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DU CANADA

The background of the top half of the poster is a composite image. On the left, there is a panoramic view of a city skyline, likely Vancouver, with mountains in the background. On the right, there is a close-up of three women smiling and looking towards the right. The text 'FMF 2024' is overlaid in a large, white, handwritten-style font across the middle of the image.

FMF 2024

Workshops

November 4-9, 2024
Vancouver Convention Centre

fmf.cfpc.ca



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Monday, November 4 / Lundi 4 novembre

***All workshop times are listed in Pacific Standard Time (PST).*

Virtual Workshops / Ateliers virtuels

9:00–13:30 PAACT: Anti-infective 2024

Session ID: 230 | Workshop Fee: \$475.00

Room / Salle : **Virtual – ZOOM Meeting**

10:00–14:30 VitalTalk Canada: Serious illness communication skills simulation

Session ID: 136 | Workshop Fee: \$190.00

Room / Salle : **Virtual – ZOOM Meeting**

14:00–18:30 PAACT: Respiratory (COPD/Asthma) 2024

Session ID: 231 | Workshop Fee: \$475.00

Room / Salle : **Virtual – ZOOM Meeting**

Tuesday, November 5 / Mardi 5 novembre

Virtual Workshops / Ateliers virtuels

9:30–13:00 Decision-Making Capacity Assessment Level 1 Workshop

Session ID: 93 | Workshop Fee: \$440.00

Room / Salle : **Virtual – ZOOM Meeting**

13:30–17:00 Decision-Making Capacity Assessment Level 2 Workshop

Session ID: 94 | Workshop Fee: \$540.00

Room / Salle : **Virtual – ZOOM Meeting**

Wednesday, November 6 / Mercredi 6 novembre

In-Person Workshops / Ateliers en personne

9:00–12:30 Canadian MAiD Curriculum Topic 3: How to do a MAiD Assessment

Session ID: 283 | Workshop Fee: \$250.00

Room / Salle :

10:00–17:00 Self-Compassion Training for Healthcare Communities

Session ID: 287 | Workshop Fee: \$605.00

Room / Salle :

14:00–15:30 Canadian MAiD Curriculum Topic 4: Assessing Capacity and Vulnerability

Session ID: 284 | Workshop Fee: \$250.00

Room / Salle :

Thursday, November 7 / Jeudi 7 novembre

In-Person Workshops / Ateliers en personne

9:00–12:30 Canadian MAiD Curriculum Topic 5: Providing MAiD

Session ID: 286 | Workshop Fee: \$250.00

Room / Salle :

14:00–15:30 Canadian MAiD Curriculum Topic 6: Navigating Complex Cases with Confidence

Session ID: 288 | Workshop Fee: \$250.00

Room / Salle :

7:30–18:00 Airway Interventions & Management in Emergencies (AIME) Course 1

Session ID: 140 | Workshop Fee: \$1700.00

Room / Salle :

Friday, November 8 / Vendredi 8 novembre

In-Person Workshops / Ateliers en personne

7:30–18:00 Airway Interventions and Management in Emergencies (AIME) Course 2

Session ID: 142 | Workshop Fee: \$1700.00

Room / Salle :

8:00–12:30 PAACT: Pain Management 2024

Session ID: 232 | Workshop Fee: \$495.00

Room / Salle :

14:00–16:30 Insomnia Care Without Medication: A pragmatic approach

Session ID: 216 | Workshop Fee: \$275.00

Room / Salle :

Saturday, November 9 / Samedi 9 novembre

In-Person Workshops / Ateliers en personne

7:30–13:00 ECGs for Family Docs: A comprehensive review

Session ID: 175 | Workshop Fee: \$635.00

Room / Salle :

8:00–12:00 Shift Your Mindset to Optimize Your Diagnostic Approach

Session ID: 134 | Workshop Fee: \$215.00

Room / Salle :

Monday, November 4 / Lundi 4 novembre

Monday 4 lundi **Session ID: 230** **Room / salle : Virtual – ZOOM Meeting**

9:00–13:30 **PAACT: Anti-infective 2024**

Frank Martino, MD, CCFP (EM), FCFP; Alan Kaplan, MD, CCFP (EM), FCFP

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Participate in small group case discussion pertaining to diagnosis and treatment of infectious diseases commonly presenting in family medicine
2. Feel more comfortable investigating and managing common infectious diseases including: upper and lower RTI, skin and urinary tract infections
3. Become familiar with strategies to implement antibiotic stewardship in your practice

Description:

An independent educational program developed by family physicians and based on the 30th Anniversary Edition of the “Anti-infective Guidelines for Community-acquired Infections”. Cases are designed to highlight common infectious diseases. Materials: 2024 Anti-infective Guidelines (‘orange book’); Participant manual; viral prescription pads (if not a virtual presentation). Recognized internationally as one of the longest standing antibiotic stewardship programs in the world.

Monday 4 lundi **Session ID: 136** **Room / salle : Virtual – ZOOM Meeting**

10:00–14:30 **VitalTalk Canada: Serious illness communication skills simulation**

Warren Lewin, MD, CCFP (PC)

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 8 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Describe an evidence-based approach an interprofessional team can use to lead serious illness conversations (ACP/GOC)
2. Observe and practice skills that will enhance empathic communication
3. Feel empowered and confident to efficiently engage in advance care planning conversations

Description:

This half-day workshop introduces evidence-based communication skills and conversation roadmaps to structure and more efficiently lead conversations with seriously ill patients and families. Serious Illness Communication (SIC) skills are critical to the delivery of high-quality care, are associated with favorable healthcare outcomes and mitigates burnout. Most practicing physicians receive little-to-no SIC training yet are faced with leading complex and emotionally-charged conversations everyday that would benefit

from them. To help clinicians hone skills related to empathy, clarity, prognostic uncertainty, and advance care planning, we created, to our knowledge, Canada's first standalone SIC training program, The Conversation Lab. It merged, adapted, and built upon the two most evidence-based North American SIC training programs. This workshop reviews the SIC evidence, introduces participants to practical SIC tools and uses role play allowing participants to practice and hone skills. The first hour is spent reviewing and demonstrating the practical skills and approaches to communication that help family physicians navigate serious illness and challenging conversations. Concrete skills include a succinct way to break bad news, two methods to discuss prognostic uncertainty, an approach to respond to strong emotion empathically (instead of cognitively), and an approach to making empathic treatment recommendations. The bulk of the workshop is spent in small groups deliberately practicing the discrete skills using real-world cases played by standardized patients. All participants are engaged throughout the entire session and real-time feedback is provided by facilitators that completed 40+ hours of faculty development with a non-profit communication skills program called VitalTalk. This workshop serves as an official pre-requisite for physicians wishing to later take VitalTalk's faculty development course, which provides certification to lead structured SIC skills teaching at the bedside and through workshops using their off-the-shelf course materials. Workshop participants will also be introduced to various ongoing learning opportunities to continue to hone skills.

Monday 4 lundi Session ID: 231 Room / salle : Virtual – ZOOM Meeting

14:00–18:30 PAACT: Respiratory (COPD/Asthma) 2024

Alan Kaplan, MD ,CCFP (EM), FCFP; Frank Martino, MD, CCFP (EM), FCFP

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Participate in small group case discussion pertaining to treatment of respiratory conditions commonly seen in family medicine
2. Review and become familiar with the 2024 'Respiratory Guidelines for Family Practice' ('orange book')
3. Review of 'practice pearls' on a case by case basis, including the role of available inhalers in therapy and barriers to practice change

Description:

An independent educational program developed by family physicians. Primary reference will be the Respiratory Handbook (Asthma/COPD) for Family Medicine 2024 ('orange book'). Cases are designed to highlight respiratory conditions seen commonly in primary care and include: AECB/AECOPD, COPD, asthma/COPD differentiation, pediatric and adult asthma. Materials: 2024 edition Respiratory (Asthma/COPD) Handbook for Family Medicine, Participant manual, inhaler review, patient materials. Teaching method: interactive, case-based, small group.

Tuesday, November 5 / Mardi 5 novembre

Tuesday 5 mardi **Session ID: 93** **Room / salle : Virtual – ZOOM Meeting**

9:30–13:00 **Decision-Making Capacity Assessment Level 1 Workshop**

Lesley Charles, MBChB, FCFP (COE)

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Identify the guiding principles in decision-making capacity assessment (DMCA) (FM Expert/Health advocate)
2. Explore an interdisciplinary approach to Capacity Assessment (Leader/Collaborator/Communicator)
3. Integrate the above information in assessment of capacity through case examples (FM Expert/professional)

Description:

As the life expectancy of Canadians and prevalence of complex chronic health conditions continues to rise, assessment of independent decision-making capacity emerges as an issue of increasing importance. The Decision-Making Capacity Assessment (DMCA) Model was developed to facilitate a process by which the least restrictive and intrusive means of support can be determined and offered to persons whose decision making has come into question. Many physicians do not feel prepared to assess capacity from their residency training. Physicians play a key role in capacity assessment as they are able to declare persons incapable under the Adult Guardianship and Trusteeship Act as well as the Personal Directives Act and the Power of Attorney Act. They thus often require additional training once in practice. An educational workshop has been developed on the DMCA process. This was based on an initial Capacity Assessment Professional Opinion Survey by Covenant Health (formerly Caritas) in Edmonton which identified this as an area that required interdisciplinary staff training in 2006. There were increased costs of poorly conducted capacity assessments. The study identified a lack of knowledge, skill set, standardised method/tools/guidelines, coordination and role definition plus the issue of resource allocation. A process was proposed with front-end screening/problem-solving, a well-defined standardised assessment, and definition of team members roles. A care map was developed based on this process. Documentation was developed consisting of a capacity assessment database and patient interview for formal capacity assessment. Interactive workshops, administered to familiarize staff with the model, include concepts of capacity, the protocol, documents, and case studies. This 3-hour workshop is now being offered to physicians given their pivotal role in capacity assessment and has been accredited by the CFPC for 6 Group Learning Credits

Tuesday 5 mardi **Session ID: 94** **Room / salle : Virtual – ZOOM Meeting**

13:30–17:00 **Decision-Making Capacity Assessment Level 2 Workshop**

Lesley Charles, MBChB, FCFP (COE)

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 9 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Explain the capacity assessment process (FM Expert, Professional)
2. Indicate the significance, timing and key elements of capacity interview (FM expert)
3. Apply the above information in assessment of capacity through case examples (FM Expert)

Description:

As the life expectancy of Canadians and prevalence of complex chronic health conditions continues to rise, assessment of independent decision making capacity emerges as an issue of increasing importance. The Decision Making Capacity Assessment (DMCA) Model was developed to facilitate a process by which the least restrictive and intrusive means of support can be determined and offered to persons whose decision making has come into question. Many physicians do not feel prepared to assess capacity from their residency training. Physicians play a key role in capacity assessment as they are able to declare persons incapable under the Adult Guardianship and Trusteeship Act as well as the Personal Directives Act and the Power of Attorney Act. They thus often require additional training once in practice. An educational workshop has been developed on the DMCA process. This was based on an initial Capacity Assessment Professional Opinion Survey by Covenant Health (formerly Caritas) in Edmonton which identified this as an area that required interdisciplinary staff training in 2006. There were increased costs of poorly conducted capacity assessments. The study identified a lack of knowledge, skill set, standardised method/tools/guidelines, coordination and role definition plus the issue of resource allocation. A process was proposed with front-end screening/problem-solving, a well-defined standardised assessment, and definition of team members roles. A care map was developed based on this process. Documentation was developed consisting of a capacity assessment database and patient interview for formal capacity assessment. Interactive workshops, administered to familiarize staff with the model, include concepts of capacity, the protocol, documents, and case studies. This 3 hour Level 1 workshop is now being offered to physicians given their pivotal role in capacity assessment and has been accredited by the CFPC for 6 Group Learning credits. A Level 2 workshop was developed to look further at the capacity interview.

Wednesday, November 6 / Mercredi 6 novembre

Wednesday 6 mercredi Session ID: 283 Room / salle :

9:00–12:30 Canadian MAiD Curriculum Topic 3: How to do a MAiD Assessment

Stefanie Green, MD; Konia Trouton

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 15 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Successfully prepare for and complete a MAiD assessment. Discuss the eligibility criteria for MAiD
2. Identify the differences in the assessment of patients whose natural death is and is not reasonably foreseeable
3. Practice skills and identify strategies to bring one's "best self" to MAiD assessments and address challenges that may arise in this deeply meaningful work

Description:

In this session, participants will gain valuable insights on successfully preparing for and completing a Medical Assistance in Dying (MAiD) assessment. Discussions will cover the eligibility criteria for MAiD, emphasizing the distinctions in assessing patients whose natural death is and is not reasonably foreseeable. Participants will also engage in skill-building exercises and identify strategies to bring their "best selves" to MAiD assessments, addressing the unique challenges that may arise in this profound and meaningful aspect of their work.

Wednesday 6 mercredi Session ID: 287 Room / salle :

10:00–17:00 Self-Compassion Training for Healthcare Communities

Anne DuVall, MD, CCFP (PC), FCFP

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Implement at least 5 skills to care for themselves emotionally to increase resilience
2. Describe the key components of mindful self-compassion and incorporate them as healthcare professionals
3. Develop strategies to avoid emotional exhaustion through understanding the difference between empathy and compassion

Description:

Self-Compassion Training for Healthcare Communities (SCHC) is a 6-hr evidence-based adaptation of Mindful Self-Compassion (MSC). This is an empirically supported program of Dr. Kristin Neff at the

University of Texas, Austin and Dr. Chris Germer at Harvard Medical School. This training aims to improve wellbeing and personal resilience in healthcare professionals by teaching mindful self-compassion skills to deal with distressing situations as they occur at work and at home. This workshop will equip you with a toolkit of practices to cope with stress and burnout, through didactic teaching modules, experiential learning, and group discussion. Mindfulness and self-compassion practices are offered that are easily incorporated in-the-moment on the job to look after yourself while you look after patients. Practices and tools easily translate to difficult moments off the job as well. In research published in the Journal of Clinical Psychology, Neff, Knox, Long & Gregory, 2020, the SCHC program was found to significantly decrease depression, stress, secondary traumatic stress, and burnout and increase self-compassion, mindfulness, compassion for others, job satisfaction in healthcare professionals. Summary of Evidence Based Benefits for Healthcare Workers: Enhanced wellbeing in the form of reduced depression and stress; Increased work life satisfaction; Increased feelings of personal accomplishment; Reduced burnout, depression & anxiety; Reduced emotional exhaustion

Wednesday 6 mercredi Session ID: 284 Room / salle :

14:00–15:30 Canadian MAiD Curriculum Topic 4: Assessing Capacity and Vulnerability

Stefanie Green, MD; Konia Trouton

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 15 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Discuss strategies for navigating challenging capacity assessments. Assess whether consent is truly voluntary and informed
2. Identify how vulnerabilities are relevant to MAiD requests/assessments. Reflect on and manage implicit bias
3. Recognize societal discrimination in MAiD assessments

Description:

This session will guide participants through strategies for navigating challenging capacity assessments, ensuring voluntary and informed consent, and recognizing the relevance of vulnerabilities in MAiD requests. Attendees will also engage in reflections on implicit bias management and gain insights into identifying societal discrimination within the realm of MAiD assessments.

Thursday, November 7 / Jeudi 7 novembre

Thursday 7 jeudi Session ID: 140 Room / salle :

7:30–18:00 Airway Interventions & Management in Emergencies (AIME) Course 1

George Kovacs, MD, MHPE, FRCPC

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 18 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Practice making acute care airway management decisions (Family Medicine Expert)
2. Organize a practical staged approach to airway management (Leader)
3. Choose most appropriate method of airway management based on variety of patient presentations (FM Expert)

Description:

This program is designed for physicians working in an acute care setting requiring them to competently manage patients in need of emergency airway management. AIME program highlights include: Case-based clinical decision making; NEW algorithms based on Canadian Airway Focused Group Guidelines; NEW managing patients with high risk infections; Optimizing your patient prior to airway management; Hyperangulated, Macintosh and channelled video laryngoscopy; Managing the contaminated airway; When, why and how to perform awake or rapid sequence intubation; Management of the difficult airway and rescue oxygenation and ventilation; How to make the decision and safely execute a cricothyrotomy; On-line open access textbook Infinity Edition of Airway Management in Emergencies; Unique, customized clinical videos; Limited registration to ensure clinician to instructor ratio of 5 or 6:1; Clinician to simulator ratios of 2:1

Thursday 7 jeudi Session ID: 286 Room / salle :

9:00–12:30 Canadian MAiD Curriculum Topic 5: Providing MAiD

Stefanie Green, MD; Konia Trouton

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 15 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Plan for MAiD provision. Manage the practical and emotional aspects of MAiD provision. Prepare the MAiD team, patient, family/friends for the provision
2. Support the MAiD team, patient, family/friends before, during, and after provision. Use a waiver of final consent. Anticipate and manage adverse events
3. Manage the post-provision period. Reflect on the gravity of providing MAiD and the impacts on MAiD providers. Identify resilience practices that can support a sustainable MAiD practice

Description:

This session provides a comprehensive guide on planning for Medical Assistance in Dying (MAiD) provision, covering both practical and emotional aspects. Participants will learn how to prepare the MAiD team, patients, and their families for the process, offering support before, during, and after provision. The session addresses the use of a waiver of final consent, strategies for anticipating and managing adverse events, and insights into managing the post-provision period. Additionally, participants will reflect on the profound impact of providing MAiD and explore resilience practices for sustaining a meaningful and ethical MAiD practice.

Thursday 7 jeudi Session ID: 288 Room / salle :

14:00–15:30 Canadian MAiD Curriculum Topic 6: Navigating Complex Cases with Confidence

Stefanie Green, MD; Konia Trouton

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 15 Mainpro+ credits.

PRE-REGISTRATION REQUIRED**Learning objectives:**

At the conclusion of this activity, participants will be able to:

1. Compare and contrast factors that make a MAiD case complex. Identify factors that make a case logistically, clinically, and emotionally/interpersonally complex
2. Identify and apply an approach(es) to navigating complex MAiD cases based on identification of the above factors. Recognize professional, clinical, and program boundaries that may impact the management of complex MAiD cases
3. Identify the emotional aspects of complex cases and their impacts on clinicians. Practice strategies to support clarity, reflection, and resilience in the midst of complexity

Description:

Join us for an insightful and comprehensive exploration of the intricate landscape of Medical Assistance in Dying (MAiD). This session will delve into the multifaceted nature of complex MAiD cases, offering participants a deeper understanding and practical strategies to navigate these scenarios with confidence. This facilitated session is one of the 7 topics included in the Canadian MAiD Curriculum and will be facilitated by two experts in the field of MAiD provision in Canada.

Friday, November 8 / Vendredi 8 novembre

Friday 8 vendredi Session ID: 142 Room / salle :

7:30–18:00 Airway Interventions and Management in Emergencies (AIME) Course 2

George Kovacs, MD, MHPE, FRCPC

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 18 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Practice making acute care airway management decisions. (Family Medicine Expert)
2. Organize a practical staged approach to airway management. (Leader)
3. Choose most appropriate method of airway management based on variety of patient presentations. (FM Expert)

Description:

This program is designed for physicians working in an acute care setting requiring them to competently manage patients in need of emergency airway management. AIME program highlights include: Case-based clinical decision making; NEW algorithms based on Canadian Airway Focused Group Guidelines; NEW managing patients with high risk infections; Optimizing your patient prior to airway management; Hyperangulated, Macintosh and channelled video laryngoscopy; Managing the contaminated airway; When, why and how to perform awake or rapid sequence intubation; Management of the difficult airway and rescue oxygenation and ventilation; How to make the decision and safely execute a cricothyrotomy; On-line open access textbook Infinity Edition of Airway Management in Emergencies; Unique, customized clinical videos; Limited registration to ensure clinician to instructor ratio of 5 or 6:1; Clinician to simulator ratios of 2:1

Friday 8 vendredi Session ID: 232 Room / salle :

8:00–12:30 PAACT: Pain Management 2024

Frank Martino, MD, CCFP (EM), FCFP; Alan Kaplan, MD, CCFP (EM), FCFP

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 12 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Review and discuss management of common presentations of pain in general practice including: lower back pain, neuropathy, fibromyalgia, musculoskeletal pain and migraine headaches
2. Engage with a series of real life case studies and discuss with a diverse group of other family physicians
3. Become familiar with various clinical and patient resources and strategies to address barriers to integrating them into your practice

Description:

An independent educational program developed by family physicians that is based in the Pain Management Handbook for Family Medicine ('orange book'). Cases focus on common presentations of pain in family medicine and their management. Materials: 2024 Pain Management for Family Medicine ('orange book'); Participant manual. Teaching method: interactive, case-based, small group

Friday 8 vendredi Session ID: 216 Room / salle :

14:00–16:30 Insomnia Care Without Medication: A pragmatic approach

Shayna Watson, MD, MEd, FCFP; Judith Davidson, PhD; David Gardner, PharmD, MSc CH&E; Erin Desmarais, MSW; Katherine Fretz, PhD; Stephanie Lynch, PharmD; Eileen Sloan, MD, FRCPC

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.

PRE-REGISTRATION REQUIRED**Learning objectives:**

At the conclusion of this activity, participants will be able to:

1. Adopt a stepped care model to improve sleep outcomes of your patients with insomnia
2. Simplify sedative deprescribing using tools that engage and motivate your patients with insomnia
3. Develop skills and apply tools based on CBT-I to help your patients with insomnia

Description:

Insomnia is the most common sleep complaint in primary care with its prevalence, and sedative use, increasing with age. Cognitive-behavioural therapy for insomnia (CBT-I), the recommended first-line intervention for chronic insomnia, is practical and well suited to primary care environments. The long-term use of sedative medications remains the default therapeutic intervention for insomnia in primary care, despite their limited effectiveness and inherent risks. Using a hands-on approach, this workshop will focus on the practicalities of managing insomnia with CBT-I in primary care. We will include a brief overview of CBT-I and share a range of tools (print, online, apps, group programs) relevant to the assessment and treatment of chronic insomnia following a stepped care model. Working in a series of small groups, participants will be introduced to and try evidence-based tools and approaches in the context of clinical cases that will have direct application to their practice. There will be opportunity to learn about the role of sleep diaries, other critical components of CBT-I, and how to overlap CBT-I with sedative deprescribing. Guidance will be provided by our team of professionals with expertise in these areas. Participants will rotate through a series of five stations and will interact with and learn from each other as well as members of our inter-professional team. Common barriers to behaviour change will be specifically identified and effective strategies to overcome them will be discussed. This workshop will offer direct experience with practical approaches to effectively support patients in reversing their insomnia and preventing its return. Participants will complete a pre- and post-survey to document their learning and change in skill level across a range of CanMEDS roles.

Saturday, November 9 / Samedi 9 novembre

Saturday 9 samedi Session ID: 175 Room / salle :

7:30–13:00 ECGs for Family Docs: A comprehensive review

Filip Gilic, CCFP (EM); Elizabeth Blackmore

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 15 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Understand the electrophysiology basis of ECG deflections
2. Identify and treat tachy and brady arrhythmias
3. Identify and treat signs of ischemia

Description:

ECG interpretation is a core competence of Family Physicians but is often taught using pattern recognition that leads to difficulty with complex or atypical ECGs. This course explains the basics of electrophysiology using a simplified approach that is well suited to Residents and practicing Family Physicians. 4 hours of preparatory videos on ECG basics, bradycardias, tachycardias and ST changes ensures that you need to know everything you need to know before you show up for the course. Once at the session, we do a brief review then spend the next 4 hours practicing ECG interpretation in a progressive fashion in order to build mastery of each ECG facet. We finish with a 60 min integrated interactive exam that allows you to test your knowledge and correct any lingering deficiencies.

Saturday 9 samedi Session ID: 134 Room / salle :

8:00–12:00 Shift Your Mindset to Optimize Your Diagnostic Approach

Katherine Lariviere, MD, MSc, CCFP, FCFP

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 8.5 Mainpro+ credits.

PRE-REGISTRATION REQUIRED

Learning objectives:

At the conclusion of this activity, participants will be able to:

1. Explain the use of the FOAM tool in supporting clinical documentation and diagnostic decision-making
2. Define situational awareness and its role in diagnostic decision-making
3. Discuss strategies to safeguard diagnostic decision-making and raise situational awareness

Description:

Diagnostic error happens in all care settings, and by some measures may be involved in up to one in 20 clinical encounters. According to Canadian data, diagnostic error is the most frequent contributing factor to medicolegal difficulties for physicians. The role and impact of diagnostic error on patient safety is largely unappreciated in efforts to improve quality and safety. One element that is often left out of

patient safety and quality improvement initiatives is the cognitive process of diagnosis – efforts have largely focused on factors such as reporting culture. Diagnosis is an iterative process that is often undocumented and very closely tied to individual physician factors and there is a great deal of complexity surrounding both the process of diagnosis and determining if and how an error occurred. This case-based interactive workshop will review use of the FOAM tool to support diagnostic reasoning, documentation as a tool to support diagnostic reasoning, the concepts of cognitive bias and situational awareness, and will allow for peer-feedback and group interaction. This workshop aims to raise awareness of the diagnostic process and to provide an opportunity for participants to commit to one small increment of change to support clinical reasoning in their own practices.