



## 2017 Nova Scotia College of Family Physicians Family Medicine Conference Agenda

Friday, 20 October, 2017

Canadian Museum of Immigration Pier 21

7:30 - 8:00	<b>REGISTRATION</b>
8:00 - 8:05	<b>OPENING REMARKS</b>
8:05 - 9:05	<b>Top 10 Family Medicine Papers that Should Change Your Practice</b> <b>Mandi Irwin, MD, CCFP; Jennifer Leverman, MD, CCFP (EM); Jock Murray, MD, CCFP (EM)</b>  <b>Objectives:</b> <ul style="list-style-type: none"><li>• Review 10 great practice-changing articles in family medicine</li><li>• Apply the findings to family practice</li></ul> <b>Description:</b> This presentation will review potentially practice changing articles from the recent literature. Participants will consider changing their practice based on one evidence based recommendation from each article.
9:05 - 10:05	<b>Office Emergencies</b> <b>Constance LeBlanc, MD, CCFP (EM), FCFP, MAEd, CCPE; Jock Murray, MD, CCFP (EM)</b>  <b>Objectives:</b> <ul style="list-style-type: none"><li>• Review common office emergencies</li><li>• Review how to prepare a family practice office for common office emergencies</li><li>• Learn approaches to treating common office emergencies</li></ul> <b>Description:</b> This presentation will review office emergencies family physicians need to prepare for.
10:05 - 10:25	<b>BREAK</b>

10:25 – 11:25 Understanding Chronic Pain: Helping Patient's Find Calm in Chaos

**Maureen Allen, MD, CCFP (EM), CAC-Palliative Care**

**Objectives:**

- Describe acute, chronic and flare-up pain and how they're different.
- Describe tolerance, dependency and withdrawal and how clinicians can use this knowledge to change harmful behaviour before addiction develops.
- Discuss an approach to chronic pain that can help transition patients from an acute pain model of care to chronic.

**Description:** Chronic pain is a complex chronic illness which is subject to prejudice, misinterpretation and cultural biases in both clinical practice, and in the community as a whole. Patients who live with this condition are often stigmatized by society which can lead to ineffective strategies and policies that can have a devastating impact on the health of the individual, healthcare provider and resources of that community. This session will discuss common myths and barriers to effective pain management and take clinicians through a complex case where the lines between acute pain, chronic pain and problematic substance use have blurred. Working through the case, clinicians will discuss different strategies that can support patients from living a "pain-centered" life to a "function-centered" life and what tools they can use to shift patients away from a "medication only" strategy to help manage their pain and suffering.

11:25 - 12:25 So You Think You Have Lyme Disease: Screening & Management Recommendations for Lyme Disease

**Todd Hatchette, MSc MD, FRCPC**

**Objectives:**

- Identify the signs and symptoms of Lyme disease and understand its pathophysiology.
- Identify currently available diagnostic tests for the disease, their limitations and how to properly interpret their results
- Discuss the appropriate use of diagnostic and screening tests for Lyme disease
- Discuss treatment recommendations for both adult and pediatric populations

**Description:** Lyme Disease is becoming an increasingly common concern amongst Family Practice patients. The pathophysiology, signs and symptoms of Lyme disease will be discussed. Risks of exposure locally and in the region will be reviewed. Current screening guidelines for Lyme Disease will be reviewed. Interpretation of screening and diagnostic tests and treatment recommendations will be discussed.

12:25 - 12:55 **LUNCH**

12:55 - 1:20 **ANNUAL MEETING**

1:20 - 2:20 Hypothyroidism Update: Hitting the Right Target

**Thomas Ransom, MSc, MD, FRCPC**

**Objectives:**

- Discuss current screening guidelines for thyroid disorders in family practice
- Discuss recommendations for ongoing surveillance and monitoring of patients with hypothyroidism including the choice of appropriate screening tests and frequency of testing
- Define specific treatment targets for general and special populations including during the pre and post-partum periods, among pediatric patients and thyroid suppressive therapies
- Discuss workup and management of patients with subclinical hypothyroidism

**Description:** Hypothyroidism is a commonly encountered endocrine disorder in family practice. This program will review recent changes in recommended treatment target ranges in the general population as well as special populations such as during pregnancy. Current recommendations for screening and ongoing surveillance will also be discussed.

2:20 - 2:40

**BREAK**

2:40 – 3:10 Evidence Based Cancer Screening Update

**Cervical/Prostate/Colorectal/Lung Screening**

**Presenter: Krista Rigby, Director Community & Population Oncology**

**Available for Q&A: Drew Bethune, MSc, MD, FRCSC, FCCP**

**Breast Screening**

**Presenter: Jennifer Payne, Senior Epidemiologist**

**Available for Q&A: Trena Metcalfe, Program Manager; Sarah McCarthy, Patient Navigator**

**Objectives:**

- Discuss current evidenced based screening recommendations for commonly encountered cancers in Family Practice
- Identify at risk populations
- Identify appropriate screening tests for general and at risk populations
- Determine appropriate times to initiate and discontinue screening

**Description:** The early detection of cancers among family practice patients is one of the most challenging and often frustrating aspects of family medicine. Early detection allowing early intervention is essential to optimizing a patient's prognosis. This session will review current evidence based screening guidelines for Breast, Colorectal, Lung, Cervical and Prostate Cancers - including the identification of at risk populations; when screening should be initiated and discontinued; as well as recommendations for frequency of screening and the choice of the most appropriate screening tool.

3:10 - 3:40 Accessing Treatment for Opioid Use Disorder in Nova Scotia

**Dr. Linda Courey, Senior Provincial Director Mental Health & Addictions**

**Objectives:**

- Identify issues with access to treatment for opioid use disorder
- Identify strategies to address these issues with accessing treatment

**Description:** An overview of the current situation in Nova Scotia as it relates to accessing treatment for opioid use disorder. Pathways to overcoming barriers to treatment will be explored.

3:40 - 4:40 Medically Unexplained Symptoms (MUS): A Brief Psychotherapeutic Approach for Family Practice

**Presenter: Dr. Allan Abbass, MSc, MD, FRCPC**

**Objectives:**

- identify how emotional factors contribute to the development of MUS
- define and identify anxiety pathways and behavioral patterns that can effect emotions
- identify factors that can effect physicians providing treatment to challenging patient groups

**Description:** Medically unexplained symptoms (MUS) can often pose significant challenges both to family physicians and their patients. This session will explore a brief psychotherapeutic approach for MUS in the family practice setting as well as describe the evidence and research supporting this approach.

4:40 - 5:00

**EVALUATIONS & CLOSING REMARKS**