



ALBERTA COLLEGE of  
FAMILY PHYSICIANS



# PRACTICAL EVIDENCE

FOR INFORMED PRACTICE CONFERENCE



## October 25-26, 2019

DOUBLETREE BY HILTON WEST EDMONTON

### Join Us for the 8th Annual Practical Evidence for Informed Practice (PEIP) Conference

The PEIP conference highlights focused reviews on clinically relevant primary care topics that combine evidence, experience, and patient values and is free of industry bias.

With two ways to participate (in person or via live Webcast), the conference is a fully accessible, multidisciplinary event that showcases relevant, evidence-based, and thought-provoking topics in health care.

## WEBCASTING INFORMATION

### If you can't get to PEIP, we'll pipe PEIP to you—live and synchronously via Webcast!

Since its launch a few years ago, our Webcast has grown exponentially with attendees spanning across the country and the US. We are happy to continue the Webcast for a remote, but interactive educational experience. All presentations and question and answer periods will be broadcast through the Internet to your desktop, laptop, or mobile device. Live Webcast attendees will also have the opportunity to participate in the interactive question and answer period by sending their questions to the presenters by email.

### Small Group Learning by Clinic Webcast

Take advantage of our clinic Webcast option to provide a unique small group learning experience.

### Why Attend?

With a versatile and driven team of primary care providers as your planning committee, you can trust that the PEIP program will be immediately applicable and practice-changing.

### Who Should Attend?

The conference is applicable to a variety of disciplines including:

- family physicians,
- pharmacists,
- nurses, nurse practitioners,
- and other allied health care providers.

# SCHEDULE AT A GLANCE

FRIDAY, OCTOBER 25		
TIME	SESSION	PRESENTER(S)
12:00	Registration + Refreshments	
13:00	Welcome + Introductions	Mike Kolber
13:30	What's New, What's True, What's Poo?	Mike Allan, Tina Korownyk
13:50	Nothing Cute About Acute Sports Injuries	Dhiren Naidu
14:10	"Your Couch is on Fire": Movement as Medicine	Adrienne Lindblad
14:30	Questions + Answers	
14:55	Refreshment Break	
15:15	Uplifting Evidence on Depression Management	Mike Allan
15:35	"It's Not You, It's Me": Breaking Up With Your Anti-Depressant	Dee Mangin
15:55	"Okay It Works, But How Do I Do it?": Motivational Interviewing for Dummies	David Hodgins
16:15	Questions + Answers	
16:40	"Someone Put Cocaine in My Urine?": Managing Urine Drug Testing	Jessica Kirkwood
17:00	OATs for Breakfast, Lunch, and Dinner – Evidence Around the Treatment of Opioid Use Disorder	Tina Korownyk
17:20	Questions + Answers	
17:45	Reception	

## Friday Night Social

Unwind at the end of the day and enjoy some light appetizers while you collaborate and network with your fellow peers.

**17:45 - 18:45**  
Location: Pre-Function Area

**ACFP Celebrates**  
*65 Years!*

SATURDAY, OCTOBER 26		
TIME	SESSION	PRESENTER(S)
07:30	Breakfast	
08:15	Welcome + Introductions	Mike Kolber
08:30	What's New, What's True, What's Poo?	Mike Kolber, Adrienne Lindblad
08:50	I'm Tired – It Must Be My Adrenal Glands. Is There Something Natural I Can Take?	Jacques Romney
09:10	"Sure, They Live Longer but What About the Starling Curve": Advice on CHF	James McCormack
09:30	Questions + Answers	
09:55	Refreshment Break	
10:15	"Congrats You're Pregnant! Now, Let's Start Ordering Tests": Simplified Pre-Natal Screening	Bill Ehman
10:35	Newly Hatched and Fledging Ideas in the Pediatric Literature	Michael Pierse
10:55	Questions + Answers	
11:15	"How Thick is the Evidence for Dense Breasts?": Breast Cancer Screening	Scott Klarenbach
11:40	Marie Curie's Top Hints for Primary Care Radiology	Mitch Wilson
12:00	Questions + Answers	
12:25	Lunch	
13:15	Meds Gone Wild: The Adverse Side of Drug Events	Dee Mangin
13:35	Shining the Lyte on Electrolyte Abnormalities in Your Practice	Peter Hamilton
13:55	Questions + Answers	
14:20	Refreshment Break	
14:40	"Is a Shot of Prevention Worth a Prescription for Disease?": Adult Vaccines	Mike Kolber
15:00	Hidden Truths from Secret Agents: Pharmacists Tell All	Tony Nickonchuk, Joey Ton
15:20	Questions + Answers	
15:45	Wrap Up	

This one-credit-per-hour group learning activity has been certified by the College of Family Physicians of Canada for up to **9.25 Mainpro+ credits**.

## Conference Planning Committee

**Michael R. Kolber, MD CCFP MSc**  
Conference Chair  
Family Physician, Peace River, AB

**G. Michael Allan, MD CCFP**  
Family Physician, Edmonton, AB

**Carmen Gingles, MD CCFP**  
Family Physician, Edmonton, AB

**Tina Korownyk, MD CCFP**  
Family Physician, Edmonton, AB

**Adrienne J Lindblad, BSP PharmD ACPR**  
Pharmacist, Red Deer, AB

**Tony Nickonchuk, BSc Pharm**  
Clinical Pharmacist, Peace River, AB

**Danielle Perry, BScN RN**  
Knowledge Translation Expert, Edmonton, AB

# REGISTRATION INFORMATION

IN-PERSON CONFERENCE REGISTRANT FEES			
	Early Bird Rates (Until Aug 24)	Standard Rate (Aug 25 - Sept 28)	Late Fee (Sept 29 - Oct 10)
ACFP/CFPC Member	\$475	\$525	\$575
Non-member Mainpro+® Participant (NMMP)	\$595	\$625	\$675
Allied Health Care Professional	\$475	\$525	\$525
Family Medicine Resident	\$295		\$325
Medical Student	\$225		\$275

WEBCAST REGISTRANT FEES			
	Early Bird Rates (Until Aug 24)	Standard Rate (Aug 25 - Sept 28)	Late Fee (Sept 29 - Oct 10)
ACFP/CFPC Member and Allied Health Care Professional	\$375	\$425	\$475
Non-member Mainpro+® Participant (NMMP)	\$425	\$475	\$525
Family Medicine Resident/ Medical Student	\$225		\$275
Clinic Rate (up to 6 people)	\$1000	\$1050	\$1100
Clinic Rate (up to 12 people)	\$1250	\$1300	\$1350
Clinic Rate (up to 18 people)	\$1500	\$1550	\$1600
Please call if you require a clinic webcast rate for more than 19 participants.			

## PRE-CONFERENCE WORKSHOPS: FRIDAY, OCTOBER 25: 8:00–11:30 AM

Both pre-conference workshops are presented by the PEER team (Patients, Experience, Evidence, Research) - a group of primary care professionals that seek to improve patient care through evidence synthesis and knowledge translation. Please note that these sessions are held prior to the conference and are not included in the general conference registration fee. Prices as listed do not include GST and will be added to your order for payment.

### Excellent or Excrement: Beginner's Guide to Sorting Out Research Claims July 2019

*Danielle Perry, Mike Kolber, and other PEER Team members*

In this highly interactive workshop, participants will learn from PEER team members to confidently review clinical papers and understand key evidence-based medicine principles. Focusing on randomized controlled trials and systematic reviews, participants will learn how to understand meta-analyzed results as well as methods of quickly appraising articles for quality and usability. Mathematical concepts such as relative and absolute risks, and numbers needed to treat will be explained and practiced. Finally, tips for efficiently navigating the health literature will also be discussed. The overall goal of the workshop is to teach common misinterpretations in evidence, tricks to quickly sort out key findings, and make using evidence less overwhelming.

### PRE-CONFERENCE WORKSHOP FEES

Excellent or Excrement	\$350
OATrageously Rewarding Medicine	\$350

### OATrageously Rewarding Medicine – Treating Opioid Use Disorder in Primary Care

*Tina Korownyk, Jessica Kirkwood, and other PEER Team members*

This highly interactive workshop focuses on the practical and evidence-based approach to management of opioid use disorder (OUD), through the utilization of the 2019 PEER *Simplified Guideline: Managing Opioid Use Disorder in Primary Care*. Primary care professionals will learn methods to initiate shared and informed decision-making with their patients regarding initiation of opioid agonist therapy within their practice. Additionally, psychosocial supports, tapering of therapy, and management strategies (i.e. urine drug testing and contracts) will be discussed.

**These workshops have both pre- and post-conference homework to be completed.**

## Important Registration information

- PEIP registrations are only available online. On-site registrations will not be considered. The deadline for registration is October 18, 2019.
- In the event of a sell-out, a registration waitlist is available for those interested in attending PEIP. Individuals may also register for the live Webcast without losing their place on the waitlist and, if a conference seat becomes available, the Webcast registration fee will be applied to the full conference fee.
- Pricing (as listed) does not include GST.

## Cancellation/Refund Policy

- Cancellations must be received in writing on or before October 18, 2019 and will be subject to a 20% processing fee.
- Refunds after October 18, 2019 will not be considered.
- The Alberta College of Family Physicians reserves the right to cancel or postpone a program due to insufficient registration or circumstances beyond its control.

**Register Now!**  
<http://bit.ly/2019PEIP>

# CONFERENCE PRESENTERS

The PEIP planning committee has made concerted efforts to ensure that conference presenters have not received pharmaceutical industry funding (i.e. payments for presentations or for clinical trial participation) in the past two years.

**G. Michael Allan, MD CCFP**

Director, Programs and Practice Supports,  
College of Family Physicians of Canada, PEER

**William J. Ehman, MD CCFP**

Chair Maternity and Newborn Care Program Committee,  
CFPC, Clinical Assistant Professor, Department of Family Practice,  
University of British Columbia

**Peter Hamilton, MB BCH FRCPC FACP**

Professor and Division Director, Division of General Internal Medicine,  
University of Alberta General Internal Medicine,  
University Alberta Hospital

**David Hodgins, PhD, R. Psych.**

Professor, Department of Psychology, University of Calgary

**Jessica Kirkwood, MD CCFP (AM)**

Primary Faculty Advisor (Residency Program) and Family Physician,  
Boyle McCauley Health Centre, Edmonton, AB

**Scott Klarenbach MD, MSc, FRCPC**

Professor, Department of Medicine  
Division of Nephrology, University of Alberta  
Canadian Task Force on Preventative Health Care

**Michael R. Kolber, MD CCFP MSc**

Professor, Department of Family Medicine, University of Alberta  
Co-Director, Evidence and CPD Program,  
Alberta College of Family Physicians/PEER

**Tina Korownyk, MD CCFP**

Associate Professor, Department of Family Medicine,  
University of Alberta  
Co-Director, Evidence and CPD Program, Alberta College of Family  
Physicians/PEER

**Adrienne J Lindblad, BSP PharmD ACPR**

Knowledge Translation and Evidence Coordinator,  
Alberta College of Family Physicians/PEER  
Associate Clinical Professor, Department of Family Medicine,  
University of Alberta

**Derelie Mangin, MbChB, DPH**

Professor, Associate Chair and Director of Research  
David Braley & Nancy Gordon Chair in Family Medicine

**James McCormack, BSc Pharm PharmD**

Professor, Faculty of Pharmaceutical Sciences  
University of British Columbia

**Dhiren J. Naidu, MD FRCPC Dip. Sport Med.**

Associate Professor, Division of Physical Medicine and Rehabilitation  
University of Alberta  
Team Physician, Edmonton Oilers and Edmonton Eskimos

**Tony Nickonchuk, BSc Pharm**

Clinical Pharmacist, Alberta Health Services

**Michael Pierse, MD, FRCPC**

Clinical Assistant Professor, Pediatric Emergency Department (PED),  
Alberta Children's Hospital, University of Calgary

**Jacques Romney, MSc., MD, FRCPC**

Clinical Professor, Department of Medicine  
Division of Endocrinology & Metabolism, University of Alberta

**Joey Ton, BSc Pharm PharmD**

Clinical Evidence Expert, College of Family Physicians of Canada  
PEER Team Member

**Mitch Wilson, MD, FRCPC**

Department of Radiology and Diagnostic Imaging, University of Alberta

## Venue

Feel welcomed with a freshly baked chocolate chip cookie on check-in. Spend your downtime exploring the city from this conveniently located property. Just 15 minutes from West Edmonton Mall or downtown Edmonton's new Ice District and Rogers Place, there's always opportunity for adventure.

Reserve a room before Tuesday, September 24 and receive the conference rate of \$163/night for a standard one-king or two-queen guest room. Suites (one-king) are also available starting from \$213/night. Room rates include WiFi and parking.

When booking your accommodations, please reference "PEV" or book now via <http://bit.ly/peip19hotel>.

## DoubleTree by Hilton West Edmonton

16615 109 Avenue  
Edmonton, AB  
780-484-0821

### FOR FURTHER INFORMATION

Alberta College of Family Physicians  
#370, 10403 – 172 Street | Edmonton, Alberta | T5S 1K9  
Conference Secretariat: Nikita McEwan  
780-248-2057 | 780-488-2395 | [nikita.mcewan@acfp.ca](mailto:nikita.mcewan@acfp.ca)



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OCTOBER 25-26, 2019 | EDMONTON, AB