

CUMMING SCHOOL OF MEDICINE

Office of Continuing Medical Education and Professional Development



UNIVERSITY OF
CALGARY

ANXIETY HALF-DAY

Psychiatry Quarterly Update Series

CO-DEVELOPED WITH THE DEPARTMENT OF PSYCHIATRY, CUMMING SCHOOL OF MEDICINE

ALSO OFFERED VIA WEBINAR

Friday, March 6, 2020

Clara Christie Theatre, Health Sciences Centre, 3330 Hospital Drive NW, Calgary, AB

ATTEND THIS COURSE IN PERSON OR VIA WEBINAR AT YOUR DISCRETION

REGISTER ONLINE
cumming.ucalgary.ca/cme

PAPERLESS CONFERENCE
Access to handouts will be available prior to conference

ON-SITE REGISTRATION
Based on availability, is not guaranteed and a surcharge may be applied

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

ACCOMMODATION

Registrants must make their own accommodation arrangements. Hotel(s) close to the University/course venue include:

Hotel Alma
169 University Gate NW | Calgary, AB T2N 1N4
Phone 403.220.2588 | Toll Free 1.877.498.3203
Email stay@hotelalma.ca
hotelalma.ca

To obtain a University rate at Hotel Alma, please indicate the promotion code UOFC.

Best Western Plus Village Park Inn
1804 Crowchild Trail NW | Calgary, AB T2M 3Y7
Phone 403.289.0241 | Toll Free 1.888.774.7716
Email info@villageparkinn.com
www.villageparkinn.com

COURSE OVERVIEW

This series of updates aims to provide healthcare professionals with an evidence-based overview of multiple areas within the psychiatric domain. Each half-day session aims to cover important topics such as diagnosis review and update, treatment/therapeutic use and application, and local perspectives and resources as it pertains to that session's focus. This course is structured as a self-assessment program eligible for MOC Section 3 Self-Assessment – 3.5 hours.

COURSE OBJECTIVES

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

- describe pharmacological and non-pharmacological treatment of anxiety
- demonstrate mindfulness practice and apply it to patient cases
- identify local resources to support patients with anxiety

WHO SHOULD ATTEND

Specialist Physicians, Family Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Psychiatric Nurses, Licensed Practical Nurses, Pharmacists, Psychologists, Social Workers, Mental Health Professionals

CREDITS

Mainpro+ Group Learning – 3.5 credits
MOC Section 3 Self-Assessment – 3.5 hours

cumming.ucalgary.ca/cme

COURSE PROGRAM – PRELIMINARY

Friday, March 6

1215-1245	Registration
1245-1300	Course Knowledge Pre-test Participants complete the multiple choice pre-test. They will self-mark it during the course and will complete the same test at the end of the course.
1300-1400	PLENARY Biological and Pharmacological Aspects of Anxiety – Michael Van Ameringen <ul style="list-style-type: none">• review the neurobiological mechanisms common across the anxiety disorders• review the evidence-based psychopharmacological treatments for the anxiety disorders• examine next-step treatments in cases of treatment resistance• examine novel treatments for anxiety disorders
1400-1500	PLENARY Psychological Aspects of Anxiety – Keith Dobson <ul style="list-style-type: none">• summarize the psychological aspects of anxiety• differentiate the psychological profile of common anxiety disorders• describe major treatment principles related to each profile
1500-1510	Break
1510-1540	PLENARY Mindfulness – Todd Hill <ul style="list-style-type: none">• define mindfulness• describe the connection between mindfulness practice and improved anxiety / depression outcomes• practice and teach basic mindfulness exercises
1540-1600	SHORT SNAPPER Local Community and Online Resources – Teresa Killam, Margaret Oakander <ul style="list-style-type: none">• identify local and online resources to support patients with various anxiety presentations
1600-1615	Course Knowledge Post-test Participants complete the course post-test. The correct answers and references supporting the answers are provided for future reference.
1615	Adjournment

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES
BEYOND OUR CONTROL

PLANNING COMMITTEE

Thomas Raedler MD Course Chair Associate Professor, Medical Director of Pharmacology Research, University of Calgary
Teresa Killam MD CCFP Med Clinical Lecturer, Department of Family Medicine, University of Calgary; Family Physician, Riley Park Maternity Clinic
Margaret Oakander MD FRCPC Clinical Associate Professor, University of Calgary; Clinical Medical Director, Shared Mental Health Care and PLC POS, Alberta Health Services
Kathy South RN BN Program Manager, Adult Addiction and Mental Health FMC, Alberta Health Services
Dana Young BA CME Representative Education Consultant, Office of Continuing Medical Education and Professional Development, University of Calgary

FACULTY

Keith Dobson PhD RPsych Professor, Clinical Psychology, Department of Psychology, University of Calgary
Todd Hill PhD RPsych Senior Instructor & Director of Behavioural Medicine, Department of Family Medicine, University of Calgary
Teresa Killam MD CCFP Med Clinical Lecturer, Department of Family Medicine, University of Calgary; Family Physician, Riley Park Maternity Clinic
Margaret Oakander MD FRCPC Clinical Associate Professor, University of Calgary; Clinical Medical Director, Shared Mental Health Care and PLC POS, Alberta Health Services
Michael Van Ameringen MD FRCPC Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University; Director, MacAnxiety Research Centre

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 3.5 Mainpro+ credits.

RCPSC ELIGIBLE CREDITS

Accredited Royal College MOC Section 1 and Section 3 credits are eligible for certified Mainpro+ credits, up to a maximum of 50 credits per five-year cycle; any additional credits are eligible as non-certified Mainpro+ credits. MOC Section 3 accredited activities can be claimed at 3 credits per hour up to the cycle maximum.

CFPC members can claim Royal College MOC Section 3 credits in the assessment category.

AAFP

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC

Members of the American Academy of Family Physicians are eligible to receive 3.5 prescribed credits for participation in this activity due to reciprocal agreement with The College of Family Physicians of Canada.

RCPSC

MOC SECTION 3 SELF-ASSESSMENT PROGRAM

This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 3.5 hours (credits are automatically calculated).

AMA-PRA CATEGORY 1 CREDIT

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. More information on the process to convert Royal College MOC credit to AMA credit at <https://www.ama-assn.org/education/earn-credit-participation-international-activities>.

Read more on the Royal College agreement with the American Medical Association at <http://www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e>.

ADDITIONAL PROGRAM INFORMATION

Attend this course in person or via webinar at your discretion.

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

SCHEDULE

Friday, March 6 • 1245-1615

ACCESS

The webinar is run through Adobe Connect, a University of Calgary supported medium. In order to access this course, an electronic device with Internet access is required.

Access information will be made available to participants two days before the event. Once registered, successful access to the course is the responsibility of the participant.

REGISTRATION DEADLINE

Registration deadline is 2 p.m. MST / MDT Wednesday, March 4, 2020.

After this deadline, in person registration will only be accepted on-site and the on-site rate applies. On-site is based on availability and is not guaranteed.

After this deadline, webinar registrations will not be accepted. Those wishing to attend may do so in person based on the on-site rate and availability.

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

A registration refund will be made upon written request if made at least two weeks before the start of the program; however \$50 will be retained for administrative costs. No refunds will be available for cancellations made within two weeks of the start of the program and thereafter.

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

Dana Young, Education Consultant
Phone 403.210.6226
Email dana.young@ucalgary.ca

ABOUT GENERAL PROGRAM INFORMATION

Lana Pankiw, Program Assistant
Phone 403.220.8366
Email lane.pankiw1@ucalgary.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca

REGISTRATION FORM

**Anxiety Half-Day
March 6, 2020**

PROFESSION

FAMILY PHYSICIAN
 SPECIALIST PHYSICIAN - PLEASE SPECIFY

STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY)
 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

REGULAR RATE

- \$ 100.00 Physician
- \$ 50.00 Other Health Professional
- \$ FREE Student / Resident (FULL-TIME STUDENTS ONLY)

REGISTRATION DEADLINE - WEDNESDAY, MARCH 4, 2020 AT 2 PM MST / MDT

ON-SITE RATE - AFTER 2 PM MST / MDT MARCH 4, 2020

- \$ 100.00 Physician
- \$ 50.00 Other Health Professional
- \$ FREE Student / Resident (FULL-TIME STUDENTS ONLY)

ON-SITE BASED ON AVAILABILITY AND NOT GUARANTEED

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 cmerreg@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.