

CUMMING SCHOOL OF MEDICINE

Office of Continuing Medical Education and Professional Development



MOOD DAY CONFERENCE

Mood Disorders in 2019

› Friday, February 8, 2019

Health Sciences Centre, 3330 Hospital Drive NW, Calgary, AB

REGISTER ONLINE
cumming.ucalgary.ca/cme

PAPERLESS CONFERENCE
Access to handouts will be available
prior to conference

ON-SITE REGISTRATION
Based on availability, is not guaranteed
and a surcharge may be applied

Check the website for any program updates
cumming.ucalgary.ca/cme/courses

ACCOMMODATION

Registrants must make their own
accommodation arrangements.
Hotel(s) close to the University/course
venue include:

Hotel Alma
169 University Gate NW
Calgary, AB T2N 1N4
Phone 403.220.2588
Toll Free 1.877.498.3203
Email stay@hotelalma.ca
hotelalma.ca

To obtain a University rate, please
indicate the promotion code UOFC
and show your CME&PD course
confirmation/receipt upon arrival.

COURSE OVERVIEW

This course offers an interdisciplinary clinical focus which is applicable to all community practitioners. The vision of the conference is to examine Bipolar and Major Depression Disorder from a psychiatric and psychological perspective. The conference is designed to provide strong practical and clinical resources to all members of the mental health community.

COURSE OBJECTIVES

At the end of this course, learners will be equipped to:

- better manage Bipolar and Major Depressive Disorder
- identify local advances and resources in the management of Bipolar and Major Depressive Disorder
- clarify fact vs fiction in the treatment of mood and its co-morbidities

WHO SHOULD ATTEND

Specialist Physicians, Family Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Psychiatric Nurses, Licensed Practical Nurses, Pharmacists, Psychologists, Social Workers, Mental Health Professionals

CREDITS

Mainpro+ Group Learning – 5.0 credits
MOC Section 1 – 5.0 hours

cumming.ucalgary.ca/cme

COURSE PROGRAM – PRELIMINARY

Friday, February 8

0730-0820	Registration and Light Breakfast				
0820-0830	Opening Remarks – Leanne Birkett				
0830-0930	PLENARY Cannabis and Cannabinoids in Mood and Anxiety – Kevin Hill - describe current Canadian trends in cannabis use within the context of changing policy - discuss the common misconceptions about cannabis, cannabinoid and their risks - review the current state of cannabis research relative to depression and anxiety disorders	1040-1100	Nutrition Break and Networking		
0930-0940	Move to Morning Workshops				
0940-1040	CONCURRENT WORKSHOPS 1-3				
	1 Neurostimulation Treatments for Depression in Calgary – Alex McGirr - describe the modalities and principles of neurostimulation treatments for depression available in Calgary - identify patients suitable for repetitive transcranial magnetic stimulation (rTMS) and electroconvulsive therapy (ECT) - educate patients surrounding the risks and benefits of neurostimulation treatments for depression	1200-1300	Lunch		
	2 “I Can’t Sleep”: An Introduction to Evidence-based Cognitive-Behavioural Interventions for Insomnia – Codie Rouleau - describe predisposing, precipitating and perpetuating factors in insomnia - explain the efficacy and central components of Cognitive-Behavioural Therapy for Insomnia (CBT-I) - understand how you can support patients’ access and adherence to CBT-I	1300-1400	PLENARY What’s New in Psychopharmacology of Mood Disorders – Thomas Raedler - state the current guidelines for pharmacological treatment of Major Depressive Disorder and Bipolar Disorder - identify which medications were recently approved for the pharmacological treatment of Major Depressive Disorder and Bipolar Disorder - describe which novel pharmacological treatments are currently undergoing assessment for treatment of Major Depressive Disorder and Bipolar Disorder		
		1400-1420	Networking		
		1420-1430	Move to Afternoon Workshops		
				3 Treatment of Cannabis Use Disorder – Kevin Hill - differentiate between recreational cannabis use and problematic use that requires treatment - describe risk factors for the development of cannabis use disorder - recommend evidence-based pharmacotherapy for cannabis use disorder	

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

COURSE PROGRAM – PRELIMINARY

1430-1530	CONCURRENT WORKSHOPS 4-6		
	4 Effective Individual Strategies for Helping Adult Patients with Adverse Childhood Experiences (ACEs) – Dennis Pusch • implement strategies for assessing and addressing ACEs with adult patients • identify several specific treatment ideas for patients with ACEs that can be implemented in primary care settings • describe a strategy for helping patients with ACEs maintain their treatment gains	1530	6 Cognitive Behavioural Therapy in Weight Management – Valerie Taylor • explain the links between weight and a mood disorder diagnosis • describe strategies for managing weight in patients with a mood disorder Adjournment
	5 Canadian Mental Health Association Recovery College – Cori Salmon, Meghan Vornholt • explain the change from the previous model to the Recovery College Model • describe the resources under the Recovery College • describe the partnership process of co-development and co-delivery with peer support workers who are experts by experience		

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PLANNING COMMITTEE

Leanne Birkett MD FRCPC Course Chair
Clinical Assistant Professor, Department of Psychiatry,
University of Calgary; Mood Disorders Program,
Alberta Health Services

George Barr MD CCFP
Clinical Lecturer, Department of Family Medicine,
University of Calgary; Family Physician

Cindy Beck MD MASc FRCPC
Clinical Assistant Professor, Departments of Psychiatry
and Community Health Sciences, University of Calgary

Christine Dejardins MD
Resident in Psychiatry, University of Calgary

Laurinda Janiszewski RN BN
Case Manager, Mood Disorders Program,
Alberta Health Services

Raymond Lamontagne PhD RPysch
Adjunct Assistant Professor, University of Calgary;
Clinical Psychologist, Alberta Health Services

Thomas Raedler MD FRCPC
Associate Professor, Department of Psychiatry, University of
Calgary; Medical Director of Pharmacology Research,
The Mathison Centre for Mental Health Research & Education,
University of Calgary

Diane Simpson PhD MDE CME Representative
Education Consultant, Office of Continuing Medical Education
& Professional Development, University of Calgary

FACULTY

Kevin Hill MD MHS
Assistant Professor of Psychiatry, Harvard Medical School;
Director of Addiction Psychiatry, Beth Israel Deaconess
Medical Center

Alex McGirr MD FRCPC
Assistant Professor, Department of Psychiatry,
University of Calgary

Dennis Pusch PhD RPysch
Field Supervisor, Clinical Psychology, University of Calgary;
Clinical Psychologist

Thomas Raedler MD FRCPC
Associate Professor, Department of Psychiatry, University
of Calgary; Medical Director of Pharmacology Research,
The Mathison Centre for Mental Health Research & Education,
University of Calgary

Codie Rouleau PhD RPysch
Adjunct Assistant Professor, Department of Psychology,
University of Calgary

Cori Salmon BA
Peer Support Specialist, CMHA – Calgary Region

Valerie Taylor MD FRCPC
Professor, Department of Psychiatry, University of Calgary;
Head, Department of Psychiatry, Alberta Health Services

Meghan Vornholt BSc BEd
Recovery Trainer, CMHA – Calgary Region

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event 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. Disclosure will be done verbally and using a slide prior to the speaker's presentation.

ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING

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 Calgary Office of Continuing Medical Education and Professional Development for up to 5.0 Mainpro+ credits.

RCPSC

MOC SECTION 1

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 University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 5.0 hours (credits are automatically calculated).

ADDITIONAL PROGRAM INFORMATION

DRESS

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

MEALS

In general, each course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

SCENT FREE

To ensure the comfort of everyone attending this event, please do not wear scented products.

CONFIRMATION OF REGISTRATION

Confirmation will be sent by email to registrants.

COURSE CANCELLATION POLICY

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

A registration refund will be made upon written request if made at least two weeks before the start of the program; however \$50 will be retained for administrative costs. No refunds will be available for cancellations made within two weeks of the start of the program and thereafter.

REIMBURSEMENT OF REGISTRATION FEES

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT

Diane Simpson, Education Consultant
Phone 403.210.8804
Email dsimpson@ucalgary.ca

ABOUT GENERAL PROGRAM INFORMATION

Dana Young, Educational Coordinator
Phone 403.210.6226
Email dana.young@ucalgary.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca

REGISTRATION FORM

Part 1

Mood Day Conference
February 8, 2019

PROFESSION	☐ PHYSICIAN ☐ FAMILY PHYSICIAN ☐ SPECIALIST - PLEASE SPECIFY		OTHER HEALTH PROFESSIONAL - PLEASE SPECIFY		STUDENT/RESIDENT (FULL-TIME STUDENTS ONLY)	☐
YEARS OF PRACTICE - PLEASE SPECIFY		COMMUNITY SIZE IN WHICH YOU PRACTICE	☐ GREATER THAN 1,000,000 INHABITANTS ☐ 15,001-999,999 INHABITANTS ☐ 0-15,000 INHABITANTS			
FIRST NAME						
LAST NAME						
ADDRESS						
CITY					PROVINCE	POSTAL CODE
AREA CODE	PHONE	EXT	AREA CODE	FAX		
EMAIL						

REGISTRATION FEE

PLUS 5% GST - UCalgary GST Registration #108102864RT0001

ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before January 21, 2019

- ☐ \$ 315.00 Physician
- ☐ \$ 220.00 Other Health Professional
- ☐ \$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE after January 21, 2019

- ☐ \$ 350.00 Physician
- ☐ \$ 270.00 Other Health Professional
- ☐ \$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

ON-SITE RATE (Based on availability and not guaranteed)

- ☐ \$ 415.00 Physician
- ☐ \$ 320.00 Other Health Professional
- ☐ \$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

PAYMENT BY

CHEQ	AMEX	VISA	MASTERCARD	M	M	Y	Y
☐	☐	☐	☐				
CARD NUMBER							
SIGNATURE							

REGISTER

ONLINE

cumming.ucalgary.ca/cme

BY CONFIDENTIAL FAX

Fax 403.270.2330

For your protection, the University of Calgary does not accept and will not process credit card information provided via email or text messages

BY MAIL

Cheque Payable - UNIVERSITY OF CALGARY

CHEQUE MUST INCLUDE 5% GST

Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES

Phone 403.220.7032

Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT
Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.

COMPLETE REGISTRATION FORM Part 2 >>

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**Mood Day Conference
February 8, 2019**

FIRST NAME

[illegible]

LAST NAME

[illegible]

CONCURRENT WORKSHOPS SELECTIONS

Workshops 1-3 • 0940-1040

Select 3 – Number in order of preference with 1 being most important

- ☐ 1 Neurostimulation Treatments for Depression in Calgary
 - ☐ 2 “I Can’t Sleep”: An Introduction to Evidence-based Cognitive-Behavioural Interventions for Insomnia
 - ☐ 3 Treatment of Cannabis Use Disorder

Workshops 4-6 • 1430-1530

Select 3 – Number in order of preference with 1 being most important

- | | | |
|--------------------------|---|--|
| ☐ | 4 | Effective Individual Strategies for Helping Adult Patients with Adverse Childhood Experiences (ACEs) |
| ☐ | 5 | Canadian Mental Health Association Recovery College |
| ☐ | 6 | Cognitive Behavioural Therapy in Weight Management |