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THE COLLEGE OF  
FAMILY PHYSICIANS  
OF CANADA



LE COLLÈGE DES  
MÉDECINS DE FAMILLE  
DU CANADA

## SCHEDULE AT A GLANCE

Metro Toronto  
Convention Centre

## APERÇU DU PROGRAMME

Palais des congrès  
du Toronto  
métropolitain

**NOV 14-17, 2018**  
**TORONTO, ONTARIO**



# THURSDAY / JEUDI

<b>ROOM / SALLE</b>																		
<b>08:00–09:30</b>	<b>The Happiness Equation / L'équation du bonheur - Neil Pasricha 🗣️</b>																	
<b>09:30–10:00</b>	<b>BREAK / PAUSE Poster Viewing / Exposition d'affiches</b>																	
<b>10:00–11:00</b>	Managing the 2017 Canadian Opioid Guidelines ⑥	Childhood Anxiety Disorders: Identification and management 🗣️ ④	Forward Feeding in Family Medicine Residency Training Programs ✳️	Chronic Hepatitis C Eradication in BC: Important role of primary care ★	Le leadership et l'enseignement en médecine familiale : pour y voir plus clair ✳️	Mentorship: The hidden essential throughout your teaching trajectory ✳️	Facilitated Poster Session	Mucky Meds: A practical approach to the nightmare medication list ⑫	Somatizing: What every family physician needs to know ①	Dangerous Ideas Soapbox	Preparing for Practice: The CFPC's self-guided learning approach from residency into practice ⑩	What's New in Breastfeeding Medicine? ⑮	Practical Patient Education Pointers for Your Practice	How to Make a Self-management Asthma Action Plan for Your Patient with Asthma ③	Mental Health Disparities in Trans Populations, Minority Stress, Discrimination, and Intersectional Oppression	Follow-up Care of Breast Cancer Survivors: Evidence-based recommendations for primary care ②	Stories of FP Experiences with Adults with Intellectual and Developmental Disabilities	Preparing for Retirement: The challenges for family physicians and their patients
<b>11:15–12:15</b>	Acne Therapy Demystified ⑧	Hear Ye, Hear Ye: The COPD management paradigm has shifted! 🗣️	Improvisational Theatre: Applying the improv/ment model to medical education, FD, and wellness ✳️	Getting a Piece of the Pie: The CFPC's Pii ★			Jeopardy: Rapid-fire pearls for common primary care presentations	Using Innovative Point-of-care Tools to Enhance Decision Making in Primary Care ⑤	Applying the New 2018 Diabetes Canada Guidelines in Your Practice: The essentials ⑥	Expanding the PC Toolbox: Buprenorphine for opiate use disorders ①	Back to the Future ⑩	Exercise Prescription for Chronic Conditions ③	The Best of Primary Care Research from NAPCRG 2017	I am Feeling a Little Strange: An approach to altered level of consciousness ⑨	Chronic Disease Prevention and Management in Immigrant Populations ⑥	Air Pollution: What you can do about it in the office and community ⑪	TRANS-forming your practice in 2018: An introduction to transgender medicine	
<b>12:15–13:30</b>	<b>LUNCH / DÎNER</b>	<b>CFPC Annual Meeting of Members / Assemblée annuelle des membres du CMFC</b>																
<b>12:30–13:30</b>	<b>Superficial Chronic Venous Disease (sCVD) - Ancillary session • Clinical Conundrums: Practical strategies for atrial fibrillation management in real world practice with real world worsening kidney function vignette - Ancillary session</b>																	
<b>13:30–14:30</b>	Nutrition for Dummies	More Than Hot Flashes: Addressing the other menopausal symptoms and risks 🗣️ ⑮	Development of Global Health Care: Competencies for Canadian post-grad FM programs ✳️ ⑪	Supporting an Innovative CPD Environment for Physicians in Practice ★	Team-based Teaching: Tips from the trenches ✳️	Rural Road Map: Collaborative Forum ✳️	How Long Do I Have to Live, Doc?: Prognostication tools in palliative care ⑰	Your Patients are Self-medicating with Cannabis: What they (and you) need to know	Simulation Olympiad ⑨	Hot Topics in Osteoporosis and Fracture Prevention: Answers to your questions ⑫	From the Annual Physical to Osteoarthritis: Five CFPC tools/programs to support practice	Artificial intelligence and the Digital Revolution: What does it mean for FM? ⑲	Adverse Childhood Experiences: Identification and strategies for intervention ④	To Screen or Not to Screen: Cancer screening outside the organized programs ⑤	Living Well and Living Hell: Triumphs and tribulations of collaborative practice		Convalescence and the Artist ⑬	Top Five Articles in Hospital Medicine
<b>14:30–15:00</b>	<b>BREAK / PAUSE Poster Viewing / Exposition d'affiches</b>																	
<b>15:00–16:00</b>	Men's Health in 2018: UP date on DOWN below	Weeding Through the Evidence for Medical Marijuana 3.0 🗣️ ①	Fundamentals of Assessment 101: Principles and approaches for assessing learners in clinical training ✳️	Research and QI for Beginners: Essential methodology and exploring QI and research interface ★	What Residents Want: The learning plan ✳️	Rural Road Map: ... cont'd	Screening for Adverse Childhood Events (ACEs): Evidence, challenges, and tools/resources for improving care ⑤	Pearls and Pitfalls of Topical Steroid Therapy ⑧	Simulation Olympiad ... cont'd	An Information Session on Medical Cannabis ⑥	First Five Years in Family Practice: Improving efficiency and time management in early career ⑩	La périnatalité sociale pour sortir des silos d'intervention ⑮	Archie's Final Journey: It took a village but it was done magnificently ⑰	Calling for a Medical Home for Canadian Military Families	Advances in Care for Pregnant and Postpartum Women with Mental Illness ①	Improve Your Access to Specialists Using eConsult Services Available in Canada ⑲	My Patient is a Pilot: What do I need to know? ⑯	Effective FD for Quality Family Medicine Worldwide ✳️ ⑪
<b>16:15–17:15</b>	Best Practices in Concussion Assessment and Management ⑳	Derm DDx Stat Rounds 🗣️ ⑧		Strategizing for Writing Manuscripts: Developing one's own template ★				Medical Cannabinoids Prescribing Guideline: Sorting "doobie"-ous claims from "high" level evidence		Managing Insomnia in Primary Care ①	Enough About Burnout, Let's Talk Wellness: Strategies to fire up faculty and residents ⑩	Social Perinatal Care, to Break Away from Intervention Silos: The Maison Blue case ⑮	Get Ready to Get Fit: Priming the mind and body for movement	Pearls in Thrombosis Update for Family Physicians: A case-based approach ③	Anecdote and Evidence in the Orthotic Industry	Social MEDIA: Pearls and pitfalls when technology meets medicine ⑲	Rebranding Digital Health in an Age of Continuous QI	

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- ⑳ Sport Medicine | MSK | Orthopedics • Médecine du sport | Musculosquelettique | Orthopédie

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# FRIDAY / VENDREDI

ROOM / SALLE																				
<b>08:00–09:30</b>	<b>Equitable Health Care for First Nations Children / Des soins de santé équitables pour les enfants des Premières Nations - Dr. Cindy Blackstock, TD Insurance Spotlight on Achievement Award / Prix Pleins feux sur les réalisations TD Assurance • President's Installation / Installation du président</b> 🗣️																			
<b>09:30–10:00</b>	<b>BREAK / PAUSE Poster Viewing / Exposition d'affiches</b>																			
<b>10:00–11:00</b>	Update on Screening Recommendations: What is new? What is controversial? <b>5</b>	Managing Chronic Pain in FM Within the Climate of an Opioid Crisis <b>6</b>	Fundamentals of Assessment 102: Applying assessment principles to designing programmatic assessment <b>4</b>	Research Highlights from Wednesday <b>★</b>	From Enhanced Skills to Enhanced Competence: Triple C and enhanced skills residency training <b>4</b>	Health Advocacy: Exploring the levers that drive teaching and learning in your setting <b>4</b>	Giving Ourselves the Tools to Assess Comprehensiveness Across International Primary Care Settings <b>★</b>	Non-Melanoma Skin Cancer in the FM Office: Practical pearls <b>8</b>	Canadian Cardiovascular Society Antiplatelet Guidelines: Management of APT for the FP <b>3</b>	Top Five Articles in Respiratory Medicine <b>3</b>	The Road to Living Well as an MD: From survive to thrive	Neurobiologically-based Approaches to the "Difficult Patient": Part 1 of understanding complex trauma <b>1</b>	Tongue-ties Demystified <b>15</b>	Identifying Potentially Harmful Medications when Prescribed Inappropriately to Patients with Impaired Kidney Function <b>6</b>	What Do I Do With My Residency QI Project After Residency? <b>10</b>	Red Eye, a Simple Approach: Evidence, pearls, and medico-legal pitfalls <b>9</b>	Numeracy 101: How do we best teach patients about the numbers?	Exercise, Pregnancy, and Impact on Future Health: Update 2018 <b>15</b>	Facilitated Poster Session	
	<b>11:15–12:15</b>	CCS Atrial Fibrillation Guidelines: Management of AF for the FP <b>3</b>						Top 10 Missteps when Treating Skin Diseases <b>8</b>	Bridging Canadian and International Experience in FM Towards Health for All	Using Data and Resources to Improve the Care of Elderly Patients with Polypharmacy <b>12</b>	Young Adults: Prevention tools and strategies <b>5</b>		First Five Years in Family Practice: Locums 101 <b>10</b>	Hepatitis C: Tools, pearls, and new treatments for primary care	Management of Palliative Care Emergencies <b>17</b>	"Will Mommy Die?": Introducing new online resource for supporting grieving children <b>4</b>	The Best of Both Worlds: Maintaining optimum health for refugees	Fact or Fiction: Understanding the true risks and benefits of intrauterine contraceptives <b>15</b>	Money, Time, and Medicine: Is it worth it?	The HARMS Initiative for Safer Opioid Prescribing Through Systematic Urine Drug Testing <b>6</b>
<b>12:15–13:30</b>	<b>LUNCH / DÎNER</b>	<b>Teachers and Preceptors Town Hall / Assemblée générale des enseignants et superviseurs • First Five Years in Family Practice Luncheon / Dîner pour les médecins de famille dans les cinq premières années de pratique</b>																		
<b>12:30–13:30</b>	<b>Hypertension 2020: Putting the guidelines into practice - Ancillary session • Patients and Health Care Providers: Partners in obesity management - Ancillary session</b>																			
<b>13:30–14:30</b>	Marijuana for Medical Purposes: The essentials for effective practice <b>1 6</b>	Top 10 Things Every Family Doctor Should Know About Cancer <b>2</b>	Addressing Minimal Competence in a Competency-based Curriculum <b>4</b>	Quality Improvement to Strengthen Health Services Integration <b>★</b>	Teaching Outside the Box: Creative ways to revitalize the classroom <b>4</b>		Approach to the Suicidal Patient in Primary Care <b>1</b>		Top 10 Care of the Elderly Articles <b>12</b>	Helping Your Patients Living With Obesity <b>6</b>	Supporting Participation in Decision Making of Adults with Intellectual and DD	Downward Docs: Mindful movement workshop for family practice	Acne Treatment: Prescribing Isotretinoin safely <b>8</b>	Management of Nausea and Vomiting in Palliative Care <b>17</b>	"I Never Learned that in School!": Clinical skills for working with diverse patients	Simple Spirometry for Asthma Diagnosis in Primary Care: What guidelines don't tell us <b>3</b>	How to Integrate Pharmacists Effectively in the Patient's Medical Home			
<b>14:30–15:00</b>	<b>BREAK / PAUSE Poster Viewing / Exposition d'affiches</b>																			
<b>15:00–16:00</b>	STIs/Contraception for the Primary Care Provider: Choose your own adventure!	Prevention in Practice: What to do less often, or not at all <b>5</b>	A Roadmap for Teaching Complex Conversations to Medical Learners: Stories from palliative care <b>4</b>	Global Family Medicine Narratives: The Storybooth experience <b>★</b>	Digital Storytelling: An innovative, narrative approach to facilitate Can-MEDS-FM role acquisition <b>4</b>		Intrapartum Skills: A refresher of specific skills <b>15</b>	Helping Patients and Families Understand Frailty ... Before a Health Crisis <b>12</b>	Colorectal Cancer Screening in Canada in 2018: What's all the fuss about FIT? <b>5</b>	Helping Your Patients Living With Obesity .... cont'd	Diagnosis and Treatment of Alcohol Use Disorders in Your Busy Family Practice <b>1</b>	How to Prevent Burnout Like Thor, While Saving the Universe	Kittens and Brownies: Unique rural emergency cases <b>9</b>	Group Medical Visits: Means to educate patients/ manage chronic illness <b>6</b>	Applying 2018 Diabetes Canada Guidelines in Your Practice: Comorbid mental illness <b>1</b>	First Responders and PTSD <b>16</b>	Update in Management of Thyroid Nodules and Cancer Including Long-term Follow-up			
	<b>16:15–17:15</b>	O-M-I-G, That's a Lot of Drugs!: Navigating current issues in post-MI pharmacotherapy <b>3</b>					ADHD: Overcome misconceptions and treat with confidence (2) <b>1</b>	Supporting Family Doctors in Building Mental Health Capacity: The ECHO Model <b>★</b>	Learner Assessment: How preceptors can use validity evidence to assist with decision making <b>4</b>	"Do the Needful": QuRE—improving the quality of the referral/consultation process	Healthy Baby: Nutrition in the first 12 months <b>15</b>	Storytelling in Medicine <b>13</b>	Science of Food Allergy: Latest research findings and implications for FM	Femoral Acetabular Impingement Simplified <b>20</b>	Opioid Use for Chronic Non-cancer Pain: The big picture <b>6</b>	Substance Use Disorder Guidelines for Older Adults: Helping you prevent and treat <b>12</b>	What are Best Practices for Managing Infant Sleep Problems? <b>4</b>	Practising to Choose Wisely in Long-term Care <b>5</b>	Developing and Enhancing FP Emotional Awareness with Complex and Emotionally Demanding Cases	Applying 2018 Diabetes Canada Guidelines in Your Practice: Elderly patients <b>6 12</b>

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# SATURDAY / SAMEDI

ROOM / SALLE																		
<b>08:30–09:30</b>	Approach to Post-Traumatic Stress Disorder in Primary Care ①	What's New, What's True, and What's Poo: Top studies of last year 👂							Changing the Approach to Treating Hypertension in the Elderly: Slow down or SPRINT ⑫	Infectious Diseases Update 2018 ⑭	"Help, I Think I'm Going Crazy!": An approach to pruritus in the elderly ⑧	Approaches to Common Family Medicine Resident Leadership Challenges ⑩	A Practical Update on Prevention ⑤	A Strategic Approach to Syncope ③	Optimizing Prenatal Care for Women with Substance Use Disorders: ... ⑮ ①	Lifestyle Medicine: New tools, new outcomes, empowered patients	Navigating the Moral Terrain in a Case of Feeding Tube Withdrawal	Améliorer les taux de vaccination chez les adultes : stratégies et communication
<b>09:30–10:00</b>	<b>BREAK / PAUSE</b>																	
<b>10:00–11:00</b>	Fatal Rashes You Cannot Miss! ⑧ ⑨	Clinical Tools to Help Rule in Medically Unexplained Symptoms 👂	A Practical Approach to Remediation in Medical Education ✳️	Patient Safety Culture Bundle for CEOs/Senior Leaders ★	Transition to Practice: A guide for the graduating resident ✳️ ⑩	Uncertainty in Medical Education and Practice: An intergenerational look at the "good enough" doctor ✳️	Is Medical Education Synonymous with Burnout? ✳️	Teaching Social Accountability in Practice: Translating theory to practice ✳️	Opioid Crisis Simulation Workshop ①	Current Issues in Long-term Care: National perspectives ⑫	Vicarious Traumatization: Self-care in a changing world	First Five Years in Family Practice: Top five essentials for early career physicians ⑩	Advance Care Planning: What's the point? ⑥		The Value Proposition of Having an Occupational Therapist on Your Team	Humanities and Wellness Toolkit 2: Reading, writing, and arts can save your life ⑬	Cycling, Food, Energy: Leadership opportunities for FPs in planetary health	Exercise Prescription: The FITT Approach ⑳
<b>11:15–12:15</b>	CCS Heart Failure Guidelines: Key messages for primary care practitioners ③	Keeping the Flame Burning!: Ten critical rules to prevent physician burnout 👂	Questions About Teaching You Were Always Scared to Ask ✳️	Navigate Evidence Around a Research Question ★	Locuming: A guide for the early career physician ✳️ ⑩						Melanoma Skin Cancer: An overview and practical approach ⑧	Abnormal Uterine Bleeding ⑮	Treating Acute Pain in Patients with Opioid Use Disorder in the ED ①		Things You Didn't Learn in Residency: Medical-legal tips for early career physicians ⑩	Office Management of Patients with a Borderline Personality Disorder ①	Reducing Harm From Opioids in Family Practice	What You Need to Know About ACS/STEMI/NSTEMI in Women! ⑨
<b>12:15–13:30</b>	<b>LUNCH / DÎNER</b>	<b>Medical Student and Family Medicine Resident Networking Luncheon / Dîner de réseautage des étudiants et des résidents en médecine familiale</b>																
<b>12:30–13:30</b>	<b>Hot Topics in Atrial Fibrillation - Ancillary session</b>																	
<b>13:30–14:30</b>	<b>How did you do it? Team Subban's Vision for Success / Comment réussir? La vision de l'équipe Subban - Karl Subban 🗣️</b>																	
<b>14:30–15:00</b>	<b>BREAK / PAUSE</b>																	
<b>15:00–16:00</b>	Top 10 Family Medicine Papers to Change Your Practice	Transition to Residency: A medical student's guide ✳️	Origami: Understanding the (not so) ancient art of evaluation in rural research training ★							Motivational Interviewing for Opioid Tapering ⑥	Approach to Bipolar Disorder in Primary Care ①	Assessing the Quality of Guidelines to Choose for Your Practice ⑤	Changes in Management of COPD 2018 ③		The Cost of Caring: Addressing grief among health care professionals in palliative care ⑰	CCS Dyslipidemia Guidelines: A case-based approach to review new evidence ③		Practising Anti-oppression in Medicine ⑱
<b>16:15–17:15</b>	Treatment of Asthma in Canada: What are Canadian physicians doing? ③		Scholarly Writing for Family Practice: Finding your oasis ★	Introduction to System Level Advocacy For Family Physicians ⑪							Approach to Psychotherapy in Primary Care ①		Top 10 Emergency Medicine Articles of 2017/2018 ⑨		Screen Time and Young Children: Promoting health and development in a digital world ④		Women and Heart Disease: Sex- and gender-specific risk assessment in primary care ⑥	Applying the 2018 Diabetes Canada Guidelines in Your Practice: Pregnant and peripartum patients ⑮

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