

PRELIMINARY PROGRAM



ASA 2016
54TH ANNUAL SCIENTIFIC ASSEMBLY

Fairmont Royal York
Toronto, Ontario
November 24-26, 2016

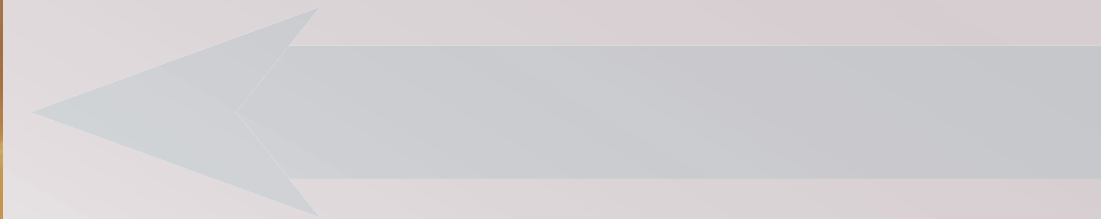


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**Letter from
ASA Chair
Andrew Arcand
MD, CCFP, CCFP(EM)**

WELCOME to the 54th Annual Scientific Assembly

We are currently undergoing a period of change and flux in primary care, with family physicians working to adapt to changes in policy, environment and patient needs. These changes make high-quality comprehensive physician education more important than ever. This need for foundational, practical education is at the heart of the Annual Scientific Assembly.

This year we are offering four program streams: Innovation, Evidence in Research, Excellence in Clinical Care, and Faculty Development and Teaching. These streams will comprise over 150 certified group learning sessions offered as lecture-style, small-group and interactive seminars.

The ASA is also an opportunity for family physicians to connect with their peers, to network and to discuss. Please join us at 6:30 pm on November 24 for the OCFP's Awards event, which follows the installation of Dr. Glenn Brown as the OCFP's new president.

This is my first year as ASA program chair, and I feel very lucky to work with the talented and dedicated group of physicians who make up the OCFP's ASA Committee. I would like to thank the Committee for their ongoing commitment and focus as we refine our methods of delivering this very important conference.

The ASA has been designed with family physicians in mind, and we hope that all of our attendees find the content and experience enriching. Enjoy!



**Keynote Speaker
Jeffrey Turnbull
MD, FRCPC**

Health and Healthcare For All: The Challenge For Primary Care in a New Era

Thursday, November 24, 9:15 am - 10:15 am, THE BALLROOM

Our healthcare system has failed to respond to society's evolving perception of health and our expectations for healthcare. Sociodemographic changes such as an aging population, the prevalence of chronic diseases, increasing cost restraint and rising health inequity all place an added burden on a healthcare system designed to deliver care in another context. At the same time, attempts to change how we deliver care, while transformative in appearance, have not delivered on the promise of substantial or sustained change.

Primary care must be central to any successful change strategy and those most directly involved must ensure that our communities enjoy the highest standards of health and healthcare. Achieving this will require change that is as challenging as it is transformative.

Dr. Jeff Turnbull received his Doctorate in medicine at Queen's University and later achieved specialty certification in internal medicine through the Royal College of Physicians and

Surgeons of Canada in 1982, in addition to a BSc (University of Toronto) and a Master's degree in education (University of Western Ontario).

Dr. Turnbull has been the vice dean of medical education at the University of Ottawa (1996–2001), the president of the Medical Council of Canada (1998–2001), the president of the College of Physicians and Surgeons of Ontario (2006–07) and the president of the Canadian Medical Association (2010–11).

Dr. Turnbull has pursued an interest in poverty and its effect on health nationally and internationally. He is one of the founders and is currently the medical director of Ottawa Inner City Health for the homeless, which works to improve the health and access to healthcare for people who are chronically homeless. As well, he has been involved in education and health services initiatives to enhance community and institutional capacity and sustainable development in Bangladesh, Africa and the Balkans. He is the recipient of several national and international grants and awards, including the Order of Canada, the Order of Ontario, the Queen Elizabeth II Diamond Jubilee Medal and an honorary degree in law from Carleton University.

In addition to being a specialist in internal medicine, Dr. Turnbull was the chair of the Department of Medicine at the Ottawa Hospital and University of Ottawa (2001–08), a position he left to take on the role of chief of staff. He also served as senior medical officer for Correctional Service of Canada (2011–14). He recently took on the role of chief of clinical quality for Health Quality Ontario. He remains committed as a medical educator with special interests in poverty and health inequity and associated health policy.



Keynote Speaker

Mamta Gautam
MD, MBA, FRCPC,
CCPE

Physician Health: A Key Driver of Excellence in Patient Care

Sunday, November 26, 12:00 pm - 1:00 pm, THE BALLROOM

Stress is inherent in medicine and can lead to burnout. Recent studies of physicians in Canada and the US show that up to 60% of physicians suffer from burnout. Physician health is inextricably linked with, and has a significant impact on, excellence in patient care. This presentation focuses on understanding why stress occurs in the medical workplace and recognizing early warning signs of stress and burnout.

The number one cause of stress is revealed, as well as the number one solution. Participants will also learn how to enhance their resilience to better manage stress. Resilience is the ability to bounce back after stress and psychological challenge. The five key components of resilience will be described. Methods are outlined for implementation of strategies that address each component to assist in preventing burnout and promoting resilience.

Physician resilience is the key to enhancing healthcare, including the quality of care and quality of caring, as well as the sustenance of the healthcare workforce and leadership. Healthy physicians lead to healthy patients.

Dr. Mamta Gautam is a psychiatrist in Ottawa, a clinical professor in the Department of Psychiatry, University of Ottawa, a certified coach and president and CEO of PEAK MD. She is a pioneer in the area of physician health and well-being and is hailed as “The Doctor’s Doctor.” Dr. Gautam is the founding director of the University of Ottawa Faculty of Medicine Wellness Program. This program served as the template for the Canadian Medical Association Centre for Physician Health and Wellbeing, where she served as the chair of the Expert Advisory Group. She created the Canadian Psychiatric Association Section on Physician Health, and in 2008, she founded the International Alliance on Physician Health, bringing together experts worldwide to collaborate on work in this area.

Dr. Gautam is an internationally known consultant and speaker on professional health and leadership in healthcare. She wrote two columns, *Helping Hand* in the Medical Post on physician health, and *Coach’s Corner* in the newsletter of the Canadian Society of Physician Executives, for many years. She is now a regular contributor to the *Canadian Journal of Physician Leadership*. She has written two bestsellers – *Irondoc: Practical Stress Management Tools for Physicians* and *The Tarzan Rule: Tips for a Healthy Life in Medicine*. Dr. Gautam founded PEAK MD in 2009, expanding the concept of physician health to focus on professional wellness and resilience and the proactive primary preventive health of professionals.

A recognized leader in medicine, Dr. Gautam is a past president of the Federation of Medical Women of Canada and of the Ontario Psychiatric Association and serves as a Board member of the Canadian Society of Physician Leaders. She serves as expert faculty on many medical and business leadership courses in Canada and the US, including those at the Canadian Medical Association, the Canadian Society for Physician Leaders and the American Association for Physician Leadership. Dr. Gautam is an internationally renowned and highly sought-after keynote speaker throughout Canada, the United States, Europe and Australia.

She has received numerous awards for leading innovative work in physician health, including Distinguished Fellowships in both the Canadian and American Psychiatric Associations, and was the inaugural recipient of the Canadian Medical Association’s Physician Misericordia Award.

2016 Conference Registration Fees

Registration Type	1 Day *	Full Conference (3 Days)*
EARLY BIRD ASA Registration - Deadline Extended to September 19, 2016	\$400	\$800
ASA Registration - After September 19, 2016	\$400	\$875
Medical Resident	\$160	\$375
Medical Student	\$65	\$175
Senior/Retired Family Physician	\$270	\$600

*Fee + HST

2016 ASA Pre- and Post-Conference Group Learning Sessions – 2 Credits per Hour

Time	Course Code	Topic	Speaker	Fee + HST
Tuesday, November 22, 2016				
9:00 am-12:00 pm	MCT02	Assessment, Treatment & Follow-Up of Osteoporosis and Falls	Dr. Alexandra Papaionnou	\$50
1:00 pm-4:00 pm	MCT03	Assessment, Treatment & Follow-Up of Osteoporosis and Falls	TBD	\$50
Wednesday, November 23, 2016				
8:00 am-6:00 pm	MCW01	CASTED: Emergency – The Hands-On ED Orthopedics Course	Dr. Arun Sayal	MD: \$1080 RN: \$930 Resident \$835**
9:00 am-5:00 pm	MCW02	Musculoskeletal Joint Assessment Made Easy	Dr. Janice Harvey	\$700
9:00 am-4:00 pm	MCW03	Safe Opioid Prescribing Workshop	Dr. Abhimanyu Sud	\$585
9:00 am-4:00 pm	MCW04	Medical Record-Keeping Workshop	Dr. Susan Deering	\$585
9:00 am-4:00 pm	MCW06	Cognitive Behavioural Therapy on the Fly	Dr. Ari Zaretsky	\$600
9:00 am-12:00 pm	MCW09	Behavioural and Psychological Symptoms of Dementia (BPSD)	Dr. Andrea Moser	\$300
9:00 am-12:00 pm	MCW11	Managing Uncertainty: A Novel Approach to Undifferentiated Mental Disorders	Dr. Jose Silveira	\$300
1:00 pm-4:00 pm	MCW08	PAACT: Men's Health 2016 Update	Dr. David Greenberg	\$375
1:00 pm-4:00 pm	MCW10	Skills Transfer Workshop: Office Gynecological Procedures in Family Medicine	Dr. Christiane Kuntz	\$405
Saturday, November 26, 2016				
2:00 pm-5:00 pm	MCS01	Practical Pearls for Managing Asthma and COPD	Dr. Anthony D'Urzo	\$340
2:00 pm-6:00 pm	MCS02	Ethical Decision-Making and Dyspnea	Dr. Alan Monawair	\$315
2:00 pm-6:00 pm	MCS03	Preventive Care Visits for Children and Adolescents	Dr. Anita Greig	\$400
2:00 pm-6:00 pm	MCS04	Diagnosis and Management of Patients with Mild Cognitive Impairment (MCI) and Dementia	Dr. Linda Lee	\$400
2:00 pm-5:00 pm	MCS05	PAACT Respiratory (COPD/Asthma) 2016 Update	Dr. Alan Kaplan	\$375
2:00 pm-5:00 pm	MCS06	Breast Cancer Well Follow-Up Care: Clinical Pearls	Dr. Amanda Hey	\$115
2:00 pm-5:00 pm	MCS07	Leadership Development Program: Informal Leadership	Dr. Anne DuVall	\$300
2:00 pm-5:00 pm	MCS08	Healthy Child Development: Developmental Delay	Dr. Patricia Mousmanis	\$300
2:00 pm-5:00 pm	MCS09	Insomnia: Beyond the Basics	Dr. Jose Silveira	\$300

**Resident fee limited to 5 registrants

2016 ASA Pre- and Post-Conference Group Learning Sessions

Time	Course Code	Topic	Speaker	Cost + HST
Tuesday, November 22, 2016				
9:00 am-4:00 pm	MCT01	Practising Wisely	Dr. Jennifer Young	\$600
Wednesday, November 23, 2016				
9:00 am-4:00 pm	MCW07	Practising Wisely	Dr. Jobin Varughese	\$600
9:00 am-4:00 pm	MCW05	Treating Poverty	Dr. Gary Bloch	\$600
Saturday, November 26, 2016				
2:00 pm-5:00 pm	MCS10	Teaching Professionalism: Collegial Conversations	Dr. James Goertzen	\$360

Registration Information

Full Conference Registration

Includes access to all sessions, conference materials and proceedings; president's installation and awards ceremony on Thursday, November 24; and all conference meals and breaks. Two credits per hour and group learning Mainpro+ workshops are subject to an additional fee.

One-Day Registration

Includes access to all sessions, conference materials and proceedings, and conference meals for the day purchased.

Dates available:

Thursday, November 24, 2016

Friday, November 25, 2016

Saturday, November 26, 2016

REGISTRATION IS NOW OPEN.

TO REGISTER

Please visit our website at www.ocfp.on.ca/asa

In Addition to the Conference Sessions, Your Registration Includes

Conference materials and proceedings; president's installation and awards ceremony on Thursday, November 24; and all conference meals and breaks.

Two Credits per Hour & Group Learning Mainpro+ Workshops

Two credits per hour and group learning Mainpro+ (formerly Mainpro-C) workshops are available on our pre- and post-conference days – Tuesday, November 22; Wednesday, November 23; and Saturday, November 26, 2016. All two credits per hour and group learning Mainpro+ workshops are subject to an additional fee, listed on page 3 of this program.

Cancellation Notification & Refunds

The OCFP reserves the right to cancel sessions due to unforeseen circumstances or insufficient advance registration. In the event of a cancellation of a group learning Mainpro+ (formerly Mainpro-C) workshop offered during the pre- and post- conference days, a full refund

will be provided to the registrants. However, OCFP cannot accept responsibility for out-of-pocket expenses due to the cancellation of any session(s).

Two Credits per Hour and Group Learning Mainpro+ Cancellation & Refunds

Cancellations made prior to November 11, 2016, will be refunded, less a 20% administration fee. No refunds will be provided after this date.

Conference Cancellations & Refunds

The refund policy applies to the conference seminars – e-poster, rapid fires, sessions and skills. **Cancellations received up to and including November 11, 2016, will receive a refund minus a 20% administration fee.**

Cancellations **received after November 11, 2016, and no-shows are non-refundable.** No refunds will be issued for cancellation, without exception. Please note that registration fees for cancelled registrations may not be applied for future ASA conferences.

All cancellations must be submitted in writing to the conference event planner at ocfpasa@cfpc.ca.

Confirmation of Registration & Purchase Receipt

Confirmation of registration and a purchase receipt will be provided electronically to the email address provided when registering and will not be mailed. We recommend you print these documents for your records as soon as you receive them. Changes can be made online by clicking on the *Edit Registration* link found in your email confirmation.

An alternate attendee may be substituted if you are unable to attend the conference. Changes can be made online through your email confirmation at no additional charge. Substitutions are subject to a \$25.00 + HST administrative fee only if you require assistance from the conference secretariat. The OCFP will not transfer any fee or payment balances.

Already Registered?

To review or change your registration please click on the *Edit Registration* link found in your email confirmation.

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Registration Information (cont'd)

Questions?

Please contact the conference event planner at ocfpasa@cfpc.ca.

Arriving at the Conference

It is very important that you check in at the conference registration desk on your first day and pick up your name badge and delegate bag. If you do not check in you will not receive your one credit per hour Mainpro+ credits as your participation will not be recorded.

Accreditation

This program has been accredited by the College of Family Physicians of Canada and the Ontario Chapter for up to 17.5 certified group learning credits.

Thursday: 6.5 credits

Friday: 6.5 credits

Saturday: 4.5 credits

Parking & Transportation

Parking is available below the Fairmont Royal York Hotel for \$34 per day. The parking entrance is located on Front Street. There are several other **Green P parking lots** in the area. The hotel is located directly across the street from Union Station and is easily accessed by both GO Transit and the TTC. Public transit information can be found by visiting the Toronto Transit Commission website www.ttc.ca and GO Transit website www.gotransit.com.

Accommodation & Travel

Fairmont Royal York

100 Front Street West, Toronto, ON M5J 1E3

To book online please click

<https://resweb.passkey.com/go/ocfp2016>

For bookings over the phone, quote code: **ONTA1116_004**

Telephone: 1-800-257-7544

Website: www.fairmont.com/royal-york-toronto

Conference room rate: standard rooms will start at the discounted rate of \$212.00. To access these special room rates, please use the promotional code **ONTA1116_004**.

Porter Airlines is offering a 10% discount on all fare classes for attendees travelling to Toronto for the ASA. Please book **online** or through your travel agent using promo code **ASA016**. The discounted fares apply to travel from anywhere in Canada to Toronto, from November 20 to November 26, and from Toronto to anywhere in Canada from November 23 to November 29, 2016.

WestJet is offering a 10% discount on travel between Toronto and anywhere WestJet flies in North America (including the WestJet Delta code-share partner network). Access discounted fares by using the coupon code **ALXUQGH** or promotional code **YYZ02**. For details on how to complete a booking with these discount codes, please visit westjet.com/convention-discount. The

discount codes must be booked online. Please use both the promotional and coupon code if booking with a travel agent. Discounted rates cover travel to and from Toronto from November 16 to December 3, 2016.

Air Canada is offering ASA attendees a 10% discount on Flex Fare or higher fares. To book a flight with your promotion code, access www.aircanada.com and enter the promotion code **B8KJEE81**.

UP Express: Attendees flying into Pearson International Airport can use the UP Express train, which transports travellers from the airport to Union Station in 25 minutes. Tickets are \$12 and can be pre-purchased **online**.

VIA Rail is offering ASA attendees a 10% discount on best available fares in Economy, Economy Plus, Business, Business Plus and Sleeper class, valid from November 22 to November 28, 2016. The discount applies to a maximum of two passengers per booking, and one complimentary stopover is allowed at no additional charge. Please note, this discount does not apply to Escape fares or Prestige class. To book your reduced fare, use the VIA discount code **13340** at www.viarail.ca.

Questions?

For more information on ASA registration please contact:

Email: ocfpasa@cfpc.ca

Phone: 1-800-670-6237 ext. 32

Fax: 416-867-9990



Sessions by Time Full session descriptions start on page 11 and are listed by session type.

Thursday, November 24, 2016

10:45 am - 11:45 am		
S102	Antenatal Guidelines (New Forms, New Screening Tools)	Dr. Lisa Graves
S103	Community-Based Treatment for Prescription Drug Abuse in Remote Northern First Nations Communities	Dr. Sharon Cirone
S104	Masqueraders of Asthma: Be Careful!	Dr. Alan Kaplan
S105	Challenges in Lyme Disease Diagnosis and Treatment	Dr. Doug Sider
S106	The Pros and Cons of DPP4 Inhibitors and SGLT2 Inhibitors	Dr. Jeremy Gilbert
S107	Cancer Patient Follow-Up: Pearls for Monitoring Survivors of Cancer	Dr. Alexandra Ginty
S108	Untangling the Helix 2016: Primary Care Genomics	Dr. June Carroll
S109	Red Eye: Simplified Approach, Evidence, Pearls & Pitfalls	Dr. Simon Moore
S128	After Plan B: Training in the Use of Mifepristone for Post-Conception Termination	Dr. Konia Trouton
S134	Medical Aid in Dying: The First Few Months...	Dr. James Downar
RF101-1	Early Integration of Palliative Care in Primary Care: The INTEGRATE Project	Dr. Declan Rowan
RF101-2	Air Pollution in Ontario Kills. How? Which Patients? What to Do?	Dr. Alan Abelsohn
RF101-3	Speak Up for Health! Mammogram Patient Engagement Project	Oluwatobi Olaiya, RN
RF101-4	Patient Satisfaction with a Fertility Check Program	Jennifer Malcew, RN
1:15 pm - 2:15 pm		
S111	Billing 101: How to Maximize Your FHO Billings	Dr. Franklin Sheps
S112	Stroke Prevention and Care 2016: What's New and Important	Dr. Wieslaw Oczkowski
S113	Iron Deficiency Anemia: What Family Physicians Need to Know about Diagnosis and Management	Dr. Yulia Lin
S114	18-Month Well-Baby Visit	Dr. Jean Clinton
S115	Diabetes Update: What Is New in 2016	Dr. Jeremy Gilbert
S116	The Cancer Journey: What Primary Care Needs to Know	Dr. Edward Kucharski
S117	Practical Tips for Disabled Patients in the Office	Dr. Joseph Lee
S118	From Great to Outstanding: Fire Up Your Medical Lectures	Dr. Simon Moore
S130	Climate Change and Emerging Infectious Diseases: At the Interface of Public Health and Family Medicine	Dr. Michel Deilgat
S135	Update on Management of Atrial Fibrillation in Primary Care	Dr. Domenic Raco
S137	Critical and Palliative Care	Dr. James Downar
RF110-1	Polycystic Ovary Syndrome (PCOS): Pearls and Pitfalls	Dr. Sheila Laredo
RF110-2	Dysfunctional Uterine Bleeding	Dr. Mary Anne Jamieson
RF110-3	Hemochromatosis: A Primary Care Problem	Dr. Alan Kaplan
RF110-4	Tuberculosis Testing	Dr. Isacc Bogoch
2:30 pm - 3:30 pm		
S120	Should E-Cigarettes be Used for Smoking Cessation?	Dr. Alan Kaplan
S121	Marijuana in Pregnancy and Breastfeeding	Dr. Lisa Graves
S122	Managing Insomnia: How to Help Your Patients Sleep Better	Dr. Purti Papneja
S123	Heart Failure in 2016: Why Do We Do the Things We Do?	Dr. Richard Choi

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Thursday, November 24, 2016 (cont'd)

2:30 pm - 3:30 pm		
S124	Rational Prescribing: Rethinking Medications	Dr. Roland Halil
S125	Anaphylaxis	Dr. Vu Kiet Tran
S126	Family Physician Leaders: Creating Capacity in Ontario	Dr. Thuy-Nga Pham
S127	Provincial EMR Maturity Measurement and Links to Quality	Dr. Darren Larsen
S131	How to Confidently Debunk Anti-Vaccine Myths	Dr. Simon Moore
S132	Car-Crashing Reasons to Stop Sedatives in the Elderly	Dr. Kimberly Wintmute
S136	Cardiac Testing	Dr. Domenic Raco
RF119-1	Urticaria and Angioedema	Dr. Sari Herman Kideckel
RF119-2	Allergy Testing	Dr. Sari Herman Kideckel
RF119-3	Scale - Thick and Thin: Psoriasis and Dry Skin	Dr. Gary Sibbald
RF119-4	Lichen Sclerosis: The Often Hidden and Missed Diagnosis	Dr. Gary Sibbald
4:00 pm - 5:00 pm		
S129	Improving Opioid Safety Practices in Primary Care	Dr. Pamela Leece
S133	Rheumatological Workup Prior to Referral	Dr. Lori Albert
S138	Office Emergencies - Build the Box	Dr. Larry Malo
S139	Thyroid Dysfunction Revisited: What's Next After TSH	Dr. Nicola McLean
S140	Introduction of Foods in the First Year of Life	Nicole Bourgeois, RD
S141	Dermatology Review: Everything You Wanted to Know for 2016–17	Dr. Benjamin Barankin
S142	Medical Problems, Legal Solutions. Surveillance Results from a Primary Care Based Medical-Legal Partnership	Dr. Aaron Sacheli
SR02	Should E-Cigarettes be Used for Smoking Cessation?	Dr. Alan Kaplan
SR06	Rationale Prescribing: Rethinking Medications	Dr. Roland Halil
RF137-1	Influenza Vaccination: Not as Simple as It Used to Be	Dr. Bryna Warshawsky
RF137-2	De-Prescribing PPIs – It Gives Me Heartburn!	Dr. Tiffany Florindo
RF137-3	Pharmacological Management of Chronic Neuropathic Pain	Dr. Erica Weinberg
RF137-4	Don't Misinterpret the Recommendations for Acetylsalicylic Acid!	Christine Truong

Friday, November 25, 2016

8:00 am - 9:00 am		
S201	Workup for the Infertile Couple	Dr. Kimberly Liu
S202	The Limping Child: Common Lower-Limb Pediatric Problems	Dr. Devin Peterson
S203	Advance Care Planning: Patient Wishes, Values & Beliefs Are Key. How to Engage in ACP Discussions with Patients	Dr. Deb Harrold
S205	Measles Gate: How to Manage an Office Measles Exposure	Lisa Ruddy
S207	It's Overgrown Toeskin, NOT Ingrown Toenail	Dr. Henry Chapeskie
S208	Management of Common Chemotherapy Complications for the Family Physician	Dr. Anna Wilkinson
S209	Review of Nephrotic and Nephritic Syndrome	Dr. Jeffrey Goldstein
S246	Radiation Exposure and Medical Imaging: Do No Harm	Dr. Cathy Vakil
S247	Delirium in the Elderly Population	Dr. Sid Feldman

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Friday, November 25, 2016 (cont'd)

8:00 am - 10:15 am		
S204	Treating Chronic Pain: The View of a College Assessor	Dr. Erica Weinberg
SK206	Suturing 101	Dr. Andrew Arcand
9:15 am - 10:15 am		
S210	Jeopardy: Answering Common Clinical Questions Selected by the Audience	Dr. Mike Allan
S211	ACLS 2016 Update and Management	Dr. Sean Moore
S212	Opioid Use for Chronic Non-cancer Pain: Where Is the Evidence?	Dr. Henry Chapeskie
S213	It's Not Just a Pregnancy Loss: Helping Bereaved Families	Dr. Sarah Gower
S215	Irritable Bowel Syndrome (IBS): A Practical Approach	Dr. Natasha Bollegala
S217	Fracture Management for the Family Physician	Dr. Arun Sayal
S218	Reliable Data and What It Means to You and Your Patients	Rachel LaBonté
S248	Approach to Proteinuria	Dr. Jeffrey Goldstein
S249	Mind the Gap: Reconciling Meds after Hospital Discharge	Sheetal Desai
10:45 am - 11:45 am		
S219	What's New, What's True and What's Poo: Top 10 Studies from Last Year	Dr. Mike Allan
S220	Headache Diagnostic and Management Pearls 2016	Dr. Sean Moore
S221	Approach to Psychotherapy in Primary Care	Dr. Jon Davine
S222	Transgender Health from Theory to Practice in Primary Care	Dr. Nili Kaplan-Myrth
S223	Practising Family Medicine: We're All Just Practising!	Dr. Sarah Newbery
S224	Gastrointestinal Testing: What's Available and When to Refer	Dr. Natasha Bollegala
S226	Wrist Injuries: Going Beyond Distal Radius and Scaphoid	Dr. Arun Sayal
S227	Does Patient Experience Really Matter?	Rachel LaBonté
S250	Antibiotic Stewardship: Spice Things Up!	Claude Charbonneau
S251	Prescribing to Improve Quality, Safety and Efficiency	Dr. Kenneth Burgess
S258	Using the CORE Back Tool for the Management of Low Back Pain in Primary Care: Recognizing the Patterns of Pain	Dr. Hamilton Hall
10:45 am - 2:15 pm		
SK225	Advanced Suturing	Dr. Andrew Arcand
12:00 pm - 1:00 pm		
S257	New Mainpro Plus: What You Need to Know!	Dr. Michael Sylvester
1:15 pm - 2:15 pm		
S228	Being Sure It Is, and Is Not, Parkinson's	Dr. David Grimes
S229	Top Reasons Family Physicians Get Sued and How to Reduce Your Risk	Dr. Jamie Kissick
S230	RN Optimization in the Delivery of Preventive Care	Meghan Rule
S231	Accessible Trans* Care: When Every Door Is the Right Door	Dr. Vanita Lokanathan
S232	KidneyWise: A Primary Care Innovation for Chronic Kidney Disease Management	Dr. Allan Grill
S233	Mixing and Matching: Layering Psychiatric Medications	Dr. John Davine
S235	Office MSK Imaging: What's the Right Test?	Dr. Arun Sayal

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Friday, November 25, 2016 (cont'd)

1:15 pm - 2:15 pm		
S236	Indigenous Health: Are You Ready for Reconciliation?	Dr. Darlene Kitty
S253	HIV Pre-Exposure Prophylaxis (PrEP): How to Provide Comprehensive PrEP Care in a Community-Based Clinical Setting	Dr. Isaac Bogoch
S256	Pre-Menopausal Abnormal Uterine Bleeding: An Algorithm	Dr. Hannah Feiner
1:15 pm - 3:30 pm		
S252	Demystifying Refugee Health	Dr. Meb Rashid
2:30 pm - 3:30 pm		
S237	Childhood Behaviour: Temper Tantrums and Anxiety	Dr. Alice Charach
S238	Dealing with the Difficult Patient	Dr. Jamie Kissick
S239	Fever in the Returning Traveller	Dr. Isaac Bogoch
S240	Timely Top 5 Contemporary STI Topics	Dr. Hannah Feiner
S241	Gastrointestinal Bleeding: Overt and Occult	Dr. Natasha Bollegala
S242	Somatizing: What Every Family Physician Needs to Know	Dr. Jon Davine
S243	Pediatric Fever for the General Practitioner	Dr. Rahim Valani
S244	Approach to Hematuria	Dr. Adeel Sheikh
S245	Physician Assistants 101: The Who, the How and the What	Dr. Maureen Gottesman
S255	Congenital and Inherited Heart Disease: From Fetal Life to Adulthood. What Should I know?	Dr. Mohit Singla
4:00 pm - 5:00 pm		
S259	Mood Disorders in Pregnancy and Postpartum	Dr. William Watson
S260	Ugh, Not Another Form! Tips on Dealing with Disability	Dr. Eric Rumach
S261	New Guidelines for Treatment of Soft Tissue Infections/Cellulitis	Dr. Isaac Bogoch
S262	Kidney Stones	Dr. Adeel Sheikh
SR04	Timely Top 5 Contemporary STI Topics	Dr. Hannah Feiner

Saturday, November 26, 2016

8:00 am - 9:00 am		
S302	Top 20 Imaging Diagnoses for the General Practitioner	Dr. D'Arcy Little
S303	Reduce, Reuse, Recycle: Digging for Gold in EMR Data	Dr. Carol Mulder
S304	Choosing Wisely: Beyond "11 Things You Should Question"	Dr. Erica Weinberg
S305	Approach to Syncope and the Dizzy Patient	Dr. Vu Kiet Tran
S306	Aedes to Zika: Arboviruses Coming to Your Clinic Sooner Than Later	Dr. Jay Keystone
S307	Initiating and Adjusting Insulin in Type 2 Diabetes	Dr. Inge Schabot
S322	What to Know about Biologics in Rheumatology	Dr. Dana Jerome
S323	Workup of Elderly Patient with Weight Loss and Fatigue: When to Jump, and How High	Dr. Chris Frank
SK301	Problem-Solving in Neurology for Family Physicians	Dr. Duncan McIlraith

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Saturday, November 26, 2016 (cont'd)

8:00 am - 9:00 am		
SK302	Hands-On Exam of the Knee	Dr. Janice Harvey
RF301-1	First Trimester Tribulations	Dr. Karen Fleming
RF301-2	Preschool Pediatric Asthma: Who Needs Treatment?	Dr. Alan Kaplan
RF301-3	Constipation in Kids	Dr. Peggy Marcon
RF301-4	Pediatric Allergy	Dr. Jason O'Hayon
9:15 pm - 10:15 am		
S309	Physician Wellness	Dr. Derek Puddester
S310	The Adult Periodic Health Exam: Screening and Prevention	Dr. Susan Goldstein
S311	Top 10 Apps for Your Smartphone or Tablet: Teaching and Learning in the Office	Dr. Andrew Sparrow
S312	Dementia Care: Antipsychotics, Benzodiazepines and More	Dr. Linda Lee
S314	Post-Coital Contraception: An Update	Dr. Sari Kives
S324	Common & Emergent Issues in Ophthalmology	Dr. Kathy Cao
S325	Rediscovery of an Old Tool: The CBC	Dr. Jack Hilton
SK304	The Neurological Examination for Family Physicians	Dr. Duncan McIlraith
SK305	Hands-On Exam of the Shoulder	Dr. Janice Harvey
RF308-1	Chronic Diarrhea in Childhood: Cause and Cure	Dr. Peggy Marcon
RF308-2	Acne: Management Review & What's New	Dr. Anatoli Freiman
RF308-3	Weaning Patients off Their Benzodiazepines	Dr. Joel Bordman
RF308-4	Exercise is Medicine Canada	
10:45 am - 11:45 am		
S326	COPD: Lots New for an Old Disease	Dr. Alan Kaplan
S327	Menopause: Case-Based Management	Dr. Susan Goldstein
S329	Borderline Personality Disorder: Management Strategies	Dr. James Goertzen
S330	Patients' Perspectives on Block Fees: A Qualitative Study	Dr. Eva Knifed
S331	Osteoporosis: A Clinical Update	Dr. Alex Shen
S332	Changing the Course of Eating Disorders	Dr. Ahmed Boachie
S333	Pediatric Dermatology	Dr. Miriam Weinstein
SR319	Dementia Care: Antipsychotics, Benzodiazepines and More	Dr. Linda Lee
SK307	Pessary Use in Primary Care: A Simulation-Based Workshop	Dr. Parisa Rezaiefar
SK308	Approaches to Common Scenarios of Plastic Surgery for FP	Dr. Sanjay Assad
RF328-1	Suicide Risk Assessment: Best Practices	Dr. David Kocerginski
RF328-2	Project ECHO Ontario: Supporting Primary Care Management of Chronic Pain, Mental Health & Other Complex Conditions	Dr. Rhonda Mostyn
RF328-3	IMAGINE-ing Inner City Health Education	Tina Hu
RF328-4	Epilepsy Care in Ontario: A Unique Provincial Strategy	Dr. Carter Snead

Sessions Descriptions

Two Credits per Hour (Certified)

Assessment, Treatment and Follow-Up of Osteoporosis and Falls

This program provides an up-to-date approach to osteoporosis and falls with the latest information on the current care gap in treatment of osteoporosis in Ontario. The recently published Long-Term Care Guidelines for Osteoporosis are also included in the program, as is an emphasis on the moderate-risk patient, which is our most challenging patient to treat in primary care. We will also discuss the assessment of those individuals who should and can have a drug holiday.

Behavioural and Psychological Symptoms of Dementia (BPSD)

Participants will assess and interpret common behavioural and psychosocial problems seen in patients affected by dementia, whether they live at home in the community or in a long-term-care home. The presentation will focus on the risks, benefits and appropriate dose range of medications that are currently recommended for BPSD. In addition, it will support healthcare team members in the monitoring of common side effects of drugs that may be used in the treatment of BPSD. Furthermore, healthcare team members will learn the utilization of the P.I.E.C.E.S. assessment framework and the application of principles outlined in U-FIRST for the implementation of nonpharmaceutical approaches.

Breast Cancer Well Follow-Up Care: Clinical Pearls

Evidence supports that most breast cancer patients can have well follow-up care safely provided by primary care providers (PCP). Cancer Care Ontario has guided Ontario's Regional Cancer Programs to develop new models of care for breast cancer survivors that involve the PCP earlier in the clinical pathway. This case-based workshop will present clinical pathways, tools and processes that have been developed by Cancer Care Ontario and two Regional Cancer Programs to assist PCPs in defining breast cancer staging and well follow-up surveillance recommendations for cancer recurrence. Through clinical scenarios, PCPs will also be assisted in describing adjuvant endocrine therapies and their class-specific effects, the management of treatment-induced menopause, lymphedema, treatment-related osteoporosis, and counselling about sex and body image. Other late treatment effects related to chemotherapy or radiation and approaches to cancer-related fatigue and psychosocial supports will be identified.

CASTED: Emergency – The Hands-On ED Orthopedics Course

CASTED: Emergency is the hands-on ED orthopedics course specifically designed for emergency department physicians and staff. It combines case-based lectures with hands-on casting and splinting. Lectures focus on cases that are common, commonly missed and commonly mismanaged. Numerous clinical pearls are offered on history, physical exam and investigations; making more accurate diagnoses; recognizing red-flag patients; knowing who needs a reduction; reduction and moulding techniques for numerous

fractures and dislocations; and understanding who needs to see orthopedics and when. The case-based lectures help you understand emergency department orthopedic principles, not just memorize them. Hear what questions to ask and learn about a focused exam and the role of x-rays. Develop better management plans for your patients and appreciate the various emergency department immobilization options, and also understand who needs to see orthopedics and how quickly.

Cognitive Behavioural Therapy on the Fly

Although family physicians rely primarily on pharmacotherapy to treat depression and anxiety, research and clinical experience suggest that many patients experience only partial relief and remain vulnerable to relapse if they stop medication. Cognitive behavioural therapy (CBT) is the most empirically supported psychological treatment for anxiety and depression and has also been shown to prevent relapse. In this hands-on, skills-oriented interactive workshop, participants will acquire basic CBT tools that they can integrate into their own general clinical practice.

Diagnosis and Management of Patients with Mild Cognitive Impairment (MCI) and Dementia

It is estimated that two-thirds of persons in the community with dementia are undiagnosed and untreated, a fact that has significant implications for future health resource utilization in view of our aging population. Better identification and management at a primary-care level is essential. This case-based interactive session provides the busy family physician with pearls on the diagnosis and management of patients with MCI and dementia in ambulatory care.

Ethical Decision-Making and Dyspnea

This workshop focuses on the management of patients with dyspnea: its etiology, contributing factors, differential diagnosis, assessment and effective medical and nonmedical treatment strategies. Dyspnea is one of the most common symptoms at end of life. The workshop presents a shared model for professional ethical decision-making involving the patient and family, as well as other healthcare providers. The program incorporates active learning exercises, including case studies, individual reflection, small-group exercises and large-group discussion. This workshop is one offering in a possible series on best practices in the care of long-term/palliative patients.

Healthy Child Development: Developmental Delay

This workshop will explore early recognition of developmental delay and specific indicators of major illness that can affect long-term developmental outcomes. Early indicators of language and social disorders such as autism spectrum disorder (ASD) will be reviewed, with a focus on the M-CHAT (a clinical screening tool developed for use in children ages 18–36 months), as well as motor disorders such as cerebral palsy (CP), muscular dystrophy (MD) and developmental coordination disorder (DCD). The workshop will also review early indicators of attention deficit hyperactivity disorder (ADHD) and community resources to assist parents in management of behavioural issues.

Insomnia: Beyond the Basics

Insomnia is a common complaint in all areas of medicine but patients rely primarily on family physicians for treatment of insomnia. In many cases insomnia is either a transient disruption of an otherwise normal sleep pattern or a symptom of another medical problem and is resolved with relative ease. This workshop is intended to provide family physicians with the knowledge, skills and tools required for the management of difficult-to-treat insomnia and will make the management of uncomplicated insomnia feel very easy. Participants will learn about setting the “internal clock” and other advanced but easy-to-use behavioural techniques to manage insomnia. Strategic and safe use of available sedative-hypnotics across the life cycle will be clearly delineated with the objective of improving participants’ confidence in using and not using available medication. Elderly populations are a particular challenge and thus will be a special focus of the workshop.

Leadership Development Program: Informal Leadership

Family physicians often work in team-based settings. While collaborative teams can enhance patient care and professional satisfaction, collaborative teams can be challenging to build, especially if you are not in a formal leadership position with authority. This session’s case scenario is designed to stimulate a discussion of how a “change champion” is created and how a change champion, without the benefit of formal leadership, title or authority, can exert informal leadership to achieve change. The Leaders for Life Framework has been utilized to structure and facilitate the case discussion with a focus on leadership skill development in self-management, engaging others and developing coalitions.

Managing Uncertainty: A Novel Approach to Undifferentiated Mental Disorders

Family physicians are often the first and only point of contact for patients with mental disorders, which often present in an undifferentiated manner. This lack of differentiation and the frequently serious nature of these conditions often evoke anxiety in the treating physician. This highly organized approach to assessment and management will target the physician’s attention on the following questions in order of priority: What do I need to do today? What should I address soon? What do I need to think about over the longer term? We will organize our thinking around assessment and management to quickly and clearly identify potential risks to patients and others, delineate the patient’s functional impairments that may require clinical attention and identify critical symptoms. These finite categories will guide information gathering and behaviour. This session will be highly interactive and will use clinical cases to both explore and apply the model.

Medical Record-Keeping Workshop

This workshop supports physicians to improve their medical record-keeping to ensure quality of care, continuity of care, assessment of care and evidence of care. Participants will assess their medical records using criteria defined in the CPSO Medical Records Policy and, using practice tools that facilitate compliance, improve their medical records. The workshop offers several active learning exercises. These include individual reflection, work with a partner, small-group exercises and large-group discussion. Outcome

measures, including preparatory work, exercises during the program, and the application to practice exercises assigned at the end of the program, enable objective assessment of participation.

Musculoskeletal Joint Assessment Made Easy

Musculoskeletal joint assessment and musculoskeletal examination are critical components of correctly diagnosing joint injury and managing disease. Health practitioners can be faced with a variety of presentations each day in their practices. Keeping on top of the most current and advanced diagnostic techniques is critical to positive patient outcomes and timely recovery. Don’t miss out on this comprehensive workshop, which will bring your diagnostic skills to the current state of practice. Assessments covered include the ankle, back, shoulder, knee and hip.

PAACT Respiratory (COPD/Asthma) 2016 Update

This session is an independent educational program developed by family physicians and based on the Respiratory (Asthma/COPD) Guidelines for Family Practice. Cases are designed to highlight respiratory ailments seen commonly in primary care and include AECB/AECOPD, COPD, COPD/asthma differentiation, pediatric asthma and adult asthma. The session materials include the 2016 (3rd edition) Respiratory (Asthma/COPD) Guidelines for Family Practice and participant manual. The session teaching method is interactive, case-based and small-group-based.

PAACT: Men’s Health 2016 Update

This session is an independent educational program developed by family physicians about the management of men’s health issues in primary care. Cases discussed in this session include urological health, symptomatic late-onset hypogonadism and sexual health teaching. The session’s teaching method is small-group, case-based and interactive.

Practical Pearls for Managing Asthma and COPD

Given the pharmacotherapeutic, spirometric and clinical overlap between asthma and COPD, differentiation of these common chronic conditions is essential for appropriate management. Understanding a pragmatic, evidence-based approach to diagnosis of these common conditions, including when they overlap, may empower physicians to approach the management of these chronic conditions with more confidence. This workshop will provide a pragmatic state-of-the-art review of all the new therapies approved for asthma and COPD management. Participants will also use a new spirometry interpretation algorithm developed by family physicians to learn how to interpret (in less than 90 seconds) a variety of spirometry test results that they are likely to encounter in day-to-day practice. Participants will learn how to leverage spirometry test results with historical data in order to arrive at a clinical diagnosis with a high level of confidence.

Preventive Care Visits for Children and Adolescents

The Greig Health Record is an evidence-based preventive care tool that has been used by primary care providers in preventive care visits for school-aged children since 2010. It contains a checklist tool and pages of supplementary resources and patient information handouts. The Greig Health Record has been updated with current

recommendations and evidence for children and adolescents aged 6 to 17 years. This workshop will review current evidence and provide the participant with an easy approach to preventive care.

Safe Opioid Prescribing Workshop

This workshop is designed to support physicians to develop multi-modal approaches to complex chronic pain, initiate and manage safe and effective opioid therapy, prevent and address addiction to prescription opioids, and develop communication and collaboration practice skills to better manage opioid therapy for your chronic pain patients. Active learning includes individual reflection, work with a partner, small-group exercises and large-group discussion. Outcome measures, including preparatory work, exercises during the program

and the application to practice exercises assigned at the end of the program, enable objective assessment of participation.

Skills Transfer Workshop: Office Gynecological Procedures in Family Medicine

This workshop will briefly review an updated approach to the diagnosis and management of five benign uterine conditions: fibroids, abnormal uterine bleeding, endometriosis, chronic pelvic pain and pelvic organ prolapse. Using state-of-the-art models, participants will learn techniques for performing endometrial biopsies; inserting the levonorgestrel IUS; and fitting, inserting and caring for pessaries. This is a hands-on, interactive workshop.

Group Learning (Uncertified)

Practising Wisely

Participants will identify opportunities for how to practise wisely, with a focus on reducing over-prescribing, over-imaging, over-screening and over-monitoring using the latest evidence and tools from diverse sources. This workshop aligns closely with the Choosing Wisely Canada (CWC) campaign to implement good healthcare stewardship and avoid over-medicalization. Participants will learn how to access reliable, curated and renewable online resources for an evidence-informed practice supporting individualized patient care. Active learning exercises such as case studies, individual reflection and group work will help participants to build communication skills to guide their patients through the shift from seeking sickness to enhancing health.

Teaching Professionalism: Collegial Conversations

Professionalism is contextual and best understood as a series of behaviours within a clinical setting rather than personal traits or attributes. Although professionalism is a core competency for medical students, residents and practising physicians, teaching professionalism is often haphazard. Preceptors have a critical role in assisting learners with their professional development. Lapses in

professional behaviour by students and residents are common and to be expected as they apply the principles of professionalism within the clinical setting. The session explores lapses in professionalism as an opportunity to engage in collegial conversation to better understand the learner's context and rationale for their behaviour. These collegial conversations encourage reflection and assimilation of new professional behaviours.

Treating Poverty

Poverty represents a significant and reversible risk factor for poor health. This full-day workshop is offered to family physicians and other healthcare professionals (e.g., nurses, nurse practitioners, social workers) practising in Canada. Participants will explore a simple three-step approach to intervening in patients' poverty through developing relevant clinical skills and a deeper understanding of available federal and provincial income security systems and related resources. In this interactive workshop, participants will develop, analyze and put into practice a multi-level approach to intervening in poverty for the health of individual patients, practice populations and at the community level.

Rapid Fire

Acne: Management Review & What's New

Acne is a very common skin condition seen in family practice. In this rapid-fire session, we'll review acne management and what's new in acne therapeutics.

Air Pollution in Ontario Kills. How? Which Patients? What to Do?

Air pollution is a trigger causing exacerbations in both respiratory and cardiovascular disease, causing significant morbidity and mortality in Canada. People with respiratory disease (asthma, COPD), cardiovascular disease (ASHD, cardiac failure, arrhythmias and stroke), diabetics, children and the elderly are at higher risk. The Air Quality Health Index (AQHI) conveys the health risk from air pollution on a scale of 1 to 10. It was introduced across Ontario in 2015, is widely available on the Internet and in the media, and can be used to counsel at-risk patients about how to reduce risk from exposure to air pollution. This talk will review the evidence summarized above

and discuss the AQHI as a useful tool for family physicians and other healthcare professionals.

Allergy Testing

This rapid fire session will explore the details of allergy testing for family physicians.

Chronic Diarrhea in Childhood: Cause and Cure

Causes of chronic diarrhea in childhood can range from the classic "toddler's diarrhea" to early onset IBD. What is the cause, what tests do I do and can I manage it or do I need to make a referral? You will come away with a practice plan to help your young patient with chronic diarrhea.

Constipation in Kids

Constipation is a very common problem in children. During this session you learn why constipation usually happens and how to provide effective and easy-to-follow suggestions in improving bowel

habits, thus solving the “defecation dilemma” occurring in many Canadian households. Guidance on when to refer will be touched on.

De-Prescribing PPIs – It Gives Me Heartburn!

Proton pump inhibitors (PPIs) are rarely meant for long-term use, but patients rarely want to stop them. The Canadian Association of Gastroenterology, through Choosing Wisely Canada, recommends attempting to stop or reduce PPIs at least once a year in most patients. Risks of long-term use include fractures, *C. difficile* infection, pneumonia, acute kidney injury and B12 deficiency. This session will explore how we help wean patients off these low-value, high-risk medications. With an EMR to identify patients and a de-prescribing algorithm to address rebound dyspepsia, you can successfully work with patients to stop PPIs when there is no indication for long-term use.

Don't Misinterpret the Recommendations for Acetylsalicylic Acid!

This session explores low-dose acetylsalicylic acid (ASA) for prevention of cardiovascular disease, including myocardial infarction and stroke. ASA has proven substantial benefits for secondary prevention in most cases. Most current guidelines and recommendations also agree that the benefits of ASA usually do not outweigh the risks for primary prevention but there are some conflicting messages. This session will explore how careful consideration should be taken when interpreting the recommendations for ASA use for primary prevention because 1) there are people who would benefit and 2) there may be risks to consider when you discontinue.

Dysfunctional Uterine Bleeding

This rapid fire session will explore the challenges of and solutions for dysfunctional uterine bleeding.

Early Integration of Palliative Care in Primary Care: The INTEGRATE Project

The INTEGRATE Project aims to identify and manage patients who would benefit from an early palliative approach to care through educational resources for primary care providers and integrated models designed to manage identified patients. Palliative care integrated models are being piloted in four Ontario primary care practices; all participating sites received primary level palliative care education. The need for a palliative care approach is identified using the “Surprise Question”: “Would you be surprised if this person died in the next 6 to 12 months?,” initiating symptom assessment, advance care planning/goals of care discussions and referrals. Sites are routinely submitting quality indicator data on identified patients. Since September 2015, 97 patients have been identified; life-limiting diagnoses include cancer, heart disease and renal disease. This project has the potential for significant impact on health system design for patients who will benefit from earlier palliative care provision in the primary care setting.

Epilepsy Care in Ontario: A Unique Provincial Strategy

In Ontario 90,000 people suffer from epilepsy, 30,000 of whom have seizures uncontrolled by medication, medically refractory epilepsy (MRE). About 50% of patients with MRE may be candidates for curative epilepsy surgery, but less than 2% are referred for surgery

in Ontario. Many, if not most, patients with MRE seek help for their uncontrollable seizures from their family physician. Until recently the family physician was basically on his or her own in trying to help patients with MRE. This session will discuss how the Province of Ontario, through the Provincial Epilepsy Implementation Task Force, has developed a system of regionalization of epilepsy care with the establishment of District Epilepsy Centres and Regional Epilepsy Surgical Centres of Excellence. The Ontario Strategy for Epilepsy Care is innovative and unique in North America. It offers family practice physicians a roadmap for the care and improvement in quality of life of all patients with epilepsy regardless of age or complexity.

First Trimester Tribulations

This rapid fire session will discuss difficulties in the first trimester of pregnancy and solutions for treatment.

Hemochromatosis: A Primary Care Problem

Hemochromatosis is the most common single-gene mutation in the North American white population and if undiagnosed can lead to iron overload toxicity to organs, including liver cirrhosis and diabetes. Less specific symptoms can include fatigue, cardiac and joint dysfunction and endocrine abnormalities. We will review when to suspect it, how to investigate it, treatments and the genetics of the condition.

IMAGINE-ing Inner City Health Education

Poverty is a key determinant of health that leads to worse health outcomes. Although most healthcare providers will work with patients experiencing poverty, surveys among healthcare students have reported a gap in the curriculum in this area. This session will explore a study that evaluated a novel interprofessional inner city health educational program, its benefits and applications.

Influenza Vaccination: Not as Simple as It Used to Be

Influenza vaccinations are offered to the entire population six months of age and older on an annual basis and therefore result in many healthcare provider interactions. The media also frequently cover issues relating to influenza immunization, including how well the influenza vaccine is performing in the current season. To improve influenza vaccine effectiveness, newer vaccines have been developed for various subpopulations such as children and older adults. These include the live attenuated influenza vaccine, high-dose inactivated influenza vaccines and adjuvanted influenza vaccines. This presentation will assist healthcare providers in understanding the epidemiology of influenza and how strains are chosen for the annual influenza vaccine, how the match between influenza vaccine and circulating strains is determined and how influenza vaccine effectiveness is measured. The various influenza vaccine products available for the 2016–17 season will be discussed with respect to their benefits for children and older adults.

Lichen Sclerosis: The Often Hidden and Missed Diagnosis

This session will explore Lichen sclerosis, an organ specific lymphocytic autoimmune disease, more common in females with a predilection of the skin, especially genital and perianal areas. Treatment is paradoxical with the use of ultra-potent topical steroids & immune response modifiers (tacrolimus, pimecrolimus) on genital skin where there is increased absorption. Affected patients

occasionally need systemic therapy and need to be monitored for other organ specific autoimmune disorders as well as the occasional development of squamous cell carcinoma.

Patient Satisfaction with a Fertility Check Program

Women who are not actively trying to conceive are increasingly approaching their primary care provider requesting a fertility assessment. In response to this need and the published literature, a Fertility Check program was created to provide fertility assessments for women not yet trying to conceive and to counsel them about their personal fertility potential. This presentation will discuss the information collected when women who participated in this program from March 2015 to February 2016 were invited to participate in an anonymous survey inquiring about demographic data and satisfaction with the program.

Pediatric Allergy

This rapid fire session will explore challenges presented by pediatric allergies and possible solutions.

Pharmacological Management of Chronic Neuropathic Pain

Management of neuropathic pain, including its pharmacological treatment, is an important skill for all primary care clinicians. In late 2014, the revised Canadian Pain Society consensus statement for the pharmacological management of chronic neuropathic pain was published. Few clinicians have access to, or knowledge of, the recently revised Canadian algorithm. To date, even the National Pain Centre, which houses Canadian pain-related guidance, has not updated its site with a link to this revised consensus statement. This session will provide attendees with the revised Canadian algorithm for the pharmacological treatment of chronic neuropathic pain.

Polycystic Ovary Syndrome (PCOS): Pearls and Pitfalls

This rapid-fire session will review important issues in the care of women with PCOS by providing some clinical pearls and some pitfalls of which clinicians should be aware.

Preschool Pediatric Asthma: Who Needs Treatment?

Preschool children often wheeze. The diagnostic test for asthma is spirometry, but they are too young to do it. Which wheezing children need inhaled steroids long term and which ones will likely grow out of the condition? Can you predict it? This presentation will review the approach to wheezing preschool children.

Project ECHO Ontario: Supporting Primary Care Management of Chronic Pain, Mental Health & Other Complex Conditions

This is the first of two planned presentations on ECHO Ontario at ASA. Project ECHO (Extension for Community Healthcare Outcomes) provides weekly telementoring sessions where geographically dispersed primary care providers present complex patients to an expert interprofessional HUB team and receive support in managing their complex patients. ECHO's principles include using videoconferencing to share best practices via case-based learning and monitoring outcomes. Born in New Mexico, ECHO has spread worldwide. There are now multiple MOHLTC-funded ECHOs in

Ontario, including ECHO Chronic Pain and ECHO Mental Health. Participants will learn about ECHO Ontario and how this learning model has grown a large knowledge network across the province.

Scale- Thick & Thin: Psoriasis & Dry Skin

This rapid fire session will explore the heartbreak of psoriasis from a description of the clinical variants to topical and systemic management. Dry skin may be genetic, environmental or part of the aging process. We will explore the use of moisturizers' both humectant and lubricating functions.

Speak Up for Health! Mammogram Patient Engagement Project

The purpose of this needs assessment was to determine the greatest barriers to breast cancer screening and the most effective and promising practices that would increase screening rates at TAIBU Community Health Centre. The survey and focus group results revealed that clients identified the greatest barriers as pain and discomfort, insufficient information about screening, and denial about susceptibility. Cultural representation in the media, information sessions and facilitated group discussions were identified as promising practices. The mixed-methods needs assessment highlighted potential deterrents and strategies that can be used to increase breast cancer screening rates at TAIBU Community Health Centre.

Suicide Risk Assessment: Best Practices

Death by suicide is a sad and distressing occurrence. Identification of individuals at risk is a fundamental safety issue for physicians and healthcare providers. This rapid-fire presentation will focus on best practices in clinical assessment, including the recognition of warning signs as well as risk and protective factors that will determine levels of urgency in intervention.

Tuberculosis Testing

In this short session, attendees will appreciate how to test for both latent and active tuberculosis. We will look at the benefits and drawbacks for certain tests, and discuss practical, office-based tips for TB diagnosis.

Urticaria and Angioedema

This rapid fire session will explore urticaria and angioedema.

Weaning Patients off Their Benzodiazepines

With the increased awareness of the dangers of long-term benzodiazepine use, this session will look at why we should taper benzodiazepine use and then how to taper benzodiazepines.

→ Skills-Based Workshops

Advanced Suturing

This is an advanced suturing workshop focusing on improving existing suturing skills. This session is not appropriate for beginners learning to suture. This is a hands-on workshop focusing on management of complicated wounds.

Approaches to Common Scenarios of Plastic Surgery for FP

The nature of general practice in Canada involves the office, emergency room and hospital. A large number of plastic surgery conditions are encountered on a regular basis in these settings, including hands (elective and emergency), burns, wounds of all types, skin cancers, lumps and bumps. Also, physicians are frequently required to do suturing, which could be improved with plastic surgery input. The aim of this skills workshop is to have a high impact on all the above areas. The presentation will involve a combination of PowerPoint presentations, practical hands-on correct suturing and local anesthetic techniques, splints and approaches to wounds. Emphasis will be given to use of dissolving sutures and long-lasting local anesthetics for best outcomes. This will be augmented by practical handouts. Participants should feel comfortable with initial management of the range of common plastic surgery problems in office and emergency room settings.

Hands-On Exam of the Knee

Musculoskeletal joint assessment is a critical component of correctly diagnosing joint injury and managing disease. Health practitioners can be faced with a variety of presentations each day in their practice. Keeping on top of the most current diagnostic clinical techniques is critical to positive patient outcomes and timely recovery. Don't miss out on this hands-on examination workshop of the knee, which will refresh your diagnostic skill set in an interactive and practical way.

Hands-On Exam of the Shoulder

Musculoskeletal joint assessment is a critical component of correctly diagnosing joint injury and managing disease. Health practitioners can be faced with a variety of presentations each day in their practice. Keeping on top of the most current diagnostic clinical techniques is critical to positive patient outcomes and timely recovery. Don't miss out on this hands-on examination workshop of the shoulder, which will refresh your diagnostic skill set in an interactive and practical way.

Pessary Use in Primary Care: A Simulation-Based Workshop

This interactive simulation-based workshop starts by reviewing patients with pelvic organ prolapse (POP) and stress urinary incontinence (SUI) who are appropriate candidates for nonsurgical management. The session will discuss patient and pelvic factors affecting patient selection and patient exclusion. The session then presents common pessaries for use in primary care and discusses risk versus benefit. Patient education, follow-up, identification of common complications, and prevention and management of complications are taught. Physicians then practise three simulation

scenarios with 3D pelvic models and pessaries: 1) pre-menopausal woman with SUI and no POP; 2) post-menopausal woman with moderate POP and SUI; and 3) post-menopausal woman with severe POP. Each scenario allows learners to practise the process of patient and pessary selection, fit, and removal and reinsertion of pessaries, and to review follow-up and management of complications.

Problem-Solving in Neurology for Family Physicians

This is an interactive session drawing on actual cases with emphasis on cognitive strategies for solving diagnostic problems in neurology, as opposed to the more traditional approach of relying solely on simple pattern recognition based on descriptive phenomenology. Included is content of relevance to hospital and office-based physicians alike that may be of particular interest to those involved in student and resident teaching.

Suturing 101

This session is a review of wound management and suturing techniques for the family physician, medical student and resident. This is a very basic review that will be perfect for those with limited clinical experience or those looking for a basic review. This is a space-limited, hands-on workshop (limit: 25 participants).

The Neurological Examination for Family Physicians

This session will consist of an interactive demonstration of the basic neurological examination. Emphasis will be on technique rather than on interpretation of signs. The principal objective will be acquisition of skills for performing a time-efficient, reliable examination applicable to a wide variety of neurological problems. Also included will be a quick neurological exam suitable for patients otherwise acutely ill that can be performed in less than five minutes.

Talks

18-Month Well-Baby Visit

Since the introduction of this enhanced visit in Ontario there has been steady uptake and much research. This session will address some of the findings, including which aspects of the visit are being routinely completed and which resources have been increased by the Province. The recent Canadian Task Force on Preventive Health recommendations have also created some ennui. The focus on developmental surveillance vs. screening will be fully explored.

Accessible Trans* Care: When Every Door Is the Right Door

This presentation describes the development of comprehensive primary services for trans and gender diverse (TGD) people in Peterborough, Ontario, using the Chronic Care Model (CCM) as a framework to understand the systemic changes needed to improve healthcare to this marginalized population. Until 2008, TGD individuals in Peterborough who wished to transition required referral to a Gender Clinic, with wait times of two years. From 2008 to 2015, 165 patients accessed treatment through a local primary care provider. The CCM was developed by Dr. Edward Wagner to offer a comprehensive approach to improving outcomes for people with chronic illness by restructuring elements of the health system to leverage more productive interactions between patients and providers. Having previously applied the CCM to effect improvements for healthy populations, the presenters used the model to implement changes in delivery system, decision support and self-management, which improved access to comprehensive health services for TGD people.

ACLS 2016 Update and Management

Key changes to the AHA Guidelines and Research will be covered, but the focus will be on improving the care of the crashing patient suffering from ACS and rhythm issues. Practical pearls to improve team function, CPR and new defibrillation strategies will be presented. This is meant for anyone who already has a good understanding of ACLS Guidelines and wants to improve the function of their hospital code team.

Advance Care Planning: Patient Wishes, Values & Beliefs Are Key. How to Engage in ACP Discussions with Patients

Advance care planning (ACP) is a process that involves the mentally capable patient identifying his or her substitute decision-maker(s) (SDMs) and expressing his or her wishes, values and beliefs for future care. The goal of ACP is to prepare the SDM(s) to make future healthcare decisions should the individual become incapable. ACP results in improved patient and family member quality of life, increased satisfaction with care and significantly lower healthcare costs during the final weeks of life. Primary care practitioners (PCP) are ideally positioned to introduce ACP conversations. The relationship that patients have with their family doctor allows for the discussion of sensitive issues regarding illness, possible future incapacity, values and wishes. PCPs require the knowledge, skills and resources to engage in ACP conversations. This presentation will include Ontario-specific resources to support engaging in ACP conversations and incorporating ACP into practice.

Aedes to Zika: Arboviruses Coming to Your Clinic Sooner than Later

This session will explore how in the past few years three arboviruses have been creating havoc among international travellers. Dengue, chikungunya and Zika viruses are transmitted by a day-biting Aedes mosquito in many different parts of the world. Although they all appear as flu-like illnesses, each has, to a variable degree, a distinctive clinical presentation that can help point the clinician in a particular direction. Dengue may have severe myalgia, chikungunya arthralgia/arthritis, and Zika conjunctivitis and rash. Severe dengue can occur following a second infection with a different serotype, chikungunya is most severe in the elderly and Zika may cause microcephaly and Guillain-Barré syndrome. Only Zika virus has the potential for sexual transmission. Diagnosis for the “three amigos” is PCR in week 1 and serology thereafter. Treatment is always symptomatic. Travel to the tropics today requires strict attention to personal protection measures to prevent mosquito bites.

After Plan B: Training in the Use of Mifepristone for Post-Conception Termination

Mifepristone has been used since 1988 in France and has been integrated in most other Western nations since then. This presentation will enable physicians to offer mifepristone for those seeking abortion in their family practice; the practical details of approved use will be discussed. This includes appropriate counselling and patient consent, timely pre-abortion assessment, expected use and side effects of the medications and appropriate follow-up. A few examples of patient management will be reviewed so participants can easily imagine integrating this medication into care. In addition, the talk will review the use of mifepristone in the management of early pregnancy loss, including the criteria for the use of medication rather than surgery for pregnancy failure. Time will be given to procedural discussion of safe manual vacuum aspiration that can be used by experienced family physicians in the emergency department and surgical facilities.

Anaphylaxis

This session will review an evidenced-based approach to anaphylaxis in the ED. The session will review the literature behind the treatment options that we currently employ and discuss what the final strategy is that make sense.

Antenatal Guidelines (New Forms, New Screening Tools)

This talk will explore the new forms, screening tools and other information regarding the Antenatal Guidelines.

Antibiotic Stewardship: Spice Things Up!

This session will explore how, at a time when microbes are becoming increasingly difficult to treat, stewardship programs help provide the resources and insight to optimize multidrug resistant organism treatment, define algorithms for identifying asymptomatic bacteriuria, outline a treatment approach in streptococcal pharyngitis and discuss pearls in methicillin sensitive *Staphylococcus aureus* and gram negative bacteremias.

Approach to Hematuria

This talk will discuss a clinical approach for addressing Hematuria.

Approach to Proteinuria

This talk will discuss a clinical approach for addressing Proteinuria.

Menopause: Case-Based Management

Family physicians continue to express a lack of knowledge and comfort in addressing menopausal complaints. This presentation will review the most recent guidelines, with a focus on the Society of Obstetricians and Gynaecologists of Canada Guidelines. A simple algorithmic approach to management will be reviewed. Choosing treatment options, counselling patients and appropriate tests and follow-up will be explored, using a case-based format.

Approach to Psychotherapy in Primary Care

25–35% of patient visits to a family physician may involve predominantly psychological issues. As a result of their longitudinal relationship with their patients, family doctors have lots of opportunities to do meaningful psychotherapy with their patients. This talk discusses two different types of psychotherapy, those being “supportive” therapy and “change” therapy. We will discuss how to choose the appropriate therapy for the appropriate person at the appropriate time. We discuss supportive therapy and how to best apply it in the primary care setting. We then focus in some detail on change therapy, particularly cognitive behavioural therapy (CBT). We discuss techniques of CBT, including setting up cognitive logs, and how to challenge distorted thinking patterns. We go on to discuss setting up behavioural homework as a therapeutic modality to complement the cognitive work. Finally, we look at how psychotherapy can be incorporated in a practical way into the primary care setting.

Approach to Syncope and the Dizzy Patient

This session is aimed at providing the learner with a simple and efficient way of approaching, investigating and managing the patient who presents with syncope and dizziness. Syncope is a complex symptom with an often confusing list of differential diagnoses. Clinicians are often frustrated by the lack of a standardized approach. Here, we will reverse this and bring excitement to the office management of syncope. Learners will leave the presentation thinking syncope is one of the most exciting topics in family medicine!

Being Sure It Is, and Is Not, Parkinson's

The proper techniques for assessing individuals for possible Parkinson's disease will be highlighted with the help of extensive videos. Pearls for differentiating common misdiagnoses will be highlighted. Treatment options for Parkinson's disease will be reviewed with a focus on how to properly use the gold standard, levodopa. Evidence for treating common nonmotor symptoms, including dementia, psychosis and depression, will also be a focus.

Beyond Thyroid Stimulating Hormone (TSH)

This session will review thyroid physiology and the pertinent lab tests for family practice management of common thyroid disorders. Participants will be guided to understand the role of the TSH test in patient screening, including when to screen, pitfalls and cost-benefit, and will also become aware of conditions and substances that

can interfere with thyroid function and interpretation of results. The session will also evaluate the role of other thyroid tests using case-based examples for common thyroid disorders.

Billing 101: How to Maximize Your FHO Billings

Billing for FHO is a more complex process because your income is derived from a number of different programs. This presentation will offer tips on how to maximize your billings by maximizing the number of patients registered and by use of billing program strategies.

Borderline Personality Disorder: Management Strategies

Patients with a borderline personality disorder struggle with instability of self-image, affect regulation, impulse control and interpersonal relationships. Frequent self-injury and testing of patient-physician boundaries can lead to frustration and/or burnout. This talk will discuss effective management strategies that incorporate principles from dialectical behavioural therapy that can be readily embraced by family physicians and applied within their clinical settings. The key purpose of the talk is to assist physicians in developing a physician-patient relationship in which appropriate boundaries are defined, ongoing negotiation becomes a key feature and mutual respect by both physician and patient is nurtured.

Cancer Patient Follow-Up: Pearls for Monitoring Survivors of Cancer

Evidence shows that primary care providers (PCPs) can deliver equal quality of care for many survivors of cancer. As the number of cancer survivors continues to increase, there is inadequate capacity in cancer centres for all follow-up to occur, as newly diagnosed patients require expedient access to cancer specialists. This session will explore the landmark report, *From Cancer Patient to Cancer Survivor: Lost in Transition*, which raised awareness of the need for quality survivorship care, including transition to PCPs. Family doctors are experts at caring for patients with chronic disease in a comprehensive, community-based model; however, PCPs report the need for specific training to care for the cancer survivors that are transferred back to them for long-term well follow-up management. This session will offer evidence-based resources that will ensure that PCPs have the knowledge and skills to deliver high-quality well follow-up care, including lifestyle counseling, treatment side-effect assessment, psychosocial support and cancer recurrence monitoring.

Car-Crashing Reasons to Stop Sedatives in the Elderly

Sedative-hypnotic use in the elderly has substantial risks to individual patients and to society, including falls, hip fractures, delirium and motor vehicle crashes. A plethora of evidence demonstrates that harms outweigh benefits, yet we find ourselves renewing these medications regularly. Patients often start sedative-hypnotics in their younger years. Physical dependency makes them very challenging to try to stop when patients are older. This is an area where we need help to “first do no harm.” This talk will discuss a Canadian randomized controlled trial that showed that 27% of elderly patients could successfully stop their sedative-hypnotic using a tapering protocol, with help from both the community pharmacist and the family doctor. The discussion will also cover how cognitive-behavioural therapy for insomnia is emerging as an acceptable and effective treatment for sleep disturbance in the elderly, and how to put these tools to use to improve safety in your patient population.

Cardiac Testing

This talk will explore techniques, challenges and solutions related to cardiac testing.

Challenges in Lyme Disease Diagnosis and Treatment

Lyme disease is the most frequently reported vector-borne disease in Ontario, with over 400 confirmed and probable cases in 2015, yet misunderstandings about diagnosis, testing and treatment abound. This talk will address the challenges posed by this acute and chronic infection, including assessment of tick exposure/risk of Lyme disease, post-exposure antibiotic prophylaxis, clinical diagnosis of early localized infection, appropriate use of lab testing, and treatment of the early and late stages of Lyme disease. The speakers will also address post-treatment Lyme disease syndrome and management of patients with chronic Lyme disease. Finally, the presentation will also provide updates on the development of revised Lyme disease prevention, diagnosis and treatment guidelines presently being undertaken by the Infectious Diseases Society of America, American Association of Neurology and American Society of Rheumatology, with an emphasis on how revised guidelines may be adding to and/or differing from guidelines developed from 2006 to 2010.

Changing the Course of Eating Disorders

Family physicians are in a unique position to identify eating disorders early because they are the first port of call for parents, who usually notice nonspecific symptoms quickly. Children and adolescents who receive treatment within three years of becoming ill show better outcomes, particularly with family-based treatment. Early identification and treatment may also reduce lifetime disease burden. Early symptoms are nonspecific and can masquerade as physical illnesses, but revisions made to the DSM-5, particularly the new diagnostic category known as Avoidant/Restrictive Food Intake Disorder, can help raise the indices of suspicion. Through this talk, clinicians will learn to identify the early symptoms of a developing eating disorder, how to determine a differential diagnosis, the benefits of working collaboratively with parents, and how to best manage patients waiting for specialized treatment. A national study, *Involving Family Physicians in Early Identification of Eating Disorders*, is in process.

Childhood Behaviour: Temper Tantrums and Anxiety

Childhood behaviour problems such as temper tantrums, disruptive behaviour and separation anxiety are expected in preschool children, but when is it too much? 10–15% of preschool children have diagnosable mental health problems, but few are actually diagnosed and treated. Symptom presentations of common psychiatric disorders in preschool children are similar to those in older children, yet many families of young children who could benefit from parenting interventions do not receive them. What is the role of the family practitioner in identifying children and encouraging parents to accept treatment? This workshop will utilize interactive small-group case discussions to highlight the key features of disruptive behaviour and extreme anxiety that may signal clinically significant disorders. Clinical tools such as the brief parent report behavioural questionnaires, as well as management strategies and resources, will be reviewed and discussed.

Choosing Wisely: Beyond “11 Things You Should Question”

Choosing Wisely Canada launched the 10 Million Challenge with the aim of helping to prevent 10 million unnecessary tests and treatments by the year 2020. To date, over 160 recommendations have been published across a large number of clinical specialties. This fun and interactive case-based session will expose healthcare providers working in hospitals, primary care and long-term care to other valuable and applicable Choosing Wisely Canada recommendations beyond *11 Things Physicians and Patients Should Question* recommended by the Forum on General and Family Practice Issues. Come and help safeguard patients from needless harm and ensure that our healthcare resources are used most effectively.

Climate Change and Emerging Infectious Diseases: At the Interface of Public Health and Family Medicine

Climate change will affect human health in many ways – mostly adversely. For example, infectious diseases are emerging faster than at any other time in human history. At the same time the world is becoming a much smaller place. Family physicians and primary care practitioners are faced with new challenges in their daily practice for which there might be no clear answer available. Such is the case with the new emerging infectious diseases, either by vector or mosquito-borne transmission. Dengue, West Nile virus, Lyme disease, chikungunya and more recently Zika virus (microcephaly, Guillain-Barré syndrome) are part of the new reality. In this talk, the most current updates on guidelines and recommendations will be presented and discussed, putting an emphasis on the most recent outbreaks and pandemics affecting Canadians.

Common & Emergent Issues in Ophthalmology

This is an interactive talk covering the most commonly seen eye conditions and emergencies, as well as an approach to management and when to refer.

Community-Based Treatment for Prescription Drug Abuse in Remote Northern First Nations Communities

First Nations communities in Northeastern Ontario are experiencing very high rates of opioid dependence. In 2009, the regional chiefs described this as an epidemic. Subsequent research has supported this assessment. In 2015, one regional community demonstrated an age-adjusted adult rate (20–50 years) of 41% of adults receiving opioid substitution therapy. Sixteen of the 31 remote First Nations communities in this region have initiated addiction healing programs, including opiate substitution therapy with sublingual buprenorphine/naloxone. These programs have all developed community-based programs that value culturally appropriate management and aftercare. This talk will describe some of the components of the programs and outcome measures.

Congenital and Inherited Heart Disease: From Fetal Life to Adulthood. What Should I Know?

Congenital and inherited heart disease is the most common cause of death in the young. Timely diagnosis and treatment can save lives. Many people with congenital heart diseases can live near normal adult lives and at this time there are more adults with congenital heart disease than children. As their care providers we need to

know how to address their unique needs. For a physician, patient care starts with taking a history and the physical examination. This session will discuss common congenital heart diseases from fetal to adult life, when to suspect them and how to manage them. We will also discuss some nuances of inherited heart conditions that can cause sudden death, such as Marfan syndrome, hypertrophic cardiomyopathy and long QT syndrome, among others. By the end of this session you will feel comfortable knowing more about this evolving new sub-specialty.

COPD: Lots New for an Old Disease

Patients with COPD have been described to have different phenotypes. In years gone by we specified those with emphysema vs. chronic bronchitis. Now treatment paradigms separate patients based on symptoms, exacerbations, asthma history and comorbidities. This talk will review the nonpharmacological and pharmacological therapies for each phenotype. What about those patients on ICS who never exacerbate? All of this will be reviewed starting from a case, personalizing these issues.

Critical and Palliative Care

This talk will explore topics related to critical and palliative care.

Dealing with the Difficult Patient

This talk will explore tactics for dealing with difficult patients in primary care settings.

Delirium in the Elderly Population

This talk will explore tactics for addressing delirium in elderly patient populations.

Dementia Care: Antipsychotics, Benzodiazepines and More

With the aging Canadian population and estimates of approximately one-quarter of persons over age 65 suffering from either mild cognitive impairment or dementia, family physicians will be increasingly challenged to manage behavioural and psychological symptoms associated with these conditions. This session will provide practical tips on medications used to manage common neuropsychiatric symptoms in the older adult who is cognitively impaired.

Demystifying Refugee Health

Canada accepts approximately 25,000 refugees annually. It is anticipated that with the migration of Syrian refugees in 2016, that number will reach historic levels. Many refugees suffer from unique health issues related to their migration. Many have endured immense trauma; the burden of infectious diseases is higher in this population; others may struggle with post-migration stressors. Recent changes to refugee health insurance have become a barrier for some refugees in accessing care. Primary care clinicians are uniquely placed to serve the needs of this population. This presentation will outline the demographics of refugee migration to Canada. It will review the unique health issues that confront refugee populations and will highlight the migration of Syrian refugees in Canada. The current status of refugee health insurance will also be reviewed. The presentation should help participants become more comfortable addressing the needs of this population.

Dermatology Review: Everything You Wanted to Know for 2016-17

This session will focus on what's new and upcoming in dermatology. Medical, surgical, laser and cosmetic dermatology developments will be discussed, along with great photos. Pediatric and geriatric dermatology, and all aspects in between, will be covered. Conditions covered include acne, rosacea, psoriasis, eczema, warts, hair loss, melasma, onychomycosis, skin cancers, non-invasive fat and cellulite reduction, lasers and more!

Diabetes Update: What Is New in 2016

The CDA guidelines are generated every five years, with the last update being in 2013 and the next one in 2018. There have been some interim changes to the guidelines in 2016 that will be discussed during this presentation. An approach for selecting which agent to use in managing patients with type 2 diabetes will be discussed. An introduction to novel insulin therapies and how to apply them to your practice will be included in this session.

Does Patient Experience Really Matter?

Experience-based design is a method of designing better experiences for patients, caregivers and staff. The approach captures the experiences of those involved in healthcare services. It involves looking at the care journey and in addition, the emotional journey people experience when they come into contact with a particular pathway or part of the service. A patient might be very satisfied with their healthcare experience overall, but have had some difficult interactions with people or processes along touchpoints in their journey. This session will offer insight into how healthcare providers can narrow down where challenges exist in a patient journey in order to strategically focus their improvements with patients as partners. During this interactive session, participants will gain a shared understanding of the experience-based design approach and its four phases and leave with some tools and tips to begin capturing their patients' experiences.

Family Physician Leaders: Creating Capacity in Ontario

Enabling family physicians as clinician leaders beyond the walls of their own clinical settings is becoming an increasing focus as Ontario's healthcare system is evolving towards stronger population health in 2016 and onwards. Putting the family physician into the centre as a resource to a defined population, and as a community-based clinician also, is well reflected within the four principles of family medicine as stated by the CFPC. What are the unique skills and competencies that enhance the effectiveness of Ontario's family physician leaders? This interactive session shares a few of Professor Brenda Zimmerman's teachings with the Physician Leadership Development Program and analyzes how we can scale up skills in leading change, beginning with our own thinking, in the setting of clinical care in traditional partnerships with our patients, to relationships that enable changes within our practices, organizations and the health system.

Fever in the Returning Traveller

This session will delve into a practical clinical approach to ill returned travellers. We will discuss the management of patients with fevers and other clinical syndromes. We will focus on understanding common and dangerous conditions in patients returning from various

geographies, and an effective approach to diagnosis and empirical treatment.

Fracture Management for the Family Physician

Family doctors will often be asked to see patients with a healing fracture, especially when orthopedic access is far removed. The case-based seminar reviews which patients are safe to manage, which should be referred and why. Learn about complications to watch for, strategies for dealing with them, and when and why you need an x-ray to monitor healing.

From Great to Outstanding: Fire Up Your Medical Lectures

Over several years of giving highly rated conference presentations and faculty development sessions on lecturing, attendees have repeatedly asked for a talk on how to give a talk. This presentation has been created in response to that request. This presentation will (1) provide an overview of published literature on what makes an effective medical lecture and what improves learning outcomes, (2) summarize pearls for best practices for use of visual aids and (3) review common presentation pitfalls and how to easily overcome them. Additionally, we will discuss (1) the presenter's experiences in giving medical lectures and (2) the top negative and positive feedback items some conference speakers have received. Finally, through a facilitated discussion, participants will (1) share their own techniques to increase effectiveness of medical presentations and (2) learn from others' techniques. This dynamic Prezi presentation received outstanding evaluations when presented at the 2015 Family Medicine Forum.

Gastrointestinal Bleeding: Overt and Occult

A diagnostic and therapeutic approach to occult and overt suspected gastrointestinal bleeding will be reviewed. Although many options are available, selecting an individualized approach that rules out worrisome pathology while minimizing patient burden attributable to excessive diagnostic testing can be challenging.

Gastrointestinal Testing: What's Available and When to Refer

This session will focus on the clinical presentations that warrant advanced gastrointestinal testing. Diagnostic options will be reviewed to ensure that general practitioners understand the purpose and process involved in each, ultimately allowing enhanced interpretation of results and counselling of patients.

Headache Diagnostic and Management Pearls 2016

This session will outline recent advances in and clinical pearls relating to SAH, migraine, lumbar puncture and traumatic brain injury. The focus will be on using and applying practical tips for management issues that give the ER physicians headaches. We will cover CT rules, better approaches to LP, concussion, and intracranial hemorrhage management.

Heart Failure in 2016: Why Do We Do the Things We Do?

Heart failure has a prognosis worse than many malignancies. At any one time, there are about 500,000 Canadians living with congestive heart failure (CHF); there are likely no primary care practices out there without at least a few heart failure patients to manage. Over

the past 25 years, cardiovascular medicine has given us an array of drugs and devices to help CHF patients live longer and most importantly, live better. This session will take you through an updated, evidence-based and practical approach to managing your heart failure patients in 2016.

HIV Pre-Exposure Prophylaxis (PrEP): How to Provide Comprehensive PrEP Care in a Community-Based Clinical Setting

This session is geared toward individuals who are interested in learning more about a new HIV prevention tool, and for those who are interested in providing HIV Pre-Exposure Prophylaxis (PrEP) care in office-based community settings. Practical tips such as who is eligible for PrEP, and how to initiate and monitor individuals taking PrEP will be discussed. Plenty of time will be reserved for discussion and questions.

How to Confidently Debunk Anti-Vaccine Myths

This presentation will highlight common patient objections to vaccines, including "The formaldehyde/arsenic/aluminum/mercury in vaccines is harmful," "Vaccines are made from aborted fetal cells and have baby bits, and my religion opposes this," "Disease rates were declining before vaccines were introduced," "My daughter will be more promiscuous if you vaccinate her for HPV," "It's better to get the diseases naturally – they're not so bad," "A baby's immune system can't handle all these" and "The vaccines haven't been around long enough to know they're safe." Finally, a group discussion will be facilitated to share experiences with patient objections and how to overcome them. This presentation was a highly rated presentation at Family Medicine Forum 2015 and will again feature a dynamic Prezi-based multimedia discussion.

Improving Opioid Safety Practices in Primary Care

Despite the development of several opioid guidelines, prescribing behaviours still contribute to poor patient outcomes and societal harm. Factors at the provider and system level may hinder or facilitate the application of guidelines, and interventions designed to address such factors may be effective. The development and evaluation of a comprehensive Opioid Self-Assessment Package has been planned. This intervention will increase knowledge of the Canadian opioid guidelines, assess adherence to the guidelines and evaluate medication safety vulnerabilities in clinicians' practices. This study has implications for national application of a practical opioid self-assessment and quality improvement program in primary care settings, and for use in ongoing monitoring of patient safety outcomes. The presenters will describe the pilot intervention, present early study findings and describe barriers and enablers to improving opioid prescribing. We will also generate discussion about the use of ongoing quality improvement and self-assessment interventions for opioid prescribing in primary care.

Indigenous Health: Are You Ready for Reconciliation?

The Truth and Reconciliation Commission of Canada announced its Call to Action in 2015 and one recommendation made advised that health professionals learn about residential schools and their impact on Indigenous peoples. Health and social problems are widely known to be significantly worse in the Indigenous population than in the general population, but lesser known are the many

factors that pervasively influence these disparities. As the primary care contact, family physicians are important advocates for First Nations, Inuit and Métis patients, families and communities, whether they work in urban, rural or remote practices. A brief overview of Indigenous cultures, historical and political contexts, and differences in personality and values enabling a greater understanding of Indigenous health status and social problems will be provided. Several cases will be discussed and clinical pearls in working with Indigenous populations will complement the knowledge gained as participants aim to learn and practise with cultural safety, moving towards reconciliation.

Initiating and Adjusting Insulin in Type 2 Diabetes

Starting and adjusting insulin in type 2 diabetics is within the scope of practice of primary care providers. In this presentation the speaker will use cases to demonstrate how the healthcare provider can safely and effectively start and adjust insulin using evidence-based tools, resources and techniques. At the end of this session, attendees will be able to initiate insulin using these resources and tools in a step-wise, clear and simple approach. During the session, attendees will have the opportunity to work through several cases using these tools and resources in order to familiarize themselves with this important topic and skill.

Introduction of Foods in the First Year of Life

In this session, key messages from Health Canada's updates to its *Nutrition for Healthy Term Infants* guidance will be discussed, as well as some current trends and issues in infant feeding.

Iron Deficiency Anemia: What Family Physicians Need to Know About Diagnosis and Management

Iron deficiency anemia (IDA) is the most common cause of anemia worldwide. The prevalence of IDA has been found to be as high as 4% in women, 16% in pregnant women in the third trimester and 6% in elderly patients. However, IDA is under-recognized and undertreated. In severe cases, patients are often referred to the emergency department for red blood cell transfusion. The first objective is to learn how to recognize IDA. Causes of IDA will be reviewed. The second objective is to learn how to prescribe treatment for IDA. The available oral iron formulations will be discussed along with their side effects. Indications for intravenous iron and their side effects will also be presented. The final objective will be to learn about a quality improvement project aimed at improving the management of patients with IDA in the emergency department. An algorithm will be presented for how to decide whether or not to transfuse a patient with IDA. The risks of transfusion will also be discussed, including the risks of alloimmunization (formation of red blood cell antibodies), which in women of childbearing age increases the risk of hemolytic disease of the newborn in future pregnancies. A case-based approach will be used to increase interaction with the audience.

Irritable Bowel Syndrome (IBS): A Practical Approach

This presentation will address the suspected etiology, diagnostic approach and treatment measures for this common and therapeutically challenging entity. Recent advances in the medical literature will be addressed, with a focus on practical take-home points for the general practitioner.

It's Not Just a Pregnancy Loss: Helping Bereaved Families

Each day in Ontario, about two pregnancies end in stillbirth. Best estimates are that 15% of all pregnancies end in earlier miscarriages, and up to 25% of pregnancies in women over 35. These are among the most significant, life-altering and potentially traumatic events that a woman and family will experience in their lives. As family physicians, we are fairly comfortable with the medical aspects of managing miscarriage and stillbirth, but much less so with the emotional and psychological impacts of these so-called "pregnancy losses." This presentation will focus on ways to listen to and help grieving families, both in the immediate aftermath and years down the road. You will take home practical, evidence-based pearls and gain confidence in how to best support women and families through these life-changing events.

It's Overgrown Toeskin, NOT Ingrown Toenail

This session is an innovative approach to an old problem. The term "ingrown toenail" incriminates the nail as the causative factor; however, there is excellent evidence-based research demonstrating that there is no nail abnormality and that the problem is due to an excessive amount of soft tissue, which is excised. The nail is not touched! The result is cosmetically excellent and the problem will never recur!

Jeopardy: Answering Common Clinical Questions Selected by the Audience

This session is run as a game show type presentation in which the audience picks topics (usually 28 or so). They are quick, rapid-fire answers to common clinical questions and involve a lot of audience participation. Topics include the broad range of primary care. For example, do multivitamins improve health, will coffee shorten your life, what drug reduces fever best, what medicine is best for pediatric pain, how well does cholinesterase work for dementia, what BMI has the lowest mortality, how well does melatonin work, and more.

Kidney Stones

This talk will explore challenges and solutions related to the treatment of kidney stones.

KidneyWise: A Primary Care Innovation for Chronic Kidney Disease Management

Want to become an expert in managing chronic kidney disease (CKD) in primary care? Come and hear about the KidneyWise Clinical Toolkit, a practical, evidence-based, easy-to-use resource to help identify and manage patients at risk for, or with, CKD. This disease affects approximately 2 million Canadians and is a recognized risk factor for all-cause mortality. Patients who progress to end-stage renal disease experience significant morbidity and a reduced quality of life. The KidneyWise toolkit contains a practical clinical algorithm, an outpatient nephrology referral form and an interactive app that can be used at the point of care to improve the early detection and prevention of progression of CKD. These materials will be distributed and reviewed in detail during this session.

Management of Common Chemotherapy Complications for the Family Physician

Family physicians are increasingly involved in the care of their patients with cancer, both during and after treatment, or on an ongoing palliative basis. Unfortunately, there is limited education for family physicians around oncology basics, specifically with respect to short- and long-term side effects of treatment. This talk will explore the management of acute side effects of chemotherapy, such as nausea, vomiting and febrile neutropenia, as well as some of the lesser-known side effects of the newer biologic agents. Long-term side effects of treatment will also be explored, with an emphasis on cardiotoxicity, secondary malignancies and ongoing side effects of hormonal therapies. This review of common chemotherapy complications is intended to increase the comfort level of family physicians caring for patients with cancer in their practice.

Managing Insomnia: How to Help Your Patients Sleep Better

It's estimated that 30–40% of adults suffer from occasional insomnia and 15–20% of adults have chronic insomnia. Chronic insomnia is associated with cognitive difficulties, anxiety and depression, poor work performance, decreased quality of life, and increased risk of cardiovascular disease and all-cause mortality. Insomnia can be treated with nonpharmacological and pharmacological therapies. In this interactive workshop, participants will work through cases of sleep-related complaints that are commonly encountered in family practice and walk-in clinics. By the end of the session, participants will have a clear approach to insomnia and learn how to manage it using behavioural therapy and appropriate pharmacotherapy. Participants will also learn how to help patients get off their benzodiazepines and other sleep aids safely.

Marijuana in Pregnancy and Breastfeeding

Marijuana use is common among women of reproductive age. Discussions around medical marijuana and legalization have only increased the questions women have about marijuana use in pregnancy and breastfeeding. Family physicians have a critical role in preconception, prenatal and postpartum care. This session will review the current evidence related to the use of marijuana during pregnancy. Current recommendations about safety of marijuana in breastfeeding will be presented. Case-based presentations will be used to provide family physicians with tools to have critical conversations with women from preconception to postpartum.

Masqueraders of Asthma: Be Careful!

Your patient is dyspneic and wheezing – must be asthma! Treatment is started and your patient does not get better. Now what do you do? This program will review how to diagnose and manage asthma and how to measure success. It will review those things that mimic asthma and give you the approach for diagnosis and management of those conditions when you do not have success.

Measles Gate: How to Manage an Office Measles Exposure

When was the last time you encountered a case of measles in your office? This presentation will describe an adult case associated with a measles outbreak in the Greater Toronto Area in January 2015. Topics including challenges associated with making a correct

diagnosis, close communication with local public health, leveraging one's electronic medical record system to help with contact tracing, and the importance of transparent messaging to all patients and staff will be reviewed. By the end of this session, you will have an organized, practical, team-based approach to managing an office-based infectious disease exposure.

Medical Aid in Dying: The First Few Months

The past year has seen a whirlwind of activity around Medical Aid in Dying (MAID). Bill C14 has received royal assent, but there are still a number of policies and procedures that need to be established as part of a regulatory framework in which MAID is legal, and many important professional and clinical considerations that are not covered by law or policy. In this session, we will review Canada's experience with MAID, and look at some practical and clinical considerations for practitioners who receive a request for MAID from a patient.

Medical Problems, Legal Solutions. Surveillance Results from a Primary Care Based Medical-Legal Partnership

Medical legal partnerships (MLP) require physicians to recognize medical issues stemming from social determinants of health and refer such cases to free legal services for further management. Currently, the presenters are piloting a primary care based MLP in Windsor, Ontario, as a solution to provide patients with improved management for medical issues compounded by social circumstances. Potential patients are first identified through initial screening on consultation with their family physician using the I-HELP screening model (income, housing, education and employment, legal status, and personal and family stability). Candidate clients are subsequently referred to a centralized triage lawyer, at Pro Bono Law Ontario, for legal advice, and further connected to legal services if appropriate. This talk will present preliminary data from this project, in addition to a completed community-based needs assessment, which has revealed that the most frequently encountered medical-legal issues experienced by our patient population involve social assistance, employment, education and healthcare access.

Mind the Gap: Reconciling Meds after Hospital Discharge

Preventing hospital re-admissions has become a high priority within the Ontario healthcare system. Primary care providers can play an important role in this regard, particularly with regards to being available for post-discharge follow-up. In this vein, the Markham Family Health Team created a medication reconciliation program for patients discharged from hospital, and through partnership with community hospitals, discharged patients are offered an appointment with a pharmacist within seven days. This initiative helps to facilitate seamless transition from the tertiary care setting back to primary care and reduces the risk of adverse medication errors. To date, 85% of eligible patients had two or more medication discrepancies identified. This presentation will focus on how to leverage an electronic medical record to obtain relevant clinical data, identify gaps in care and facilitate better-quality tracking methods to ensure better patient outcomes. It will also outline findings during typical medication reconciliation visits and will share feedback from providers and patients about the program.

Mixing and Matching: Layering Psychiatric Medications

Often, psychopharmacological treatment of psychiatric conditions involves combining medications in an appropriate manner. In this workshop, we will discuss a number of scenarios in which this occurs. This discussion will include augmenting a partial response to antidepressants, dealing with treatment-resistant depression, treating acute manic conditions, dealing with insomnia, dealing with anxiety disorders and schizoaffective disorder, among others. Participants will be encouraged to bring up some of their own cases where issues of “layering” occurred.

Mood Disorders in Pregnancy and Postpartum

Postpartum mood disorders (PMD) occur with relatively high frequency (10–20%) in family practice and have important effects on mothers, their children and the entire family. There is mounting evidence that maternal depressive illness affects the quality of the mother’s relationship with her child and the child’s cognitive and social development. Unfortunately, depression and anxiety are seriously undertreated during pregnancy and after childbirth, resulting in increased vulnerability for children and families. Family physicians have an important role to play in the diagnosis and management of PMD. Using interactive case scenarios, this workshop will emphasize the prevention, diagnosis, screening, treatment and therapeutic techniques that can assist family physicians in managing PMD in mothers and helping their families during the postpartum period.

New Guidelines for Treatment of Soft Tissue Infections/Cellulitis

This session will discuss how to manage patients with skin and soft tissue infections. We will look at the new guidelines in detail. After this session, attendees will have an approach to appropriate diagnostic tests, management plans and other important issues, such as patients with drug allergies and infections that appear to be recurrent or not resolving.

New Mainpro Plus: What You Need to Know!

Mainpro+ was introduced in June 2016, bringing significant improvements to the CFPC’s maintenance of competency program. Members and affiliates will learn about changes to the Mainpro credit system, cycle and thresholds, along with changes to CPD certification and Fellowship criteria. The new Mainpro web platforms will also be reviewed.

Office Emergencies - Build the Box

This discussion will review the incidence of office emergencies and review common emergent presentations in the office. We will discuss in detail the current management of common emergencies. In the second half of the talk, we will turn our attention to “building the box” – that is, putting together a comprehensive, tailored emergency response kit for your office.

Office MSK Imaging: What’s the Right Test?

Patients with MSK complaints are very commonly seen in primary care settings. Many imaging options are possible, including x-ray, ultrasound, CT, MRI, bone scan – and even no imaging at all! This interactive talk will focus on common extremity complaints that present to a family medicine office and review imaging strategies

that allow for optimal, informed care of our patients as well as efficient use of our healthcare resources.

Opioid Use for Chronic Non-cancer Pain: Where Is the Evidence?

In the past 20 years, the use of opioids for chronic non-cancer pain has increased dramatically, along with associated morbidity and mortality. With recent professional and public interest in the opioid crisis and controversial marketing practices, many physicians have begun to question the role of opioids in the treatment of chronic non-cancer pain. This presentation will provide the physician with the opportunity to identify and critically evaluate the role of opioids in the treatment of chronic non-cancer pain. Physicians will review the phenomena of narcotic neurotoxicity and narcotic-induced hyperalgesia.

Osteoporosis: A Clinical Update

Osteoporosis affects 20% of women and 10% of men after the age of 50. However, fewer than 20% of women and 10% of men receive appropriate treatment after a fragility fracture. This session will provide a clinical update on osteoporosis, including how a bone mineral density test is recommended in all patients over the age of 65 and those aged 50–65 with risk factors. Nonpharmacological therapy consisting of ensuring adequate intake of calcium and vitamin D, exercise and fall prevention will be discussed.

Pediatric Dermatology

This talk will explore challenges and solutions for physicians addressing issues related to pediatric dermatology.

Pediatric Fever for the General Practitioner

This presentation will provide the participant with a better understanding of how to manage pediatric patients in office practices and the emergency department. Fever is a common presentation and should be considered a symptom and not a disease. In 2016, the role of antibiotics and blood cultures should be questioned. The role of when to treat, investigate further or send to the emergency department will be discussed. Furthermore, the role of advocating for having all eligible pediatric patients vaccinated, and vaccination’s impact on the role of fever management in the community, will be reviewed.

Patients’ Perspectives on Block Fees: A Qualitative Study

Ontario physicians are compensated for the majority of their services by OHIP. Select uninsured services may be charged directly to patients on a per instance basis or via an annual fee known as a block fee. The CPSO outlines how block fees may be administered. Proponents believe that this is a convenient way to charge for uninsured services, while opponents worry that it may pose a barrier. This talk will explore a study in which the CPSO’s database was used to determine the number of entries about block fees and the patient and physician responses to them.

Physician Assistants 101: The Who, the How and the What

Who are physician assistants (PAs)? How are they trained? How can they be incorporated into medical practice? What can PAs actually

do? What type of supervision do PAs require? This session will discuss how PAs provide care in a range of healthcare settings under supervision of a registered physician. Specific duties reflect the scope of practice of the physician and the experience of the PA. The benefits of the PA role have been well documented in many settings. PAs in Canada are educated in the medical model, within our faculties of medicine. Strategies for potentially employing PAs and the benefits, challenges and implications of adding a PA to the clinical team will be explored. The variety of funding models when including PAs in a clinical practice will be considered. As family medicine experts, collaborators and managers, participants will discover the MD-PA model of care.

Physician Wellness

This session will explore the hurdles facing physicians in creating balance, and tactics to enhance physician wellness.

Post-Coital Contraception: An Update

Concerns regarding the mechanisms of action of emergency contraception (EC) create major barriers to widespread use and could also lead to incorrect use of EC and overestimation of its effectiveness. While the copper intrauterine device (Cu-IUD) is the most effective method available for EC, the hormonal methods are frequently considered to be more convenient and acceptable. Today, the most commonly used method for hormonal EC is levonorgestrel (LNG). More recently, the progesterone receptor modulator ulipristal acetate has been shown to be more effective than LNG to prevent an unwanted pregnancy. This session will review all methods of EC and describe the challenges and opportunities for increasing EC use.

Practical Tips for Disabled Patients in the Office

Many patients in family medicine are affected by significant physical disabilities such as spinal cord injury, multiple sclerosis, stroke and other neuromuscular problems. Common associated secondary complications such as neurogenic bladder, bowel dysfunction, mobility in a wheelchair or with a walker, and persistent pain are challenges presenting in practice. Family physicians often wish to help their disabled patients but feel a lack of expertise and training to manage these concerns. This case-based seminar will explore common scenarios that present to the family physician in those with physical disabilities and offer practical pearls for management and prevention in the office.

Practising Family Medicine: We're All Just Practising!

This session is intended as a panel to discuss with residents, and physicians in the first five years in practice, the role of mentorship in practice as a normal and traditional extension of our professional education. A panel of four or five seasoned physicians from a variety of practices will discuss experiences of being mentored themselves into practice confidence and their role as mentors, guides and supports for those colleagues who are new to practice. Normalizing the fear and anxiety of entering practice and offering some assurance of the appropriate need for mentorship will be key goals.

Pre-Menopausal Abnormal Uterine Bleeding: An Algorithm

A case-based approach to the diagnosis of abnormal uterine bleeding in pre-menopausal women will be explored using an

algorithm designed for family physicians. Clinical cases will highlight the workup for patients with oligomenorrhea and menorrhagia and will discuss the indications for endometrial biopsy and sonohysterogram. The limitations of endometrial biopsy will be explored, including when the clinician should be reassured by a normal pathology result. The importance of ruling out pregnancy will be emphasized. The management of polycystic ovarian syndrome, fibroids and endometrial polyps will be covered, including indications for tissue sampling of endometrial polyps and referral.

Prescribing to Improve Quality, Safety and Efficiency

The presentation will describe a project to transform disorganized prescribing for chronic disease prevention and management (CDPM) to an organized, safer, synchronized, much more efficient and sustainable system involving the whole care team, including the patient, family and community pharmacy, while improving the quality of care and provider and patient satisfaction. The approach is the same one used for many quality improvement efforts, utilizing the plan-do-study-act approach along with the kinds of EMR reminders used for CDPM projects. The presenters were able to reduce the number of faxed requests for prescriptions from an average of 60 per day down to 10. Prescribing has become much less of a burden.

Provincial EMR Maturity Measurement and Links to Quality

Over 4,000 Ontario physicians have now measured the maturity of their EMR systems using the online EMR Progress Reporting tool. Data has been collected on improvements in EMR use over time that can be mapped to changes in quality. A modernized version of the EMR Maturity Model is now in production and beginning to map clinics' EMR use to other aspects of quality improvement to contribute to a suite of provincial indicators that can be a focus of gap analysis and practice enhancement efforts. This session will highlight and showcase this data and show trends over time. A robust change management process will be described that will demonstrate real and sustained improvements in data and records use. The focus of this session is on the advancement of EMR use for improved clinical care.

Radiation Exposure and Medical Imaging: Do No Harm

Family physicians try hard to do the best for their patients by listening, ruling out different conditions according to certain algorithms, keeping up to date by reading and attending conferences and going the extra mile to advocate whenever possible, yet always trying to comply with the adage "Do No Harm." Most physicians know that radiological procedures cause radiation exposure to their patients, but are unable to fully assess risks and benefits because they don't know how to assess the radiation risk of these procedures. In this presentation, the following questions are answered: What is radiation and how does it harm us? Which procedures expose patients to radiation and how much? How much harm do these different tests cause to the patient? Which populations are the most vulnerable? How can we do better to adequately investigate our patients, but also to make sure we do no harm?

Rational Prescribing: Rethinking Medications

This session focuses on some of the therapeutic choices that prescribers make, often without a thought to the management of

scarce healthcare resources. It also looks at the process of rational prescribing, using examples of five medications that either lack efficacy or that have shown equivalence within a class at different price points.

Red Eye: Simplified Approach, Evidence, Pearls & Pitfalls

Through use of the visually engaging and innovative Prezi presentation software (rather than PowerPoint), this lecture will help the learner confidently differentiate which red eye patients need urgent referral from those who can be safely discharged home. The talk also emphasizes three pearls that every family physician should know about red eye. This presentation is the updated version of a highly rated 2014 and 2015 Family Medicine Forum presentation. It incorporates updated recommendations and feedback from the previous presentations.

Rediscovery of an Old Tool: The CBC

The complete blood count (CBC) test is one of the most common tests ordered by doctors. It is also one of the least expensive. The scope of information that can be extracted from this test is simply extraordinary. Very few physicians utilize more than 10% of the information the CBC can provide. This talk will guide the physician through all aspects of the CBC and provide insight into its many uses in screening patients for illness, confirming diagnosis and detecting underlying illnesses that are obscure on presentation. The presentation truly fits the expression of “looking at something everyone has looked at, but seeing what no one else has seen.”

Reduce, Reuse, Recycle: Digging for Gold in EMR Data

“In attempting to arrive at the truth, I... applied everywhere for information, but in scarcely an instance have I been able to obtain [health] records fit for any purposes of comparison.” That was Florence Nightingale in 1863. We can do better today. This presentation outlines resources available at no charge to primary care EMR users to change the conversation from “garbage in, garbage out” to “reduce, reuse, recycle.” Building on the validated case definitions generated by CPCSSN and EMRALD, AFHTO’s QIDS Specialists collaborated to develop and test standardized EMR queries for five EMRs. At over 85% predictive value, the queries are being used to start disease registries, compare and improve chronic disease management, integrate with data standardization efforts (e.g., dashboards) and even contribute to physician remuneration. This presentation outlines how all users of the relevant EMRs can access and use these queries.

Reliable Data and What It Means to You and Your Patients

This presentation will provide a shared understanding of the challenges that exist in optimizing the use of EMRs in the primary care setting. The Partnering for Quality Program will share results of recent Primary Care Data Integrity Assessments® and how these have benefited clinicians across the South West LHIN region to begin looking at EMR data integrity and EMR optimization. Through the optimization of EMR use for practice level management, primary care practices will be positioned to achieve positive health outcomes at both individual and population levels, leveraging the full benefits of

EMR use. Using the EMR this way provides a significant opportunity for preventive care, chronic disease prevention and management, and delivery of quality patient care, ultimately having a positive impact on overall patient care.

Review of Nephrotic and Nephritic Syndrome

This talk will offer a review of nephrotic and nephritic syndrome for family physicians.

Rheumatological Workup Prior to Referral

Decision-making around referral of patients to a rheumatologist presents several challenges: determining when to refer, providing information that supports the referral and managing the patient during the wait time for the consultation are all components of the referral process. This session will give participants the opportunity to work through a number of common scenarios that might generate a referral to a rheumatologist, develop a good plan for workup and management prior to that referral, and consider potential alternate referral pathways for certain problems. We will discuss some “must refer” scenarios and tips on how to expedite a consultation when needed. Time will be allowed for discussion of challenging situations from participants’ practices.

RN Optimization in the Delivery of Preventive Care

What is your preventive care strategy? The Bridgepoint Family Health Team presents a practical and sustainable approach to managing preventive care across the lifespan. In this presentation participants will learn about Bridgepoint’s various RN-led initiatives for preventive care: well-baby group visits, preschool visit night, Pap nights and 50+ preventive care nights. Clinicians, office management and quality improvement specialists will be provided with the tools to implement RN-led groups. Participants will learn about the EMR role in panel management and how EMRs can be embedded in a practice. Data will be presented on success rates as well as patient and provider satisfaction.

Should E-Cigarettes Be Used for Smoking Cessation?

Smoking is bad for everyone except the tobacco companies. Electronic cigarettes are a fairly unregulated tool that is being advocated to help patients quit smoking. Are they dangerous? Are they effective? Is there any evidence? This presentation will review both benefits and dangers of electronic cigarettes to allow clarity in our recommendation for the use of electronic cigarettes and allow you to be informed to help decide what to tell the patient in front of you.

Somatizing: What Every Family Physician Needs to Know

Somatizing and somatoform disorders commonly occur in all branches of medicine. Some studies have shown that 10–30% of patients with somatic complaints who present to the family doctor have no adequate physical cause to account for them. This workshop defines somatizing and discusses an overview of somatoform illness using DSM-5 criteria. The presenters distinguish between conscious and unconscious processes involved in these categories and discuss effective ways to make the “mind-body link” for these patients in ways that are seen as collaborative. We will discuss the different presentations of somatizing, which include medically unexplained

symptoms (MUS), distorted belief systems about the body and its functioning, and comorbidity of somatizing and other primary psychiatric illnesses. The talk will focus on treatment modalities, both psychopharmacological and psychotherapeutic, that are felt to be useful in the clinical situation.

Stroke Prevention and Care 2016: What's New and Important

Worldwide, stroke has unfortunately climbed to the second spot behind heart disease in terms of mortality and has increased by 177% in terms of years of life lost. Stroke management is complex but has become very effective. There are key interventions that can make a big difference in preventing a stroke, decreasing the impact of a stroke and improving recovery after a stroke. This session will focus on the most important practical interventions that will have the biggest positive impact for your patients.

The Adult Periodic Health Exam: Screening and Prevention

New guidelines promote the extinction of the comprehensive, annual, complete physical exam (CPX). There is a lack of clarity for many family physicians as to the required elements of new period health exam, which replaces the CPX. This uncertainty has provided an obstacle to its uptake for some. A variety of guidelines exist that inform family physicians as to what actions should be taken, and for which patients, to promote optimal patient health. However, the number of guidelines can be somewhat overwhelming for the busy clinician. This presentation reviews and summarizes the evidence related to screening and prevention for the adult patient, in the context of the periodic health exam.

The Cancer Journey: What Primary Care Needs to Know

This talk provides practical information for family physicians about each component of the cancer journey – prevention, screening, diagnosis, treatment, end-of-life care and survivorship. Ontario's organized screening programs will be reviewed. Symptom management guidelines will be highlighted, as will provincial and local programs that can help primary care providers in the management of cancer patients during and after cancer treatment. This is a condensed version of an existing three-hour workshop.

The Limping Child: Common Lower-Limb Pediatric Problems

The purpose of this presentation is to educate physicians and other healthcare professionals in the assessment and management of the limping child. The clinical presentation and management of the common conditions that cause a child to limp will be discussed. This presentation will review many of the reasons for childhood limping, such as missed hip dysplasia, apophyseal conditions, slipped capital femoral epiphysis, etc. Acute injuries, neuromuscular disease and rheumatological conditions will not be a focus of the presentation. This presentation should allow physicians and other healthcare professionals to become comfortable in managing the common pathological conditions responsible for limping in childhood and guide timely referrals.

The Pros and Cons of DPP4 Inhibitors and SGLT2 Inhibitors

DPP4 inhibitors and SGLT2 inhibitors are oral medications used to manage patients with type 2 diabetes. They have various advantages and disadvantages that will be discussed during this presentation. Choosing which agent to use needs to be individualized; this will be highlighted.

Timely Top 5 Contemporary STI Topics

A spinoff of the well-evaluated "Top 10 Contemporary Topics in STI Care for Family Physicians" (Family Medicine Forum, 2015), this session focuses on an in-depth exploration of contemporary STI topics. Intended for family medicine residents, family physicians in practice and other primary care clinicians, this case-based session will build on basic STI health knowledge and practices. The top five areas of focus are: 1) "Back for More": treating recurrent bacterial vaginosis and candidiasis, 2) "Dishonorable Discharge": applying a practical approach to penile discharge and treatment of unusual post-gonococcal urethritis, 3) "They're Just Not My Type": understanding the indication and use of the nonavalent HPV vaccine, including identifying those at risk for HPV, 4) "Don't CRY-Therapy for Me": treating cryotherapy resistant genital warts using other clinical strategies, and 5) "I See the Light: performing and implementing the multiple uses of anoscopy in sexual health procedures in everyday practice.

Top 10 Apps for Your Smartphone or Tablet: Teaching and Learning in the Office

This session will review the use of technology tools such as websites and phone or tablet applications that might help you with managing clinical practice and teaching. This interactive session will demonstrate several solutions and we will hear from other participants on how they are already using technology for this purpose. The presenters will highlight solutions you can use with your patients, your learners and yourself. Examples include clinical tools, useful recommendations you can give your patients and apps you can use to aid with teaching. This session will be suitable for participants at all levels of familiarity with technology. You are welcome to bring your smartphone or tablet to the session and we will make use of these during the session.

Top 20 Imaging Diagnoses for the General Practitioner

This interactive case-based presentation will review the top 20 imaging diagnoses that every general physician should be aware of.

Top Reasons Family Physicians Get Sued and How to Reduce Your Risk

This session will provide information for physicians on how to protect themselves and their practice from potential legal issues, as well as strategies to reduce the risk.

Transgender Health from Theory to Practice in Primary Care

This session will describe the process of assessing transgender clients for hormone therapy, initiating and maintaining therapy, collaborating in care and other transgender health issues in a family practice setting.

Treating Chronic Pain: The View of a College Assessor

This session will explore maintaining competence in the treatment of chronic pain; the appropriate usage of opioids is an emerging issue. Regulatory authorities and Colleges are considering whether to make continuing professional development on appropriate prescribing of opioids mandatory. This two-hour case-based session will help you improve your knowledge of, and usage of tools from, the Canadian Guideline for Safe and Effective Use of Opioids for Chronic non-cancer Pain. In addition, through the eyes of a medical inspector/opinion provider for the CPSO, you will identify tips and risk management strategies that you can put into practice to avoid regulatory attention when treating patients with pain.

Ugh, Not Another Form! Tips on Dealing with Disability

Disability has been described as a slow epidemic affecting most industrialized populations over the past few decades. It is a significant social issue affecting patients and their families and occupies a significant amount of time for family physicians. Disability is not well understood by family physicians despite how prevalent it is in general practice. This talk hopes to shed light on this condition and assist family physicians in managing patients that become disabled.

Untangling the Helix 2016: Primary Care Genomics

This seminar will use a primary care case-based approach to discuss new advances in genomics and their impact on practice. Cases will include long QT syndrome, familial hypercholesterolemia and private pay preconception expanded carrier screening. Participants will be introduced to the Genetics Education Canada – Knowledge Organization (GEC-KO) genomics resource website. There will be time for a question and answer session so bring your clinical genetics questions.

Update on Management of Atrial Fibrillation in Primary Care

This talk will provide an update on the management of atrial fibrillation in primary care settings for family physicians.

Using the CORE Back Tool for the Management of Low Back Pain in Primary Care: Recognizing the Patterns of Pain

Low back pain is not a homogeneous condition and it is far from nonspecific. The key to establishing a successful triage system and successfully managing back pain is to distinguish the presenting features that both direct the initial treatment and predict the probable outcome. This session will explore the CORE Back Tool, a single-page outline that allows the primary care practitioner to identify a pattern of pain and rule out red- and yellow-flag problems. The tool includes sections on high-yield history, radiology and surgical referral criteria, physical assessment, patient education and management.

What to Know about Biologics in Rheumatology

The presentation will discuss the definition of biologic medications and how they differ from traditional DMARDs. It will review different classes of biologics and the common diseases that they are used to treat. We will review the safety and side effect profiles of these medications. We will focus on frequent clinical scenarios and questions that might present to the family practitioner about a

patient who is taking biologic medications.

What's New, What's True and What's Poo: Top 10 Studies from Last Year

This presentation is a mixture of brand new areas of research, updates from established areas and new drugs. It will let you know what studies are over-hyped and which ones might change your practice. This is a rapid-fire session with entertaining and funny research mixed in. Exact topics are unknown as the presentation will include research released up to the point slides must be submitted.

Workup for the Infertile Couple

This session will review the assessment and workup for the family physician of a couple presenting with infertility. The session will discuss indications and timing of investigations, management and interpretation of diagnostic testing, including newer tests such as AMH, and when patients should be referred. Common presentations such as ovulatory factors, anatomic issues as well as male factor infertility will be addressed.

Workup of Elderly Patient with Weight Loss and Fatigue: When to Jump, and How High

The evaluation of weight loss and fatigue in older people can be complicated and uncertain. This talk will review common causes and factors related to these presentations and provide thoughts on appropriate evaluation and treatment. The discussion will include review of contributing medications and the role of frailty. We will consider when watchful waiting may be appropriate. It is hoped that participants will provide examples of successful or challenging experiences.

Wrist Injuries: Going Beyond Distal Radius and Scaphoid

Wrist injuries are common emergency department complaints. This case-based session will expand your differential beyond distal radius fracture, suspected scaphoid fracture and soft tissue injury. Keys to history and physical exam for a number of these injuries will be reviewed in depth. Optimal ED management will also be covered.

ASA Presenters

Alan Abelsohn, MBChB, CCFP, FCFP

Dr. Alan Abelsohn is a family physician in Toronto. He is an associate professor in the Department of Family and Community Medicine and the Dalla Lana School of Public Health, University of Toronto, and physician-epidemiologist with the Air Quality Health Index program, Health Canada. He is past chair of the Working Party on the Environment for the World Organization of Family Doctors and a member of the environmental health committees of both the Ontario and Canadian Colleges of Family Physicians.

Lori Alber, MD, FRCPC

Dr. Lori Alber is a rheumatologist at the University Health Network, Toronto Western Hospital, and an associate professor of medicine at the University of Toronto. She completed her medical training and residency at the University of Toronto. Her academic work focuses on undergraduate medical education, faculty development and continuing education. She is the editor of *The Canadian Clinician's Rheumatology Handbook*.

Michael Allan, MD, CCFP

Dr. G. Michael (Mike) Allan is a professor in the Department of Family Medicine at the University of Alberta and the director of Evidence-Based Medicine. He has been in practice over 15 years and presently works at the Northeast Community Health Centre in Edmonton. He has given over 200 presentations and published more than 100 articles. Dr. Allan is the director of the Alberta College of Family Physicians Evidence and CPD Program, including the provincial CME Roadshows. He writes a regular evidence-based update (called "Tools for Practice") distributed to more than 23,000 clinicians and published in the journal *Canadian Family Physician*. He also co-presents a weekly medical podcast (on iTunes) called "Best Science Medicine Podcast."

Andrew Arcand, MD, CCFP, CCFP(EM)

Dr. Andrew Arcand is a physician who has practised emergency medicine in a small community setting and currently is the chief of emergency medicine at Markham Stouffville Hospital, a large community hospital. He is active teaching residents locally and through previous workshops through the OCFP.

Sanjay Azad, MS, FRCS Ed, FRCS Ed (Plastic Surgery)

Dr. Sanjay Azad is a consultant plastic and reconstructive surgeon at Thunder Bay Regional Health Sciences Centre. He deals with tertiary wounds care, hand surgery, breast reconstructive surgery and post-bariatric surgery. He is a keen academician and is widely published.

Benjamin Barankin, MD, FRCPC

Dr. Benjamin Barankin is a Toronto dermatologist specializing in medical, surgical, laser and cosmetic care of the skin. His undergraduate university training was in life sciences and psychology at Queen's University, followed by medical school at the University of Western Ontario and dermatology residency at the University of Alberta. Dr. Barankin is a widely published author with more than 600 articles related to dermatology and he has gained international distinction as the author of seven books on dermatology. He serves on the editorial boards of numerous medical journals and

newspapers. He has served on the executive of the Canadian Dermatology Association, and in 2014, he was honoured by this national association with the Young Dermatologists' Volunteer Award. Dr. Barankin regularly educates dermatologists, family physicians, medical trainees and the public on matters related to the skin. In addition, his expertise is frequently sought by the Canadian press and in medico-legal cases. Dr. Barankin and Dr. Anatoli Freiman launched the Toronto Dermatology Centre in 2010, one of the largest and most comprehensive medical, surgical, laser and cosmetic dermatology practices in Canada. He resides in Toronto with his physician wife and two young daughters and enjoys spending time with his family and friends, writing, playing basketball and tennis, watching movies and travelling.

Gary Bloch, MD, CCFP

Dr. Gary Bloch is a family physician with St. Michael's Hospital in Toronto and co-chair of the OCFP's Committee on Poverty and Health. His clinical, educational, program development and research interests focus on the intersection of poverty and health, specifically on what primary care providers can do to address poverty as a health issue. Dr. Bloch is an assistant professor at the University of Toronto and a founding member of the advocacy group Health Providers Against Poverty and of Inner City Health Associates, a group of physicians who work with the homeless across Toronto.

Ahmed Boachie, MD, RCPSC, FRCPC

Dr. Ahmed Boachie is medical director, Child and Adolescent Mental Health Services, and director, Child and Adolescent Eating Disorders Program and Young Adult Eating Disorders Program, at Southlake Regional Health Centre. He is a consulting psychiatrist at The Hospital for Sick Children and assistant professor in the Department of Psychiatry at the University of Toronto. Dr. Boachie is a regular teacher and clinical supervisor in the Southlake Regional Health Centre—University of Toronto Family Medicine Residency Program and in the Department of Psychiatry at The Hospital for Sick Children. He is co-author of *A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber and Other Symbolic Approaches* and has been honoured with several teaching awards, including the Paul Steinhauer Award for Best Postgraduate Teacher in Child Psychiatry, Department of Psychiatry, University of Toronto. He was nominated for the prestigious PAIRO Award for Excellence in Clinical Teaching. He is a fellow of the Academy of Eating Disorders and co-chair of the Intensive Group Treatment Section of the Eating Disorders Association of Canada. Dr. Boachie is the primary investigator for the national study Involving Family Physicians in Early Identification of Child and Adolescent Eating Disorders.

Isaac Bogoch, MD, MSc, FRCPC, DTM&H

Dr. Isaac Bogoch is an assistant professor at the University of Toronto in the Department of Medicine, and an infectious diseases consultant at Toronto General Hospital. Dr. Bogoch's clinical and research interests focus on global health, HIV and tropical infectious diseases. He works with an international and interdisciplinary team that predicts the spread of emerging infectious global health threats, such as Ebola and Zika viruses. In addition, he develops and implements innovative diagnostic solutions to improve the quality of

care in resource-limited settings. Dr. Bogoch also heads a dedicated HIV Prevention Clinic at Toronto General Hospital, where he and an interdisciplinary team provide comprehensive HIV preventative care. Dr. Bogoch divides his clinical and research time between Toronto, West Africa and Nepal. Dr. Bogoch completed medical school and internal medicine residency training at the University of Toronto and then specialized in infectious diseases at Harvard University. He holds a Master's degree in clinical epidemiology from the Harvard School of Public Health and completed fellowships in both HIV care and tropical infectious diseases.

Natasha Bollegala, MD, MSc, FRCPC

Dr. Natasha Bollegala completed an Honours Bachelor of Science degree at the University of Toronto with a specialization in human behaviour biology and a minor in anthropology. She completed medical school at the University of Toronto and went on to complete her internal medicine residency training at McMaster University. In 2012 she was awarded the Hamilton Health Sciences Medical Staff Association Outstanding Resident Award as well as the Chief Medical Resident Award. She returned to U of T as the inaugural resident of the gastroenterology residency training program – research stream. In 2014 she began a clinical and research inflammatory bowel disease fellowship at Mount Sinai Hospital, Toronto, and was the recipient of the Ogden Goldstein Fellowship Award. She completed an MSc in clinical epidemiology and healthcare research at U of T in 2016. She is a member of the Eliot Phillipson Clinician Scientist Training Program and the Clinician Investigator Program. In 2015, Dr. Bollegala joined the Division of Gastroenterology at Women's College Hospital (WCH). She has an interest in the area of quality improvement. She is a member of the WCH Quality Operations Committee and the Division of Gastroenterology Quality Improvement Committee and is active in the administration of the gastroenterology quality improvement residency curriculum. She is chair of the WCH Quality Improvement Research Committee. Dr. Bollegala is actively engaged in a number of research initiatives, including studying the effects of an IBD transition nurse, a project funded by the Crohn's and Colitis Foundation of Canada. Her work utilizing health administrative data to explore health resource utilization in this area is funded through the Canadian Association of Gastroenterology.

Joel Bordman, MD

Dr. Joel Bordman graduated from the University of Toronto Medical School in 1985. He has achieved credentials in both addiction and pain from international societies. He is a mentor to other doctors as part of the OCFP's Medical Mentorship in Pain and Addiction Program (MMAP). He has experience in emergency medicine, palliative care, family practice and long-term care. His main interest is in treating opioid addiction and assessing chronic pain treatment in the complex patient.

Nicole Bourgeois, RD, MSc

Nicole Bourgeois is a registered dietitian with the Women's College Hospital Family Health Team in Toronto. A special focus of her clinical practice is in pediatric nutrition; her primary research interest is the prevention of weight-related disorders in children.

Kenneth Burgess, MD, CCFP, CCFP(EM)

Dr. Ken Burgess graduated from McMaster University Medical

School and has worked and had formal training and certification in emergency medicine, occupational health and family medicine. He was a founding board member of the Hamilton Family Health Team and the Association of Family Health Teams of Ontario. He currently works in Hamilton in a family health clinic along with a team of physicians, nurses, mental health counsellors, a physician assistant, registered dietitian, pharmacist and psychiatrist, who, along with the supports and staff of the Hamilton Family Health Team, care for the health of about 6,000 patients in East Central Hamilton. He is a final-year medical student and community-based residency training supervisor and assistant clinic professor in the Department of Family Medicine.

Kathy Cao, MD, MEd, FRCSC

Dr. Kathy Cao is the associate director of undergraduate medical education at the University of Toronto Department of Ophthalmology and Vision Sciences and also a general ophthalmologist with extensive surgical experience providing culturally sensitive, patient- and family-centred care in the Greater Toronto Area at North York General Hospital, Humber River Hospital, Mount Sinai Hospital and Kensington Eye Institute. She holds a Master of Education degree and teaches medical students, residents, ophthalmologists, family physicians, emergency physicians and other healthcare professionals locally, nationally and internationally. In addition to her passion for ophthalmic surgery and medical education, Dr. Cao is devoted to community service with the goal of preventing blindness. She volunteers with several nonprofit organizations, including Orbis and Yee Hong Centre for Geriatric Care, and provides public education on eye health through radio and TV interviews. She is currently leading a multilingual eye health patient education video project providing public education on multiple eye diseases in the 10 languages most commonly spoken in Canada.

June Carroll, MD, CCFP, FCFP

Dr. June C. Carroll holds the Sydney G. Frankfort Chair in Family Medicine and is a professor and clinician scientist in the Department of Family and Community Medicine at University of Toronto. She practises family medicine at Mount Sinai Hospital, Sinai Health System, in Toronto. Dr. Carroll is the co-director of Genetics Education Canada – Knowledge Organization (GEC-KO).

Henry Chapeskie, MD, CCFP, FCFP, CAME

Dr. Henry Chapeskie is a family physician who has been working in a family practice in Thorndale, Ontario, for 27 years. He has a rural community-based practice with special interest in civil aviation medicine.

Alice Charach, MD, RCPSC

Dr. Alice Charach is an associate professor and the medical director of Collaborative and Transitional Age Care in the Department of Psychiatry at The Hospital for Sick Children, University of Toronto.

Claude Charbonneau, BSc Pharm, PharmD (cand.)

Claude Charbonneau is a critical care pharmacist and antimicrobial steward at Health Sciences North (HSN) in Sudbury, Ontario. He received his BSc in biomedical sciences at Laurentian University, graduated from the University of Waterloo's School of Pharmacy and is currently completing the school's PharmD bridging program.

As a critical care pharmacist, Claude was involved in establishing pharmacists as part of the intensive care unit clinical team and is proud to be part of HSN's award winning Virtual Critical Care Program. He also helped establish HSN's Antimicrobial Stewardship program, benefiting patients through a reduction in unnecessary drug exposure.

Richard Choi, MD, FRCP

Dr. Richard Choi is a Vancouver native who completed his medical school at the University of British Columbia and specialty training in internal medicine and cardiology at the University of Toronto in 2001. He is a staff cardiologist at St. Joseph's Health Centre in Toronto and runs a private practice in West Toronto. He is adjunct clinical faculty and lecturer in the Faculty of Medicine at the University of Toronto. He has clinical interests in cardiac imaging and general cardiology. He is active in continuing medical education and in knowledge translation of the latest research to the clinical arena. He has been the chair and founder of the Cardiovascular Update, an annual symposium for west Toronto primary care physicians since its inception in 2008. He remains active in developing CME programs and has given presentations at the regional, provincial and national levels.

Sharon Cirone, MD, CCFP, CCFP(EM)

Dr. Sharon Cirone is a family physician in focused practice of addiction medicine in Toronto. She provides clinical support to the Sioux Lookout First Nation Health Authority programs in remote First Nations with prescription drug abuse issues. She works with a multidisciplinary, community-based team to provide treatment for patients, their families and communities suffering from the effects of addiction and trauma.

Jean Clinton, MD, FRCPC

Dr. Jean Clinton is a clinical professor, Department of Psychiatry and Behavioural Neurosciences, at McMaster University, Division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in pediatrics and family medicine, and is an associate in the Department of Child Psychiatry, University of Toronto and The Hospital for Sick Children. She is also a senior scientist at the Infant Child Health Lab at McMaster University. In addition, she is a fellow of the Child Trauma Academy. She has been a consultant to child and youth mental health programs, child welfare and primary care for almost 30 years. Dr. Clinton was recently appointed as an education advisor to the premier of Ontario and the minister of education.

Anthony D'Urzo, MD, MSc, CCFP

Dr. Anthony D'Urzo is the director of the Primary Care Lung Clinic in Toronto, chair and co-founder of the Primary Respiratory Alliance of Canada and associate professor at the Department of Family and Community Medicine, University of Toronto.

Jon Davine, MD, CCFP, FRCP, RCPSC

Dr. Jon Davine is an associate professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University, with a cross-appointment in the Department of Family Medicine. His outpatient psychiatry practice focuses on liaising with primary care physicians in the "shared care" model. He has taught courses

in behavioural sciences to family medicine residents and to family doctors in the community. He is a past chair of the Council of Psychiatric Continuing Education. Dr. Davine currently represents Ontario on the Education Committee of the Canadian Psychiatric Association. He has received a number of education awards.

Susan Deering, MD, CCFP

Dr. Susan Deering graduated with her medical degree in 2002 from the University of Calgary and finished her family practice residency at the University of Toronto in 2004 and obtained her Canadian Certification of Family Practice. She received her appointment as a lecturer in the Department of Family and Community Medicine at U of T in 2007. Currently she is an active staff member at Sunnybrook Health Sciences Centre and North York General Hospital and is co-director of the Medical Record Keeping Program at the Continuing Education and Professional Development office in the Faculty of Medicine at U of T.

Michel Deilgat, MD, MPA

Dr. Michel Deilgat is the medical advisor at the Centre for Food-borne, Environmental and Zoonotic Infectious Diseases at the Infectious Diseases Prevention and Control Branch, Public Health Agency of Canada. He has spent most of his career as a military physician in the Canadian Armed Forces, where he had the opportunity to go on peacemaking missions in Haiti and Bosnia and to lead the Role 3 Multinational Medical Unit in Kandahar, Afghanistan, in 2006–07. He holds an Honours BA in psychology from the University of Ottawa, an MD/Family Medicine certification from Laval University, a Graduate Diploma in Population Health Risk Assessment and Management (uOttawa) and a Master's degree in public administration. Dr. Deilgat is completing a Master of Education degree in Health Professions Education (uOttawa).

Sheetal Desai, BSc, BPharm

Sheetal Desai is a clinical pharmacist at the Markham FHT.

James Downar, MD

Dr. James Downar is a critical care and palliative care physician at the University Health Network in Toronto. He graduated from McGill Medical School and completed residency training in internal medicine, critical care and palliative care at the University of Toronto. He has a Master's degree in bioethics from the Joint Centre for Bioethics at the University of Toronto. He is the program director for the Conjoint Residency Program in Palliative Care at the University of Toronto and the current chair of the Postgraduate Education Committee of the Canadian Society of Palliative Care Physicians.

Anne DuVall, MD, CCFP

Dr. Anne DuVall has been practising comprehensive family medicine in Barrie for 24 years. In addition to her community practice she has active privileges at the Royal Victoria Hospital (RVH), where she is a member of the palliative care call group. She has worked as a general practitioner in oncology and is past chief of family practice. In 2006, Dr. DuVall was awarded the RVH Board of Directors Award of Excellence for her roles in developing the palliative care call group at RVH, developing a prenatal and well-baby clinic for patients without a family physician and her leadership role in the creation of the Barrie and Community Family Health Team (BCFHT), which now includes

67 physicians. She received the OCFP Award of Excellence in 2007. She served as Medical Director for the BCFHT from its inception until November 2010. Dr. DuVall was the physician lead and champion for the Hospital Report Manager Project program that electronically integrates RVH's patient reports in the BCFHT EMR. She is also a peer leader for OntarioMD, mentoring other physicians who are moving towards implementing EMRs. She is the president of Barrie Medical Clinics, a network of walk-in clinics providing after-hours service for the Barrie community, and past president and chair of the Association of Family Health Teams of Ontario. Her practice has participated in the QIIP Learning Collaborative and is continuing quality improvement work through the newly formed Learning Community.

Hannah Feiner, MD, CCFP

Dr. Hannah Feiner is a family physician at St. Michael's Hospital in Toronto and a lecturer at the University of Toronto. She is also a staff physician at the Bay Centre for Birth Control at Women's College Hospital. Her practice interests include low-risk obstetrics, women's health and medical education.

Sid Feldman, MD, CCFP, FCFPC

Dr. Sid Feldman is the clinical co-lead for care of the elderly as part of the Centre for Effective Practice's Knowledge Translation in Primary Care Initiative. Dr. Feldman is an attending physician with the Toronto Central LHIN Behaviour Support Unit at Baycrest Home for the Aged; executive medical director, Residential and Aging at Home Program; and chief, Family and Community Medicine, and associate professor and coordinator, Care of the Elderly Program in the Department of Family and Community Medicine, University of Toronto.

Karen Fleming, MD, CCFP

Dr. Karen Fleming is an assistant professor with the Department of Family and Community Medicine at the University of Toronto. She is the education scholarship lead as well as the director, Mentorship and Continuing Professional Development, Family Medicine Obstetrics, at Sunnybrook and Women's College Hospital. Dr. Fleming's current research and practice interests include chronic disease prevention, exercise in pregnancy and pregnancy complications as predictors of future health. She is interested in women's cardiovascular health and the opportunities provided by pregnancy and the postpartum period to modify risks for not one but two generations. She established the 4P Maternal Health Clinic in 2014 for women whose pregnancies were complicated by gestational hypertension or preeclampsia to provide education to improve women's future health.

Tiffany Florindo, MD

Dr. Tiffany Florindo is one of two quality improvement lead faculty members in the Department of Family and Community Medicine at North York General Hospital. Her family health team makes efforts to de-prescribe low-value, high-risk medications in order to improve patient safety.

Chris Frank, MD, FCFP(COE)

Dr. Chris Frank is a family physician with a Certificate of Added Competency in care of the elderly. He is program clinical lead of

specialized geriatrics at Providence Care and associate professor in the Department of Medicine, Queen's University. His main clinical work is in geriatric rehabilitation, palliative care and acute care consultation. Dr. Frank's research interests are a little unfocused but he dabbles in communication skills, medication prescribing and driving safety.

Anatoli Freiman, MD, FRCPC

Dr. Anatoli Freiman is a board-certified Toronto dermatologist specializing in medical, pediatric, surgical and cosmetic care of the skin. He is an author and medical educator with over 100 publications in dermatology and is a frequent lecturer at medical conferences. Dr. Freiman is the medical director of the Toronto Dermatology Centre, a comprehensive dermatology practice in Toronto.

Jeremy Gilbert, MD, FRCPC

Dr. Jeremy Gilbert completed his medical school, internal medicine and endocrinology residency training at the University of Toronto. He is an active staff member in the Divisions of Endocrinology and Internal Medicine at Sunnybrook Health Sciences Centre and assistant professor at the University of Toronto. He serves as the program director for Endocrinology and Metabolism at the University of Toronto and as the co-chair of the Toronto Diabetes Association. He acts as the endocrinology lead for the Toronto Central LHIN as part of the Ontario Diabetes Strategy and is the co-author of one chapter in the 2013 CDA Guidelines. He is also a member of the steering committee for the 2018 CDA Guidelines and the associate editor of the *Canadian Journal of Diabetes Teaching*. Dr. Gilbert has great enthusiasm for teaching and completed the Master Teacher program at the University of Toronto. His areas of academic interest are undergraduate, postgraduate and continuing medical education in endocrinology and metabolism.

Alexandra Ginty, MD, CCFP, CCFP(EM)

Dr. Alexandra Ginty has been in family practice for over 20 years and is the regional primary care lead for cancer care in Mississauga/Halton. As a hereditary high-risk breast cancer survivor with a Master's degree in leadership (OMA/Schulich), she strives tirelessly to improve the quality of care for cancer patients on committees at the local, provincial and national levels, with particular interest in survivorship, breast reconstruction and psychosocial oncology. As an award winning ambassador for cancer support organizations, blogger, author, inspirational speaker and McMaster University educator, she is a passionate voice of awareness and change from both sides.

James Goertzen, MD, CCFP

Dr. James Goertzen received the 2013 Ian McWhinney Family Medicine Education Award, presented by the CFPC to an outstanding family medicine teacher who has made unique and innovation contributions that have had a significant impact on the development of family medicine education in Canada.

Jeffrey Goldstein, MD

Dr. Jeffrey Goldstein is a nephrologist based in Scarborough, Ontario.

Susan Goldstein, MD, CCFP

Dr. Susan Goldstein is a community-based family physician and GP psychotherapist, practising in midtown Toronto, and teaches undergraduate and postgraduate students at Mount Sinai Hospital. She is an assistant professor in the Department of Family and Community Medicine at the University of Toronto. A menopause practitioner certified by the North American Menopause Society, Dr. Goldstein has special interests in women's health issues and medical education and faculty development. She has provided numerous presentations and workshops both locally and nationally on a variety of topics, with a particular focus on issues in women's health and menopause. She is the recipient of a number of honours and awards, including the 2014 W.T. Aikins Award for Excellence in Undergraduate Teaching, Faculty of Medicine, University of Toronto, and the Award of Excellence from the CFPC.

Maureen Gottesman, MD, MEd, CCFP

Dr. Maureen Gottesman is one of the founders and the medical director of the BSc(PA) physician assistant Bachelor's degree program in the Department of Family and Community Medicine, Faculty of Medicine, University of Toronto. Operating as part of the Consortium of Physician Assistant Education, Dr. Gottesman is directly responsible for the academic and clinical education of physician assistants in this unique blended distance and distributed program.

Sarah Gower, MD, CCFP

Dr. Sarah Gower is a family physician in Elora, just north of Guelph. She is part of a FHO/FHT and also provides obstetric and inpatient care.

Lisa Graves, MD, CCFP

Dr. Lisa Graves is a family physician. She is a graduate of the University of Ottawa and completed her residency in family medicine and enhanced skills training in maternal and child health at McGill University. At McGill she occupied a number of positions, including clerkship chair and undergraduate program director for the Department of Family Medicine. From 2010 to 2013 she was the associate dean, Undergraduate Medical Education, at the Northern Ontario School of Medicine. She is currently the associate dean for Faculty Affairs at Western Michigan University Homer Stryker M.D. School of Medicine. Her teaching and research interests include medical education, maternal and child health and vulnerable populations.

David Greenberg, MD

Dr. David Greenberg is a family physician in Toronto who specializes in men's health. He is the president of the Canadian Society of the Study of Aging Males and has presented across Canada and internationally on this topic. He has also been instrumental in the development of guidelines and resources for family medicine on this topic.

Anita Greig, MD, CCFP

Dr. Anita Greig is a family physician in Toronto. She is the primary author of the Greig Health Record, an evidenced-base preventive care tool for children and adolescents ages 6–17 years. The record has been endorsed by the Canadian Paediatric Society and the

CFPC. The tool is used as a template for and guide to child and adolescent preventive care. This tool is now used across Canada by family doctors and pediatricians. Dr. Greig is an assistant professor in the Department of Family and Community Medicine at the University of Toronto. She teaches medical students and residents and has won a number of teaching awards. She is the lead physician for the Otter Creek Family Health Organization.

Allan Gril, MD, CCFP(COE), MPH, FCFP, CCPE, CCFP

Dr. Allan Gril is an assistant professor in the Department of Family and Community Medicine at the University of Toronto and is the lead physician at the Markham Family Health Team. He has a staff appointment at Markham Stouffville Hospital and also teaches medical students and family medicine residents at Sunnybrook Health Sciences Centre, where he is a part-time physician in the Division of Long-Term Care. In November 2012, Dr. Gril became the provincial primary care lead for the Ontario Renal Network, focusing on innovative ways to improve early detection and prevention of progression of chronic kidney disease in the primary care setting.

David Grimes, MD, FRCPC

Dr. David Grimes is the director of the Parkinson's Disease and Movement Disorders Clinic at The Ottawa Hospital. He is head of the Division of Neurology and an associate professor of medicine at the University of Ottawa. His research interests are in the genetics of and clinical studies in Parkinson's disease and other movement disorders. His clinical focus is on the diagnosis and treatment of a wide variety of movement disorders, including botulinum toxin injections.

Roland Halil, PharmD, ACPR

Dr. Roland Halil is a clinical pharmacist with the Bruyère Academic Family Health Team and an assistant professor in the Department of Family Medicine at the University of Ottawa. He is a consultant with the Foundation for Medical Education at McMaster University. He completed his Bachelor of Science degree in biochemistry with an Honours year in physiology at the University of Ottawa before completing his Bachelor of Science degree in pharmacy at Memorial University of Newfoundland, his hospital residency program at the Ottawa Hospital and his Doctor of Pharmacy degree at the University of Toronto. His area of research focuses on potentially inappropriate prescribing in primary care. He is an avid lecturer with a strong focus on logic and rational prescribing. Related interests include infectious diseases in primary care, technology in healthcare and global health.

Hamilton Hall, MD, FRCSC

Dr. Hamilton Hall is a professor in the Department of Surgery at the University of Toronto and is on the active orthopedic staff at Sunnybrook Health Sciences Centre. In 1974 Dr. Hall founded the Canadian Back Institute (CBI Health Group), now the largest rehabilitation company in Canada. He continues to serve as its medical director. He is co-founder of the Canadian Spine Society and is presently the Society's executive director. Dr. Hall is a member of the North American Spine Society, the Canadian Orthopaedic Association and the International Society for the Study of the Lumbar Spine. He has served on the editorial boards of *Spine*, *The Spine Journal* and *The BackLetter*. Honours include the Laurie Chute Award for the best undergraduate clinical lecturer at the University of Toronto and the Henry Farfan Award from the North American Spine

Society for outstanding contributions to the field of spine care. Dr. Hall's concept of a syndrome approach to mechanical back pain is an essential component of the provincial initiatives to educate primary care providers in British Columbia, Alberta, Saskatchewan, Ontario, New Brunswick and Nova Scotia. His system is the basis of undergraduate teaching about back pain in the Faculties of Medicine at the University of Toronto and McMaster University. In addition to over 130 published articles and book chapters and over 1,000 invited presentations, many as visiting professor at universities in North America, Europe and Asia, Dr. Hall is the author of the best-selling Back Doctor series of books for the lay public.

Deb Harrold, MD

Dr. Deb Harrold is a palliative care consultant working with the HOPE Huntsville palliative care team for the past 13 years. She graduated from McMaster Medical School in 1999 and Northern Ontario Family Medicine Residency in 2001. She is an assistant professor in family medicine at the Northern Ontario School of Medicine and sits on many palliative care leadership tables locally, regionally and provincially. Dr. Harrold continues to enjoy the pursuit of integrated, accessible, high-quality palliative care throughout North Simcoe Muskoka LHIN through her role as regional palliative care lead with Cancer Care Ontario.

Janice Harvey, MD, CCFP(SEM), FCFP, Dip Sport Med

Dr. Janice Harvey is primary care physician with a CAC in sport and exercise medicine from the CFPC. She is a physician advisor in CPD for the CFPC as well as an assistant clinical professor at the Department of Family Medicine at McMaster University. Dr. Harvey has been the chair of the OCFP's CME/CPD Committee and was the president of the Canadian Academy of Sport and Exercise Medicine in 2011. She is also the assistant director of the Standardized Patient Program at McMaster University and the Canadian medical delegate for the World University Sport Federation.

Sari Herman Kideckel, MD, FRCPC

Dr. Sari Herman Kideckel trained in allergy and clinical immunology at the University of Toronto and specializes in the management of allergies and asthma in both children and adults. She completed the Master Teacher Program at the University of Toronto. Both medical school and residency training in internal medicine were completed at McMaster University. Dr. Herman Kideckel has served on the Fellowship Affairs Committee and the Regional Advisory Committee of the Royal College of Physicians and Surgeons of Canada. She has also served on the Board of Directors of the Canadian Society of Allergy and Clinical Immunology and on the Anaphylaxis Committee of the American Academy of Allergy, Asthma and Immunology (AAAAI). She is an active member of the Food Allergy, Anaphylaxis, Dermatology and Drug Allergy Interest Section of the AAAAI.

Amanda Hey, MSc, MD, CCFP, FCFP

Dr. Amanda Hey is the regional primary care lead with the Northeast Cancer Centre, Health Sciences North. This role includes primary care clinical leadership and engagement for Ontario's organized screening programs, diagnostic assessment programs and emerging models of care in cancer well follow-up and survivorship care. Dr. Hey completed her family practice residency at Queen's University in 1985 and has practised family medicine in Sudbury since 1986. She

completed an EXTRA executive training fellowship with the Canadian Foundation for Health Care Improvement in 2013, focusing on clinical and process pathways required to optimally integrate cancer well follow-up care into primary care.

Jack Hilton, PhD, MD, CM, FRCPC

Dr. Jack G. Hilton is a staff physician at the Quinte Healthcare Corporation. He completed his PhD and MD at McGill University and internal medicine and hematology training at the University of Toronto Network. His awards include the Canadian Society of Clinical Investigators' Young Researcher Award and Teacher of the Year Award for Residents at Southern Illinois University. He was appointed to the Alabama State Board of Medical Examiners and has published 16 scientific papers.

Tina Hu, MSc

Tina Hu is a senior medical student at the University of Toronto.

Mary Anne Jamieson, MD, FRCPC

Dr. Mary Anne Jamieson is an associate professor of obstetrics and gynaecology at Queen's University.

Dana Jerome, MD, MEd, FRCPC

Dr. Dana Jerome is a rheumatologist at Women's College Hospital, University of Toronto. She completed her medical school training at the University of Western Ontario. Her rheumatology training was at the University of Ottawa, followed by a clinical fellowship in systemic lupus at the University of Toronto. She completed a Master of Health Professional Education degree at OISE/U of T. Dr. Jerome is currently the division head of Rheumatology at Women's College Hospital, where she has a clinical practice in general rheumatology.

Alan Kaplan, MD, CCFP(EM), FCFP, CCFP

Dr. Alan Kaplan is a family physician in Richmond Hill, Ontario, and a hospitalist at Brampton Civic Hospital. He acts as chairperson for Family Physician Airways Group of Canada and the Respiratory Medicine Communities of Practice of the CFPC. He is a senate member for the International Primary Care Respiratory Group, international editor for the *Nature Primary Care Respiratory Journal* and chair of the Council of Organizing Members of the Canadian Network for Respiratory Care. He is also a member of the Chronic Respiratory Disease Surveillance Advisory Committee and of the Health Canada Section on Allergy and Respiratory Therapies.

Nili Kaplan-Myrth, MD, CCFP, PhD

Dr. Nili Kaplan-Myrth is a community family doctor with an interest in supportive psychotherapy, women's health and LGBTQ health. She spent 15 years before her medical training doing a PhD and post-doctoral degree in medical anthropology. She studied social determinants of health; body image, gender, sexuality and feminist theory; partnerships in health policy development; Indigenous self-determination; disability studies; and interdisciplinary action-based research methods. She has taught women's health, written journal articles and published two books, *Hard Yakka: Transforming Indigenous Health Policy and Politics* (2007) and *Women Who Care: Women's Stories of Health Care and Caring* (2010).

Jay Keystone, MD, FRCPC

World-renowned travel physician Dr. Jay Keystone is an expert in tropical and infectious diseases. He is the former president of the International Society of Travel Medicine, the clinical section of the American Society of Tropical Medicine and the Canadian Society of International Health. Currently, he is the director of the Medisys Travel Clinic in Toronto, a professor in the Department of Medicine at the University of Toronto and a frequent speaker on travellers' health. His research focuses on leprosy and intestinal parasites.

Vu Kiet Tran MD, MHSc, MBA, CHE

Dr. Vu Tran is an emergency room doctor and family doctor who has worked in the Greater Toronto Area since 2000.

Jamie Kissick, MD, CCFP(SEM) Dip Sport Med

Dr. Jamie Kissick graduated from Queen's University Medical School in 1983 and completed his residency in family practice at the University of Western Ontario. He worked in the emergency department at St. Joseph's Hospital and then in family practice in London, Ontario, from 1985 to 1992. Dr. Kissick obtained his Diploma in Sport Medicine in 1990 and went on to work as a sport medicine physician in Ottawa. He has been team physician for the Ottawa Senators (NHL), Ottawa Lynx (AAA baseball), Ottawa Renegades (CFL) and the national men's sledge hockey team and is currently the head team physician for the Ottawa Redblacks (CFL). Dr. Kissick was also a member of the medical team for the Canada Games, Pan Am Games, World University Games, the 2002 Winter Olympics and the 2010 and 2014 Winter Paralympics. He is a former president of the Canadian Academy of Sport and Exercise Medicine (CASEM) and a member of multiple sport safety committees for the CASEM as well as Think First. He is a member of the International Paralympic Committee Medical Committee and the World Anti-Doping Agency Therapeutic Use Exemption Expert Group. He is a member of the Concussion in Sport International Consensus Panel. Dr. Kissick has also been the occupational health physician for MDS Nordion and Mitel Networks. He joined the CMPA as physician advisor for Physician Consulting Services in 2005.

Darlene Kitty, MD, CCFP

Dr. Darlene Kitty is a Cree family physician working in Chisasibi, northern Quebec, and has done locums in northeastern Ontario. Dr. Kitty enjoys teaching medical students, residents and practising physicians. In addition to her clinical work, she advocates for improved health services and resources for the James Bay Cree as clinical representative to the Board of Directors for the Cree Health Board. She also works as director of the Indigenous Program at the Faculty of Medicine at the University of Ottawa and she is past president of the Indigenous Physicians Association of Canada.

Sari Kives, MD, FRCPC

Dr. Sari Kives joined the Section of Pediatric Gynecology in 2003, after completing a fellowship at the University of Louisville in pediatric gynecology and advanced minimally invasive surgery. Dr. Kives received her medical degree from the University of Toronto and completed her residency in obstetrics and gynecology at the University of British Columbia. She is currently on staff at The Hospital for Sick Children and at St. Michael's Hospital. She is an associate professor at the University of Toronto and actively involved

in the SOGC. Dr. Kives is involved in the medical and surgical care of children and adolescents with general pediatric gynecology disorders. She has an interest in advanced gynecological surgery including robotic surgery. She participates in surgery for young women with congenital anomalies of the Mullerian system. Dr. Kives conducts clinical research in a variety of areas in pediatric and adolescent gynecology, including ovarian pathology, Mullerian anomalies and contraception. She has also published extensively in the area of pediatric gynecology.

Eva Knifed, MD, MHSc, CCFP

Dr. Eva Knifed received her medical degree from the University of Western Ontario in 2011. She completed her residency at the University of Toronto with a low-risk obstetrics fellowship. She is currently working as an academic family physician in North York with affiliation to North York General Hospital. Her areas of interest are bioethics, especially as they pertain to primary care and medical training.

David Kocerginski, MD, FRCPC

Dr. David Kocerginski is chief of psychiatry and medical director of the Mental Health and Addictions Program at the William Osler Health System. He completed medical training and residency in psychiatry at the University of Toronto. His career has focused on acute care psychiatry in general hospital emergency and inpatient settings, including two terms as chief of psychiatry at Markham Stouffville Hospital before moving into his current role at William Osler. Dr. Kocerginski is involved in numerous provincial leadership positions, including presidency of the Association of General Hospital Psychiatric Services, the executive of the OMA Section on Psychiatry, the OHA Mental Health and Addictions Leadership Council and the OHA provincial task force on suicide prevention. He has spoken often on the topic of suicide prevention in hospitals and helped develop a post interview checklist to ensure comprehensiveness of suicide risk assessment in clinical settings.

Edward Kucharski, MD, CCFP

Dr. Ed Kucharski is a regional primary care lead (Toronto Central LHIN, South) for Cancer Care Ontario and the Toronto Central Regional Cancer Program. He is also a practising family physician at Sherbourne Health Centre, where he was medical director from 2009 to 2012. Dr. Kucharski has focused on the health inequities of marginalized populations. He has taught about LGBT primary care at various medical schools, centres and conferences. He also has an interest in quality improvement and has shared Sherbourne Health Centre's experience at an Ontario Hospital Association patient safety course on several occasions.

Christiane Kuntz, MD, CCFP

Dr. Christiane Kuntz has been an assistant professor in the Department of Family Medicine at the University of Ottawa since 1994 and in solo family practice since 1984. In 2000, she undertook part-time clinical consulting work in mature women's health at the Ottawa Hospital's Shirley E. Greenberg Women's Health Centre and established a mood disorders clinic there in 2005. She acts as the coordinator for the gynecology section of the Ottawa Family Medicine resident curriculum. Dr. Kuntz has been involved in the development and implementation of the skills transfer portion of the OCFP's

Benign Uterine Conditions project since 2005. It focuses on teaching primary care providers how to manage problems such as abnormal uterine bleeding and pelvic prolapse.

Rachel LaBonté

Rachel LaBonté is the program lead for the Partnering for Quality (PFQ) Program. Her proven ability to build strategic partnerships and effectively lead teams is demonstrated through the PFQ's engagement with over 350 primary care physicians and clinicians. Ms. LaBonté has held multiple quality-related roles across Canada since 2004. She is passionate about helping primary care partners make chronic disease management efficient and effective.

Sheila Laredo, D, PhD, FRCPC

Dr. Sheila Laredo received her MD from the University of Toronto in 1991; she specialized in endocrinology and metabolism. She holds a PhD in clinical epidemiology. She is an associate professor at the University of Toronto in the Faculty of Medicine. Dr. Laredo's clinical interest is in women's reproductive health, particularly polycystic ovary syndrome (PCOS). Her research interest in PCOS has focused on the role of insulin resistance, obesity and lifestyle on reproductive health outcomes. She is an enthusiastic teacher; has supervised many students, residents and fellows; and has been the recipient of many research and teaching awards. At Women's College Hospital, she is the chief of staff.

Darren Larsen, MD, CCFP

Over his 25 years as a comprehensive care family physician, Dr. Darren Larsen has been involved in many provincial and national health IT, quality and leadership initiatives. He has advised and acted in this area for OntarioMD, the Ontario Medical Association and the Canadian Medical Association, and serves on e-health and quality committees for Health Quality Ontario, eHealth Ontario and Cancer Care Ontario. He is currently vice chair of the Cancer Quality Council of Ontario and a senior fellow at the Women's College Hospital Institute for Health System Solutions and Virtual Care. Dr. Larsen obtained his BSc at the University of Alberta and his MD at the University of Calgary, did residency at the University of Ottawa and holds a Master's Certificate in physician leadership from York University's Schulich School of Executive Management. He currently works as chief medical information officer for OntarioMD supporting the OMA, and teaches at Women's College Hospital Family Practice Health Centre.

Linda Lee, MCISc(FM), MD, CCFP(COE), FCFP, CCFP

Dr. Linda Lee is a family physician, director of the Centre for Family Medicine Memory Clinic, Schlegel Research Chair in Primary Care for Elders at the Schlegel-UW Research Institute for Aging, and associate clinical professor in the Department of Family Medicine at McMaster University. She has developed a Primary Care Memory Clinic Model and Training Program that has assisted 78 other primary care settings in Ontario to develop new memory clinics. In recognition for her leadership in helping to improve the care of seniors with memory disorders, Dr. Lee was named the 2009 Regional Family Physician of the Year by the OCFP. In 2014, she was awarded the Ontario Minister's Medal Honouring Excellence in Health Quality and Safety. In 2015, she was the recipient of the Canadian Institutes of Health Research Institute of Aging Betty Havens Award

for Knowledge Translation in Aging. Dr. Lee has Care of the Elderly certification and practises family medicine in Kitchener, Ontario.

Joseph Lee, MD, CCFP, FCFP, MCISc(FM)

Dr. Joseph Lee is the chair and lead physician of the Centre for Family Medicine Family Health Team in Waterloo Region, Ontario. He is the site director of the Kitchener-Waterloo & Area program for McMaster University and also the chair of the Kitchener-Waterloo & Area Health Link. His awards include Ontario Practice of the Year (2008), Regional Family Physician of the Year (2006) and the AFTHO Bright Lights award (2012, 2013 and 2014). Dr. Lee was also named an Iconic Change Maker of Waterloo Region by *Grand Magazine* in 2015.

Pamela Leece, MD, CCFP, RCPSC, MSc

Dr. Pamela Leece is a family physician with a focused practice in addiction medicine, and is a senior resident in the Public Health and Preventive Medicine program at the University of Toronto. She practices clinically at Women's College Hospital with the Substance Use Service. She has a Master of Science degree in health research methodology from McMaster University. Her research focuses on opioid overdose prevention, including opioid medication safety and naloxone use. She is currently funded by Health Canada to co-lead a project to develop and evaluate an educational and quality improvement intervention to improve adherence to opioid guidelines in primary care.

Yulia Lin, MD, FRCPC

Dr. Yulia Lin is a transfusion medicine specialist and hematologist in the Department of Clinical Pathology at Sunnybrook Health Sciences Centre and an associate professor in the Department of Laboratory Medicine and Pathobiology at the University of Toronto. She has participated in provincial and national working groups in the field of transfusion medicine, including the Ontario Transfusion Coordinators Network (OnTraC) Steering Committee, the Ontario Blood Advisory Committee Provincial IVIG Advisory Panel, the Ontario Transfusion Quality Improvement Plan Committee and the Technical Committee on Blood and Blood Products for the Canadian Standards Association. She is the lead physician for blood conservation at Sunnybrook Health Sciences Centre. Her academic interests include appropriate use of blood products, transfusion safety and physician education in transfusion medicine.

D'Arcy Little, MD, CCFP, FCFP, FRCPC

Dr. D'Arcy Little is chief of radiology at Orillia Soldiers' Memorial Hospital, the forensic radiologist for the Forensic Sciences and Coroners' Complex in Toronto and an adjunct clinical professor of Family Medicine and Diagnostic Imaging at the University of Toronto. He has an interest in medical communications and continuing medical education. Dr. Little was formerly a family physician in Toronto and continues to serve as the medical director and editor of *The Journal of Current Clinical Care*.

Kimberl Liu, MD, FRCSC, MSL

Dr. Kimberly Liu is an assistant professor at the University of Toronto and an infertility specialist practising at Mount Sinai Fertility in Toronto. She completed residency training at the University of Alberta in ob/gyn and a fellowship in reproductive endocrinology and infertility

at the University of Toronto. Dr. Liu is currently the program director for the U of T Gynecologic Reproductive Endocrinology and Infertility Fellowship Program. She is the author of numerous research publications and several national guidelines for fertility and ART practice in Canada.

Vanita Lokanathan, MD, CCFP

Dr. Vanita Lokanathan is a family physician who has practised coast to coast in rural communities from Goose Bay, Labrador, to Masset, Haida Gwaii. Since 2008, she has worked at the Peterborough Clinic in Peterborough, Ontario, and has developed expertise in the primary care management of trans* and gender-diverse people, having managed the care of over 165 people. She is passionate about rural practice, First Nations care, LGBTQ health and collaborative interprofessional practice.

Jennifer Malcew, RN

Jennifer Malcew is a registered nurse who has been practising since 2003. The past 10 years have been focused on the field of infertility. During her time at the Hannam Fertility Centre she has had the opportunity to focus her work on the in vitro program and following that clinical operations. She is currently the director of physician relations, supporting the internal physicians and external referring clinicians, as well as the vice president of Fertility Check, developed in early 2015.

Larry Malo, MD, CCFP(EM), FCFP

Dr. Larry Malo is a family physician in Timmins, Ontario, where he has worked for the past 25 years. In addition to a busy practice, he has spent a great deal of time in the ER and the OR, where he currently works as an FP-anesthetist. Dr. Malo has both emergency medicine and anesthesia certification from the CCFP.

Peggy Marcon, MD, FRCPC

Dr. Peggy Marcon is a gastroenterologist in the Division of Pediatric Gastroenterology, Hepatology and Nutrition. She graduated from McNeese State University in Louisiana and then attended medical school at Louisiana State University, Shreveport, graduating in 1983. She undertook her pediatric residency at the Dallas Children's Hospital and University of Texas Southwestern. She then came to The Hospital for Sick Children to complete a fellowship in gastroenterology. Once on staff she set up the Gastrointestinal Motility Testing Suite. With her interest in gastrointestinal motility she joined and now runs the Dysphagia Clinic, where children with medically based swallowing problems are seen. She is part of the clinical and research team in the Multidisciplinary Tracheal Esophageal Atresia and Congenital Diaphragmatic Hernia Clinics. She also holds a Celiac Clinic.

Duncan McIlraith, MD, FRCPC (Neurology), RCPSC

Dr. Duncan McIlraith completed undergraduate studies in biochemistry and his MD at the University of Ottawa. After an internship at the Ottawa Civic Hospital he pursued additional studies in mathematics and engineering, also at the University of Ottawa. He went on to do two years of internal medicine residency at the University of Alberta and his residency in neurology at McGill University. This was followed by a fellowship in stroke at the Montreal General Hospital, with additional studies in theoretical epidemiology

at McGill University. He has since held a faculty appointment at the University of Alberta and is currently appointed to the Faculty of Medicine at the University of Ottawa, where he is actively involved in student and resident teaching. Dr. McIlraith holds staff appointments at the Ottawa Hospital and the Montfort Hospital. His practice is primarily focused on acute care, hospital-based neurology.

Nicola McLean, MD, FRCPC, Certified Endocrinology

Dr. Nicola McLean holds an undergraduate degree in pharmacology and toxicology from Western University in London, Ontario, as well as MD and internal medicine residency from Western. She also holds a fellowship in endocrinology and metabolism through Dalhousie University in Halifax, Nova Scotia, and is an adjunct professor for the Schulich School of Medicine and Dentistry, Western University. Dr. McLean has been instrumental in coordinating diabetes education centres and implementing uniform standards of care for Huron-Perth Diabetes Management Teams.

Alan Monavvari, MD, MSc, CCFP

Dr. Alan Monavvari graduated from medical school in 1992 in Iran. He obtained a Master's degree in epidemiology and methodology of clinical research, biostatistics and bioinformatics from Nancy Medical School, France, in 1999. He obtained a Master of Science degree in health administration from the University of Toronto in 2006. He finished residency in family medicine in 2008 and obtained his Canadian Certification of Family Practice. He received his appointment as an assistant professor in the Department of Family and Community Medicine, University of Toronto, in 2008. He is chief of family medicine at Markham Stouffville Hospital.

Sean Moore, MD, FRCPC

Dr. Sean Moore is a specialist emergency physician practising in Kenora, Ontario. He is currently chief of emergency services at Lake of the Woods District Hospital, associate medical director at CitiCall Ontario, medical director of education for Ornge Transport and assistant professor at the Northern Ontario School of Medicine. He has authored various chapters in emergency medicine textbooks and his academic focus is bringing emergency medicine and critical care education to the practising rural emergency physician. He recently started keeping bees and is very likely to become expert in hymenoptera stings.

Simon Moore, MD, CCFP

Dr. Simon Moore is family physician who works in Vancouver, with rural practice experience in British Columbia, the Northwest Territories and Ontario. After his family medicine residency at the University of British Columbia (UBC), he completed a fellowship in global health. Dr. Moore is a clinical assistant professor at UBC, where he often teaches at the postgraduate level and is the co-director of the family practice course for Year 1 and 2 medical students in Vancouver. He also speaks at multiple conferences and is the founder of The Review Course in Family Medicine. Dr. Moore is also a former president of the Canadian Association of Internes and Residents (now known as Resident Doctors of Canada).

Andrea Moser, MD, CCFP

Dr. Andrea Moser is a family physician with a focused practice in care of the elderly. Her clinical practice is in long-term care and house

visits for housebound frail seniors at Baycrest Health Services. She is an assistant professor in the Department of Family and Community Medicine, University of Toronto; associate medical director, Apotex Nursing Home at Baycrest; and a certified medical director through the American Medical Directors Association. She is the chair of the OMA Section of Care of the Elderly and Long-Term Care, past president of the Ontario Long-Term Care Physicians and a member of the Board of Directors of the Long-Term Care Medical Directors Association of Canada. She has facilitated many presentations and workshops related to seniors' care provincially and nationally and has recently been integral in the development and implementation of a long-term care medical director curriculum in Ontario in partnership with OLTCP and HQO.

Rhonda Mostyn, DC

Dr. Rhonda Mostyn is the project manager for ECHO Ontario Chronic Pain and Opioid Stewardship. Rhonda has worked extensively in chronic pain management since starting her career as a clinician and owner/manager of a multidisciplinary rehabilitation clinic over 15 years ago. She has spent the past eight years in professional education and training and joined the ECHO Ontario team in 2014. Dr. Mostyn has written articles for the Canadian Pain Society and the *Action Ontario Newsletter*, and was a guest speaker at Pain Day in Kingston, Ontario.

Patricia Mousmanis, MD, CCFP, FCFP

Dr. Patricia Mousmanis is the coordinator of the Healthy Child Development Program for the OCFP and was the chair of the National CFPC Child and Adolescent Committee from 2012 to 2015. She delivers workshops in Ontario and across Canada on topics related to maternal, newborn, children's and adolescent health. She presents annually at Family Medicine Forum, OCFP's Annual Scientific Assembly, Primary Care Today hosted by the University of Toronto and at other CME events organized by Ontario hospitals and public health units. Dr. Mousmanis is a co-investigator for the national study Involving Family Physicians in Early Identification of Child and Adolescent Eating Disorders.

Carol Mulder, DVM, MSc, CUTL, DBA (cand.)

Dr. Carol Mulder supports 35+ quality improvement/decision support specialists who support nearly 200 AFHTO members in providing comprehensive, team-based, patient-centred primary care for approximately 25% of Ontarians. She works with them to develop, implement and evaluate a novel approach to performance measurement based on the Starfield principles of primary care that suggest that it is the relationship between patients and primary care providers that is at the heart of a sustainable healthcare system. Her personal, professional and research interests are in using data to improve performance. She is also a veterinarian, epidemiologist, kayaker, cellist and doctoral student.

Sarah Newbery, MD, CCFP

Dr. Sarah Newbery has been a rural physician in comprehensive community practice in Marathon, Ontario, since 1996 and is proud of the work of both her family health team and the care delivery at Wilson Memorial General Hospital, where she is chief of staff. She is an active community teacher and faculty member at the Northern Ontario School of Medicine. She has been on the board of the OCFP since 2008 and is the current President.

Wieslaw Oczkowski, MD, FRCPC

Dr. Wieslaw Oczkowski is a professor in the Department of Medicine at McMaster University and stroke neurologist at Hamilton Health Sciences. He is presently the medical director of the Central South Regional Stroke Program and academic head of the Division of Neurology. Dr. Oczkowski has published in the fields of cerebrovascular disease and stroke rehabilitation and is a research investigator at the Population Health Research Institute.

Jason O'Hayon, MD, FRCPC

Dr. Jason O'Hayon completed his pediatric residency at McMaster University in 1996 and allergy clinical immunology training in 1998. Following his training he worked as a consultant pediatrician for five years. He then became a full-time consultant in allergy/immunology for both adults and children in the region. He is an assistant clinical professor in the Department of Pediatrics at McMaster Children's Hospital and is on staff at St. Joseph's Hospital, Hamilton. He serves as medical director of the Community Asthma Education Program, continues teaching medical clerks and pediatric residents in his field and is a member of the Pediatric Undergraduate Education Committee. His interests are in the field of anaphylaxis and immunotherapy. He has published his clinical experiences in allergy and primary care journals. He serves on advisory boards in the medical allergy field and is a member of the Canadian, American and European allergy societies. He maintains a private consulting office in Hamilton.

Oluwatobi Olaiya, BScN

Oluwatobi Olaiya is a nursing graduate from York University and is currently pursuing a degree in biology. He has a passion for preventive medicine and primary healthcare; sitting in his nursing lectures learning about health disparities, he always believed we should prevent more and treat less. He is currently working at the Centre for Addiction and Mental Health: Complex Mental Illness Program, where he focuses on clients with serious and persistent mental illness, including schizophrenia and mood disorders.

Alexandra Papaioannou, BScN, MD, MSc, FRCPC, FACP

Dr. Alexandra Papaioannou is a professor in the Department of Medicine and a geriatrician at St. Peter's Hospital, Hamilton Health Sciences. She currently holds a Canadian Institute of Health Research Eli Lilly Chair in Fracture Prevention and was a prior Ontario Career Scientist. She has a joint appointment in the Division of Rheumatology. She is an associate member of the Department of Clinical Epidemiology and Biostatistics and has completed a Master of Science degree in health research methods at McMaster University. She was the lead author of the Osteoporosis Canada Guidelines published in the October 2010 issue of the *Canadian Medical Association Journal*. She is author/co-author of more than 220 peer-reviewed publications. Dr. Papaioannou is the past chair of the Scientific Advisory Council of Osteoporosis Canada and past chair of the Board. She has received the OCFP Certificate of Recognition Award. Dr. Papaioannou is also a member of the Scientific Advisors of the International Osteoporosis Foundation. She is currently involved in adapting the 2010 Osteoporosis Canada Clinical Practice Guidelines for the elderly in long-term care using the GRADE approach and is the chief scientific officer of the new Geriatric Education and Research in Aging Sciences Centre.

Purti Papneja, MD, CCFP

Dr. Purti Papneja is a clinician teacher and lecturer at the University of Toronto, Department of Family and Community Medicine. She received her MD from McMaster University and completed her family medicine training at the University of Toronto. After this, she did a fellowship in sleep medicine at Sunnybrook Health Sciences and is currently affiliated with North Toronto Sleep Centre and Woodbine Sleep Clinic. She is the postgraduate program co-director in the Department of Family Medicine at Sunnybrook Health Sciences Centre and is involved in postgraduate and undergraduate medical education.

Devin Peterson, MD, FRCSC, Dip Sport Med

Dr. Devin Peterson is an orthopedic surgeon whose specialty interests include sport medicine and pediatric orthopedic surgery. He is currently an associate professor in the Department of Surgery at McMaster University and a consultant physician at the David Braley Sport Medicine and Rehabilitation Centre.

Thuy-Nga Pham, MD, CCFP

Dr. Thuy-Nga (Tia) Pham is an academic family physician and assistant professor at the University of Toronto, serving patients in her clinic, doing home visits and following patients in the hospital. Her innovative work using telemedicine and videoconferencing was aired nationally in a 2015 CBC production called *Keeping Canada Alive*. She is the physician lead of the South East Toronto Family Health Team, recognized by The Change Foundation as one of Ontario's 20 Faces of Change in 2015.

Derek Puddester, MD, FRCPC

Dr. Derek Puddester is an associate medical director at the Ontario Medical Association's Physician Health Program and was previously director of physician health at the Canadian Medical Association. He is the special project lead for innovation/evaluation in the Postgraduate Medical Education Office at the University of Ottawa, where he is an associate professor in the Department of Psychiatry. Dr. Puddester specializes in pediatric telepsychiatry. Previously, he was the director of the Behavioural Neurosciences and Consultation-Liaison team at the Children's Hospital of Eastern Ontario. He is a certified executive coach and exclusively coaches physicians and senior healthcare leaders. Finally, he teaches internationally on physician health, time management, interprofessional education, conflict management and medical education.

Domenic Raco, MD, FRCPC, FACC

Dr. Domenic Raco was born and raised in Guelph, Ontario. After attaining his medical degree at the University of Toronto in 1981, he completed residency training in internal medicine and cardiology in Toronto and at McMaster University in Hamilton, Ontario. Completing the course work for a Master's degree in public health, Dr. Raco's main interests are in translating clinical trials into pragmatic guidelines and clinical care paths. He is a general and interventional cardiologist who has worked in both academic and community practices in Canada and the United States. He has participated in research in acute coronary syndromes, health service delivery and health economics. He holds a faculty position with McMaster University and has been an associate editor for the American College of Physicians Journal Club. Dr. Raco has held a number of medical

administrative positions and has had leadership positions in building several cardiovascular programs. He is currently a general and interventional cardiologist at William Osler Health System (Osler). As Osler's chief of cardiology, he has been actively building one of the province's largest cardiovascular programs. Dr. Raco is creating academic linkages in the pursuit of developing a cardiovascular research program at Osler.

Meb Rashid, MD, CCFP, FCFP

Dr. Meb Rashid has spent the past 15 years of his career working with newly arrived refugees in Canada. He is the medical director of the Crossroads Clinic, a medical clinic that serves refugees arriving in Toronto. He is a co-founder of the Canadian Doctors for Refugee Care, an organization founded to advocate for refugees to access health insurance. He was on the steering committee of the Canadian Collaboration for Immigrant and Refugee Health, a group that developed evidence-based guidelines for the assessment of newly arrived immigrants and refugees. He is a co-founder of the Christie Refugee Health Clinic, located in a refugee shelter. He is on the steering committee of the North American Refugee Health Conference. Dr. Rashid has brought together clinicians across Canada with an interest in refugee health through a web-based project called the Canadian Refugee Health Network and through a group called the Refugee Health Network of Southern Ontario. He is on staff at Women's College Hospital in Toronto and is an assistant professor with the Department of Family and Community Medicine at the University of Toronto.

Parisa Rezaiefar, MD, CCFP

Dr. Parisa Rezaiefar is a family physician and assistant professor at the Department of Family Medicine, University of Ottawa. She leads a weekly women's health clinic at Bruyère Academic Family Health Team focusing on teaching family medicine residents about women's health procedural skills using simulation. She is the recipient of the 2013 CFPC grant in women's health to develop further skills in women's health with a focus on conservative management of pelvic organ prolapse. She is also the recipient of a 2015 Department of Family Medicine Research Grant and Program for Innovation in Medical Education to examine the use of simulation-based education in building capacity among academic family physicians and family medicine residents at Bruyère Academic Family Health Team in conservative management of pelvic organ prolapse.

Declan Rowan, MD, CCFP, MB

Dr. Declan Rowan is a rural family physician. He is lead physician at the Petawawa Centennial FHT. He is also a regional primary care lead with CCO and the Champlain Regional Cancer Program.

Lisa Ruddy, RN

Lisa Ruddy is a registered nurse and clinical program manager at the Markham Family Health Team. Her 13+ years of primary care nursing experience was key to keeping the lines of communication open between Public Health, FHT staff and providers throughout the measles exposure period in January 2015.

Meghan Rule, RN, NP (cand.)

Meghan is a registered nurse and NP candidate who currently works with the Bridgepoint Family Health Team. Ms. Rule's clinical interests

include group medical care, case management and using yoga as a therapeutic tool in family practice.

Eric Rumack, MD, CCFP, DOHS, FCBOM, FACOEM

Dr. Eric Rumack is an occupational health physician and disability management consultant with multiple corporate, industrial, legal and insurance company affiliations since 1988. He graduated from the University of Toronto Medical School in 1984. Dr. Rumack is Board certified in occupational medicine and family medicine with the Canadian Board of Occupational Medicine and the CFPC. He is an undergraduate clinical tutor with the Faculty of Medicine at the University of Toronto and a lecturer with the Department of Family and Community Medicine at the University of Toronto.

Aaron Sacheli, MD

Dr. Aaron Sacheli is currently a family medicine resident with Western University in Windsor, Ontario.

Arun Sayal, MD, CCFP(EM)

Dr. Arun Sayal is an emergency physician, works in the Fracture Clinic and is an associate professor in the Department of Family and Community Medicine at the University of Toronto. He works at North York General Hospital, a busy community teaching hospital in Toronto. There he has worked in the ED since 1993 and has run a weekly Minor Fracture Clinic for the past 10 years. With pearls learned from orthopedic surgeons, he created and developed CASTED in 2008. CASTED is a series of hands-on orthopedic courses that have been presented over 200 times across Canada. Dr. Sayal has won over a dozen teaching and CPD awards at the local, university and national levels, including the PARO Award and the CFPC's CPD Award for providing its members with an outstanding educational experience. He is honoured to present CASTED as a Mainpro course at this year's ASA and to speak during the conference.

Inge Schabot, MD, MBChB, CCFP, FCFP

Dr. Inge Schabot is an associate professor of family medicine and IMG coordinator at McMaster University. She practises as a full-time family physician at the Stonechurch Clinical Teaching Unit at McMaster, where she tutors evidence-based medicine, quality assurance and behavioural sciences in the residency program. She teaches in and developed curriculum for the provincial pre-residency IMG program in Ontario. Dr. Schabot is an author of the national FMEC IMG Environmental Scan document and she was also a physician-stakeholder consultant for the Pan-Canadian Framework for the Assessment and Recognition of Foreign Qualifications for the Entry to Residency Pathway. She received a 2012 Award of Excellence from the CFPC. As an IMG who completed postgraduate training in ob/gyn, internal medicine, epidemiology, immunology, endocrinology, biochemistry and pathology before she was recruited to Canada, she had to compete for an IMG position in Ontario and then repeat her clerkship as well as complete a family medicine residency in the Ontario IMG program. She recently completed a review of the IMG literature and has conducted a research study on what selection information best predicts IMG success at college exams. Her clinical and academic interests include medical education, IMG education and advocacy, disease prevention and health promotion, global health, interprofessional care and education,

refugee health, women's health, chronic disease management, evidence-based medicine and primary care research.

Adeel Sheikh, MD, FRCSC

Dr. Adeel Sheikh is a minimally invasive urologist at Markham Stouffville Hospital. He is also an adjunct assistant clinical professor in the Department of Surgery at McMaster University. After completing medical school and residency training at McMaster University, he went on to complete subspecialist fellowship training in minimally invasive urology and endourology. Beyond general urology, he has a particular interest in procedures such as laparoscopic adrenalectomy, laparoscopic partial nephrectomy, and laparoscopic prostatectomy. He is keen on medical teaching and regularly hosts resident electives.

Alex Shen, MD, CCFP

Dr. Alex Shen is a family physician practising in Leamington, Ontario. He finished family medicine residency training in 2013. In 2015, he pursued further residency training in care of the elderly. His interest is geriatrics.

Franklin Sheps, MD, CCFP(EM), FCFP

Dr. Franklin Sheps is a family and emergency medicine physician. He directs and consults for family health organizations, software vendors and designers for an OHIP billing consultant.

Gary Sibbald, BSc, MD, FRCPC, MEd

Dr. R. Gary Sibbald co-founded the International Interprofessional Wound Care Course in 1999 and serves as its course director. He serves as director of the Master of Science program in community health (prevention and wound care) at the Dalla Lana School of Public Health at the University of Toronto. Dr. Sibbald serves as a member of the Medical Advisory Board at Systagenix Wound Management Limited. He served as president of the World Union of Wound Healing Societies from 2008 to 2012. He has over 200 publications. Dr. Sibbald is a dermatologist and internist with a special interest in wound care and education. He is a professor of public health sciences and medicine at the University of Toronto. As a wound care educator, clinician and clinical researcher, he is an international wound care key opinion leader.

Doug Sider, MD, MSc

Dr. Doug Sider is medical director of Communicable Disease Prevention and Control, Public Health Ontario. He has operational, public health guidance and research interests in Lyme disease and other vector-borne diseases. Dr. Sider has previously served as medical officer of health (MOH) or associate MOH in several southern Ontario public health units and as acting associate chief medical officer of health in Ontario.

Jose Silveira, MD, RCPSC, FRCPC

Dr. Jose Silveira is an assistant professor in the Department of Psychiatry at the University of Toronto, psychiatrist in chief at St. Joseph's Health Centre in Toronto and medical director of Mental Health and Addiction Programs. He works closely with primary care physicians and has been on the steering committee of the OCFP's Collaborative Mental Health Network since 2000. He has been providing indirect consultation and support to family physicians

across the province of Ontario throughout this time as well. In addition, Dr. Silveira has served as a psychiatrist providing shared care with numerous community health centres and family health teams throughout his career. Dr. Silveira's workshops and seminars are designed to be practical and assist family physicians with comprehensive primary care practices and manage undifferentiated mental disorders, including addictions.

Mohit Singla, MD, CPSO Recognized Specialist

Dr. Mohit Singla is a pediatric and adult congenital cardiologist. He currently works at the William Osler Health System and Southlake Regional Health Centre in the Greater Toronto Area. He is an assistant professor at McMaster University. Dr. Singla is triple Board certified, with the American Board of Pediatrics and Internal Medicine. He completed his residency training in pediatrics at the Children's Hospital, University of Illinois, at Chicago in 2009. He then completed his three-year pediatric cardiology fellowship from The Hospital for Sick Children. He thereafter received his clinical and research fellowship in adult congenital heart disease at the University Health Network affiliated with the University of Toronto. Dr. Singla has a special interest in inherited heart disease. He completed his postdoctoral fellowship in immunology and laboratory medicine at Yale University School of Medicine in 2006.

Carter Snead, MD, FRCPC

Dr. Carter Snead received a BSc in pharmacy, followed by an MD, both at the University of West Virginia. He then trained in pediatrics at Duke University and pediatric neurology at Yale University. Currently he is a clinician scientist in the Division of Neurology at The Hospital for Sick Children and a professor of pediatrics, neurology and pharmacology at the University of Toronto. Dr. Snead's primary clinical and research interest is in pediatric epilepsy. His clinical research entails the investigation of noninvasive techniques to identify those children with uncontrollable epilepsy who might benefit from epilepsy surgery. He is the co-chair of the Ontario Provincial Epilepsy Implementation Task Force.

Andrew Sparrow, MD, CCFP

Dr. Andrew Sparrow attended medical school at Queen's University and did his residency in family medicine at Mount Sinai Hospital at the University of Toronto. He is currently a staff physician at the Toronto Western Family Health Team, where he is the co-director of undergraduate education. He is actively involved in teaching medical students and residents and has an interest in medical education research.

Abhimanyu Sud, MD, CCFP

Dr. Abhimanyu Sud graduated with his medical degree in 2009 and completed his family practice residency in 2011, both from the University of Toronto. He obtained his Canadian certification of family practice and his appointment as a lecturer in the Department of Family and Community Medicine at University of Toronto in 2011. Currently, he practises in family medicine and chronic pain medicine. He is courtesy staff at Trillium Health Partners and Director of the Safe Opioid Prescribing Program at the Continuing Professional Development office in the Faculty of Medicine at the University of Toronto.

Michael Sylvester, MD, MEd, CCFP, FCFP

Dr. Mike Sylvester grew up in Ottawa, where he also attended medical school, graduating in 1993. He then headed to Thunder Bay for family medicine residency. He and his wife, Rupa, worked for three years in Marathon, Ontario, before settling in Kingston, where Dr. Sylvester spent 14 years at Queen's University, spending most of his time there as undergraduate program director. He now focuses his practice on surgical procedures and psychotherapy. He sees his new role as CFP's regional educator for Ontario as an opportunity to continue his great passion for teaching.

Konia Trouton, MD

Dr. Konia Trouton is the medical director of Vancouver Island Women's Clinic, which she helped to establish. She is a clinical professor at the University of British Columbia and the University of Victoria. She has been performing abortions for over 20 years across Canada. She is also part of the faculty that developed the mandatory e-learning program for physicians and pharmacists for using mifepristone in Canada.

Christine Truong, RPh

Christine Truong is a clinical pharmacist at the North York Family Health Team (NYFHT). She completed her Bachelor of Pharmacy degree at the University of Toronto and pharmacy practice residency at Mount Sinai Hospital. She started her career as a clinical pharmacist at Mount Sinai, specializing in critical care and emergency medicine. She then moved on to work in infectious diseases and antimicrobial stewardship at St. Joseph's Hospital before joining the NYFHT in 2013. Ms. Truong continues to be actively involved with teaching at the University of Toronto and the Canadian Society of Hospital Pharmacists.

Cathy Vakil, MD, CCFP, FCFP

Dr. Cathy Vakil is a family doctor working at the Queen's University Family Medicine Centre in Kingston, Ontario, where she has a family practice and also teaches family medicine residents. She has been on the Board of Directors of Physicians for Global Survival and on the Environmental Health Committee of the OCFP. She has also been on the Board of Directors of the Canadian Association of Physicians for the Environment for 15 years. Dr. Vakil has done literature reviews and public speaking on environmental topics such as nuclear energy, pesticides, climate change and air pollution. She has presented at numerous conferences and hearings and has been an invited speaker for a number of courses and speakers' series. Dr. Vakil is a strong believer in physician advocacy for environmental protection and health.

Rahim Valani, MD, CCFP(EM), FRCP, MBA

Dr. Rahim Valani is a staff emergency physician at McMaster University. He is a graduate of Queen's University and completed his specialist training in Canada, the UK and Australia. He is trained in both adult and pediatric emergency medicine. He completed his MBA at the Wharton School of Business and a Master's degree in medical education at the University of Dundee. Dr. Valani was recognized recently as a Global Scholar by the Peter A. Silverman Centre for International Health as a co-director of the International Pediatric Emergency Medicine Elective and other outreach programs. He has presented on several clinical and educational topics across Canada.

and internationally. His interests are in curriculum development and assessment; simulation-based education; and medical informatics and data analytics, specifically related to meeting target times and quality improvement. He has been editor of *The Hospital for Sick Children Handbook of Pediatric Trauma, Pain and Procedural Sedation in the ED* and the upcoming *Handbook of Pediatric Emergency Medicine*.

Dr. Jobin Varughese

Dr. Jobin Varughese is a family physician practicing in Brampton. He acts as a resident preceptor for McMaster University.

Bryna Warshawsky, MDCM, CCFP, MHSc, FRCPC, RCPSC

Dr. Bryna Warshawsky is a public health physician in communicable diseases and emergency preparedness and response at Public Health Ontario. Prior to joining Public Health Ontario, she worked as the associate medical officer of health for the Middlesex-London Health Unit. She is the former chair of the National Advisory Committee on Immunization and is cross-appointed in the Department of Epidemiology and Biostatistics at Western University.

William Watson, MSc, MD, FCFP, CCFP

Dr. William Watson has been a staff physician at St. Michael's Hospital since 1980. He is an associate professor at the Department of Family and Community Medicine at the Dalla Lana School of Public Health, University of Toronto. In addition to having a busy practice that included obstetrical deliveries for 25 years, he has had a strong focus on medical education, providing workshops to students, residents and family physicians. Dr. Watson has interests in a wide range of clinical areas, including child and maternal health, parenting, postpartum depression and management of cardiovascular disease.

Erica Weinberg, MSc, MPhil, MD

Dr. Erica Weinberg is a graduate of the University of Toronto's Faculty of Medicine. Prior to medical studies, she earned a BSc, an MSc and an MPhil in chemistry from Queen's University and the University of Sussex. Dr. Weinberg is a general practitioner, having practised palliative care and pain management in Toronto for over 20 years. She is an active participant in continuing medical education.

Miriam Weinstein, BScN, MD FRCPC

Dr. Miriam Weinstein received her BSc from the University of British Columbia, a BScN in nursing from the University of Toronto and her MD from Queen's University. She trained in Pediatrics and Dermatology at the University of Toronto receiving her FRCPC in both specialties. She is an associate professor at the University of Toronto and a staff physician at Sick Kids Hospital and has a variety of community practices in pediatric dermatology as well. Dr. Weinstein's clinical interests include atopic dermatitis, sun protection and skin cancer prevention and laser therapy. She has developed and runs the dermatology laser program at Sick Kids and the eczema educational program for patients. She is involved in educational administration and has developed and co-chaired the biannual Pediatric Dermatology Update in Toronto 5 times. She recently completed 10 years as Fellowship Director for the Paediatric Dermatology Fellowship Program at Sick Kids. Her research interests and publications include atopic dermatitis and vascular anomalies. She has a passion for teaching and lectures extensively from the local to international level.

Anna Wilkinson, MSc, MD, CCFP

Dr. Anna Wilkinson is a family physician with a special interest in oncology. She divides her clinical time between caring for medical oncology inpatients and academic family practice, where she is involved with residency training and teaching. She is responsible for the PGY-3 FP oncology program through the University of Ottawa Department of Family Medicine. Special interests include knowledge translation of oncology to family medicine; she has most recently developed an oncology teaching curriculum, which she delivers to family medicine residents at the University of Ottawa. She also sits on the Cancer Care Focused Practice Committee with the CFCP.

Kimberly Wintemute, MD, CCFP, CCFP

Dr. Kimberly Wintemute is a family doctor in Toronto and one of two primary care co-leads for Choosing Wisely Canada. Her family health team in North York has made efforts to de-prescribe low-value, high-risk medications in order to improve patient safety.

Jennifer Young, MD, CCFP

Dr. Jennifer Young is a comprehensive family doctor in the town of Collingwood. She is the chief of family practice at the Collingwood General and Marine Hospital. Dr. Young's interest in best practices comes from her desire to reduce reliance on testing that can lead to harm and to make the most of our healthcare system through the best use of our knowledge and evidence. Dr. Young is a member of the OCFP's Board of Directors and the 2014/15 chair of the OCFP's Education and Research Committee.

Ari Zaretsky, MD, FRCPC

Dr. Ari Zaretsky graduated from the University of Toronto Medical School in 1988 and completed five years of psychiatry residency training at the same university. From 1993 to 1995, he undertook a research fellowship in cognitive behavioural therapy (CBT) at both the Centre for Addiction and Mental Health in Toronto and Massachusetts General Hospital in Boston. Dr. Zaretsky obtained certification in psychiatry from both the Royal College of Physicians and Surgeons of Canada and the American Board of Psychiatry and Neurology. In 2006, Dr. Zaretsky was promoted to associate professor in the Department of Psychiatry at the University of Toronto. From 2005 to 2012, he was the postgraduate director for the Department of Psychiatry at the University of Toronto. He was also director, medical education, at the Centre for Addiction and Mental Health and head of the Mood Disorders Clinic from 2007 to 2012. In September 2012, Dr. Zaretsky assumed the role of psychiatrist in chief for the Department of Psychiatry at Sunnybrook Health Sciences Centre and in January 2014 he assumed the role of vice president of education for Sunnybrook Health Sciences Centre. Dr. Zaretsky is a founding fellow of the Academy of Cognitive Therapy and has a national reputation as a teacher of cognitive therapy. He won the 2010 Association of Chairs of Psychiatry of Canada Award for Excellence in Education, the 2005 Irma Bland Award from the American Psychiatric Association, the 2002 Association for Academic Psychiatry Best Teacher Award and the Canadian Psychiatric Association Award for Best CE Event in Canada in 2001. He was recognized as one of the Best Doctors in Canada in 2002/03 and again in 2007/08. Dr. Zaretsky has received peer-reviewed research funding from the Canadian Institute of Health Research and was also a NARSAD Young Investigator (1999–2003). Dr. Zaretsky's current areas of research and publications include CBT for bipolar disorder, CBT for personality disorders, CBT training and supervision, and residency education.

