**THURSDAY, DECEMBER 1**

0715 - 0815  Registration & Coffee

0815 - 0830  Opening Remarks

0830 – 0915  **Upper Limb MSK: What to do When the X-Ray is Normal | Dr. Arun Sayal**
- Describe key aspects of the history to focus on when assessing patients with an upper extremity injury
- Describe important, specific physical findings of upper extremity injuries that are instrumental in making a clinical diagnosis
- Describe indications, benefits, and risks of various advanced imaging modalities for acute MSK injuries, and strategies to "Choose Wisely" in the face of increasing patient demands

0915 – 1000  **Keeping the Elderly out of Hospital: Insights to the Top 10 Drug Interactions | Dr. Susan Bowles**
- Identify the top 10 clinically significant drug interactions in the elderly and apply this information to practice in order to prescribe more safely and prevent unnecessary admissions
- Describe the common mechanisms involved in drug interactions to include a focus on QTc prolongation

1000 – 1030  Nutrition Break

1030 – 1115  **Is This Psychosis? | Dr. Maria Alexiadis**
- To help family doctors understand the importance of early detection of psychotic illness, with an emphasis on early warning signs and symptoms of frank psychosis
- To use a primary care-based approach to explore the different presentations of psychosis
- To differentiate between substance-induced and frank psychosis
- To inform the participant how to refer
- To assist family physicians in assessment that will help determine a presentation of psychosis

1115 – 1200  **To Screen or Not to Screen for Prostate Cancer | Dr. Mahmoud Abdelsalam**
- Understand recent Canadian and US guideline recommendations on screening for prostate cancer with the PSA test
- Describe the natural history and epidemiology of prostate cancer and the potential benefits and harms of screening
- Be able to engage in informed decision-making with patients on screening for prostate cancer with the PSA test

1200 – 1300  Lunch

1300 – 1335  **Lower Limb MSK: What to do When the X-Ray is Normal | Dr. Arun Sayal**
- Describe key aspects of the history to focus on when assessing patients with a lower extremity injury
- Describe important, specific physical findings of lower extremity injuries that are instrumental in making a clinical diagnosis
- Describe indications, benefits, and risks of various advanced imaging modalities for acute MSK injuries, and strategies to "Choose Wisely" in the face of increasing patient demands

1335 – 1420  **Onsite selection of (choose one):**
**1. Acute Pain Management | Dr. Mary-Lynn Watson**
- Address issues related to acute pain management
- Seek red flags and use these to inform management
- Discuss specific case management
- Review recent guidelines in acute pain management
- Discuss specific questions from participants regarding acute pain management and case management
2. Occupational Medicine – Return to Work Reader’s Theatre Scenario 1 – A Tale of Two Patients | Drs. Wendy Stewart & Burton McCann
This workshop follows the polarizing cases of two workers and their individual, but contrasting, experiences with a workplace accident. Participants will be able to:
- Develop potential resolutions in difficult return-to-work (RTW) situations
- Consider different stakeholder roles in difficult RTW situations
- Recognize scope of RTW issues

3. Occupational Medicine – Return to Work Reader’s Theatre Scenario 2 – The Conference Call | Dr. Anil Adisesh & Boon Kek
This workshop observes a conference call between a physician, a WCB case manager, and an HR manager regarding plans for the patient’s return-to-work (RTW). Participants will be able to:
- Develop potential resolutions in difficult RTW situations
- Consider different stakeholder roles in difficult RTW situations
- Recognize scope of RTW issues

4. Choosing Wisely Canada™: How to Talk to Your Patients When You Can’t Give Them What They Want* [pre-register]
- Describe the importance of Choosing Wisely Canada™ lists to inform your practice
- Reflect on your use of risk factors in assessment of chest pain and include pre-test probability in your consideration for referral
- Use an evidence-based approach to risk stratification for EST referrals (test or cardiologist)
- Recognize the importance of diagnostic momentum and the challenge of stopping work-ups once initiated
- Describe evidence-based strategies for discussing inappropriate tests, treatments, and procedures with your patients

1. Acute Pain Management | Dr. Mary-Lynn Watson
- Description provided for 1335 session

2. Occupational Medicine – Return to Work Reader’s Theatre Scenario 1 – A Tale of Two Patients | Drs. Wendy Stewart & Burton McCann
- Description provided for 1335 session

3. Occupational Medicine – Return to Work Reader’s Theatre Scenario 2 – The Conference Call | Dr. Anil Adisesh & Boon Kek
- Description provided for 1335 session

4. Choosing Wisely Canada™: How to Talk to Your Patients When You Can’t Give Them What They Want* [pre-register]
- Description provided for 1335 session

1. Acute Pain Management | Dr. Mary-Lynn Watson
- Description provided for 1540 session

2. Occupational Medicine – Return to Work Reader’s Theatre Scenario 1 – A Tale of Two Patients | Drs. Wendy Stewart & Burton McCann
- Description provided for 1335 session

3. Occupational Medicine – Return to Work Reader’s Theatre Scenario 2 – The Conference Call | Dr. Anil Adisesh & Boon Kek
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1. Acute Pain Management | Dr. Mary-Lynn Watson
- Description provided for 1540 session
FRIDAY, DECEMBER 2

0700 - 0830 Registration & Light Breakfast

0830 – 0915 Mood Disorders in Pregnancy and Postpartum | Dr. Tanya Tulipan
- Identify updated risk factors for mood disorders in pregnancy and postpartum
- Describe techniques and screening tools for diagnosing mood disorders in pregnancy and postpartum
- Explain approaches to treatment, including psychotherapy and drug treatment

0915 – 1000 Abnormal Uterine Bleeding | Dr. Brett Vair
- Define abnormal uterine bleeding
- Review office management including investigations, treatment, and indications for referral

1000 – 1030 Nutrition Break

1030 – 1115 OTC Medication for Kids | Dr. Melanie MacInnis
- Define “Over-the-counter” medication
- Review the differences in regulatory oversight for products with DINs, NPNs, or neither
- Using a systems-based approach, identify inappropriate OTC medications for use in children
- Using a systems-based approach, identify OTC medications that are often not prescribed or recommended when indication exists

1115 – 1200 Newborn Issues | Dr. Susan Lappin
- To appreciate that the newborn is a critical component of the breastfeeding dyad
- To identify newborn complications that may impact breastfeeding
- To examine the problems associated specifically with breastfeeding the late preterm infant
- To review newborn anatomy that may impact breastfeeding
- To examine the controversy surrounding tongue tie and breastfeeding
- To develop management strategies for newborn issues

1200 - 1300 Lunch

1300 – 1345 Diagnosis and Management of Parkinson’s Disease | Dr. Heather Rigby
- To recognize the clinical features of Parkinsonism
- To identify features that help differentiate PD from atypical Parkinsonian syndromes
- To become familiar with the main pharmacologic treatment options for PD
- To understand the role of Deep Brain Stimulation in the management of PD

1345 – 1430 Tips on Differentiating Benign vs. Malignant Skin Tumors | Dr. Peter Green
- Develop an approach to common skin tumors
- Recognize worrisome features of skin lesions
- Highlight advanced clinical exam skills in diagnosing malignancy
Patient’s Medical Home 60/20 Caring and Compassion Grand Award | Peter G. Brennan, MD, MBA, MCFP, President, Nova Scotia College of Family Physicians
- Grant made possible through the generous donations of Associated Medical Services and the Research and Education Foundation (REF) of the College of Family Physicians of Canada

Collaboration: Where Care & Compassion Meet in the Patient Medical Home | Dr. Maria Patriquin
- Participants will be offered an opportunity to participate in a CFPC funded narrative project aimed at highlighting the importance of compassion in the practice of family medicine
  - Define and reflect on the role of compassion in the care of patients and how it is integral to a collaborative practice model
  - Explore and understand existing barriers to providing “kindness informed care” including policies, practices, capacity, compassion fatigue, and burnout
  - Review the evidence for the impact of patient-centered health outcomes
  - Make changes to your practice using standardized tools and enhance self-care and care of patients
  - Learn how a model of care that is collaborative and compassionate promotes efficacy, influence, wellness, meaning, and longevity in our personal and professional practices

SATURDAY, DECEMBER 3

0730 - 0830 Registration & Light Breakfast

0830 - 0915 Syncope: Fits, Faints, Funny Spells – When do I Need to Worry? | Dr. Stephen Miller
- To differentiate urgent/emergent causes of syncope from benign causes
- Utilize a framework in your clinical activities to efficiently work through a differential diagnosis of syncope
- Utilize best evidence in managing patients with syncope
- Understand when it is essential to consult patients with syncope/pre-syncpe

0915 – 1000 Monitored Drug Trends and PMP Alignment to Opioid Guidelines | Kevin Lynch
- To understand key monitored drug prescribing trends and their incorporation into the self-assessment of prescribing practices
- To understand current PMP initiatives and their alignment with the new CDC Guidelines for Prescribing Opioids for Chronic Pain, and the new Canadian Guidelines (to be released)

1000 – 1030 Nutrition Break

1030 – 1115 Fatigue: A General Internist’s Approach | Dr. Stephen Workman
- Identify common illnesses that contribute to, or masquerade as, fatigue
- Systematically assess social and psychological factors that contribute to fatigue
- Create a management plan to optimize patient function

1030 - 1200 (C) The CPSNS’ New Peer Review Program | Dr. Graham Bullock, Deputy Registrar
- Identify physician obligations and privileges under the NS Medical Act with respect to

1500 – 1530 Nutrition Break

1530 – 1615 Academic Detailing: Type 2 Diabetes – What After Metformin? | Dr. Bronwen Jones, Kim Kelly, Isobel Fleming
- Discuss benefits achieved with glucose lowering
- Identify factors to consider when choosing an agent to add after metformin
- Appraise the evidence for newer agents and identify which patients might benefit

1530 – 1700 (C) Update on the Management of Congestive Heart Failure | Dr. Gabrielle Horne
- Know how to diagnose CHF
- Know the treatments of CHF including office management, frequency of visits, and parameters of visits (weight, etc.)

1615 – 1700 CBT Express: Activating Brain Health and Resilience in 10 Minute Office Visits | Dr. Beverley Cassidy
- Learn about the Fountain of Health Initiative for Optimal Aging and its applicability to the promotion of healthy aging behaviour in primary care settings
- Understand current science of brain health and resilience in aging
- Appreciate the LiNK model as a tool to activate health behaviours in 10 minute office visits
- Work with obstacles to behaviour change including ambivalence, guilt, and shame
College-mandated peer review
- Understand the process, tools, and exercises used in the new CPSNS Peer Review Program
- Understand how physician factors may influence practice quality over time
- Understand how the results of a peer review can inform professional development and practice improvement

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| 1115 – 1200 | Can’t See! Sudden Vision Loss in the Quiet Eye | Dr. John Taiani
  - A review of common causes of vision loss through case presentations |
| 1200 – 1300 | Lunch                                                                                             |
| 1300 – 1345 | Psychiatry and Psychology Collaboration in PTSD | Dr. J. Mark Johnston |
|            | Rm. 100                                                                                           |
| 1345 – 1430 | Vertigo | Dr. Roger McKelvey
  - Develop a stepwise approach to differential diagnosis and distinguish between central and peripheral causes of vertigo
  - Identify functional anatomy of the vestibular system and review common vestibular physical exams
  - Describe common medical treatment of benign causes of vertigo, including vestibular rehabilitation therapy |
| 1340 – 1515 | Physician Assisted Death | Dr. Lynne Harrigan, Catherine Gaulton
  - Learn who physician assisted death applies to
  - Learn about how the decision to engage in physician assisted death is made and how to document the process |
|            | Rm. 100                                                                                           |

* Choosing Wisely Canada™: How to Talk to Your Patients When You Can’t Give Them What They Want is off-site at the Prince George Hotel and uses simulated patients. There is no additional cost, however you are required to pre-register to take part. Note: This is being offered as part of an educational research study. This session is based on the Choosing Wisely Canada™ recommendations for cardiac testing and offers an opportunity to meet with a trained simulated patient and receive confidential feedback. This is an educational research study and some participants will receive e-learning modules immediately before the simulation (others will complete the modules after the session). Space is limited: pre-register or sign-up at registration desk.