

Rural Video Conference 2026-2027

Fall 2026 Schedule

September 15 – December 22, 2026
Tuesdays, 8:00am-9:00am MT - Offered via Zoom
Moderated by Dr. Greg Skinner



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Continuing Medical Education
and Professional Development

Sept 15 - From Screening to Postpartum Follow-Up: A Primary Care Pathway for Gestational Diabetes - *Jamie Benham, Julia Carter, Julia Alati-it*

1. Identify risk factors for gestational diabetes and apply current evidence-based recommendations for screening, diagnosis, and interpretation of diagnostic testing during pregnancy
2. Describe initial individualized management plans for patients with gestational diabetes, incorporating lifestyle interventions, glucose monitoring, pharmacologic therapy when indicated, and appropriate maternal and fetal surveillance, ensuring patients get specialist referral and guidance
3. Plan evidence based, postpartum follow-up, including strategies to reduce the long-term risk of type 2 diabetes for both parent and child
4. Integrate the lived experiences and perspectives of patients with gestational diabetes into evidence-informed, patient-centred care, including shared decision-making, culturally safe counselling, and individualized care plans

Sept 22 – Psychopharmacology 2026 - What is New , What is Coming? – *Thomas Raedler*

1. Better manage newly approved psychotropic medications
2. List new indications and applications for previously approved psychotropic medications
3. Describe existing pharmacological treatment-challenges

Sept 29 - Assessing Capacity Beyond the City Limits: A Rural Clinician's Guide - *Heidi Schmaltz*

1. Recognize when a capacity assessment is needed and distinguish capacity from cognition, consent, and competency
2. Perform a structured capacity assessment and document findings using an evidence-informed framework
3. Manage patients with impaired or fluctuating capacity through appropriate supports, substitute decision-making, and referral pathways in rural Alberta

Oct 6 - Bronchiolitis and Beyond: Pediatric Airway Assessment, Management, and Transport – *Tammy Nelson*

1. Recognize the clinical presentation and management of bronchiolitis
2. Describe key considerations for pediatric airway assessment and management
3. Identify important considerations for the safe transport of pediatric patients
4. Apply these principles to a case-based clinical scenario

Oct 20 - Code Calm: De-escalation and Conflict Resolution in Healthcare - *Kate Farkhour*

1. Identify common causes of conflict in ambulatory and emergency care settings, including conflicts involving patients, families, colleagues, and interprofessional team members
2. Apply evidence-informed communication, de-escalation techniques to resolve conflict while maintaining professionalism, patient safety, therapeutic relationships, and legal standards

3. Develop strategies to prevent, manage, and document workplace conflict, including recognizing when to escalate concerns or engage organizational resources to support effective team-based care

Oct 27 - Allergic Rhinitis Therapy Options and Review of the CSACI Practice Parameters and a bit of Asthma too! - *Alan Kaplan*

1. Develop a structured approach to assess, diagnose and manage allergic rhinitis (AR) in clinical practice
2. Gain a comprehensive understanding of the full spectrum of AR treatment options, from symptomatic therapies to allergen immunotherapy (AIT)
3. Recognize the role of primary care in conducting testing, initiating management, and/or making referrals to specialists

Nov 3 - The Next Chapter in Breast and Cervical Cancer Screening – *Sarah Glaze, Karla Gustafson*

- Breast Cancer Screening*
1. Employ breast cancer screening guidelines in Primary Care
- Cervical Cancer Screening*
1. Outline Alberta’s new HPV primary screening pathway and eligibility criteria
 2. Interpret HPV screening results and apply appropriate follow-up steps and referral management
 3. Integrate the new screening process into routine primary care practice, workflows, and patient counselling

Nov 10 - Emerging Topics in Infectious diseases – *Lynora Saxinger*

1. Interpret current evidence-based guidelines on perimenopause and menopause management, including indications, benefits, and risks of hormone therapy and non-hormonal treatment options.
2. Differentiate between evidence-based information and common misconceptions or misinformation regarding menopause treatments, including hormonal therapy, supplements, and alternative therapies
3. Apply patient-centred communication strategies to address misinformation, support informed decision-making, and guide individualized management plans for menopausal symptoms in a rural setting

Nov 17 - The Menopause Maze: Navigating Evidence, Expectations, and Misinformation – *Stephanie Hart*

1. Interpret current evidence-based guidelines on perimenopause and menopause management, including indications, benefits, and risks of hormone therapy and non-hormonal treatment options.
2. Differentiate between evidence-based information and common misconceptions or misinformation regarding menopause treatments, including hormonal therapy, supplements, and alternative therapies.
3. Apply patient-centred communication strategies to address misinformation, support informed decision-making, and guide

individualized management plans for menopausal symptoms in a rural setting.

Nov 24 - Pick Your Briefs: Audience-selected cases from PEER's gameboard - *Adrienne Lindblad, Samantha Moe, Tony Nickonchuk*

1. Summarize high level evidence for a number of clinical questions
2. Incorporate best evidence for common primary care questions in patient care
3. Differentiate between interventions with minimal benefit and strong evidence for patient-oriented outcomes

Dec 1 - Common Pediatric Mental Health Presentations: What Every Rural Clinician Needs to Know - *Sterling Sparshu*

1. Recognize common presentations of ADHD, anxiety, depression, and emotional dysregulation
2. Perform focused assessments to identify impairment and risk
3. Initiate evidence-based first-line interventions
4. Determine which youth can be managed locally and which require specialist referral

Dec 8- Trust, Truth, and Vaccines: Addressing Hesitancy in Clinical Practice - *Cora Constantinescu*

1. Describe the key drivers of vaccine hesitancy, including psychological, social, cultural, and informational factors, and recognize common patterns of vaccine misinformation encountered in clinical practice
2. Apply evidence-based communication strategies (e.g., motivational interviewing techniques) to effectively address vaccine concerns, correct misinformation, and support informed vaccine decision-making
3. Develop individualized, patient-centred approaches to improve vaccine uptake, including risk communication, trust-building strategies, and use of credible public health resources in rural and emergency care settings

Dec 15 - Flashes, Floaters, and Red Flags: A Rural Approach to Eye Emergencies – *Adam Gerner*

1. Identify key red-flag symptoms and examination findings in patients presenting with acute vision loss, painful red eye, flashes and floaters, diplopia, and ocular trauma
2. Apply a systematic approach to the assessment and initial management of ophthalmic emergencies in ambulatory, rural, and emergency department settings
3. Determine which eye complaints require same-day ophthalmology assessment, urgent referral, emergency transfer, or routine follow-up based on the risk of permanent visual loss

Dec 22 – CANMAT 2024 Guideline for the Management of Perinatal Mood, Anxiety, and Related Disorders – *Thomas Raedler*

1. Review the methodology of the CANMAT perinatal mood and anxiety-related disorders (PMADs) guideline
2. Discuss the recommended lifestyle, psychosocial and psychological interventions for PMADs
3. Explain rationale for the medication recommendations for PMADs