

**VIRTUAL
CME
CONFERENCE**
MAY 5-7, 2021

EVENT OVERVIEW

*Canada's Interprofessional
Primary Care CME
Conference & Exhibition
for Family Physicians,
Nurse Practitioners,
Pharmacists and other
Healthcare Professionals.*



18TH ANNUAL CME CONFERENCE

PRI-MED CANADA IS GOING VIRTUAL IN 2021



We are excited to announce our new CME partner, Humber River Hospital (HRH). Supporting the education of medical learners at the undergraduate, post-graduate and continuing education levels is enthusiastically embraced by HRH.

We will miss seeing you in person but have the next best thing with our virtual conference platform. Your favourite affordable, high quality CME, annual conference and trade show is back. Join us for three days of evidence-based clinical primary care CME, an interactive trade show and lots more!

HUMBER RIVER HOSPITAL IS AFFILIATED WITH:



Welcome to Pri-Med Canada Virtual

Supporting the education of medical learners at the undergraduate, post-graduate and continuing education levels is enthusiastically embraced by HRH. Recognizing the unique learning opportunities our hospital has to offer as North America's first fully digital hospital, and in light of our diverse medical staff, and a multicultural patient catchment area of more than 850,000 people, HRH is affiliated with many academic institutions including Queen's University and the University of Toronto.

Whether attending one day or all three days, the Continuing Medical Education (CME) Program at Pri-Med Canada is designed for today's busy primary care healthcare professional.

Aimed to meet your needs, the Pri-Med Canada Planning Committee has sought out top physicians, nurse practitioners, pharmacists and specialists in their field of practice to deliver 24 lectures, covering the latest updates and clinical challenges common to your practice.

*Sincerely,
The Planning Committee*

LEARNING OBJECTIVES

- *Maintain and enhance your competence in a wide variety of family & general practice subjects,*
- *Acquire knowledge of new investigations, management strategies and therapies,*
- *Develop practical clinical screening and disease prevention strategies,*
- *Compare your practices with peers and experts.*

Course Development & Independence

The Clinical Update educational program is developed by the Pri-Med Canada Planning Committee - Humber River Hospital and is independent of any commercial influence. All decisions about the program content and faculty are made exclusively by the Planning Committee. No session in the Pri-Med Canada - Humber River Hospital program receives direct financial support from any pharmaceutical or other commercial company; nor does any speaker receive such support for participation in this program.

Declaration of Potential Conflict of Interest

Speakers will be requested to disclose to the audience, any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.



THE HUMBER RIVER HOSPITAL PLANNING COMMITTEE

The Planning Committee

Art Kushner MD, MCFP

Chair, Chief of Family and Community Medicine, Humber River Hospital; Lead Physician, Humber River Family Health Team; Lecturer, Department of Family and Community Medicine, University of Toronto

John Axler MD, CCFP, FCFP

Assistant Professor, Department of Family & Community Medicine, University of Toronto

Jeremy Rezmovitz MSc, MD, CCFP

Assistant Professor, Department of Family and Community Medicine University of Toronto

Zahra Bardai BSc, MD, CCFP, MHSc, FCFP

Community Family Physician; Lecturer, Department of Family and Community Medicine, University of Toronto

Dario Del Rizzo BSc (Hon), MD, PhD, FRCSC

Physician Lead Northwest Toronto FHG

Andrea Payne NP-PHC MN BScHons

Sunnybrook Academic Family Health Team, Sunnybrook Health Sciences Centre

Albert Karas

Director, Pharmacy Services, Humber River Hospital

Here are a few things you may be wondering about how the conference works and what's new.



Content

Our new content providers have re-focused the content to better suit **issues facing your practice on a daily basis.**

Topics include: Covid-19, PTSD, Asthma, Deprescribing, Headaches, Women's Health, Obesity, Food Allergies, Thyroid, Mental Health ADHD, Triglycerides, Diabetes and many more.



Symposia

Symposia sessions are included with your registration and produced independent of the planning committee. They offer even more topics and sessions to choose from. **Totaling up to 30+ hours of CME with our main program,** symposia sessions will run alongside our main program, are free to access and available on demand for 30 days. **Topics to be announced soon!**



Credits

This one credit per-hour Group Learning activity has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to **24 Mainpro+ certified credits.** View sessions live or watch the recordings after, you'll gain the same credits either way.



Recordings

All sessions will be recorded and available for you to **watch on your own time for up to 30 days after the event.** Watching the **recordings also provide Mainpro+ credits** so you can maximize your credits for the year.



Virtual Sessions

Sessions will be run virtually through the Pri-Med platform. You can jump in and out of sessions as you please.

SCHEDULE AT-A- GLANCE

This one credit per-hour Group Learning activity has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 24 Mainpro+ certified credits.

Our intent is to submit this program to CCCEP for accreditation.

Please Note: All Times are Eastern Standard

Symposia schedule to be announced soon featuring 12 more CME sessions. Keep posted at pri-med.ca/canda/program

DAY 01

Wednesday, May 5, 2021



10:00am - 11:00pm

KEYNOTE I

The Latest on the Microbiome

Peter J. Lin, MD, CCFP

Credits: 1 Mainpro+

11:15am - 12:15pm

Prostate Cancer Update

Gerard Morton, MD, FRCPC

Credits: 1 Mainpro+

Top 10 Questions in Breast Cancer Screening and Survivorship

Alexandra Ginty, MD, FCFP, CCFP(EM)

Credits: 1 Mainpro+

12:30pm - 1:30pm

Approach to PTSD in Primary Care

Jonathan Davine, MD, CCFP, FRCPC(C)

Credits: 1 Mainpro+

Cannabis & Risk Considerations

Melissa Snider-Adler, MD, CCFP(AM), MRO (AAMRO), d, ABAMCCFP(EM)

Credits: 1 Mainpro+

1:45pm - 2:45pm

Asthma - Latest Treatment Strategies in Optimizing Asthma Care

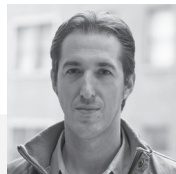
Harold Kim, MD, FRCPC

Credits: 1 Mainpro+

Deprescribing in practice: Leveraging opportunities for success

Pam Howell, BScPhm

Credits: 1 Mainpro+



3:00pm - 4:00pm

KEYNOTE II

COVID-19: A Canadian and Global Perspective

Isaac Bogoch, MD, MS, FRCPC, DTM&H

Credits: 1 Mainpro+

DAY 02

Thursday, May 6, 2021



10:00am - 11:00pm

KEYNOTE III

Triglyceride Update

Subodh Verma, MD, PhD, FRCSC, FAHA

Credits: 1 Mainpro+

11:15am -
12:15pm

ADHD: Transitioning to Adulthood

Shawn Kao, MD

Credits: 1 Mainpro+

Ocular Manifestations of Systemic Disease

Ken Mandadakis, O.D., Hons. BSc.

Credits: 1 Mainpro+

12:30pm -
1:30pm

Office Emergencies: What to do while waiting for EMS

George Porfiris, MD, CCFP(EM), FCFP

Credits: 1 Mainpro+

Women's Heart Health

Beth L. Abramson, MD, MSc, FRCPC, FACC

Credits: 1 Mainpro+

1:45pm -
2:45pm

The Cold Standard: Improving Primary Care Antibiotic Stewardship in the Era of COVID-19 and Virtual Care

Allan Grill, MD, CCFP (COE), MPH, FCFP, CCPE

Credits: 1 Mainpro+

Thyroid Disorders

Shereen Ezzat, MD, FRCP(C), FACP

Credits: 1 Mainpro+

3:00pm - 4:00pm

KEYNOTE IV

COVID-19 Impacts on Mental Health: Not Just a Respiratory Illness

Sonu Gaiand, MD, FRCP(C), FCPA, FAPA

Credits: 1 Mainpro+



DAY 03

Friday, May 7, 2021



10:00am - 11:00pm

KEYNOTE V

Obesity - New CPG

Arya Sharma, MD, DSc (hon), FRCPC

Credits: 1 Mainpro+

11:15am -
12:15pm

A Practical Approach to Managing Mental Health Issues in Older Adults

Samir Sinha, MD, DPhil, FRCPC, AGSF

Credits: 1 Mainpro+

Spondyloarthritis 101

Adrienne Bacher, MD, FRCPC

Credits: 1 Mainpro+

12:30pm -
1:30pm

Food Allergy, Anaphylaxis and the Underutilization of Epinephrine

Moshe Ben-Shoshan, MD, MSc & BComm

Jennifer Gerds, BComm

Credits: 1 Mainpro+

Jest for the Health of It

Kenneth Shonk, MD, CCFP

Credits: 1 Mainpro+

1:45pm -
2:45pm

Acupuncture Instead of Opioids: A Scientific/Evidence-Based Approach to Pain Management

Linda Rapson, MD

Credits: 1 Mainpro+

Adult Immunization: The Time is NOW

Vivien Brown, MDCM, CCFP, FCFP, NCMP

Credits: 1 Mainpro+



3:00pm - 4:00pm

KEYNOTE VI

Diabetes Management in 2021

Alice Cheng, MD, FRCPC

Credits: 1 Mainpro+

10:00am - 11:00am

WEDNESDAY, MAY 5, 2021



The Latest on the Microbiome

Peter J. Lin, MD, CCFP

The microbiome was identified by President Obama as one of 6 key areas of research. These microbes far outnumber the cells in our body and they help us in ways that we could not have imagined. We will look at the microbiome and how it helps keeps us healthy and how disruption of this community can cause disease.

KEYNOTE I

11:15am - 12:15pm

Prostate Cancer Update

Gerard Morton, MD, FRCPC

The pros and cons of using PSA for early prostate cancer detection will be reviewed to enable attendees to better advise patients on the usefulness of this test. Treatment for localized prostate cancer has undergone many major technological advances in recent years geared to improving cancer control while minimizing morbidity and cost. These will be reviewed to enable attendees to better counsel their patients. Androgen deprivation therapy remains the mainstay of treating metastatic disease and the primary care physician has an important role in helping to minimize morbidity and maintain quality of life. New hormonal options allow patients to live longer, but with potentially more side effects that their primary physician needs to be aware of.

Top 10 Questions in Breast Cancer Screening and Survivorship

Alexandra Ginty, MD, FCFP, CCFP(EM)

We asked the top 10 common and highly practical questions about Breast Cancer that face us everyday in our offices as Family Physicians and Providers: How do we avoid missing high risk patients; what is the chance of breast cancer in Birads 3? How do I know that my patient can go back to work and what is the story on Cancer-treatment-induced bone loss and reducing risk of bony recurrence? We will highlight difficult areas of breast cancer for patients such as sexuality as well as discuss guidelines on screening in the transgender population to ensure such conversations are not overlooked as we look at Breast Cancer screening and its follow up as the next chronic disease.

12:30pm - 1:30pm

Approach to PTSD in Primary Care

Jonathan Davine, MD, CCFP, FRCPC(C)

Post Traumatic Stress Disorder (PTSD), is a common psychiatric problem, having a lifetime prevalence of almost 10%. It often presents in the primary care setting. Yet, studies show that it remains quite underdiagnosed in this setting. This presentation will discuss how to make the diagnosis of PTSD in a time efficient manner. We will also discuss psychiatric conditions that are often comorbid with PTSD. We will identify risk factors for PTSD, including pre-trauma, peri-trauma, and post trauma. We will discuss effective psychopharmacologic and psychotherapeutic treatments that can be instituted in the primary care setting.

Cannabis & Risk Considerations

Melissa Snider-Adler, MD, CCFP(AM), MRO (AAMRO), d,ABAM

While cannabis can be an effective treatment for a variety of medical conditions, there remains the potential for adverse events and risks. Similar to other medications that cross the blood-brain-barrier, despite being prescribed or authorized, the impairment potential remains. Practitioners authorizing cannabis should be aware of the potential risks regarding safe driving, the risks for those working in safety-sensitive industries, and risks for those with underlying mental health diagnoses. This presentation will review the cognitive impairment risks in different situations including driving and the workplace. We will also discuss screening for these in your practice and strategies to discuss these risks with your patients.

* Schedule subject to change. For more information and details, please visit:
pri-med.ca/CANADA

12:30pm - 1:30pm

Asthma - Latest Treatment Strategies in Optimizing Asthma Care

Harold Kim, MD, FRCPC

Asthma is one of the most common chronic medical conditions in family practice. There has been major improvements in understanding of pathophysiology and treatment in asthma. Recently, there have been a number of new approaches and treatments in asthma. We will discuss how these advances have lead to changes in our asthma guidelines.

Deprescribing in practice: Leveraging opportunities for success

Pam Howell, BScPhm

Deprescribing has been identified as a one strategy to successfully address problematic polypharmacy. However, clinicians often feel ill-equipped to translate these principles into their practice. This session will review some of the key challenges cited and practical solutions that have been effective to overcome these barriers. In particular, the discussion will highlight the concept of shared decision making, the existing evidence based resources and how other clinicians can support deprescribing efforts.

3:00pm - 4:00pm

**COVID-19: A Canadian and Global Perspective**

Isaac Bogoch, MD, MS, FRCPC, DTM&H

In this presentation, we will discuss the Canadian and Global state of COVID-19. We will discuss updates in diagnosis, management, and prevention of infection

KEYNOTE II



THURSDAY, MAY 6, 2021

10:00am - 11:00am

**Triglyceride Update**

Subodh Verma, MD, PhD, FRCSC, FAHA

Individuals whose LDL-C levels are well controlled remain at elevated risk if they have high triglyceride levels. This presentation will review the results of trials that have focused on lowering risk in people with hypertriglyceridemia. It will discuss how dyslipidemia guidelines have evolved in wake of new evidence and the new evidence-based option for reducing atherothrombotic burden in cases of elevated triglycerides.

KEYNOTE III

11:15am - 12:15pm

ADHD: Transitioning to Adulthood

Shawn Kao, MD

ADHD is a lifelong disorder. ADHD children become adults and care is usually transferred to a family doctor from a child psychiatrist/pediatrician. What do I have to do to prepare for an ADHD patient in my practice. At the end of this presentation you will have an approach to managing ADHD patients as they transition from adolescence to adulthood.

Ocular Manifestations of Systemic Disease

Ken Mandadakis, O.D., Hons. BSc.

Systemic diseases can often show up in the eye before anywhere else in the body. Working together, eye doctors and family physicians can in many cases help these patients prevent progression of diseases and have better health outcomes.

12:30pm - 1:30pm

Office Emergencies: What to do while waiting for EMS

George Porfiris, MD, CCFP(EM), FCFP

This presentation will review uncommon but life threatening medical emergencies such as anaphylaxis, the seizing patient, acute pulmonary edema and myocardial infarction and opioid overdose. It will review the immediate treatments to implement in the office while waiting for EMS to arrive as well as the treatments the patient will receive upon arrival to the emergency department.

Women's Heart Health

Beth L. Abramson, MD, MSc, FRCPC, FACC

Cardiovascular (CV) disease is a leading cause of death and disability in women. Risk increases after menopause. CV risk is often underestimated in women. There is disparity in both awareness and treatment of women with CVD. Risk aware and risk reduction strategies are needed to reduce care gaps and improve the health of our female patients.

* Schedule subject to change. For more information and details, please visit:
pri-med.ca/CANADA

“ One of the best conferences I have attended. So much relevance to today's topics and helping to ensure my practice remains updated. ”

12:30pm - 1:30pm

The Cold Standard: Improving Primary Care Antibiotic Stewardship in the Era of COVID-19 and Virtual Care

Allan Grill, MD, CCFP (COE), MPH, FCFP, CCPE

The World Health Organization has listed antibiotic overuse as a top ten threat for global health. Improvements in antimicrobial stewardship are required to reduce antibiotic resistance, decrease health care costs, and prevent adverse events. Many primary care clinics have increased the adoption of virtual care in response to COVID-19, and as clinicians adjust to these changes, emerging challenges exist in how to manage respiratory tract infections (RTIs). These include when to test, when to prescribe antibiotics, and when to see a patient in-person. In response to these challenges, the Choosing Wisely Canada Using Antibiotics Wisely campaign, in collaboration with the College of Family Physicians of Canada, has revised The Cold Standard toolkit to address the management of RTIs with considerations of COVID-19 and virtual care. This presentation will be a review of practical tips and tools to manage these conditions with a focus on using antibiotics wisely in practice.

Thyroid Disorders

Shereen Ezzat, MD, FRCP(C), FACP

Review most recent evidence on common thyroid disorders in clinical practice including: (A) Thyroid Nodules, (B) Thyroid Cancer, (C) Hyperthyroidism, and (D) Hypothyroidism

3:00pm - 4:00pm



COVID-19 Impacts on Mental Health: Not Just a Respiratory Illness

KEYNOTE IV

Sonu Gaiind, MD, FRCP(C), FCPA, FAPA

COVID-19 has changed our world in unprecedented ways. Beyond the direct physiological effects of the illness, the dramatic societal and health system changes resulting from the pandemic have impacted every area of our lives. As the pandemic and social distancing restrictions continue, the pandemic is increasingly taking a toll on the mental health of our patients, the general population, and health care providers. This session will explore the wide range of mental health impacts emerging through the coronavirus pandemic.



10:00am - 11:00am

FRIDAY, MAY 7, 2021

**Obesity – New CPG**

KEYNOTE V

Arya Sharma, MD, DSc (hon), FRCPC

Arya M. Sharma is a Professor of Medicine at the University of Alberta. He is also the Clinical Co-Chair of the Alberta Health Services Obesity Program. Dr. Sharma is founder and Scientific Director of Obesity Canada, a network of over 10,000 researchers, health professionals and other stakeholders. He is also the Past-President of the Canadian Association of Bariatric Physicians and Surgeons. He is the leading voice in obesity science and medicine, has authored and co-authored more than 400 scientific articles, and has lectured widely on the etiology and management of hypertension, obesity, and related cardiovascular disorders.

11:15am - 12:15pm

A Practical Approach to Managing Mental Health Issues in Older Adults

Samir Sinha, MD, DPhil, FRCPC, AGSF

Mental health issues are common in all populations but can be particularly challenging to detect and manage in older patients. In addition to typical mental health issues, the challenge of untangling this from cognitive impairment issues and atypical presentations that become more prevalent as people age only complicates the work of primary care providers more. This talk aims to review some of the common mental health including cognitive issues that primary care providers commonly encounter with advice on how to develop a practical approach towards their assessment and management.

Spondyloarthritis 101

Adrienne Bacher, MD, FRCPC

This presentation will help a clinician learn to differentiate inflammatory versus mechanical back pain. Clinical cases of inflammatory back pain will be discussed as well as the work up required for diagnosis. Treatment options will be discussed.

12:30pm - 1:30pm

Food Allergy, Anaphylaxis and the Underutilization of EpinephrineMoshe Ben-Shoshan, MD, MSc & BComm
Jennifer Gerdtz, BComm

Epinephrine is recognized globally as first-line treatment for anaphylaxis and yet it is underutilized in pre-hospital settings. This life-saving medication, given at the first signs of a reaction, helps stop the progression of dangerous respiratory and cardiovascular symptoms; it is the only treatment shown to reduce the risk of fatal reactions to foods or other causes. Despite this recognition, epinephrine is not used at all, underused or its administration is delayed, prior to arrival at hospital. In this session, you will learn considerations regarding epinephrine use and challenges experienced by patients, families and caregivers, and how the ongoing education of individuals at risk of anaphylaxis by primary care providers can lead to improved outcomes for patients with food allergy.

Jest for the Health of It

Kenneth Shonk, MD, CCFP

Brief look at the anatomy, physiology, biochemistry, classification and uses of humour in medicine and everyday life.

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pri-med.ca/CANADA

12:30pm - 1:30pm

Acupuncture Instead of Opioids: A Scientific/Evidence-Based Approach to Pain Management

Linda Rapson, MD

The World Health Organization has listed antibiotic overuse as a top ten threat for global health. Improvements in antimicrobial stewardship are required to reduce antibiotic resistance, decrease health care costs, and prevent adverse events. Many primary care clinics have increased the adoption of virtual care in response to COVID-19, and as clinicians adjust to these changes, emerging challenges exist in how to manage respiratory tract infections (RTIs). These include when to test, when to prescribe antibiotics, and when to see a patient in-person. In response to these challenges, the Choosing Wisely Canada Using Antibiotics Wisely campaign, in collaboration with the College of Family Physicians of Canada, has revised The Cold Standard toolkit to address the management of RTIs with considerations of COVID-19 and virtual care. This presentation will be a review of practical tips and tools to manage these conditions with a focus on using antibiotics wisely in practice.

Adult Immunization: The Time is NOW

Vivien Brown, MDCM, CCFP, FCFP, NCMP

Adult immunization and vaccine preventable disease is one of the essential roles and responsibilities of primary care. This lecture will be a brief update on the various vaccines, the NACI recommendations, and the practical tools and tips for improving uptake in a general practice. Given the changing world and information on Covid vaccine, we will review the most current guidelines and instructions.

3:00pm - 4:00pm

KEYNOTE VI

**Diabetes Management in 2021**

Alice Cheng, MD, FRCPC

The management of diabetes has evolved a great deal in the last 5 years with practice-changing evidence emerging at a rapid pace. As a result, guidelines from around the world have had to update regularly to provide guidance for our clinical practice. This lecture will provide the most up-to-date review of the practice-changing literature and provide practical tips and guidance for implementation in the current healthcare environment.

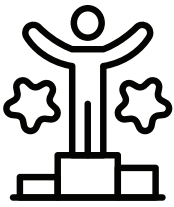
“ The sessions I attended were top class and very informative. Good speakers with thorough knowledge of their subjects. ”



WHO SHOULD ATTEND?

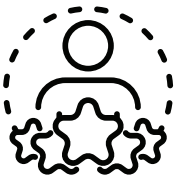
- FP's/GP's
- Pharmacists/Pharmacist Technicians/ Staff Pharmacists
- Nurse Practitioners/RN's
- Internal Medical Graduates
- Medical Students
- All healthcare professionals seeking clinical primary care education

FEATURING



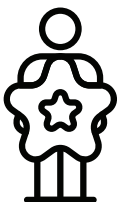
Wellness Zone

You may (or may not) miss all those steps you usually get walking the Pri-Med Canada Conference. If you want to take a break and get on your feet during the virtual conference, check into the Wellness Zone. Each day will feature 5 new instructional videos where you can participate in activities such as yoga, stretching, mindfulness, breathing, meditation and more.



Photobooth

Have some fun in the photobooth by snapping a photo for our photo wall.



Passport Contest

Win prizes by visiting virtual booths and participating in other activities.

VIRTUAL TRADE SHOW



Live Virtual Exhibitors

Over 75+ virtual booths with representatives standing by ready to chat. View company information, watch videos, view products, enter contests, find company/product information and more.



Product Showcase

Showcasing highlights of some of the most interesting products featured in our virtual trade show.



Bookstore

The University of Toronto bookstore is back. This time virtually shop online during the event to take advantage of show special discounts.



Exhibitor Demos

Watch exhibitors present demos of their products and services during breaks.

EARLY BIRD VIRTUAL CONFERENCE PRICING

Your early bird registration saves you \$25CAD off the regular rate.



Questions? Contact us:

registration@pri-med.ca

1-877-669-6961 Ext. 2

Monday to Friday | 9:00am - 4:00pm

\$110^{+HST}

AVAILABLE UNTIL APRIL 5TH

Your Conference Pass Includes:

- 3 days of full access to 30+ keynotes & sessions.
- Full access to all certified video recordings of the sessions for 30 days after the virtual event.
- Exclusive access to the virtual trade show floor, passport programs and any exhibitor promotions
- All symposia sessions are now included and available to everyone.

REGISTER TODAY

pri-med.ca/canada/registration

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Virtual

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