



EVENING COURSE FOR PRIMARY CARE – WINTER 2020

› **Wednesday Evenings | 1900-2100**
January 8 – March 11, 2020

OFFERED IN PERSON

Theatre One, Health Sciences Centre, 3330 Hospital Drive NW, Calgary, AB

OR VIA WEBINAR

ATTEND IN PERSON OR VIA WEBINAR CHOOSE WHICH EVENINGS TO ATTEND

REGISTER ONLINE
cumming.ucalgary.ca/cme

PAPERLESS COURSE
Access to handouts will be available prior to
each evening session

The webinar is run through Adobe Connect, a
University of Calgary supported medium. In order
to access this series, an electronic device with
internet access is required. Access information will
be made available to participants the day before
the event. Once registered, successful access to
each session is the responsibility of the participant.

Handouts are available digitally in the webinar
room.

Check the website for any program updates
cumming.ucalgary.ca/cme/courses

COURSE OVERVIEW AND OBJECTIVES

Evening Course for Primary Care provides practice pearls that can be
used every day.

At the end of this course, learners will be equipped to:

- review the diagnosis and management of problems commonly seen in
Family Medicine
- exchange information and develop informal inter-professional
communities of practice
- stay up-to-date on CFPC priority topics

WHY ATTEND

- relevant, practical, evidence-informed
- flexible format – attend the sessions you select in person or via webinar
- Mainpro+ Group Learning – 2.0 credits per evening

WHO SHOULD ATTEND

Family Physicians, Residents, Nurse Practitioners, Pharmacists,
Other Health Professionals

CREDITS

Mainpro+ Group Learning – up to 20.0 credits (2.0 credits per evening)

COURSE SCHEDULE

JANUARY 8 | 1900-2000

Motivational Interviewing

- Todd Hill, Cynthia Landy
- describe key principles of motivational interviewing
- reflect on how to use motivational interviewing techniques in discussions with your patients

JANUARY 8 | 2000-2100

Nuts and Bolts of Male Sexual Health – From Testicles to Prostate

- Ted Jablonski
- diagnose and manage common testicular problems in adult men including:
 - scrotal emergencies
 - testicular cancer
 - acute, chronic prostatitis
 - varicocele and hydrocele
 - epididymal cysts / epididymitis
 - ejaculatory concerns including recurrent hematospermia, acute change in semen volume

JANUARY 15 | 1900-2000

Dizziness and Imbalance

- Neelan Pillay
- list conditions that patients commonly report as dizziness
- demonstrate physical exam maneuvers used to assist diagnosis
- develop a quick primary care approach to diagnose the differentials

JANUARY 15 | 2000-2100

Post-Partum Depression – Men and Women

- Lisa Gagnon
- select and use appropriate screening tools for perinatal mental health disorders
- diagnose and manage perinatal health disorders
- recognize which patients to refer, and to whom

JANUARY 22 | 1900-2000

How Do We Solve Common Respiratory Problems So We Don't Need a Referral??

- Stephen Field
- list the most common respiratory problems referred to specialists that can be managed by family physicians
- outline an approach to managing common respiratory problems to avoid referrals

JANUARY 22 | 2000-2100

Rheumatology and Blood Testing

- Steven Thomson
- list blood tests that are useful and appropriate to order for rheumatological disorders
- interpret rheumatological bloodwork

JANUARY 29 | 1900-2000

Diabetes – What To Do When Metformin Doesn't Work?

- Hanan Bassyouni
- describe the “real” benefits of newer hypoglycemic agents – how to extrapolate clinical trial results to my patients?
- outline a pragmatic, evidence informed approach to managing Type 2 diabetes when metformin doesn't work

JANUARY 29 | 2000-2100

Medical Management of Pain

- Lori Montgomery
- describe the evidence for medications and interventions in chronic pain
- discuss the limitations in the evidence
- develop a rational approach to the use of medications and interventions in pain

FEBRUARY 5 | 1900-2000

When Are Opioids Okay?

- Nathaniel Day
- determine when it is appropriate to initiate opioids
- assess when it is appropriate to leave patients on opioids
- outline how to monitor patients using opioids

FEBRUARY 5 | 2000-2100

Pediatric Blood Disorders

- Nicola Wright
- list common pediatric blood disorders
- develop an approach to appropriate laboratory test ordering in pediatric patients
- interpret bloodwork and identify red flags that require urgent referral

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

COURSE SCHEDULE

FEBRUARY 12 | 1900-2000

Navigating Injection Management of Chronic Low Back Pain and Associated Disorders

- Tony Giantomaso
- recognize the multiple causes of low back pain, including muscles, nerves, joints and disks
- identify red and yellow flags for low back pain
- develop a simple approach to diagnosis and management of low back pain
- outline intervention management of low back pain

FEBRUARY 12 | 2000-2100

Managing Menopause: New Ideas on Hot Problems

- Jamie Benham
- discuss the current evidence for managing menopausal symptoms, including:
 - hormonal prescription therapies
 - non-hormonal prescription therapies
 - lifestyle modifications
 - complementary and alternative approaches
- develop a practical, step-wise approach to the management of menopausal symptoms

FEBRUARY 19 | 1900-2000

Osteoporosis, Bisphosphonates and Beyond

- Greg Kline
- identify when to start treatment with bisphosphonates
- outline how to manage bisphosphonate treatment
- recognize when to consider treatment options beyond bisphosphonates

FEBRUARY 19 | 2000-2100

Pediatric Urology

- Bryce Weber
- diagnose and manage common urology concerns in pediatric patients
 - recurring UTI
 - circumcision
 - balanitis
- recognize which patients to refer and urgency of referral

FEBRUARY 26 | 1900-2000

Retinal Detachment and Retina Problems

- Geoff Williams
- list risk factors for retinal detachment
- list symptoms of retinal detachment
- develop an approach for early detection of retinal detachment

FEBRUARY 26 | 2000-2100

Depressed and Not Responding

- Toba Oluboka
- develop a pragmatic, evidence-based approach to managing the patient with depression who is not responding to therapy

MARCH 4 | 1900-2000

Melanoma

- Toni Burbidge
- recognize presentation of melanoma
- identify red flags and patients that require urgent consult
- outline approach for follow-up in patients with melanoma

MARCH 4 | 2000-2100

Approach to Hypercalcemia in Primary Care

- Lynn Lambert
- determine when further investigation is warranted – and which tests to order
- interpret test results and identify differential diagnoses (renal, metabolic, oncologic)
- recognize red flags and patients requiring urgent work-up

MARCH 11 | 1900-2100 (2HRS)

Exercise Prescription

- Diane Roylance
- outline a quick primary care approach to assessing the muscular-skeletal pain conditions most frequently seen by physiotherapists
- identify exercises to prescribe for active rehabilitation
- describe the role of stretching in rehabilitation

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PLANNING COMMITTEE

Jerry Pelletier MD CCFP Course Chair
Family Physician, Private Practice

Perry Glimpel MD CCFP
Family Physician, Private Practice

Ian Johnston MBChB CCFP
Family Physician, Crowfoot Village Family Practice

Joan Knight MD CCFP
Family Physician, Private Practice

Lakshmi Visvanatha MD CCFP
Family Physician, Private Practice

Cheryl Whitehead MD CCFP
Family Physician, Calgary West Central PCN

Mehrnaz Yousefi MD CCFP
Family Physician, Private Practice

Rosario Villalobos MD Med CME Representative
Education Coordinator, Office of Continuing Medical Education and Professional Development

FACULTY

Hanan Bassyouni MD FRCPC
Clinical Assistant Professor, Cumming School of Medicine, Division of Endocrinology, University of Calgary; Clinical Lecturer, Endocrinology & Metabolism Department of Medicine, Alberta Health Services

Jamie Benham MD FRCPC
Clinical Research Fellow, Adult Endocrinology and Metabolism & Clinician Investigator Program, Department of Medicine; PhD Candidate, Department of Community Health Sciences

Toni Burbidge MD FRCPC FAAD
Clinical Lecturer, Department of Medicine, Division of Dermatology, University of Calgary

Nathaniel Day MD CCFP ABAM
Medical Director, AHS Virtual Opioid Dependency Program

Stephen Field MD CM FRCPC
Division of Respiriology, Clinical Professor of Medicine

Lisa Gagnon
Psychiatrist; Quality Assurance; Perinatal Mental Health Network Chair

Tony Giantomaso MD DC FRCPC
Physical Medicine and Rehabilitation; Special Interest in Post Traumatic Headaches and Interventional Spinal Pain Management

Todd Hill PhD RPsych
Assistant Professor & Director of Behavioural Medicine, Department of Family Medicine, University of Calgary

Ted Jablonski MD CCFP FCFP
Clinical Assistant Professor, University of Calgary, Department of Family Medicine; Medical Lead and Interim Medical Director, Calgary Foothills PCN; Clinical Associate, Men's Sexual Health Clinic, Southern Alberta Institute of Urology; Medical Director, Jablonski Health; Medical Director, Skipping Stone Foundation

Greg Kline MD FRCPC
Clinical Professor of Medicine, University of Calgary; Medical Director, Dr David Hanley Osteoporosis Centre

Lynn Lambert BSc PhD MB ChB FRCP DTM&H
Assistant Professor in GIM, Department of Medicine, University of Calgary; Member of CSIM, ACP

Cynthia Landy CFPC FCFP IBCLC
Clinical Associate Professor, University of Calgary; Medical Director, SCPCN Circle Medical Breastfeeding Clinic

Lori Montgomery MD CCFP FCFP
Clinical Associate Professor, Departments of Family Medicine and Anesthesiology, Perioperative and Pain Medicine, University of Calgary; Medical Leader, AHS Calgary Pain Program

Toba Oluboka MD FRCPC
Clinical Associate Professor, University of Calgary; Director, PES / PORT; Consultant Psychiatrist, Addiction and Mental Health, South Health Campus' Alberta Health Services

Neelan Pillay MB ChB FRCPC FRCP (London) FCP (SA)
Clinical Professor, Cumming School of Medicine, University of Calgary; Department of Clinical Neurosciences, Foothills Medical Centre; Specialist Neurologist in Epilepsy

Diane Roylance PT BSc (Zool) BScPT FCAMPT
Physiotherapist, Fifth Ave Physiotherapy and Chronic Pain Centre, Alberta Health Services, Calgary Zone

Steven Thomson MD MSc
Clinical Lecturer, Department of Medicine, Division of Rheumatology, University of Calgary

Bryce Weber MD FRCPC
Clinical Assistant Professor, University of Calgary; Urologic Surgeon; Pediatric Urology, Adult Reconstructive Urologic Surgery, Alberta Children's Hospital

Geoff Williams BSc MD FRCS(C) Dip ABO
Clinical Associate Professor, University of Calgary; Director, Southern Alberta Eye Center Partner, Calgary Retina Consultants

Nicola Wright MD MSc FRCPC
Clinical Associate Professor, Division of Hematology/Immunology, Department of Pediatrics, University of Calgary

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker's presentation.

ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING

This one-credit-per-hour Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the University of Calgary Office of Continuing Medical Education and Professional Development for up to 20.0 Mainpro+ credits.

AAFP

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC

Members of the American Academy of Family Physicians are eligible to receive 20.0 prescribed credits for participation in this activity due to reciprocal agreement with The College of Family Physicians of Canada.

ADDITIONAL PROGRAM INFORMATION

IN PERSON

DRESS

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

SCENT FREE

To ensure the comfort of everyone attending this event, please do not wear scented products.

WEBINAR

The webinar is run through Adobe Connect, a University of Calgary supported medium. In order to access this series, an electronic device with internet access is required. Access information will be made available to participants the day before the event. Once registered, successful access to each session is the responsibility of the participant.

CONFIRMATION OF REGISTRATION

Confirmation will be sent by email to registrants.

COURSE CANCELLATION POLICY

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

No refunds will be available.

REIMBURSEMENT OF REGISTRATION FEES

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT

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ABOUT GENERAL PROGRAM INFORMATION

Kiyana Madani, Program Assistant
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ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca

REGISTRATION FORM

Evening Course for Primary Care – Winter 2020
January 8 - March 11, 2020

PROFESSION

☐ FAMILY PHYSICIAN ☐ STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY)

☐ SPECIALIST PHYSICIAN – PLEASE SPECIFY ☐ OTHER HEALTH PROFESSIONAL – PLEASE SPECIFY

YEARS OF PRACTICE – PLEASE SPECIFY

COMMUNITY SIZE IN WHICH YOU PRACTICE

☐ GREATER THAN 1,000,000 INHABITANTS

☐ 15,001-999,999 INHABITANTS

☐ 0-15,000 INHABITANTS

UCID (IF APPLICABLE)

DATE OF BIRTH

M M D D

FIRST NAME

LAST NAME

ADDRESS

CITY

PROVINCE

POSTAL CODE

AREA CODE

PHONE

EXT

AREA CODE

FAX

EMAIL

REGISTRATION FEE

PLUS 5% GST – UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

FEE PER EVENING

	# OF EVENINGS	TOTAL FEE
<input type="checkbox"/> \$50.00 Physician	<input type="text"/>	\$ <input type="text"/>
<input type="checkbox"/> \$40.00 Physician (FIRST 5 YEARS)	<input type="text"/>	\$ <input type="text"/>
<input type="checkbox"/> \$30.00 Other Health Professional	<input type="text"/>	\$ <input type="text"/>
<input type="checkbox"/> \$10.00 Student / Resident (FULL-TIME STUDENTS ONLY)	<input type="text"/>	\$ <input type="text"/>

EVENING SELECTIONS

<input type="checkbox"/> JAN 8	<input type="checkbox"/> JAN 15	<input type="checkbox"/> JAN 22	<input type="checkbox"/> JAN 29
<input type="checkbox"/> FEB 5	<input type="checkbox"/> FEB 12	<input type="checkbox"/> FEB 19	<input type="checkbox"/> FEB 26
<input type="checkbox"/> MAR 4	<input type="checkbox"/> MAR 11		

WINTER 2020 – 10 SESSIONS

<input type="checkbox"/> \$450.00 Physician
<input type="checkbox"/> \$360.00 Physician (FIRST 5 YEARS)
<input type="checkbox"/> \$270.00 Other Health Professional
<input type="checkbox"/> \$50.00 Student / Resident (FULL-TIME STUDENTS ONLY)

PAYMENT BY

CHEQ AMEX VISA MASTERCARD

☐ ☐ ☐ ☐

EXPIRY DATE

M M Y Y

CARD NUMBER

SIGNATURE

REGISTER

For your protection, the University of Calgary does not accept and will not process credit card information provided via email or phone.

ONLINE

cumming.ucalgary.ca/cme

BY CONFIDENTIAL FAX

Fax 403.270.2330

Please note that registrations submitted by fax may take up to one business day to process.

BY MAIL

Cheque Payable – UNIVERSITY OF CALGARY

CHEQUE MUST INCLUDE 5% GST

Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES

Phone 403.220.7032

Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.7032 if you have questions about the collection or use of this information.