

17th McMaster University Review Course in

Internal Medicine



Health Sciences
Continuing Professional
Development



St. Joseph's
Healthcare Hamilton



Register: mcmasterinternalmedicine.ca



Virtual session dates include:

**January 22, February 19, March 26, April 23, May 21, June 18,
September 17, October 22, and November 19, 2026.**

Target Audience

General Internists, Subspecialists,
Emergency Medicine Physicians,
Hospitalists, Community Physicians,
Family Physicians, General Practitioners,
Interns, Residents, Physician Assistants,
Nurse Practitioners and Trainees in
Internal Medicine and its Subspecialties.

Online Platform

The 2026 virtual course runs January–September, with nine monthly half-day sessions, each held on Thursdays afternoons (3–6 p.m. EST). Each session covers six Internal Medicine updates, and registrants may choose 1, 3, 6, or all 9 sessions.

Learning Objectives

By attending this activity, participants will be able to:

1. Develop practical approach to medical problems in various disciplines of medicine encountered by hospital-based practitioners.
2. Develop practical approach to medical problems from various disciplines of medicine encountered in ambulatory settings.
3. Appreciate the breadth of internal medicine problems faced by clinicians.
4. Apply updates in the management of common problems encountered in internal medicine in the management of patients.

Director and Chair

Akbar A. Panju

Medard DeGroote Chair
Professor
Department of Medicine
McMaster University

Co Chairs

Paul O'Byrne

Dean and Vice-President
Faculty of Health Sciences
McMaster University

Khalid Azzam

Professor
Department of Medicine
McMaster University

Mark Crowther

Professor and Chair
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Associate Clinical
Professor
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Jonel Micklea

Associate Professor
McMaster University

Carol Stewart

Accreditation and
Program Coordinator
McMaster University

Thursday, January 22, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Managing ACS in 2026 Shamir Mehta, Department of Medicine
3:27–3:54	Delaying Progression of Chronic Kidney Disease Darin Treleaven, Department of Medicine
3:54–4:20	COPD Management: Key Messages from Guidelines Carmen Venegas Garrido, Department of Medicine
4:20–4:40	Break
4:40–5:07	Prescribing and Monitoring Patients on PrEP and HIV Prevention Mathew Clifford Rashotte, Department of Medicine
5:07–5:34	Diagnosing and Management of Erythrocytosis Siraj Mithoowani, Department of Medicine
5:34–6:00	Update on Adult Immunization Zain Chagla, Department of Medicine

Thursday, February 19, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	What Is New in the Management of Heart Failure 2026 Catherine Demers, Department of Medicine
3:27–3:54	PURE Study: Key Messages for the Practicing Clinician Darryl Leong, Department of Medicine
3:54–4:20	Evidence-Based GI Bleed Management Joanna Dionne, Department of Medicine
4:20–4:40	Break
4:40–5:07	Subclinical Hypo/Hyperthyroidism: What Are the Risks Manoela Braga, Department of Medicine
5:07–5:34	Hyponatremia: Diagnosis and Management Amber Molnar, Department of Medicine
5:34–6:00	Delirium: Intervention for Prevention and Treatment Tricia Woo, Department of Medicine



*Activity subject to change

**For interactivity, each talk will be 20 minutes and will include 2 questions using an Audience Response System in addition to a Q&A following each talk.

Thursday, March 26, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Obesity: Advancement and Treatment Tony Chetty, Department of Medicine
3:27–3:54	Management of Chronic Cough Imran Satia, Department of Medicine
3:54–4:20	Managing Urticaria, Angioedema and Anaphylaxis Susan Wasserman, Department of Medicine
4:20–4:40	Break
4:40–5:07	Venous Insufficiency John Harlock, Department of Surgery
5:07–5:34	Lyme Disease: Diagnosis, Prevention and Treatment Andrew Kapoor, Department of Medicine
5:34–6:00	Oncological Emergencies Christopher Hillis, Department of Oncology

Thursday, April 23, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Asthma Update Paul O'Byrne, Department of Medicine
3:27–3:54	Polymyalgia Rheumatica and Temporal Arteritis Nader Khalidi, Department of Medicine
3:54–4:20	Thyroid Emergencies Ally Prebtani, Department of Medicine
4:20–4:40	Break
4:40–5:07	Hepatitis C Treatment Guidelines Mathew Collins, Department of Medicine
5:07–5:34	Venous Thromboembolism 2026 James Douketis, Department of Medicine
5:34–6:00	Approach to Anemia Menaka Pai, Department of Medicine



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Thursday, May 21, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Improving Connections and Care Planning with the Primary Care Team at the Time of Hospital Discharge Tamar Packer, Department of Medicine
3:27–3:54	Hyponatremia: Diagnosis and Management Seychelle Yohanna, Department of Medicine
3:54–4:20	Dementia: Diagnosis and Newer Drugs TBA
4:20–4:40	Break
4:40–5:07	Diverticular Disease of the Colon: Diagnosis and Management Paul Moayyedi, Department of Medicine
5:07–5:34	Approach to Inflammatory Arthritis Faiza Khokhar, Department of Medicine
5:34–6:00	Diabetes Update: New Drugs and New Technologies Zubin Punthakee, Department of Medicine

Thursday, June 18, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Stroke Update 2026 Luciana Catanese, Department of Medicine
3:27–3:54	GLP-1 Receptor Agonists in Type 2 Diabetes and Other Diseases Hertzel Gerstein, Department of Medicine
3:54–4:20	Migraine Management: Newer Therapies Meaghan Guay, Department of Medicine
4:20–4:40	Break
4:40–5:07	Amyloidosis: Diagnosis and Management Mohamed Aljama, Department of Medicine
5:07–5:34	Managing Acute Complications of Sickle Cell Disease Sarah Patterson, Department of Medicine
5:34–6:00	Lipoprotein(a) for the Internist: What Does It Mean and Why Is It Important Sonia Anand, Department of Medicine



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Thursday, September 17, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Managing a Lung Nodule Natya Raghavan, Department of Medicine
3:27–3:54	Managing Aortic Stenosis Madhu Natarajan, Department of Medicine
3:54–4:20	Management of Staph Aureus Infections: What Is New Mark Loeb, Department of Medicine
4:20–4:40	Break
4:40–5:07	Identification and Management of Osteosarcopenia Arthur Lau, Department of Medicine
5:07–5:34	Physiological or Pathological: How to Approach Common Medical Symptoms in Pregnancy Serena Gundy, Department of Medicine
5:34–6:00	Deprescribing Made Practical Anne Holbrook, Department of Medicine

Thursday, October 22, 2026

2:50–3:00	Welcome and Introductions
3:00–3:27	Managing DKA, Including Euglycemic DKA Bader Alamri, Department of Medicine
3:27–3:54	Thrombophilia: When and How to Investigate Mark Crowther, Department of Medicine
3:54–4:20	Kidney Stone Update Peter Margetts, Department of Medicine
4:20–4:40	Break
4:40–5:07	Goodbye NAFLD, Hello MASLD/MASH: Update on Screening, Counselling and Treatment Maryam Moini, Department of Medicine
5:07–5:34	Complications of Immunotherapy Used in Cancer Rosalyn Juergens, Department of Oncology
5:34–6:00	Fever in the Returning Traveller Shariq Haider, Department of Medicine



*Activity subject to change

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Thursday, November 19, 2026

- 2:50–3:00 Welcome and Introductions
- 3:00–3:27 Managing Anxiety and Depression in the Elderly:
Selecting the Appropriate Pharmacological Agent
Joanne Ho, Department of Medicine
- 3:27–3:54 Managing Atrial Fibrillation 2026
Jeffrey Healey, Department of Medicine
- 3:54–4:20 Update on GI Cancer
Frances Tse, Department of Medicine
- 4:20–4:40 Break
- 4:40–5:07 Management of Antibiotic-Resistant Organisms
Nishma Singhal, Department of Medicine
- 5:07–5:34 Preventing Anticoagulation Prescribing Errors
Stephanie Carlin, Department of Medicine
- 5:34–6:00 Using AI to Provide Better Care
Shawn Mondoux, Department of Medicine



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2026 Course Details

Registration Information

AskCPD@mcmaster.ca
905-525-9140 ext. 22671

For Information

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- That may result from the use of technologies, programs, products and/or services during a CPD program.
- That may arise out of or during a CPD program.

Cancellation Policy

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received 14 days prior to the date of the session will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.

Confirmation of Registration

A written acknowledgment of your registration will be sent prior to the program. Receipts are emailed at the time of registration. After the program, you will receive an additional email confirming that your confirmation of attendance is ready to download or print. Please note: your registration is not complete unless you receive a confirmation email. If you have not received confirmation within seven days of registering, please contact the CPD office.

Disclosure of Conflicts of Interest

Keeping with accreditation requirements and the National Standard for Support, McMaster University, Continuing Professional Development (CPD) requires all speakers, planning committee members, moderators, facilitators and authors participating in this activity to disclose all relationships with for-profit and not-for-profit organizations over the previous two years. The disclosure must be done in print, verbally, and in writing on a slide prior to the speaker's presentation.

Video Recordings

Recorded virtual CPD programs will be accessible to participants for six months, subject to speaker approval. Only those who log in or actively participate in the virtual program will be eligible to receive a confirmation of attendance for CPD credits.

Registration Fees

*HST #11903 5988 RT0001

Full Fee (Nine Sessions)

Physicians \$465.00 + HST
Other Health Care \$350.00 + HST
Learners \$300.00 + HST

Six Sessions Rate

Physicians \$325.00 + HST
Other Health Care \$250.00 + HST
Learners \$200.00 + HST

Three Sessions Rate

Physicians \$180.00 + HST
Other Health Care \$135.00 + HST
Learners \$105.00 + HST

One Session Rate

Physicians \$65.00 + HST
Other Health Care \$50.00 + HST
Learners \$40.00 + HST