



12 MAINPRO+ CREDITS | 12 SECTION 1 HOURS

70th Annual Refresher Course for Family Physicians

*Virtual Conference
April 22-23, 2021*

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 and lectures designed specifically for family physicians and healthcare providers which allows course attendees to customize their learning experience.

Our virtual conferencing platform captures all of the benefits of an in person conference experience, hosted online here's a snapshot on what you can expect!

- Mainpro+® credits and RCPSC section 1 hours offered for the same quality and breadth of educational sessions that you've come to expect from the Annual Refresher Course for Family Physicians. Each day consists of a combination of short snappers, lectures and workshops designed specifically for family physicians and healthcare providers.
- Access to a library of the recorded content from the 70th Annual Refresher Course for Family Physicians available for one year from the conference dates, which allows course attendees to customize their learning experience.
- New featured sessions responding to the impact of COVID-19 on family medicine, as well as 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.
- Virtual networking opportunities, as well as a virtual exhibit hall, allowing participants to catch up with colleagues online.

For a more in-depth look at the virtual conference experience, we invite you to watch this [brief video!](#)

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

Please note, you must attend the sessions live in order to receive CME 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 the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **12.0 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 **12.0 Mainpro+ credits**.

REGISTRATION <https://uottawacpd.eventsair.com/ar2021/info>

Conference Registration Fees	Early Bird Online Rate On or before March 1, 2021	Regular Online Rate March 2 - April 21, 2021
Physician		
Physician (One Day)	\$220	\$275
Physician (Two Day)	\$420	\$500
Other Healthcare Professional/Resident		
Other Healthcare Professional/Resident (One Day)	\$176	\$220
Other Healthcare Professional/Resident (Two Day)	\$332	\$390
Student		
Student (One Day)	\$64	\$80
Student (Two Day)	\$108	\$130

TO REGISTER ONLINE VISIT: <https://uottawacpd.eventsair.com/ar2021/info>

Cancellation Policy: Refunds less \$75 administrative charge will be issued in writing by March 1, 2021. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

07:55 - 08:25	Continuity of Care - Dr. Brenda Copps <i>Explain CPSO's policy review and development process; Identify opportunities for providing feedback to inform CPSO decision-making; List key requirements of the updated Continuity of Care policies, with focus on expectations pertinent to primary care providers; Develop familiarization of companion Advice to the Profession resource, with answers to frequently asked questions</i>
08:30 - 08:55	Involving Patients in Their Care - Ms. Helene Campbell and Ms. Laurie Proulx <i>Define "patient-partnership"; identify opportunities to involve patients in their decision making about their care</i>
09:00 - 09:10	Welcome Remarks
09:15 - 10:05	COVID and Child Mental Health – Dr. Michael Cheng <i>Determine the impact of isolation on preschoolers and discuss strategies to increase resiliency; Identify impact of changes in social interactions on children; Define guidelines for parents to deal with screen time (learning vs recreational); Identify resources for patients and families to help children cope during the pandemic</i>
10:10 - 10:30	Supporting Mental Health in Adults During COVID - Dr. Sanjay Rao <i>Describe mental health conditions that may be exacerbated by the pandemic; Identify community-based resources for supporting mental health in adults during COVID</i>
10:35 - 11:05	Cultural Safety Principles <i>Define the meaning of culture and cultural safety in the context of health care; Discuss strategies to create culturally safe spaces for patients and families within the health care environment</i>
11:05 - 11:20	Stretch Break - Visit Our Exhibitors in the Virtual Exhibit Hall or Connect With Colleagues Via Meeting Hub
11:20 - 11:50	Contraception During the Pandemic (and Pandemic Proof Contraception)- Dr. Amanda Black <i>Discuss new options for contraception; develop an approach to management of IUDs, adaptation of timelines for pap smears during the pandemic</i>
11:55 - 12:10	Erectile Dysfunction <i>Identify proper screening tests prior to prescribing treatment; Identify medications that could be contributing to the problem; Discuss warning signs of serious pathology on history and examination; Determine treatment other than oral medication</i>
12:15 - 12:30	Indications for Ordering Testosterone - Dr. Alexander Sorisky <i>Differentiate between total VS free; Identify how to interpret the results; Discuss treatment considerations</i>
12:35 - 13:35	Concurrent Session A
	A1 Developing an Approach to IBS - Dr. Nav Saloojee <i>Identify common presentations of IBS; Identify red flags requiring further investigations; Employ management strategies in primary care; Determine indications for referral</i>
	A2 Pessary 101 - Dr. Parisa Rezaiefar <i>Differentiate between pelvic organ prolapse and stress incontinence; Identify patients who can benefit from pessary use and those who should be referred for surgical management; Demonstrate how to remove, clean and troubleshoot common issues with pessaries</i>
	A3 Out with Random Peer Review, In with Self Directed QI - Dr. Mary Manno and Dr. Edward Everson <i>Discuss the CPSO's transition from Quality Assurance to Quality Improvement; Discuss how to reflect on your practice to identify areas for improvement; Review tools used for self directed quality improvement</i>
	A4 How to Make E-Consult Better for Your Patients: Osteoporosis and Vitamin D - Dr. Christopher Tran <i>Ask the right question to benefit your patient using e-Consults; Differentiate between a good and not-so-good e-Consults; Appraise guideline recommendations on calcium and vitamin D intake, including their benefits and risks; Describe a practical one-minute approach to counselling patients on adequate calcium and vitamin D intake</i>
	A5 PrEP: Pre-Exposure Prophylaxis in Primary Care - Dr. Stefan de Laplante <i>Define PrEP and differentiate it from PEP (Post exposure prophylaxis); Review indications for PrEP and identify patients who may benefit from PrEP; Review the monitoring and follow up of patients taking PrEP</i>
	A6 Virtual Concussion Exam - Dr. Sharon Johnston <i>Determine general considerations for virtual concussion care; Perform a concussion exam (including adaptations for virtual exam); Identify common abnormal findings and discuss their significance</i>

APRIL 22, 2021

13:35 - 14:30	Lunch: Visit Our Exhibitors in the Virtual Exhibit Hall or Connect With Colleagues Via Meeting Hub
14:30 - 15:30	The Journey of the Diabetic Patient - Dr. Amel Arnaout • <u>New Guidelines</u>: Define changes to guidelines regarding management of diabetic feet • <u>Management of Diabetic Foot</u>: Implement strategies to manage diabetic feet • <u>Fighting Clinical Inertia</u>: Develop a process to ensure optimal diabetic management including testing; timely use of new medications; assuring follow up to avoid missing therapy targets • <u>Medical Apps and Digital Updates</u>: Implement use of technology to assist in optimal diabetes management
15:35 - 16:10	COVID and Adult Vaccines - Dr. Nicole Le Saux List the vaccines currently recommended for adults; Develop a strategy to implement vaccines in adults; Discuss with patients the evidence for vaccination against COVID; Identify strategies to combat vaccine hesitancy amongst adults
16:15	Closing Remarks

APRIL 23, 2021

08:00 – 08:20	Ontario Health Teams: What You Need to Know and How Your Practice Will Be Impacted - Dr. Alison Eyre Review the history and current state of OHTs; Explain the impact of OHTs on Family Doctors and Nurse Practitioners; Identify how you can be involved
08:25 - 08:55	Paramedicine Programs in Ottawa and the Valley Paramedic Service Community Paramedicine Program - Dr. Barry Bruce Discuss the new services available through the Paramedic Service Community Paramedicine Program; Identify how to access Paramedic Service Community Paramedicine The County of Renfrew Community Paramedic Program - Chief Mike Nolan Discuss the innovative services and outcomes of the County of Renfrew Community Paramedic Program; Identify how to access the County of Renfrew Community Paramedic Program
09:00 - 09:10	Welcome Remarks
09:15 - 10:35	Short Snapper: Life During COVID Musculoskeletal/Ergonomics - Fiona Smith Bradley Identify best practices for workstation set up at home; Identify exercises that can be done at home Loneliness and Social Prescribing Intimate Partner Violence - Dr. Kari Sampsel Identify prevalence, impact and dynamics of IPV victimization; Describe common mental and behavioural patterns that correlate with current or previous IPV exposure; Manage patient confidentiality; Determine how to document IPV related issues, and how provider collaboration can lead to improved patient outcomes; Plan safety, local IPV resources, legal remedies and other supports available for IPV victims and perpetrators Opioid Use and Poisonings During COVID - Dr. Lisa Bromley Describe the epidemiology of opioid poisonings regionally and nationally; Identify and manage problematic opioid use and Opioid Use Disorder in your practice; Identify risks of involuntary opioid tapering and apply alternative strategies; Initiate Opioid Agonist Treatment suitable to a primary care setting; Describe Public Health strategies to address opioid poisoning
10:40 - 11:20	Choosing Wisely: Problematic Alcohol Use/Alcohol Disorders – Dr. Kim Corace and Dr. Melanie Willows Identify changes in patterns of alcohol use in patients due to COVID; Implement strategies to assist patients with new alcohol dependency during COVID
11:20 - 11:40	Stretch Break - Visit Our Exhibitors in the Virtual Exhibit Hall or Connect With Colleagues Via Meeting Hub
11:40 - 12:00	SGLT2s What Do They Offer? - Dr. Caroline McGuinty Describe the cardio and renal protective benefits of SGLT2s
12:05 - 12:25	CHF in the Frail Elderly Identify strategies to manage CHF in the frail elderly; discuss medication options for the elderly CHF patients

12:30 - 13:30	Concurrent Session B
B1	Don't Wait and See: Helping Family Physicians to Confidently Recognize and Manage Concerns for Autism in Very Young Children - Dr. Barry Bruce, Dr. Robin Gaines, Dr. Yolanda Korneluk <i>Recognize the early signs of Autism Spectrum Disorder in infants and toddlers; Identify 5-10 very early signs of ASD in a toddler that a physician would see in his/her office at a well-baby checkup; Confidently identify practical tools for screening, assessment and facilitation of specialist referrals when ASD is suspected, using Autism Navigator and other resources</i>
B2	Untangling the Helix: Why Family History Matters - Dr. Judith Allanson (Moderator), Dr. June Carroll, Ms. Shawna Morrison <i>Identify patients whose family history suggests increased risk of a genetic condition; Modify screening and management of genetic risk to improve patient outcomes; Find high quality genomics educational resources appropriate for primary care</i>
B3	Common Newborn Health Questions: The First 2 Months - Dr. Josdalyne Anderson <i>Discuss common newborn health issues and their management including neonatal jaundice, TT, common rashes, feeding problems</i>
B4	Individualizing Pharmacotherapy in the Treatment of Major Depressive Disorder - Dr. Serge Lessard <i>Discuss the complexity of targeting specific symptoms with the appropriate class of antidepressants; Apply general empirical evidence in their clinical setting; from large studies to the individual patient; Describe the latest available antidepressants</i>
B5	Palliative Care - Dr. Caroline McGuinty <i>Identify patients with CHF and/or COPD who would benefit from palliative care; Discuss options for palliative approaches to CHF and COPD</i>
B6	Practical Approach to Anemia - Dr. Karima Khamisa <i>Develop an approach to the assessment and management of anemia</i>
B7	Antibiotics: Attention Required - Dr. Nicole Le Saux <i>Discuss safety issues of current antibiotics; Review new paradigms of stewardship (less is more)</i>
13:30 - 14:30	Lunch: Visit Our Exhibitors in the Virtual Exhibit Hall or Connect With Colleagues Via Meeting Hub
14:30 - 15:30	Short Snappers: Dermatology - Dr. Mark Kirchhof • Scabies ODB and Bed Bugs • Facial Dermatitis • Virtual Diagnosis of Rashes • What's New Psoriasis
15:35 - 16:10	COPD and Asthma Update - Dr. Mathieu Saint-Pierre <i>Describe the new guidelines for COPD and asthma; Develop a differential diagnosis for dyspnea during the COVID pandemic using appropriate diagnostic testing; Identify useful apps in the management of COPD and asthma</i>
16:15	Closing Remarks

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

Dr. Chandi Chandrasena, Family Physician	Dr. Paul Hendry, Office of CPD	Dr. Bruno Nicoletti, Family Physician
Dr. Judy Chow, Family Physician (Chair)	Dr. Claire Kendall, Physician	Dr. Declan Rowan, Family Physician
Dr. Alison Eyre, Family Physician	Dr. Heather Lochnan, Endocrinology/Office of CPD	Ms. Dana Sidney, Nurse Practitioner