The 65th Annual
St. Paul’s Hospital
Continuing Medical Education
Conference for Primary Care Physicians

EVIDENCE BASED MEDICINE

Main Lecture Series
Tuesday, Nov. 26 – Friday, Nov. 29, 2019

Optional Learning Sessions
Monday, Nov. 25 – Thursday, Nov. 28, 2019

MAIN LECTURE SERIES VENUE

Vancouver Convention Centre (West)
The 65th Annual
St. Paul’s Hospital
Continuing Medical Education
Conference for Primary Care Physicians

This annual conference in primary care medicine provides an opportunity to refresh your knowledge about, and enthusiasm for, primary care medicine. This conference will focus on an evidence based review of practical information, new trends and discuss controversial topics useful for primary care physicians practicing in urban or rural areas. Educational activities include a Main Lecture Series which will provide a comprehensive review on Cardiology / Diabetes, Labs / Investigations, Internal Medicine, Dermatology, Therapeutics, Psychiatry / Addiction, Paediatrics, and Surgery. Exemplary guest speakers have been chosen for their ability to communicate information and skills relevant to daily clinical practice. The speakers will also provide ample time for questions.

Learning Objectives
Participants will be able to:
• Analyze current issues in primary care medicine and review new guidelines for the treatment of a number of diseases and disorders commonly encountered in family practice.
• Discuss cases regarding new treatment options and technological advances.
• Identify new evidence based treatments using the most up to date clinical and scientific information.

Financial Disclosure
Any and all conference-generated surplus is reinvested in SPH family practice resident education, departmental strategic initiatives, research, teaching, and UBC faculty development activities.

Certification
CFPC: The Main Lecture Series Program* and Optional Learning Sessions have been certified by the College of Family Physicians of Canada and the BC Chapter for up to 39 Mainpro+ Credits.

AAFP: Members of the American Academy of Family Physicians are eligible to receive up to 39 prescribed credit hours for attendance at this meeting (Main Lecture Series Program* and Optional Learning Sessions) due to a reciprocal agreement with the College of Family Physicians of Canada.

*Main Lecture Series for up to 25 Mainpro+ Credits
Registration Information

Tuesday, Nov. 26 – Friday, Nov. 29, 2019 / Main Lecture Series for up to 25 Mainpro+ Credits
Note: Pre-registration is required. No on-site registration will be available.

Main Lecture Series
Registration Includes:
- Detailed Syllabus for Main Lecture Series
- Certificate of Attendance
- Exhibits and displays
- Nov. 26–29: Grab & Go Breakfast and Nutrition Breaks
- Nov. 28: Lunch with Guest Speaker
- Nov. 26–28: Fitness Classes
- Nov. 27–29: Escorted Morning Jogs

Optional Learning Sessions
Additional fees and pre-conference registration are required. Please refer to pages 7 to 9 for a detailed outline of the certified Optional Learning Sessions offered. Further registration information is available on page 2 of the registration form. Confirmed sessions will be detailed on your Purchase Receipt.

Registering for the Optional Learning Sessions Only
Registrations must be submitted to the CME Conference Office by fax or mail and will be kept on a waitlist by priority of receipt. Please refer to page 2 of the registration form for full details.

Cancelling Your Registration
A refund will be made, less a $150 (Cdn) processing fee, if cancellation is received in writing no later than Oct. 31, 2019. No refunds will be given after Oct. 31, 2019. The Organizing Committee reserves the right to cancel the conference should it become necessary. In this case, each registrant will be notified by email followed by written notification and a full refund. St. Paul’s Hospital CME Conference for Primary Care Physicians is not responsible for any other costs incurred such as airline or hotel penalties.

Cancelling Optional Learning Sessions from Your Registration
A refund will be made, less a processing fee of $35 (Cdn) for each session cancelled before Nov. 22, 2019. No refunds will be given after Nov. 22, 2019.

Registration by Online, Mail, or Fax
To register online with Visa / MasterCard payment only: visit www.stpaulscme.org
Mail your registration along with payment to: St. Paul’s Hospital CME Conference Office PO Box 20630, Howe Street PO Vancouver, BC V6Z 2N8 Canada
Fax your registration with Visa / MasterCard payment to: 604-806-8556

Information for Family Practice Residents

Registration received by CME Conference Office: 

<table>
<thead>
<tr>
<th></th>
<th>Before Aug. 31/19</th>
<th>Sept. 01 - Oct. 31/19</th>
<th>Nov. 01 - 22/19</th>
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<tr>
<td>MD/Ph.D/DO/NP</td>
<td>$995 Cdn</td>
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<tr>
<td>Family Practice Residents – Limited Capacity (see registration information below)</td>
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CME Conference Office
PO Box 20630, Howe Street PO
Vancouver, BC V6Z 2N8 Canada

Tech Corner
Follow us @sphcme on Twitter for the latest updates! See what’s trending by using #sphcme2019
Download our SPH CME 2019 Primary Care Conference App (keep checking our website or Twitter). Available for free download in November to help you access the latest news, schedules, speakers, and more!
The USB Syllabus will be interactive allowing users to take notes directly in the application.
Please note: A selection of either a Printed Syllabus or USB Syllabus is included in your registration fee, a $40 Cdn fee will apply if BOTH options are selected.
Wi-Fi access will be available on-site.

Arriving On-site
You are required to check-in with the Conference Registration Desk upon your arrival on-site to pick up your conference materials. By not checking-in, your registration record will be adjusted accordingly or will show as a non-participant and a Certificate of Attendance will not be issued.
Your name badge will allow you access to the Exhibit and Lecture Halls.
Please note: The syllabus (printed and/or USB Memory Stick) will only be available for pick up on-site when you check-in with the Conference Registration Desk.

Past Certificate of Attendance
The CME Conference Office will provide duplicate copies of past Certificates of Attendance for up to two conference years. A $50 processing fee will apply for duplicate copies of more than two conference years.

Questions?
For more information, contact our CME Conference Office at:
Local Tel: 604-899-4490
Toll-Free: 1-800-715-5577
Fax: 604-806-8556
E-mail: registration@stpaulscme.org
Website: www.stpaulscme.org
Conference Location Information

The Main Lecture Series takes place in the Ballrooms of the Vancouver Convention Centre (West). The Optional Learning Sessions are held in different locations including the Vancouver Convention Centre (West) Meeting Rooms and The Fairmont Waterfront Meeting Rooms. For convenience, we recommend staying at The Fairmont Waterfront—details below.

Venues

Main Lecture Series + Optional Learning Sessions

Vancouver Convention Centre (West)
1055 Canada Place Way
Vancouver, BC V6C 0C3
604-689-8232

Optional Learning Sessions

The Fairmont Waterfront
900 Canada Place Way
Vancouver, BC V6C 3L5
604-691-1991

Accommodation & Conference Rates

Special conference rates are available at The Fairmont Waterfront starting from $229 based on single or double occupancy.

Fairmont Guestroom $229;
Deluxe Partial Harbourview Guestroom $249

Reservations: 604-691-1820 or Toll-Free: 1-800-441-1414
Fax: 604-691-1828
Hotel Reservations Direct Link: https://book.passkey.com/go/stpaulscme2019

A reserved room block at the special conference rate is available until October 23, 2019 or removed earlier if block has sold out prior to date. Please quote block code “STPA1119” for the special room rate.

Advance reservations are required. Conference rates are subject to group block availability. Once the group block is full, best available hotel rates apply.

This elegant Four Diamond hotel is Vancouver’s finest. Situated across the street from Vancouver’s waterfront, in the heart of the city, you are within walking distance of major shopping areas, fine restaurants, local attractions and public transportation.

For further hotel information, please visit: www.fairmont.com/waterfront-vancouver/

Special Services

Do you have special needs that we can help you with?
Please contact the CME Conference Office: 604-899-4490 or Toll-Free: 1-800-715-5577. The Registrant Luncheon, Grab & Go breakfasts and nutrition breaks will have vegetarian alternates. Please indicate dietary restrictions on your registration.
Child care is available for guests of The Fairmont Waterfront. Please contact the Housekeeping Department.

Parking & Transportation

Parking is available directly below the Vancouver Convention Centre (West) for approximately $30/day. The entrance is located off Canada Place Way. Several other parking lots are within easy walking distance, including The Fairmont Waterfront parking. Public transit information may be obtained by calling 604-953-3333 or visiting www.translink.ca
<table>
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<tr>
<th>Time</th>
<th>MAIN LECTURE SERIES</th>
<th>OPTIONAL LEARNING SESSIONS</th>
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<tr>
<td><strong>MORNING</strong></td>
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<tr>
<td><strong>MONDAY NOV. 25</strong></td>
<td>Registration &amp; Grab &amp; Go Breakfast for Registrants (07:30–08:15)</td>
<td>Seawall Jog (06:30–07:30)</td>
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<td>Welcome (08:30–08:40)</td>
<td>Seawall Jog (06:30–07:30)</td>
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<td>Cardiology / Diabetes (08:40–12:10)</td>
<td>Seawall Jog (06:30–07:30)</td>
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<tr>
<td><strong>TUESDAY NOV. 26</strong></td>
<td>Grab &amp; Go Breakfast for Registrants (07:30–08:15)</td>
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<td>Lunch on your own (12:10–13:30)</td>
<td>Lunch on your own (12:00–13:30)</td>
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<td>Labs / Investigations (13:30–17:00)</td>
<td>Registrant Luncheon for pre-registered participants (12:00–13:45)</td>
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<td>Fitness Class (17:30–18:30)</td>
<td>Lunch on your own (12:00–13:30)</td>
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<td><strong>WEDNESDAY NOV. 27</strong></td>
<td>Internal Medicine (08:30–12:00)</td>
<td>Psychiatry / Addiction (13:45–17:00)</td>
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<td>Therapeutics (08:30–12:00)</td>
<td>Surgery (13:30–17:00)</td>
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<td><strong>THURSDAY NOV. 28</strong></td>
<td>Paediatrics (08:30–12:00)</td>
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<td><strong>FRIDAY NOV. 29</strong></td>
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<td><strong>EVENING</strong></td>
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<td><strong>MONDAY NOV. 25</strong></td>
<td>M1 An Introduction to Practical Dermoscopy (08:00–16:15)</td>
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<td><strong>TUESDAY NOV. 26</strong></td>
<td>T1 Endometrial Biopsy &amp; Abnormal Uterine Bleeding (18:00–20:00)</td>
<td>W1 An Anatomical Approach to the Sports Medicine Joint Exam (18:00–20:30)</td>
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<td>W2 Taping and Splinting Techniques for Rehabilitation (18:00–20:00)</td>
<td>TH1 Intra-Articular and Soft Tissue Injection Techniques in Arthritis: How and What to Inject (18:00–19:30)</td>
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<td>T2 Physician Wellness and the Science of Resilience: Our strength is our weakness (18:00–20:00)</td>
<td>TH2 ADHD in Primary Care: An Approach to Diagnosis and Treatment (18:00–20:00)</td>
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<td>T3 Diagnosis and Management of Common Anorectal Disorders (18:00–20:00)</td>
<td>W3 BPH Management for Family Physicians (18:00–20:00)</td>
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<td>T4 Palliative Cases for the Family Physician (18:00–20:00)</td>
<td>TH3 Menopause &amp; Hormone Therapy – Dilemmas GPs Face (18:00–20:30)</td>
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<td>W4 Enhancing Your Resilience Through Mindfulness Practice (18:00–20:00)</td>
<td>TH4 Office and Hospital Detox Protocols (18:00–20:00)</td>
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Main Lecture Series

Tuesday, November 26

07:30 Conference Registration
Vancouver Convention Centre (West)
1055 Canada Place, Vancouver
Registration will be located in the West Ballroom Foyer
07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
07:30 Grab & Go Breakfast available until 08:15 in West Ballroom A
08:15 Seating for Main Lecture Series in West Ballrooms B, C, D
08:30 Opening Remarks – Dr. Joss de Wet, Course Chairman; Dr. Nardia Strydom, Head, Dept. of Family Medicine, Providence Health Care

Cardiology / Diabetes
Moderator: Dr. Christopher Ryan
08:40 Atrial FIB – New Guidelines for exercise, diet & review of CVA Risk
Dr. Graham Wong
08:55 Diabetes: New Guidelines & Philosophy of Treatment
Dr. Philip Hardin
09:15 Hypertension: What’s new? Can improved control protect our brains?
Dr. Nadia Khan
09:35 Q & A

09:50 The Long acting Diabetes meds – who, when and why?
Dr. Robert Enns
10:05 Cardiovascular Testing – Choosing wisely
Dr. Kevin Levitt
10:20 Statins and the Elderly: Is the Jury out or in?
Dr. Rudy Chow
10:30 Q & A
10:40 Nutrition Break
11:00 Aortic Stenosis: An Update
Dr. Kevin Levitt
11:15 Post Angioplasty Care for the FP
Dr. Krishnan Ramanathan
11:25 The Top 3 Trials in 2019 on Cardiovascular disease & Diabetes
Dr. Steven Wong
11:40 Diabetes + Renal Protection
Dr. Steven Wong
11:50 Q & A
12:10 Adjourn – Registrants on their own for lunch

13:00 Labs / Investigations
Moderator: Dr. Yurij Savchuk
13:30 Echocardiogram Interpretation for the FP
Dr. Maria Kiess
13:45 TB Screening – Which tests to order in 2019?
Dr. Victoria Cook
13:55 An Update on FIT
Dr. Jennifer Telford
14:05 Q & A
14:20 Which Labs Tests are Under/Over Utilized?
Dr. Daniel Holmes
14:35 When to Image Neck and Back Pain
Dr. Evan Kivong
14:50 Breast Density & Appropriate Management
Dr. Paula Gordon
15:00 Q & A
15:10 Nutrition Break
15:30 PCR/NAT Testing – What do FPs need to know?
Dr. Mel Krajden
15:45 Point of Care Ultrasound: The New Frontier in Primary Care
Dr. Oron Frenkel
16:00 Q & A
16:15 When to do a Joint Aspiration
Dr. Kamran Shojaian
16:25 Appropriate Testosterone Testing in Male Fatigue/Hypogonadism
Dr. Breay Paty
16:35 Meeting Uric Acid Targets in Gout Management
Dr. Kamran Shojaian
16:45 Q & A
17:00 Adjourn
17:30 Fitness Class
The Fairmont Waterfront, Malaspina Room

Wednesday, November 27

06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby
07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
07:30 Grab & Go Breakfast available until 08:15 in West Ballroom A of the Vancouver Convention Centre (West)

Internal Medicine
Moderator: Dr. Kimberly Rutherford
08:30 Myelodysplastic syndrome and Myelofibrosis: How to Follow
Dr. Stephen Parkin
08:45 SPEP – When to order and what to do with an abnormal result
Dr. Stephen Parkin
09:00 Detecting and Managing Adrenal Insufficiency for the FP
Dr. Jessica MacKenzie-Feder
09:15 Q & A
09:30 NASH: Not an innocuous problem
Dr. Edward Tam
09:45 Hepatitis C: Update on screening and treatment
Dr. Mark Hull
10:00 GERD and Barrett’s in 2019
Dr. Robert Enns
10:15 Q & A
10:30 Nutrition Break
10:50 Osteoporosis – new prevention strategies in perimenopausal women
Dr. David Kendler
11:05 Intermittent Fasting: The Evidence and Practical Advice
Dr. Jasmine Kier
11:20 Update on Obesity management
Dr. Haerin Kim
11:35 When to think of Zebras when evaluating Abdominal Pain
Dr. Steven Wong
11:45 Q & A
12:00 Adjourn – Registrants on their own for lunch

13:00 Dermatology
Moderator: Dr. Lori McFarlane
13:30 Skin Cancer detection with the naked eye
Dr. Vincent Richer
13:45 Skin Manifestations of Rheumatologic Disease: What not to miss
Dr. Jan Dutz
14:00 Actinic Keratoses: treatment options to prevent SCC
Dr. David Swanson
14:15 Q & A
14:30 Managing Acne in 2019
Dr. Allison Sutton
14:45 Psoriasis Update: the topicals and biologics
Dr. Allison Sutton
15:00 Evaluating Alopecia in the FP Office
Dr. Jeff Donovan
15:10 Q & A
15:25 Nutrition Break
15:45 Wound Care – Is it time to abandon antimicrobial approaches?
Dr. Brian Kunimoto
16:00 Fungal Dermatoses: common presentations not to miss
Dr. Michelle Withers
16:15 Pediatric spots and dots: Viral Exanthems
Dr. James Bergman
16:30 5 Dermatology mistakes not to make
Dr. Chih-ho Hong
16:45 Q & A
17:00 Adjourn
17:30 Fitness Class
The Fairmont Waterfront, Malaspina Room
Thursday, November 28

06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby
07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
07:30 Grab & Go Breakfast available until 08:15 in West Ballroom A of the Vancouver Convention Centre (West)

Therapeutics
Moderators: Dr. Daniel Ngui / Dr. Anthony Villaruel
08:30 The Facts and Myths about those drugs your patients are asking you about Dr. Naveen Sandhu
08:40 A Step-Wise Approach to combining drugs earlier when treating Diabetes – should we change? Dr. Tom Elliott
08:55 Screening for and managing Familial Hyperlipidaemia in primary care Dr. Liam Brunham
09:05 Q & A
09:20 Late Breaker
09:35 Resident Research Award Winner
09:45 Treatment of Restless Leg Syndrome Dr. Sherri Caswell

Psychiatry / Addiction
Moderator: Dr. Niloofar Baria
13:45 Brain Science & Understanding Substance Use Dr. Launette Rieb
14:00 “Illusions up in smoke” Vaping Dr. Milan Khara

Friday, November 29

06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby
07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
07:30 Grab & Go Breakfast available until 08:15 in West Ballroom A of the Vancouver Convention Centre (West)

Paediatrics
Moderator: Dr. Daniel Dodek
08:30 S.N.O.T. Dr. Erik Swartz
08:45 Preventing Food Allergies in Children Dr. Joanne Yeung
09:00 The Kid with a Limp Dr. Tommy Gerschman
09:15 Q & A
09:30 ADHD: Current best management Dr. Keyvan Hadad
09:45 Cardiac Genomics for the FP Dr. Zachary Laksman
09:55 Pearls for the Well Baby Exam Dr. Keyvan Hadad
10:10 Q & A
10:25 Nutrition Break

Surgery
Moderator: Dr. Tinus Wasserfall
13:30 Essential Skin Procedures in Primary Care Dr. David Swanson
14:00 Thyroid Nodules: How to follow and when to biopsy Dr. Adrienne Melck
14:10 The Indications for knee MRIs Dr. Mark McConkey
14:20 Q & A
14:35 To PSA or Not, latest evidence Dr. Justin Lee

14:45 Prostate Cancer treatment options Dr. Martin Gleave
15:05 Symptom management post Prostatectomy Dr. Peter Black
15:15 Q & A
15:30 Nutrition Break
15:50 Treatment of persistent Plantar Fasciitis and Achilles Tendinopathy Dr. Navin Prasad
16:05 Update on Breast Cancer treatment Dr. Stephen Chia
16:20 How to follow patients after treatment for Colorectal Cancer Dr. Manoj Raval
16:35 “Doctor, my bum hurts and bleeds” – Anal Fissure Management Dr. Tinus Wasserfall
16:45 Q & A
17:00 Adjourn

Have a Safe Journey Home!
Optional Learning Sessions

Monday Workshop

OPTION M1
An Introduction to Practical Dermoscopy
Dr. David Swanson
This optional full day workshop to precede the Main Lecture Series will provide an in-depth introduction into Dermoscopy for primary care practitioners. With increasing rates of malignant melanoma worldwide and increased awareness by the public to monitor new and changing moles, Family Physicians are frequently called upon to review their patients’ nevi. Dermoscopy has proven to be a very useful adjunct to in-office screening of melanocytic and non-melanocytic lesions.

Participants will develop practical skills in order to become more comfortable approaching patients with atypical skin lesions. You will learn how to apply pattern analysis and simple algorithms for the identification of skin lesions, and to assess the need to biopsy based on dermoscopic findings.

**Mon. Nov. 25** Meet 08:00–16:15
The Fairmont Waterfront, Waterfront Ballrooms
$350
Credit: 7 Mainpro+ Credits
Maximum: 200 registrants
Continental breakfast, nutrition breaks and a light lunch is provided

Schedule
07:30 Continental Breakfast and Registration
08:00 Session
09:50 Nutrition Break
10:10 Session
12:00 Light Lunch
12:40 Session
14:30 Nutrition Break
14:45 Session
16:15 Adjourn

Small Group Sessions

Practical Education

OPTION T2
Physician Wellness and the Science of Resilience: Our strength is our weakness
Dr. Linda Uyeda
The evening will tackle the evidence behind physician burnout and help participants build wellness and resilience. We will explore the neurobiology of the stress response and discover methods to develop lifelong resilience based on clinical research. This fun and informative session will include both didactic learning and interactive exercises. Please join us for an evening of self-care and discovery.

**Tues. Nov. 26** Meet 18:00–20:00
The Fairmont Waterfront, Mackenzie Room II
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION W4
Enhancing Your Resilience Through Mindfulness Practice
Dr. Rahul Gupta
This two-hour workshop will provide Family Physicians with the opportunity to learn and practice mindfulness-based techniques. We will highlight evidence about the value of mindfulness based interventions for both physicians and patients, and describe several ways in which this can realistically be incorporated as a regular practice in daily life. The main focus of this experiential workshop is to provide participants with an opportunity to practice guided mindfulness activities as a way to enhance their own sustainability and to demonstrate the value of mindfulness for patients.

**Wed. Nov. 27** Meet 18:00–20:00
The Fairmont Waterfront, Cheakamus Room
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided
Case Based Learning

OPTION T3
Diagnosis and Management of Common Anorectal Disorders
Dr. Manoj Raval and the BC SON Colorectal Surgical Tumour Group Faculty

Family Physicians are often faced with a wide spectrum of anorectal disorders. This Small Group Session will strive to help participants gain skills and knowledge on how to manage these often encountered conditions in clinical practice. Emphasis will be placed on how to evaluate, diagnose and manage common anorectal symptoms such as pain, bleeding, itching and change in bowel movements. Conditions such as internal and external hemorrhoids, anal fistula, anal fissures, abscesses, fecal incontinence, rectal prolapse, condyloma, pruritus ani and neoplasms will be discussed. This is an interactive session with case based discussion and ample time for participant discussion.

Tues. Nov. 26  Meet 18:00–20:00
The Fairmont Waterfront,
Mackenzie Room I
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION W3
BPH Management for Family Physicians
Dr. Alan So

There is an increasing demand in the Family Physician’s office for an expedient, reliable approach to the BPH Management in primary care. BPH Management from all aspects (epidemiology, diagnosis and management) will be covered in this session. This Family Physician moderated case-based workshop is designed to be an interactive and informative session which will cover important topic areas from a Family Physician’s perspective.

Wed. Nov. 27  Meet 18:00–20:00
The Fairmont Waterfront,
Princess Louisa Suite
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION TH2
ADHD in Primary Care: An Approach to Diagnosis and Treatment
Dr. Matthew Blackwood

Many more patients are asking us to advise them on the diagnosis and management of ADHD in all age groups. Many of us have not received formal training during medical school or residency so this Small Group Session will provide an interactive opportunity to learn from experts in the field and share common clinical experiences with colleagues from across Canada. ADHD Diagnosis and Management through the age spectrum will cover aspects of epidemiology, diagnosis and pharmacologic management which can be used within the office based setting.

Thur. Nov. 28  Meet 18:00–20:00
The Fairmont Waterfront,
Mackenzie Room II
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION T4
Palliative Cases for the Family Physician
Dr. Romayne Gallagher

Family Physicians are often involved in their patients’ end of life care. This Small Group Session would aim to help Family Physicians enhance their skills in this important part of patient care and help provide evidence based tools to manage conditions such as pain, delirium, dyspnea and advanced disease. Case studies will be used to enhance the learning experience.

Tues. Nov. 26  Meet 18:00–20:00
The Fairmont Waterfront,
Princess Louisa Suite
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION TH3
Menopause & Hormone Therapy – Dilemmas GPs Face
Dr. Timothy Rowe, Dr. Lori McFarlane

This interactive case-based workshop will review common dilemmas and controversies Family Physicians face when considering hormone therapy for menopausal women. We will use the recent guidelines published by the SOGC to help with decision making. We will also review the pros and cons of the various available HRT preparations and touch on non-hormonal and non-pharmaceutical treatment options.

Thur. Nov. 28  Meet 18:00–20:30
The Fairmont Waterfront,
Princess Louisa Suite
$250
Credit: 2.5 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION TH4
Office and Hospital Detox Protocols
Dr. Launette Rieb

In this interactive Small Group Session, the mechanism of action of substances which can lead to dependence will be reviewed. An understanding of the difference between physiological dependence and pseudo addiction will be developed using case-based learning. A practical detoxification protocol tool will be presented which can be easily applied in the family practice office.

Thur. Nov. 28  Meet 18:00–20:00
The Fairmont Waterfront,
Cheakamus Room
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided
Clinical Procedures

OPTION T1
Endometrial Biopsy & Abnormal Uterine Bleeding
Dr. Jacqueline Purcell, Dr. Rhonda Low
An interactive workshop on the differential diagnosis and management of DUB and hands-on experience with endometrial sampling.
**Tues. Nov. 26**  Meet 18:00–20:00
The Fairmont Waterfront, Cheakamus Room
$200
Credit: 2 Mainpro+ Credits
Maximum: 16 registrants
Light dinner provided

OPTION W1
An Anatomical Approach to the Sports Medicine Joint Exam
Dr. J. William Mackie
Learn how to examine the athlete or weekend warrior with an anatomical focus on the sports medicine exam, including shoulder, ankle, knee and elbow injuries. Registrants also take home a 45-minute (USB) production prepared by the St. Paul’s Hospital CME Conference Organizing Committee showing detailed joint examinations.
**Wed. Nov. 27**  Meet 18:00–20:30
The Fairmont Waterfront, Mackenzie Room II
$250
Credit: 2.5 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION W2
Taping and Splinting Techniques for Rehabilitation
Mr. Zenya Kasubuchi
The workshop provides experience in the application of taping and splinting for soft tissue injuries commonly encountered by the Family Physician in the office, ER and field-side to assist in rapid rehabilitation of the injured patient.
**Wed. Nov. 27**  Meet 18:00–20:00
The Fairmont Waterfront, Mackenzie Room I
$200
Credit: 2 Mainpro+ Credits
Maximum: 20 registrants
Light dinner provided

OPTION TH1
Intra-Articular and Soft Tissue Injection Techniques in Arthritis: How and What to Inject
Dr. Simon Huang, Dr. Barry Koehler, Dr. Ian Tsang
Lecture and hands-on workshop on intra-articular and soft tissue injection techniques using a synthetic visco-elastic joint fluid.
**Thur. Nov. 28**  Meet 18:00–19:30
The Fairmont Waterfront, Mackenzie Room I
$200
Credit: 1.5 Mainpro+ Credits
Maximum: 30 registrants
Light dinner provided

Are you confirmed for an Optional Learning Session?

Confirmed Optional Learning Session registrations will be detailed on your Purchase Receipt. To gain access to the Session on-site, please ensure the Session is listed on the reverse side of your name badge. If you are not sure, you can always contact the CME Conference Office prior to the conference, and/or when on-site, please check with the Conference Registration Desk.

Cancelling Optional Learning Sessions from Your Registration
A refund will be made, less a processing fee of $35 (Cdn) for each session cancelled before November 22, 2019. No refunds will be given after November 22, 2019.
St. Paul's Hospital CME Conference Organizing Committee

Dr. Joss de Wet, Chairman
Dr. Rhonda Low, Secretary
Dr. Nirav Levitt, Treasurer
Dr. Niloofar Baria

Course Faculty

Dr. James Bergman  Dr. Peter Black  Dr. Matthew Blackwood  Dr. Rupinder Brar  Dr. Carl Brown  Dr. Liam Brunham  Dr. Tanya Cabrta  Dr. Serhiy Caswell  Dr. Jerry Chen  Dr. Stephen Chia  Dr. Rudy Chow  Dr. Victoria Cook  Dr. Jeff Donovan  Dr. Jan Dutz  Dr. Stacy Elliott  Dr. Tom Elliott  Dr. Robert Enns  Dr. Oron Frenkel  Dr. Romayne Gallagher  Dr. Tommy Gerschman  Dr. Martin Gleave  Dr. Ran Goldman  Dr. Paula Gordon  Dr. Rahul Gupta  Dr. Keyvan Hadad  Dr. Daniel Holmes  Dr. Chih-ho Hong  Dr. Simon Huang  Dr. Mark Hull  Dr. Shimi Kang  Dr. Ahmed Karimuddin  Mr. Zenya Kasubuchi  Dr. David Kendler  Dr. Nadia Khan  Dr. Milan Khara  Dr. Marla Kiess  Dr. Haerin Kim  Dr. Jasmine Kler  Dr. Barry Koehler  Dr. Mel Krajden  Dr. Brian Kunimoto

Visiting Faculty

Dr. Philip Hardin  Dr. Kevin Levitt  Dr. Steven Ressler  Dr. David Swanson

Disclosure of Faculty’s Commercial Relationships

Faculty members for the Conference are expected to disclose any economic or other personal interests that create or may be perceived as creating a conflict related to the material discussed. A full disclosure of the faculty’s commercial relationships will be provided both verbally and in writing to the registrants.
Satellite Symposia 2019

Satellite Symposia are produced independently of the St. Paul’s Hospital CME Conference Organizing Committee, and are supported by educational grants from industry. St. Paul’s Hospital CME Conference for Primary Care Physicians registrants may attend, but these sessions are not planned or sponsored by St. Paul’s Hospital CME Conference for Primary Care Physicians.

<table>
<thead>
<tr>
<th>Tuesday, Nov. 26/19</th>
<th>Wednesday, Nov. 27/19</th>
<th>Wednesday, Nov. 27/19</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Get to target – Considerations for adding long-acting GLP-1 RAs</strong></td>
<td><strong>Emerging Foundations of Diabetes Practice for Primary Care Physicians</strong></td>
<td><strong>TARGET (Targeting Asthma Control to Augment Patient Outcomes)</strong></td>
</tr>
<tr>
<td>Speaker: Dr. Ehud Ur, MD, FRCPC, Endocrinology</td>
<td>Speaker: Dr. Gregory Bondy, MD, FRCPC</td>
<td>Speaker: Dr. Pearce Wilcox, MD, FRCPC</td>
</tr>
<tr>
<td>Goals and Objectives:</td>
<td>Goals and Objectives:</td>
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</tr>
<tr>
<td>• Recognize the key features of long-acting GLP-1 RAs and their potential role in diabetes management within a primary-care setting</td>
<td>• To define the spectrum of cardiorenal risk in T2DM</td>
<td>• Evaluate patients with asthma to assess control and determine possible reasons for lack of control</td>
</tr>
<tr>
<td>• Reflect on a Diabetes Canada 2018 guideline-based approach to using the GLP-1 RA class to manage type 2 diabetes</td>
<td>• To review and discuss the results of the T2DM CV outcome trials</td>
<td>• Reconcile physician and patient goals to help determine the best course of action to achieve asthma control</td>
</tr>
<tr>
<td>• Integrate practical tips for initiating long-acting GLP-1 RA therapy based on patient characteristics</td>
<td>• To apply the evidence to the management of people with T2DM</td>
<td>• Assess the differences between various fixed-dose combinations for patients with asthma</td>
</tr>
</tbody>
</table>
| **Tuesday, November 26, 2019**  
**12:15 – 13:15**  
**Location: Vancouver Convention Centre (West), Meeting Room 109** | **Wednesday, November 27, 2019**  
**12:15 – 13:15**  
**Location: Vancouver Convention Centre (West), Meeting Rooms 121/122** | **Wednesday, November 27, 2019**  
**12:15 – 13:15**  
**Location: Vancouver Convention Centre (West), Meeting Rooms 107/108** |
| **Credit:** This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 1.00 Mainpro+ credit. | **Credit:** This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 1.00 Mainpro+ credit. | **Credit:** This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 1.00 Mainpro+ credit. |
| **Cost: No Charge, however RSVP required** | **Cost: No Charge, however RSVP required** | **Cost: No Charge, however RSVP required** |
| Lunch provided | Lunch provided | Lunch provided |
| Limit 125 participants | Limit 100 participants | Limit 35 participants |

To register please contact Stephanie Lafleur at email: slaf@novonordisk.com

To register please contact Habiba Hemani at email: habiba.hemani@astrazeneca.com

To register please contact Bernard Beytell-Johnson by November 15, 2019 at email: bernard.beytell-johnson@merck.com
St. Paul’s Hospital CME Conference for Primary Care Physicians

Registration Form

Note: Mailing Address St. Paul’s Hospital CME Conference Office PO Box 20630, Howe Street PO, Vancouver, BC V6Z 2N8 Canada
Fax: 604-806-8556 Telephone: Toll Free: 1-800-715-5577 or Locally: 604-899-4490
E-Mail: registration@stpaulscme.org Website: www.stpaulscme.org

REGISTRATION AVAILABLE ONLINE AT WWW.STPAULSCME.ORG

PLEASE PRINT or TYPE

First Name Middle Initial Last Name
Mailing Address
City Postal or Zip Code
Province or State Country
Daytime Telephone Number
Fax

E-Mail* (Required to receive your Confirmation of Registration + Purchase Receipt electronically.)

I am a ☐ Family Physician ☐ Nurse Practitioner ☐ Other (Please Specify) ☐ Family Practice Resident (letter of good standing from Program Director required for acceptance – refer to page 2 in brochure for details)

Registrant Options

Your selection is required for Options 1 and 2 please. (A non-selection will default as “printed syllabus” and “not attending” Thursday lunch.)

1. Syllabus: ☐ Printed Syllabus ☐ USB Memory Stick Syllabus ☐ Both Printed and USB Memory Stick Syllabus at $40 Cdn $___________
2. Thursday Registrant Lunch: ☐ I will attend ☐ I will not attend
3. Dietary Restrictions: Vegetarian alternatives will be provided at meals. Other: ____________________________ (Please Specify – additional charge may apply)
4. ☐ Fitness Classes ☐ Jogging

Registration Fees

A Confirmation of Registration + Purchase Receipt will be provided electronically (documents will not be mailed). Confirmed Optional Learning Session selections will be detailed on the Purchase Receipt.

Main Lecture Series Nov. 26 – Nov. 29, 2019 – Space is limited!

Registration received by CME Conference Office
Received Before Aug. 31/19
MD/Ph.D/DO/NP ☐ $995 Cdn
Family Practice Residents (limited capacity) ☐ $450 Cdn

Received Sep. 01-Oct. 31/19
MD/Ph.D/DO/NP ☐ $1095 Cdn
Family Practice Residents (limited capacity) ☐ $500 Cdn

Received Nov. 01-22/19
MD/Ph.D/DO/NP ☐ $1195 Cdn
Family Practice Residents (limited capacity) ☐ $550 Cdn

Amount enclosed/authorized $___________ $___________

Payment Options ☐ Visa ☐ MasterCard ☐ Cheque enclosed

Name as it appears on card (print)

Signature

Credit Card Number

Expiry Date 3 Digit Verification Code

Please make cheques payable to: St. Paul’s Hospital CME and forward to the address above. Cheques must be in CANADIAN Dollars.

(Please see reverse for the Optional Learning Sessions)
ADVANCE REGISTRATION for the Optional Learning Sessions – space is limited. Registration online is advised.

Physicians participating in the Main Lecture Series will take priority over those registering only for the Optional Learning Sessions. Registration for the Optional Learning Sessions is available online, on a first come first served basis, and controlled by the online system inventory. Please note: registrations received by the CME Conference Office by fax or mail will be filled by priority receipt from the same online system inventory. Your session selections will be detailed on your Purchase Receipt. You will receive the appropriate Needs Assessment evaluation for each session registered at the time of receiving your Purchase Receipt. The online registration system will indicate the sessions that are full. Please email the CME Conference Office and request to be placed on the waitlist. Registrations received by fax or mail will be automatically placed on the waitlist. Physicians registering for the Optional Learning Sessions Only must submit their registration to the CME Conference Office by fax or mail. Your registration will be waitlisted by priority of receipt and you will be advised approximately four to six weeks prior to the conference date if space is available. A $75 administration fee will apply in addition to the session fee.

<table>
<thead>
<tr>
<th>Code</th>
<th>Session Title</th>
<th>Date and Time</th>
<th>Price Cdn$</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1</td>
<td>Endometrial Biopsy &amp; Abnormal Uterine Bleeding</td>
<td>Tues. Nov. 26</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>T2</td>
<td>Physician Wellness and the Science of Resilience: Our strength is our weakness</td>
<td>Tues. Nov. 26</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>T3</td>
<td>Diagnosis and Management of Common Anorectal Disorders</td>
<td>Tues. Nov. 26</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>T4</td>
<td>Palliative Cases for the Family Physician</td>
<td>Tues. Nov. 26</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>W1</td>
<td>An Anatomical Approach to the Sports Medicine Joint Exam</td>
<td>Wed. Nov. 27</td>
<td>$250 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>W2</td>
<td>Taping and Splinting Techniques for Rehabilitation</td>
<td>Wed. Nov. 27</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>W3</td>
<td>BPH Management for Family Physicians</td>
<td>Wed. Nov. 27</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>W4</td>
<td>Enhancing Your Resilience Through Mindfulness Practice</td>
<td>Wed. Nov. 27</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>TH1</td>
<td>Intra-Articular and Soft Tissue Injection Techniques in Arthritis: How and What to Inject</td>
<td>Thur. Nov. 28</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>TH2</td>
<td>ADHD in Primary Care: An Approach to Diagnosis and Treatment</td>
<td>Thur. Nov. 28</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>TH3</td>
<td>Menopause &amp; Hormone Therapy – Dilemmas GPs Face</td>
<td>Thur. Nov. 28</td>
<td>$250 Cdn</td>
<td>$______</td>
</tr>
<tr>
<td>TH4</td>
<td>Office and Hospital Detox Protocols</td>
<td>Thur. Nov. 28</td>
<td>$200 Cdn</td>
<td>$______</td>
</tr>
</tbody>
</table>

Monday Workshop

<table>
<thead>
<tr>
<th>Code</th>
<th>Session Title</th>
<th>Date and Time</th>
<th>Price Cdn$</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>M1</td>
<td>An Introduction to Practical Dermoscopy</td>
<td>Mon. Nov. 25</td>
<td>$350 Cdn</td>
<td>$______</td>
</tr>
</tbody>
</table>

Cancelling Your Registration
A refund will be made, less a $150 (Cdn) processing fee, if cancellation is received in writing no later than Oct. 31, 2019. No refunds will be given after Oct. 31, 2019.

Cancelling Optional Learning Sessions from Your Registration
A refund will be made, less a $35 (Cdn) processing fee for each session cancelled before Nov. 22, 2019. No refunds will be given after Nov. 22, 2019.
The 65th Annual
St. Paul’s Hospital
Continuing Medical Education
Conference for Primary Care Physicians

Conference Supporters
The following companies are confirmed supporters at the time of printing. All funds will be received as an unrestricted educational grant.

Main Lecture Series
Dermatology Half Day
generously supported by
LEO Pharma

Optional Learning Sessions
Endometrial Biopsy & Abnormal Uterine Bleeding
supplies generously provided by
CooperSurgical

An Introduction to Practical Dermoscopy
generously supported by
3Gen, Inc.

Conference Exhibitors
The following companies have confirmed exhibit space for the full conference at the time of printing. We anticipate further exhibitors on-site for a portion of the conference.

Babylon by TELUS Health
Bristol-Myers Squibb / Pfizer Alliance
CIBC Wood Gundy
Homewood Health
Joint Standing Committee on Rural Issues
Leo Pharma
Lundbeck Canada Inc.

Nanaimo / Victoria Division of Family Practice
Primacy Management Inc.
Purtzki Johansen and Associates
Searchlight Pharma
UBC Bookstore
Vancouver Division of Family Practice
YukonMD

FOR MORE INFORMATION, CONTACT THE ST. PAUL’S HOSPITAL CME CONFERENCE OFFICE:

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Toll Free 1-800-715-5577 Vancouver, BC V6Z 2N8
Fax 604-806-8556 Website www.stpaulscme.org
E-mail registration@stpaulscme.org