



## Annual Refresher Course for Family Physicians Symposium annuel pour les omnipraticiens

**DECEMBER 5-7, 2016** HOTEL BONAVENTURE MONTREAL



[course-mcgill.ca](http://course-mcgill.ca)



# LUNCH-TIME ACTIVITIES

## PERSONAL DEVELOPMENT SESSIONS



Enjoy your meal while learning something for yourself and gaining CME credits.

Financial Management	December 5	12:15-12:55
Retirement	December 6	12:45-13:25
Time Management	December 7	12:10-12:50

## LUNCH AND LEARNS

Sit at a table with a small group of colleagues to discuss a specific topic under the direction of a specialist or family physician.

▶ **Register as of October 1, 2016!**  
**Seats per topic are limited to 9.**

## EXHIBITORS

Allergan Inc.  
AMGEN Canada Inc.  
Boehringer Ingelheim (Canada) Ltd.  
Canadian Association of Physicians with Disabilities  
Canadian Medical Association - MD Financial Management  
GlaxoSmithKline  
Janssen Inc.  
LMC Diabetes & Endocrinology - Manna Research  
Merck & Co. Inc.  
Mylan EPD  
Novo Nordisk Canada Inc.  
P&G Professional  
Pfizer Canada Inc.  
Trudell Medical International  
Valneva Canada Inc.

We look forward to welcoming you to learn with us in a fun and friendly meeting environment!

- Ivan Rohan & the Organizing Committee

## ORGANIZING COMMITTEE

**Rohan, Ivan** – Course Director MD, CCFP  
**Abrahams, Heather** MD, CCFP  
**Arsenault, Mylène** MD  
**Dannenbaum, David** MD, CCFP  
**Glaser, Stuart R.** – Emeritus Member MD  
**Luconi, Francesca** PhD

**Lalla, Daniel E.** MDCM, CCFP, FCFP  
**Narasiah, Lavanya** MD, MSc, CCFP  
**Nazerali, Najmi** MD, CCFP, FCFP  
**Schulz, Jan** MD, FRCP(C), FACP  
**Zigman, Michael** MDCM, FCFP



## CPD | Additional CME Accredited Activities

### THURSDAY EVENING LEARNING SERIES (TELS)

**46 CREDITS**

**DATES:** September 15 - November 24, 2016  
January 12 - March 30, 2017

**LOCATION:** **McIntyre Medical Sciences Building**  
McGill University  
1200 Pine Avenue West

**SCHEDULE:** 18:30 – 20:30

WEBINAR AVAILABLE! from the convenience of your home or office

WWW

### WEDNESDAY E-LEARNING SERIES (WELS)

**23 CREDITS**

**DATES:** September 14 to November 23, 2016  
January 11 to March 29, 2017

**SCHEDULE:** 12:00 – 13:00

WEBINAR AVAILABLE! from the convenience of your home or office

WWW

**FOR MORE INFORMATION, VISIT THE WEBSITE AT:**

[cme.mcgill.ca](http://cme.mcgill.ca)

### Continuing Professional Development | TELS/WELS Secretariat

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Email: [cmesec.med@mcgill.ca](mailto:cmesec.med@mcgill.ca)

### CME CREDITS AT REFRESHER COURSE

The Continuing Professional Development Office (CPD), Faculty of Medicine, McGill University, is accredited by the Committee on Accreditation of Canadian Medical Education (CACME) and is an accredited CPD provider for:

- the College of Family Physicians of Canada,
- the Royal College of Physicians and Surgeons of Canada.

This program meets the accreditation criteria of the College of Family Physicians of Canada for **MAINPRO-M1** credits. For conversion to American credits, please refer to the website.

This event is an accredited **group learning activity (Section 1)** as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada. Each physician should claim only those hours of credit that he/she actually spent at the educational activity. Maximum credits: 21.5 hours including lunch-time activities. Students in their last year of residency can claim CME credits.

### LEARNING OBJECTIVES

After attending the 2016 Refresher Course, learners will be able to apply acquired knowledge in a variety of topics relevant to urban and rural practice.

Learning objectives for every lecture will be available on the Course website.

## CONTACT INFORMATION

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Course Organizer

**IS Event Solutions**

607 Notre-Dame, 2<sup>nd</sup> floor  
St-Lambert, QC, Canada J4P 2K8

T. 450.550.3488 x 114

F. 514.227.5083

[info@course-mcgill.ca](mailto:info@course-mcgill.ca)

## VENUE / ACCOMMODATION

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A special block of rooms has been reserved for the Course delegates until November 3, 2016, at the rate of \$190 CAD for single or double occupancy (plus applicable taxes). Thereafter, reservations will be based on availability. Please contact the hotel directly to make your reservations. Be sure to mention the Group/Convention Code "67<sup>th</sup> Refresher Course for Family Physicians".

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## COURSE COCKTAIL AND DINNER

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**Monday, December 5, 2016**

**Cocktails – 17:30 / Dinner – 18:00**

The Monday evening dinner has been a staple of this Course since the beginning. Every year, we are excited to celebrate with our long-time friends and colleagues and are thrilled about attendance of the younger generations. This year's dinner will be accompanied by a live painting show. A unique experience for veterans as well as for first timers.

*Join us for a special evening with an artsy touch.*



# MEDICAL CBT TRAINING

COGNITIVE BEHAVIOR THERAPY

DECEMBER 6, 2016

## 18.0 MAINPRO+ CREDITS

Although ideally taken together for 18.0 Mainpro+, the morning and afternoon sessions can also be taken individually (9.0 Mainpro+ each).

### TEN-MINUTE CBT: HIGH-IMPACT TECHNIQUES FOR REAL DOCTORS

Tue, Dec 6 | 9:00AM–12:15PM

9.0 Mainpro+ | \$295 tuition\*

YES, “good enough” CBT can be integrated into ten-minute primary care appointments. In this three-hour morning session, Dr. Greg Dubord teaches you the essentials of a skill that may fundamentally change how you deal with mental health issues. The flexible medical CBT tools you’ll learn can be very helpful in dealing with major depression, persistent depression (“dysthymia” until DSM-5), chronic worry, chronic pain, panic disorder, non-compliance, substance abuse, illness anxiety, borderline personality disorder, suicidality, and much more.

\*For further information and to register, see <http://cbt.ca/uni/mcgill/>

### ENHANCING PERSONAL EFFECTIVENESS: LEVERAGING CBT TOOLS TO LIVE A MORE SUCCESSFUL LIFE

Tue, Dec 6 | 1:00PM–4:15PM

9.0 MAINPRO+ | \$295 tuition\*

Today’s cognitive behavior therapy provides many scientifically-tested tools to help growth-oriented individuals “self-actualize” (i.e., optimize their personal potential). State-of-the-art CBT includes a collection of powerful techniques for overcoming procrastination, optimizing time management, decreasing rumination, letting go of the past, silencing self-criticism—and improving decision-making. This module will equip you with versatile CBT tools to boost the functioning and improve the mental health of patients, dependents—and the ongoing project called “you”.

\*For further information and to register, see <http://cbt.ca/uni/mcgill/>



**Head instructor Greg Dubord, MD** is an Assistant Professor of Psychiatry at the University of Toronto, and the prime developer of medical CBT. He has presented over 300 workshops, including nearly 50 Mainpro-Cs for the College of Family Physicians of Canada, and is a University of Toronto CME Teacher of the Year. Dr. Dubord is the CPD Director for CBT Canada, which received the 2013 national CPD Program Award from the College of Family Physicians of Canada for providing “exceptional learning experiences”.

07:00	<b>REGISTRATION</b>	
08:15	<b>PLENARY 1</b>	<b>CHAIR: DAVID DANNENBAUM</b>
08:15	<b>Opening remarks</b> Ivan Rohan, McGill University	
08:30	PL-1.1	<b>The QT interval: When to worry, strategies to manage</b> Marcel Fournier, MUHC
09:00	PL-1.2	<b>Thromboprophylaxis pearls: Special situations in anticoagulation treatment</b> Andrew Hirsch, JGH, McGill University
09:30	<b>EXERCISE STRETCH</b>	
09:35	PL-1.3	<b>Recognition and structured approach to TIA</b> Robert Altman, JGH, McGill University
10:05	PL-1.4	<b>Cholesterol Guidelines 2016: Risk Stratification, Treatment Targets and Medications</b> Jacques Genest Jr., McGill University
10:35	<b>REFRESHMENT BREAK</b>	
11:00	<b>WORKSHOPS - A</b>	
A-01	<b>Trauma ABCs for the occasional ER shift</b>	<b>ER</b> Zachary Levine, McGill University
A-02	<b>Under pressure: Orthostatic hypotension in the elderly patient</b>	<b>GERIATRICS</b> Wendy Chiu, McGill University
A-03	<b>Common pediatric ID conundrums: Choosing the best antibiotic in problem pediatric ID outpatient cases. Problems with the bug, the parents, the child, or all of the above!</b>	<b>PEDIATRICS</b> Earl Rubin, MUHC, McGill University
A-04	<b>CHEP 2016: What's new in the treatment of hypertension</b> Luc Trudeau, JGH	
A-05	<b>Psychiatric emergencies</b>	<b>PSYCHIATRY</b> Pierre Bleau, McGill University
A-06	<b>Antibiotic coverage review: How to choose appropriately</b>	<b>INFECTIOUS DISEASE</b> Todd Lee, MUHC

A-07	<b>Office based headache management 101</b> Robert Altman, JGH, McGill University	
A-08	<b>Atrial fibrillation management</b> Marcel Fournier, MUHC	
A-09	<b>Anticoagulation in 2016</b> Andrew Hirsch, JGH, McGill University	
A-10	<b>Approach to severe hypercholesterolemia</b> Jacques Genest Jr., McGill University	
12:00	<b>LUNCH BREAK</b>	
12:15	<b>Personal Development Session</b>	
PD-01	<b>Financial management</b> Marisa Cobuzzi, MD Financial Management	
12:15	<b>Lunch and Learns (Pre-registration required)</b>	
13:00	<b>PLENARY 2</b> <b>CHAIR: MICHAEL ZIGMAN</b>	
13:00	PL-2.1	<b>What's hot in infectious diseases</b> Todd Lee, MUHC
13:30	PL-2.2	<b>Lung cancer screening: Are we there yet?</b> Jason Agulnik, JGH
14:00	<b>EXERCISE STRETCH</b>	
14:05	PL-2.3	<b>What's new in diabetes?</b> Tina Kader, McGill University
14:40	<b>WORKSHOPS - B</b>	
B-01	<b>ACLS guidelines update</b>	<b>ER</b> H. Mitchell Shulman, McGill University
B-02	<b>Non-pharmacological treatments for patients with dementia</b>	<b>GERIATRICS</b> Susan Vaitekunas, JGH
B-03	<b>What the heck is in my neck? An overview of pediatric thyroid disorders</b>	<b>PEDIATRICS</b> Preetha Krishnamoorthy, McGill University
B-04	<b>Back pain made easy</b>	<b>HANDS-ON</b> J. Scott Delaney, MUHC
B-05	<b>The art of psychopharmacology</b>	<b>PSYCHIATRY</b> Daniel Zigman, McGill University

B-06	<b>Delving into deprescription</b> Todd Lee, MUHC	
B-07	<b>So many choices: How to decide? PRACTICE MANAGEMENT ISSUES</b> Tina Kader, McGill University	
B-08	<b>Chronic CHF management for the family physician</b> Nadia Giannetti, McGill University, Royal Victoria Hospital	
B-09	<b>Smoking cessation</b> Mark David Palayew, McGill University	
15:40	<b>REFRESHMENT BREAK</b>	
16:00	<b>WORKSHOPS - C</b>	
C-01	<b>ER Procedures</b>	<b>ER</b> H. Mitchell Shulman, McGill University
C-02	<b>What to do when they fall down</b>	<b>GERIATRICS</b> Susan Vaitekunas, JGH
C-03	<b>Gynecological issues in adolescent girls</b>	<b>PEDIATRICS</b> Giuseppina Di Meglio, Montreal Children's Hospital, MUHC
C-04	<b>Physical examination of the injured knee</b>	<b>HANDS-ON</b> J. Scott Delaney, MUHC
C-05	<b>Measurement-based care in psychiatry: Benefits and barriers</b>	<b>PSYCHIATRY</b> Daniel Zigman, McGill University
C-06	<b>When is it too many? The art and science of deprescribing</b> Nadine Larente, CIUSSS Ouest-de-l'Île-de-Montréal	
C-07	<b>Diabetes: New meters and pumps</b> Tina Kader, McGill University	
C-08	<b>Genetic testing for cancer susceptibility - yes, no, maybe so....</b> William Foulkes, MUHC	
C-09	<b>A practical approach to the management of chronic pain</b> Allen Steverman, Centre Hospitalier de l'Université de Montréal (CHUM) - Hôtel Dieu	
17:30	<b>COURSE COCKTAIL AND DINNER (EXTRA FEES APPLY)</b>	

## 08:30 PLENARY 3 CHAIR: HEATHER ABRAHAMS

08:30 PL-3.1 **An introduction to dizziness and vertigo**  
Tamara Mijovic, McGill University

09:00 PL-3.2 **Initiating insulin in the office**  
Natasha Garfield, MUHC

## 09:30 EXERCISE STRETCH

09:35 PL-3.3 **Approach to newly arrived immigrants**  
Lavanya Narasiah, Clinique des Réfugiés CSSS Champlain

## 10:10 WORKSHOPS - D

D-01 **Epistaxis, nasal trauma and other emergencies** ER  
Marc Tewfik, McGill University

D-02 **Mild Cognitive Impairment (MCI) or early dementia - How to tell ?** GERIATRICS  
Fadi Massoud, Centre Hospitalier Charles LeMoyné

D-03 **Pediatric orthopedics** PEDIATRICS  
Thierry Benaroch, MUHC, Montreal Children's Hospital

D-04 **The assessment of patients with dizziness and vertigo** HANDS-ON  
Tamara Mijovic, McGill University

D-05 **Turning disability around in your psychiatry patients: Disability, insurance and reintegration** PSYCHIATRY  
Fiore Lalla, Psychiatric Services West of Montreal

D-06 **The rise of drug-resistant gram-negative bacteria (and how to prevent it)** INFECTIOUS DISEASE  
Yves Longtin, JGH

D-07 **CMPA: Ending the difficult doctor-patient relationship** PRACTICE MANAGEMENT ISSUES  
Christine Bourbonniere, CMPA

D-08 **Caring for newly arrived Syrian families in Canada**  
Lavanya Narasiah, Clinique des Réfugiés CSSS Champlain

D-09 TBC

D-10 **Promoting cardiovascular health in cancer survivors**  
Genevieve Chaput, MUHC

## 11:10 REFRESHMENT BREAK

## 11:30 WORKSHOPS - E

E-01 **Asthma acute management** ER  
Pierre Ernst, McGill University

E-02 **Recognizing cancer and its treatment in the elderly** GERIATRICS  
Doreen Wan-Chow-Wah, McGill University

E-03 **Pediatric orthopedics (Repeat of D-03)** PEDIATRICS  
Thierry Benaroch, MUHC, Montreal Children's Hospital

E-04 **Teasing out back pain challenges** HANDS-ON  
Jordi Perez, McGill University

E-05 **Adult ADHD issues** PSYCHIATRY  
Fiore Lalla, Psychiatric Services West of Montreal

E-06 TBC

E-07 **Avoiding problems with electronic communication** PRACTICE MANAGEMENT ISSUES  
Christine Bourbonniere, CMPA

E-08 **Physician's health and wellbeing**  
Sandra Roman, QPHP

E-09 **The initial family physician encounter for common abnormalities discovered on brain MRI**  
Salvatore Di Maio, Jewish General Hospital

## 12:30 LUNCH BREAK

12:45 **Personal Development Session**  
PD-02 **Retirement issues for family physicians**  
Marc Billard, Collège des médecins du Québec

12:45 **Lunch and Learns** (Pre-registration required)

## 13:30 PLENARY 4 CHAIR: LAVANYA NARASIAH

13:30 PL-4.1 **Travel: Chikungunya, Zika, new worries**  
Makeda Semret, McGill University

14:00 PL-4.2 **Top 5 pediatric consults: Pearls**  
Laurie Plotnick, Montreal Children's Hospital

## 14:30 EXERCISE STRETCH

14:35 PL-4.3 **Hepatitis B and C in family practice**  
Louis Patrick Haraoui, McGill University

15:05 PL-4.4 **How wet can they get: the "golden years"**  
Marie-Claude Lemieux, Hôpital Maisonneuve-Rosemont

## 15:35 REFRESHMENT BREAK

## 15:55 WORKSHOPS - F

F-01 TBC

F-02 **What to do when they fall down** GERIATRICS  
Susan Vaitekunas, JGH

F-03 **Abdominal pain in children** PEDIATRICS  
Laurie Plotnick, Montreal Children's Hospital

F-04 **Hands on injections** HANDS-ON  
Michael Stein, McGill University

F-05 TBC

F-06 TBC

F-07 **Congenital infections**  
Jane McDonald, Montreal Children's Hospital, MUHC

F-08 **Interpretation of pulmonary function tests**  
Ron Olivenstein, McGill University

F-09 **The biochemistry laboratory "not an open bar"**  
Julie St-Cyr, CIUSSS de l'Ouest-de-l'Île-de-Montréal

**08:30 PLENARY 5 CHAIR: NAJMI NAZERALI**

**08:30 PL-5.1 New developments in multiple sclerosis**  
Theodore Wein, McGill University

**09:00 PL-5.2 Four office rheumatologic emergencies not to miss**  
Michael R. Starr, McGill University

**09:30 EXERCISE STRETCH**

**09:35 PL-5.3 Update 2016: MCI-dementia**  
Dr Pedro Rosa-Neto, McGill University

**10:05 PL-5.4 Top POEMs of 2015 consistent with the principles of choosing wisely**  
Roland Grad, McGill University

**10:35 REFRESHMENT BREAK**

**10:55 WORKSHOPS - G**

**G-01 Approach to a hot joint** ER  
Michael R. Starr, McGill University

**G-02 Case-based polymedication challenges** GERIATRICS  
Louise Mallet, University of Montreal

**G-03 Neurofibromatosis in children** PEDIATRICS  
June Ortenberg, The Montreal Children's Hospital

**G-04 Neuro exam - organizing and refining skills** HANDS-ON  
Liam Durcan, McGill University

**G-05 TRANSCULTURAL PSYCHIATRY** PSYCHIATRY  
Don Quang Tran, Hôpital Charles-LeMoine

**G-06 TBC**

**G-07 IT and patient health benefits: PRACTICE MANAGEMENT ISSUES using 'IT' in two minutes or less**  
Roland Grad and Daniel E. Lalla, McGill University

**G-08 Long-term management of the stroke patient**  
Theodore Wein, McGill University

**G-09 Authorizing medical cannabis: Why, who and how**  
Mark Ware, MUHC

**G-10 Difficult patients, dangerous employees and harmful colleagues**  
Nabil Fanous, McGill University

**G-11 Approach to birth control**  
Cleve Ziegler, JGH

**11:55 LUNCH BREAK**

**12:10 Personal Development Session**  
**PD-03 Managing your time, your life and other people**  
Nabil Fanous, McGill University

**12:10 Lunch and Learns** (Pre-registration required)

**13:00 PLENARY 6 CHAIR: DANIEL LALLA**

**13:00 PL-6.1 Tector Lecture: The act respecting end of life care: Medical aid in dying**  
Yves Robert, Collège des médecins du Québec

**13:30 PL-6.2 Dysfunctional uterine bleeding**  
Cleve Ziegler, JGH

**14:00 PL-6.3 Cancer quackery**  
Joseph A. Schwarcz, McGill University

**14:30 REFRESHMENT BREAK AND EXERCISE STRETCH**

**14:45 PLENARY 6 - CONTINUED**

**14:45 PL-6.4 Myeloproliferative disorder**  
Jaroslav Prchal, Royal Victoria Hospital, McGill University, St. Mary's Hospital + Patient's testimony

**15:15 PL-6.5 Urgent ocular emergencies**  
Marino Discepolo, McGill University, Royal Victoria Hospital, St. Mary's Hospital

**15:45 PL-6.6 Approach to hair loss in the pediatric age group**  
Fatemeh Jafarian, McGill University

**16:15 Closing remarks**  
Ivan Rohan, McGill University





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