominis - Dr. Anne McCarthy Choose who to treat or not?			Ballroom 106	
11:15 - 12:00	Management of COPD in 2019 - Dr. Shawn Aaron Review early diagnosis of COPD and importance of spirometry for diagnosis; Review pharmacologic management of COPD and proper use of inhaler devices; Review non-pharmacologic management including vaccinations, smoking cessation and pulmonary rehabilitation; Briefly review asthma/COPD overlap syndrome and its management			Ballroom 106	
12:00 - 13:00	Networking Lunch Physician Wellness - Bhante Vigitha Kirinde 12:10-12:30 Lunch Meditation Session #1 12:35-12:55 Lunch Meditation Session #2			Ballroom 118 Room 106H	
13:00 - 13:30	Why the ACE Studies are so Important to Primary Care - Dr. Jane Evans Describe the Adverse Childhood Events research and outcomes; Fill out an ACE assessment form and give to those in their practice; Explain how their patients ACE scores effect their morbidity and response to medical interventions			Ballroom 106	
13:30 - 13:35	Transition Break				
13:35 - 14:35	Concurrent Session A (please select one of the seven options)				
A1 - Ballroom 106		A2 - Room 118A		A3 - Room 118B	A4 - Room 106H
Common Tools for Depression, Anxiety and Bipolar Disorder Dr. Mark Kaluzienski Evaluate and select tools for depression, anxiety and bipolar disorder; Implement them into day to day practice		Raising a Healthy Child Dr. Paul Roumeliotis Discuss guidelines on nutrition, screen time, physical activity with families		Perform a Back and Hip Exam Dr. Eugene Wai Perform a back and hip exam	Update on Rosacea in Men & Women Dr. Carly Kirshen Identify the top 5 things for treatment; Select skin care products; Differentiate from other conditions; Explain treatment of blepharitis associated with rosacea

DAY 1: MONDAY, APRIL 8, 2019

A5 - Room 209	A6 - Room 210	A7 - Room 212
Top 5 New Advancements in Dermatology this Year Dr. Simone Fahim <i>Review top 5 new dermatologic treatments introduced this past year that are relevant to family physicians; Identify how these advancements will impact patient care</i>	The HEADS-ED: A rapid mental health screening tool for children and youth for use in primary care Dr. Mario Cappelli <i>Describe the HEADS-ED mental health screening tool including its development, validation, and current uses; Navigate the Ottawa specific HEADS-ED website and use the tool to help determine the next step in patient care; Administer the tool with case vignettes</i>	Involuntary Muscle Movements: A Look into Twisting, Twitching, Rigid and Contracted Muscles Dr. Chantel Barrett <i>Recognize the most common categories of hyperkinetic/hyperkinetic movement disorders with abnormal involuntary movements that are seen in practice; Perform a short physical exam that can help determine a possible diagnosis for the muscle abnormality; Discuss treatment options and help participants to decide when to refer to a Specialist</i>

14:35 - 15:00 Nutrition Break

Ballroom 118

15:00 - 16:00 Concurrent Session B (please select one of the seven options)

B1 - Ballroom 106	B2 - Room 118A	B3 - Room 118B	B4 - Room 106H
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DAY 2: TUESDAY, APRIL 9, 2019

07:00 - 08:00	Registration and Breakfast	Foyer	
07:00 - 07:45	<u>Breakfast Session:</u> Accessing Mental Health Care - Dr. Simon Hatcher <i>Identify resources and tools that can be useful to primary care providers as they determine the best approach for their patients' care</i>	Ballroom 106	
08:00 - 08:15	Welcome Remarks	Ballroom 106	
08:15 - 09:30	Short Snapper: Urology Overactive Bladder: What's the Latest in Drug Therapy - Dr. Duane Hickling <i>Select and manage treatment and therapy for the overactive bladder</i> An Approach to Hematuria - Dr. Duane Hickling <i>Outline the difference in investigations between gross and microscopic hematuria, when to refer to nephrology versus urologist</i> Prostate Cancer Screening in 2019 - Dr. Daniel Smith <i>Discuss the guidelines around when to do DRE and PSA</i> BPH - Dr. Andrew Girvan <i>Diagnose BPH and when it is more than BPH; Discuss pharmacotherapy and when surgery is indicated</i>	Ballroom 106	
09:30 - 10:00	Nutrition Break	Ballroom 118	
10:00 - 11:15	Short Snapper: Neurology Signs of Early Parkinson's - Dr. Jocelyn Zwicker <i>Identify early signs of Parkinson's; Evaluate and practice new management plans for Parkinson's</i> Management of Peripheral Neuropathy - Dr. Pierre Bourque <i>Develop and implement an approach on the management of peripheral neuropathy</i> Restless Leg - Dr. Pierre Bourque <i>Implement a treatment plan for restless leg</i> A Quick Review of Guillain Barré Syndrome - Dr. Jocelyn Zwicker <i>Diagnose Guillain Barré and differentiate from other conditions</i>	Ballroom 106	
11:15 - 12:00	Short Snapper: Update on Vaccines - Dr. Anne Pham-Huy Meningitis <i>Identify the target age groups for quadrivalent and B vaccines; Manage vaccination schedule</i> Shingles <i>Discuss shingles vaccines that are currently available; Evaluate the latest data and current recommendations</i> Pneumonia <i>Discuss the pneumonia vaccines that are currently available; Evaluate the latest data and current recommendations</i>	Ballroom 106	
12:00 - 13:00	Networking Lunch Physician Wellness - Bhante Vigitha Kirinde 12:10-12:30 Lunch Meditation Session #1 12:35-12:55 Lunch Meditation Session #2	Ballroom 118 Room 106H	
13:00 - 13:30	The Fentanyl Epidemic: Causes and Solutions - Dr. Kim Corace <i>Describe how the fentanyl crisis evolved; Identify fentanyl users and counsel them on approaches to manage their drug use</i>	Ballroom 106	
13:30 - 13:35	Transition Break		
13:35 - 14:35	Concurrent Session C (please select one of the seven options)		
C1 - Ballroom 106	C2 - Room 118A	C3 - Room 118B	C4 - Room 106H
How to Deal With a Borderline Patient in Practice Dr. Deanna Mercer <i>Recognize the clues in patients with borderline personality disorder; Provide tips to staff members who interact with these patients; Select and implement management skills for these patients; Discuss the role of drug therapy</i>	Common Pediatric Gait Issues Dr. Kristian Goulet <i>Recognize common pediatric gait issues; Perform an examination; Identify when to refer</i>	The Top 20 Dermatologic Conditions in Family Practice: Diagnostic and Treatment Pearls Dr. Samuel Hetz <i>Diagnose the 20 most common dermatologic conditions in the office; Correctly manage the 20 most common dermatologic conditions in the office</i>	Management of Acne Dr. Lauren LaBerge <i>Discuss treatment options for acne; Review the risks and benefits of using an oral retinoid in treating acne; Describe acne scars and treatment options available for acne scarring</i>

DAY 2: TUESDAY, APRIL 9, 2019

C5 - Room 209		C6 - Room 210		C7 - Room 212			
Common Complications in Newborns Dr. David Millar <i>Identify when to refer during the newborn period: Weight Loss, Jaundice, Breastfeeding, Rashes</i>		Don't be Afraid: Practical Tips for Insulin Implementation Dr. Mary-Anne Doyle <i>Discuss and guide patients through insulin implementation</i>		Improve your Access to Specialists Through Using eConsult Services Dr. Erin Keely <i>Explain what an eConsult is and how it improves access to specialist advice; Outline the evidence supporting the use of eConsult; Identify how they can access currently available eConsult services across Ontario and Quebec</i>			
14:35 - 15:00 Nutrition Break Ballroom 118							
15:00 - 16:00 Concurrent Session D (please select one of the seven options)							
D1 - Ballroom 106		D2 - Room 118A		D3 - Room 118B		D4 - Room 106H	
How to Deal With a Borderline Patient in Practice Dr. Deanna Mercer <i>Recognize the clues in patients with borderline personality disorder; Provide tips to staff members who interact with these patients; Select and implement management skills for these patients; Discuss the role of drug therapy</i>		Common Pediatric Gait Issues Dr. Kristian Goulet <i>Recognize common pediatric gait issues; Perform an examination; Identify when to refer</i>		The Top 20 Dermatologic Conditions in Family Practice: Diagnostic and Treatment Pearls Dr. Samuel Hetz <i>Diagnose the 20 most common dermatologic conditions in the office; Correctly manage the 20 most common dermatologic conditions in the office</i>		Management of Acne Dr. Lauren LaBerge <i>Discuss treatment options for acne; Review the risks and benefits of using an oral retinoid in treating acne; Describe acne scars and treatment options available for acne scarring</i>	
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DAY 3: WEDNESDAY, APRIL 10, 2019

07:00- 08:00	Registration and Breakfast	Foyer	
07:00 - 07:45	<u>Breakfast Session:</u> Ughhh...The Dizzy Patient - Dr. Daniel Lelli <i>Provide a differential diagnosis for this patient type; Recognize red flags in history and exam; Select appropriate investigations and determine when to refer</i>	Ballroom 106	
08:00 - 08:05	Welcome Remarks	Ballroom 106	
08:05 - 08:15	Special Presentation: The Fountain of Health - Dr. Kiran Rabheru & Dr. Chandi Chandrasena	Ballroom 106	
08:15 - 09:30	Short Snapper: Cardio Metabolic Pharmacotherapy for Weight Management - Dr. Heidi Dutton <i>Describe what type of patient should be offered pharmacotherapy for weight management; What pharmacological agents are available for weight management in Canada? Explain the risks and benefits of these agents</i> Cardiovascular Tools for Risk Assessment - Dr. Heidi Dutton <i>List the most useful and commonly used cardiovascular tools for primary care; Demonstrate the tools and explain what we can deduce from them and their possible limitations</i> Approach to IFG (Pre-Diabetes) - Dr. Amel Arnaout <i>Describe the ideal pharmacological and non-pharmacological management of the pre-diabetic patient; Address the non-glycemic targets levels to be achieved for this patient (ie. blood pressure and cholesterol); List implications to managing pre-diabetics aggressive with medications and help advise any practical ways to tackle these issues with patients (i.e. psychosocial, insurability)</i> PCOS and CV Risks - Dr. Amel Arnaout <i>Review current diagnostic criteria for PCOS; Identify the prevalence of PCOS; Outline the higher risk of cardiovascular health of patients with PCOS; Recommend the typical long term tracking of physical signs and diagnostic testing for our PCOS patients</i>	Ballroom 106	
09:30 - 10:00	Nutrition Break	Ballroom 118	
10:00 - 11:00	The Evolution of Peer Assessment: New QA + QI Initiatives at the CPSO - Dr. Keith Hay <i>Outline changes to the re-designed CPSO practice-based peer assessment program; Discuss the CPSO’s focus on Quality Improvement; Describe how CPSO initiatives might support Quality Improvement in family practice</i>	Ballroom 106	
11:00 - 11:30	Osteoporosis in 2019 - Dr. Chris Tran <i>Appraise latest guidelines that inform when to initiate pharmacotherapy in moderate risk patients; Compare benefits with perceived risks of osteoporosis pharmacotherapy; Evaluate the role of bisphosphonate holidays in patients treated for 5-10 continuous years; Describe the latest treatment options for osteoporosis in men</i>	Ballroom 106	
11:30 - 12:30	Networking Lunch Physician Wellness - Bhante Vigitha Kirinde 11:40-12:00 Lunch Meditation Session #1 12:05-12:25 Lunch Meditation Session #2	Ballroom 118 Room 106H	
12:30 - 13:30	What’s New in Cardiology in 2019 - Dr. Michael Froeschl <i>Review the most recent developments in cardiology essential to the primary care provider; Address the COMPASS trial and if it should impact the primary care providers’ management of the stable cardiac patient</i>	Ballroom 106	
13:30 - 13:35	Transition Break		
E1 - Ballroom 106	E2 - Room 118A	E3 - Room 118B	E4 - Room 106H
Review of Pre-Natal Care Dr. Daisy Moores <i>Review typical pre-natal care through different trimesters; Explain new recommendations in pre-natal care; Identify any resources available to the primary care physician regarding pre-natal care</i>	Perform a Shoulder Exam Dr. J. Pollock <i>Review a proper shoulder exam including special tests; Link abnormalities in the physical exam to pertinent diagnoses</i>	Genitourinary Syndrome of Menopause aka Vulvovaginal Atrophy Dr. Christiane Kuntz <i>Identify symptoms and signs of vulvovaginal and lower urinary tract atrophy; Outline evidence-based risks vs. benefits of treatment for vulvovaginal atrophy including non-pharmacologic as well as pharmacologic options</i>	Apps for Family Physicians and Patients Dr. Chandi Chandrasena & Dr. Brendan Connelly <i>Identify useful medical apps to use in practice; Identify useful apps to offer patients; Share apps that other doctors will find useful</i>

DAY 3: WEDNESDAY, APRIL 10, 2019

E5 - Room 209	E6 - Room 210	E7 - Room 212
Responding to Anxious Children, Teens, and Their Parents in Primary Care Dr. Catherine Horvath <i>Differentiate between temperamental, sub-clinical and clinical levels of anxiety; Respond to anxious parents with anxious children; Determine when to refer to Mental Health Professionals; Provide various resources and strategies to patients</i>	Evidence Based Approach to Treating Tendinopathy - A Case Based "Achilles Heel" Dr. Renata Frankovich <i>Describe the pathophysiology of tendinopathies using Achilles as an example; Demonstrate how advanced and emerging treatment options for tendinopathies work; Recognize the risks, benefits and efficacy of different treatment options available for tendinopathies</i>	School Avoidance in Children and Youth Dr. Olivia MacLeod <i>Perform a comprehensive assessment of school avoidance behavior; Suggest various approaches to manage school avoidance behavior; Discuss the body of evidence that exists for school avoidance behavior</i>

14:35 - 15:00 Nutrition Break

Ballroom 118

15:00 - 16:00 Concurrent Session F (please select one of the seven options)

F1 - Ballroom 106	F2 - Room 118A	F3 - Room 118B	F4 - Room 106H
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