

2024 MACKID SYMPOSIUM

Clinical Care Updates: *The Advocacy Agenda*

Thursday November 28

5:30-9:30pm

WINSPORT'S MARKIN MACPHAIL CENTRE

AGENDA

5:30pm	Networking and Refreshments
6:00-6:30pm	Dr. Fiona Mattatall Trans Welcoming Practice
6:30-7:00pm	Dr. Julia Carter Contraception Current State
7:00-7:30pm	Dr. Sonja Wicklum Greening Practices and Planetary Health
7:30-7:45pm	Break & Presentation of Family and Specialist Physician of the Year Awards
7:45-8:15pm	Dr. Alex Kennedy Canadian Low Risk Alcohol Guidelines
8:15-8:45pm	Dr. Charlene Lyndon Reproductive Rights in Alberta
8:45 - 9:15pm	Dr. Jilian Arnold MAiD



REGISTER HERE

OVERALL LEARNING OBJECTIVES

After this CME event, participants will be able to:

- Enhance their skills and optimize patient outcomes
- Empathize with their patients around issues that can be seen as controversial
- Apply learnings to advocate for their patients
- Challenge current practices and implement new approaches to align with updated standards and methodologies

Speakers & Learning Objectives



DR. FIONA MATTATALL
Trans-welcoming Practice

Dr. Fiona Mattatall is a Royal College-certified Obstetrics and Gynaecology specialist who pursued her career after completing her education in Calgary and Queen's University. Despite a background in biochemistry, she found her passion in medicine and women's health through research and family history exploration. Following a residency at Dalhousie University focusing on obstetrics, she returned to Calgary in 2005 to work at Rockyview General Hospital, where she later served as Deputy Site Lead. Dr. Mattatall now practices at Chrysalis Clinic and provides care for the transgender community in Calgary, alongside her work in community Obstetrics and Gynecology in Calgary.

Learning Objectives

Participants will be able to:

1. List health care issues unique to gender diverse patients.
2. Consider how to make your office/clinic space more inclusive.
3. Reflect on how to be a good advocate for gender diverse people.



DR. JULIA CARTER
Contraception Current State

Julia Carter is a family physician, in practice in Calgary since 2000, and has been the Medical Director of the Calgary Sexual and Reproductive Health clinics since 2008. She completed a medical degree at U. of C., family medicine training at Queen's and a third year of women's health training also at Queen's.

Learning Objectives

Participants will be able to:

1. Describe the use of intrauterine devices (IUDs) and new and emerging indications.
2. Explain new oral contraceptive pills and how they differ from other pills and identify those who may benefit from being prescribed them.
3. Advise on the contraceptive implant and implement tips and tricks for insertion, removal, and management of side effects.



DR. SONJA WICKLUM
Greening Practices and Planetary Health

Sonja Wicklum is a Clinical Associate Professor in the Department of Family Medicine at the University of Calgary. She practices at the Central Family Medicine Teaching Clinic in downtown Calgary and has extensive experience practicing both rural (Montana and Ontario) and urban family medicine. Her research focuses on planetary health, and obesity prevention and management in primary care and specific to Indigenous populations. She has co-authored the prevention chapter of the new Canadian Adult Obesity Clinical Practice Guidelines, a policy brief to Alberta Health on climate change resiliency, and a scoping review on greening family medicine. She is the North American Co-chair of the WONCA Planetary Health Working Group and the University of Calgary representative to the AFMC Planetary Health Committee.

Learning Objectives

Participants will be able to:

1. Define the climate crisis in the context of Planetary Health.
2. Identify the medical system's contributory role to Planetary Health and the paradoxical burden on the medical system.
3. List priorities areas for change, both mitigation and adaptation for Family Doctors.



DR. ALEX KENNEDY
Canadian Low Risk Alcohol Guidelines

Dr. Alex Kennedy completed his Family Medicine Residency and Addiction Medicine Fellowship at the University of Calgary. His clinical practice consists of concurrent disorders, inpatient, and outpatient addiction medicine.

Learning Objectives

Participants will be able to:

1. Counsel patients on Canada's new 2023 low risk Alcohol use guidelines.
2. Risk stratify patients in alcohol withdrawal and provide appropriate management.



DR. CHARLENE LYNDON **Reproductive Rights in Alberta**

Charlene Lyndon MD FRCSC is an Obstetrician Gynecologist. Charlene is a 5th generation settler in Alberta who grew up in Calgary. She completed her first degree at Queen's University, her MD at the University of Toronto followed by her residency at Dalhousie University.

Throughout her career Charlene's clinical practice and committee work has centered around system safety and health equity. Recent involvement includes the Indigenous Committees with the AMA and CPSA as well as equitable healthcare access options for rural Albertans. After 35 years of practice her clinical work is now focused on reproductive care and creating equitable access for Albertans.

Learning Objectives

Participants will be able to:

1. Explain the history of abortion in Canada and the current legal status.
2. Empathize the barriers faced by Albertans and the resultant harm experienced when accessing reproductive health options.
3. List abortion options in Alberta.
4. Apply the evidence which supports harm-reduction medical abortion.

DR. JILLIAN ARNOLD **MAiD**



Dr. Arnold is a geriatrician in Calgary and is a Clinical Assistant Professor at the University of Calgary. She has been involved with the MAID program as an assessor/provider since 2017. In 2022 she took over as Medical Lead for MAID in the Calgary zone. She completed medical school in Southampton, UK followed by Internal Medicine and Geriatric Medicine residencies in Calgary.

Learning Objectives

Participants will be able to:

1. Describe the history of Medical Assistance in Dying (MAID) in Canada.
2. Demonstrate an understanding of the patient's journey through the MAID process in Alberta.
3. Explain of the eligibility criteria for MAID in Canada.
4. List the ways they may support their patient through the MAID process.

This program has received an educational grant or in-kind support from:

Calgary and Area Medical Staff Society

CAMSS is one of 5 ZMSAs (Zone Medical Staff Associations) who are the local voice for 4700 physicians in the North, Edmonton, Central, Calgary and South zones. Each ZMSA has an executive committee – who are either elected or appointed – committed to ensuring local physician issues are acknowledged. CAMSS membership includes the opportunity to join one of 7 subsidiary medical staff associations in the zone, like the Community MSA. Membership fees help CAMSS and the subsidiary MSAs provide the following supports to their members:

ADVOCATING: We represent all physicians across Alberta, in each zone. We organize to address patient care issues, health system changes and the medical profession. We represent member interests on AHS Medical Staff Bylaws and Rules committees related to the medical leadership structure, medical staff appointments, clinical privileges, responsibilities and accountability, periodic reviews, and concerns.

LEARNING: We offer opportunities to our members that support their well-being, medical practice and leadership.

CONNECTING: We gather socially for physicians to build relationships. Fostering relationships with our colleagues builds better medical practice and brings us together as a profession.

CMSA Community Medical Staff Association

Visit <https://albertazmsa.com/cmsa>

The Community MSA is a subsidiary of CAMSS and is the independent voice for community-based physicians. CMSA is your advocate for matters related to medical leadership structure, medical staff appointments and privileges, as well as issues that are unique to community-based physicians. Representatives from AHS and AMA look to us to speak for the needs of community physicians and give our perspective on local and provincial issues.

Members have access to social and educational opportunities. CMSA is where you can hear about and advocate for community physicians on issues that affect you and your colleagues. Our membership includes specialists and family physicians who work primarily in a community setting. We're interested in learning about the issues that matter to community physicians.