

# 2018 FAMILY MEDICINE CONFERENCE

## The Future *of* Family Medicine

**NOVEMBER 2-3, 2018**

FOUR SEASONS HOTEL  
VANCOUVER, BC

Relevant to your practice

Evidence-informed

Content for every career stage



BC COLLEGE OF  
FAMILY PHYSICIANS  
*The home of family medicine*

## Message from the Conference Chair



Please join us this November for our special BCCFP Family Medicine Conference:  
**The Future of Family Medicine.**

The BCCFP conference is always a highlight of my year. I leave feeling renewed, and I return to work armed with information that I can put to good use for my patients and my practice.

This year, our conference committee has planned a two-day opportunity for you to take advantage of BC's best continuing professional development (CPD) and catch up with your colleagues.

For the first time, the conference will run for two full days, and we have added some new features to stimulate learning and discussion.

New this year are: **PechaKuchas**, **poster presentations**, and a **Town Hall discussion** on developing a sustainable family practice community.

Back by popular demand, an optional day-long **Practising Wisely Workshop** is set for the day after the conference - Sunday, November 4.

As always, we have put together more than 25 sessions of quality CPD, featuring hot topics in practice management as well as clinical care. In line with our **Future of Family Medicine** theme, each presenter will also offer some predictions for what we can expect in the years ahead.

You are also invited to join us for a special reception immediately following day one of the conference to honour some of our exceptional colleagues who received this year's BCCFP awards.

We have packed lots of quality CPD sessions and networking opportunities into just two days. Please join us!

### **Marjorie Docherty**

Chair, 2018 Family Medicine Conference Committee

**The BCCFP thanks the 2018 Family Medicine Conference Committee members, as well as members of our CPD Committee, for their work in planning this event:**

Drs. Marjorie Docherty (FMC Chair), Jeanette Boyd, Carolyn Feeley, Brenda Huff, Fiona Manning, Christie Newton, Kirstie Overhill, Justine Spencer and Maryam Zeineddin.

## Conference Highlights

### **NEW! PechaKucha**

PechaKucha 20x20 is a simple presentation format designed to keep presentations concise and fast-paced. The presentation shows 20 images, each for 20 seconds.

#### **The scheduled topics are:**

- New Ways of Thinking About Family Practice
- Why I Love What I Do

### **NEW! Poster Presentation**

For the first time, the FMC will include posters.

#### **Our themes are:**

1. The Future of Family Medicine
2. Developing a Sustainable Family Practice Community
3. Quality Practice Improvement

## Join Us

### **BCCFP Awards Reception**

Join us to mix, mingle and most of all recognize some of our exceptional colleagues on Friday, November 2, at 5:15, immediately after the conference sessions. Let's celebrate our work and congratulate the recipients of this year's peer- and patient-nominated awards.

### **Annual General Meeting**

What is the BCCFP doing for you? Join us for lunch on November 2 to learn more about the BCCFP's strategic priorities and the work carried out by the Board, its committees, and staff over the past year. We'll also have copies of the 2017/18 Annual Report and financials.

## Plenary Sessions

### **High Times: Evidence-based Conversations about Cannabis**

**Dr. Lori Montgomery**

Find out how to discuss the risks and benefits of cannabis with patients who may choose to use it. You will also hear more about how to assess a patient seeking authorization for medical cannabis and gain insights into the potential impact of legalizing medical use.

### **Deprescribing in Our Elderly Population**

**Dr. Rita McCracken**

Hear a review of the risks and benefits of deprescribing and the tools that can help you. This session will also touch on how to identify/anticipate meds that can cause problems and how to develop a process to reduce polypharmacy.

### **Common and Uncommon Skin Lesions: The Black, the Blue and the Ugly**

**Dr. Henry Docherty**

Take a closer look at some of the common and uncommon lesions and rashes seen in family practice and get some pointers on diagnosis and treatment.

### **Adverse Child Experiences (ACEs) Trauma Informed Care**

**Dr. June Bergman**

Learn more about the impact of adverse childhood experiences on brain development and life-long health. You will also find out how incorporating this history can help you provide better care for your patients.

### **Opioid Overdose Update**

**Dr. Christy Sutherland**

An update on the opioid crisis and the continuum of care for Opioid Use Disorder from a family physician who practises addictions medicine on Vancouver's Downtown Eastside.

### **Hot off the Press: The Top Five Articles that Impacted Family Practice in 2018**

**Presenter TBA**

An opportunity to catch up on what you may have missed in the literature this year. The presenter will provide highlights from five high-impact articles.

## Friday, November 2

### 7:30 BREAKFAST & REGISTRATION

### 8:30 WELCOME

### 8:40 High Times: Evidence-Based Conversations About Cannabis Dr. Lori Montgomery

### 9:25 PECHAKUCHA: New Ways of Thinking About Family Practice

### 9:55 Deprescribing in Our Elderly Population Dr. Rita McCracken

10:40 BREAK

### 11:10 BREAKOUT SESSION A

- **Burns: Is Silver a Burn's Best Friend?** Dr. Gordon Bird
- **"Who Is Behind the Wheel?" Driving Assessment for Older Adults** Dr. Diane Villanyi
- **Pruritis: This Itch Is Driving Me Crazy!** Dr. Allison Sutton
- **Chronic Pain: Beyond Opioids** Dr. David May
- **REAL Groups Live – Cannabis Prescribing** Dr. Fahreen Dossa

### 12:10 REPEAT: BREAKOUT SESSION A

12:55 LUNCH & AGM

### 2:10 BREAKOUT SESSION B

- **Managing Patients with Borderline Personality Disorder in Your Office** Dr. Carl Wiebe and Dr. Lorne Korman
- **Managing Office Staff: Good Practices and Mistakes to Avoid** Dr. Marjorie Docherty
- **Motivational Interviewing for the Busy Physician** Dr. Karen Shklanka
- **Perinatal Addiction/Harm Reduction and Rooming-in as a Primary Care "Practice Standard"** Dr. Ronald Abrahams

### 3:25 BREAKOUT SESSION C

- **Having the Conversation: Advanced Care Planning** Dr. Jocelyn Chase
- **How to Manage Our Offices to Better Care for Our Patients** Dr. Maryam Zeineddin
- **Essential Workups in Rheumatology for Inflammatory Arthritis** Dr. Kam Shojanian
- **Connect, Resource, Inspire: Hope's Guide to Patient Engagement** Dr. Josh Greggain

### 4:40 Common and Uncommon Skin Lesions: The Black, the Blue and the Ugly Dr. Henry Docherty

### 5:15 AWARDS RECEPTION

Join us to congratulate some of our exceptional colleagues honoured with this year's BCCFP awards.

## Saturday, November 3

### 7:30 BREAKFAST & REGISTRATION

### 7:30 STRETCH SESSION (optional, 30 minutes)

### 8:30 Adverse Child Experiences (ACEs) Trauma Informed Care Dr. June Bergman

### 9:15 Hot off the Press: The Top Five Articles that Impacted Family Practice in 2018

### 9:45 Opioid Overdose Update Dr. Christy Sutherland

10:30 BREAK

### 11:00 BREAKOUT SESSION D

- **Proteinuria: Diagnosis and Management** Dr. Claire Harris
- **Adult Vaccination Update: Including Shingles, Pneumonia and Flu** Dr. Susan Hollenberg
- **Simplified Approach to Red Eye: Pearls & Medico-Legal Pitfalls** Dr. Simon Moore
- **Heart Failure Treatment Update** Dr. Amit Khosla

### 12:00 REPEAT: BREAKOUT SESSION D

12:45 LUNCH

### 1:45 BREAKOUT SESSION E

- **eCASE: The Most Common Questions in Internal Medicine, Cardiology and Neurology** Presenters from RACE TBA
- **Osteoporosis Treatment: Who, When, How, and Forever?** Dr. Larry Dian
- **The Pearls and Pitfalls of Prescribing for ADHD Across the Lifespan** Dr. Matt Blackwood
- **Patient Care, Physicians and WorkSafeBC** Dr. Holly Workman

### 3:00 BREAKOUT SESSION F

- **Town Hall: A Sustainable Future for Family Medicine**
- **Hypertension and Lipids: A Primer for the Family Physician in 2018** Dr. Jonathan Tang
- **Guiding Principles for the Assessment of Health Care, Personal Care and Financial-Decision Making Capacity** Dr. Heather D'Oyley
- **The Promise of Artificial Intelligence (AI) and Voice in Health Care: The Future of Family Medicine** Dr. Teri Fisher

### 4:15 PECHAKUCHA: Why I Love What I Do

### 4:45 CONFERENCE CONCLUDES

This Group Learning activity has been certified by the College of Family Physicians of Canada and the BC Chapter for up to 12 Mainpro+ Certified credits.

## Breakout Sessions

### **Burns: Is Silver a Burn's Best Friend?**

**Dr. Gordon Bird**

Find out the best approach for burns care in your practice. The presenter will cover everything from identifying injuries that need referral to the ER, to treating burns and managing complications in your office.

### **Having the Conversation: Advanced Care Planning**

**Dr. Jocelyn Chase**

Explore current and emerging approaches to Advanced Care Planning (ACP). This session includes a review of the materials and resources available to you and an opportunity to take part in some practical exercises to help you have ACP conversations with patients and families.

### **Heart Failure Treatment Update**

**Dr. Amit Khosla**

Learn more about heart failure classification, addressing prognosis, and how to incorporate new therapies/treatment strategies for HFpEF.

### **Perinatal Addiction/Harm Reduction and Rooming-in as a Primary Care "Practice Standard"**

**Dr. Ronald Abrahams**

Get an overview of applying harm reduction principles to perinatal addiction in primary care and applying trauma-informed care to improve outcomes. You will also gain an understanding of rooming-in as a practice standard in Canada.

### **The Pearls and Pitfalls of Prescribing for ADHD Across the Lifespan**

**Dr. Matt Blackwood**

This session will help you to clarify the ADHD diagnosis, review assessment tools for diagnosis and treatment, and gain insight on safe-prescribing.

### **Essential Workups in Rheumatology for Inflammatory Arthritis**

**Dr. Kam Shojanja**

Learn how to apply a "reasonable" approach to ordering lab tests for the most common presentations of inflammatory arthritis and understand some of the limitations of testing.

### **Proteinuria: Diagnosis and Management**

**Dr. Clare Harris**

A look at the common pitfalls in the diagnosis and management of proteinuria, along with some of the most frequent causes and indications for nephrology referrals. You will also get some pointers on how to manage patients to reduce the risk of cardiovascular events and slow the progression of renal failure.

### **Managing Office Staff: Good Practices and Mistakes to Avoid**

**Dr. Marjorie Docherty**

This session will provide some insights on managing office staff, including hiring and managing performance reviews. You will also get some advice on tying wages to performance and dealing with a staff member who "isn't working out."

### **Osteoporosis Treatment: Who, When, How, and Forever?**

**Dr. Larry Dian**

Understand how best to: identify the populations at risk; select the best therapies; and manage your osteoporosis patients over time.

### **Adult Vaccination Update: Including Shingles, Pneumonia and Flu**

**Dr. Susan Hollenberg**

Select the best approach for your patients by learning more about the differences between the different vaccines now available for shingles and pneumonia. The presenter will also give you an update on vaccines for the 2018-19 flu season.

### **Hypertension and Lipids: A Primer for the Family Physician in 2018**

**Dr. Jonathan Tang**

Learn more about the importance of managing cardiovascular risk factors on a population scale, plus how to approach the management of hypertension, lipids and cardiovascular risk in different populations.

### **Managing Patients with Borderline Personality Disorder in Your Office**

**Dr. Carl Wiebe and Dr. Lorne Korman**

Find out some of the concrete steps that you can take to respond to patients with emotional dysregulation. You will also learn some strategies that can help you direct patients' behaviours.

### **Pruritus – This Itch Is Driving Me Crazy!**

**Dr. Allison Sutton**

A review of the common causes of pruritus and how to diagnose your itchy patient. The presenter will cover some of the oral and topical treatments that can improve pruritus of any cause.

### **Guiding Principles for the Assessment of Health Care, Personal Care and Financial-Decision Making Capacity**

**Dr. Heather D'Oyley**

This session will help you understand the specific domains of incapacity and capacity assessments. The presenter will also give you some insight into the legislative framework for BC for health care, personal care and financial decisions.

### **Motivational Interviewing for the Busy Physician**

**Dr. Karen Shklanka**

Learn when to use or avoid motivational interviewing with patients and how to incorporate the motivational interviewing tools in clinical practice.

## Breakout Sessions, cont'd

### **"Who Is Behind the Wheel?" Driving Assessment for Older Adults**

**Dr. Diane Villanyi**

Learn how to approach the assessment of fitness to drive with your patients, a process that includes the cognitive tests used as predictors of driving fitness, the federal Fitness to Drive Guidelines, and the RoadSafetyBC Senior Driving Assessment.

### **Patient Care, Physicians and WorkSafeBC**

**Dr. Holly Workman**

Expand your knowledge about WorkSafeBC resources and processes to better manage patients and refine your approach to disability assessment and management. You will also get some tips on integrating the relationship between work and health into your practice.

### **Simplified Approach to Red Eye: Pearls and Medico-Legal Pitfalls**

**Dr. Simon Moore**

Learn how to confidently differentiate various eye diagnoses, safely prescribe therapeutics for red eye, and quickly identify the red eye red flags that indicate an urgent referral is needed.

### **Chronic Pain: Beyond Opioids**

**Dr. David May**

This session will help you to describe some of the physiological changes that take place in patients with chronic pain and understand how neuro-plasticity applies. You will also get the chance to practice a technique that can help patients with central sensitization and find out how to access an on-line tool to help facilitate patients' self-management of chronic pain.

### **How to Manage Our Offices to Better Care for Our Patients**

**Dr. Maryam Zeineddin**

Find out more about the differences between variable and fixed overhead optimization. You will also get some pointers on how to use your staff and innovative ideas to improve the flow of patient visits and how to optimize your time with patients to introduce preventative health measures.

### **eCASE: The Most Common Questions in Internal Medicine, Cardiology and Neurology**

**Presenters TBA**

eCASE (electronic Consultative Access to Specialist Expertise) is a novel strategy that enables family physicians to consult with specialists using a web-based platform. The presenters from the RACE (Rapid Access to Consultative Expertise) program will provide an overview of the common questions asked by family physicians.

### **REAL Groups Live: Cannabis Prescribing**

**Dr. Fahreen Dossa**

Take part in a BCCFP Resiliency Education and Learning (REAL) Group! After listening to the High Times: Evidence-Based Conversations About Cannabis presentation, join your colleagues in a small group discussion on various questions posed by the presentation. See what it's like to be in a REAL Group where participants build on their previous experience and knowledge to personalize their learning. Work together to assess learning needs based on what is happening in your practice; search for and appraise the value of evidence and resources; and apply evidence and resources to practice-related questions. An experienced REAL Group facilitator will guide you.

### **Connect, Resource, Inspire: Hope's Guide to Patient Engagement**

**Dr. Josh Greggain**

This session will showcase Hope's equation for patient engagement: Needs + Resources + Innovation = Inspiration. The presenter will also provide insights on connecting with community patients and the local and provincial resources available for patient engagement.

### **The Promise of Artificial Intelligence (AI) and Voice in Health Care: The Future of Family Medicine**

**Dr. Teri Fisher**

The health care applications of voice-first technology (e.g. Amazon Alexa, Google Assistant) are limited only by our imaginations. This session will discuss how the explosion of this technology will radically disrupt the way we practise and identify some key applications for family medicine.

### **Town Hall: A Sustainable Future for Family Medicine**

How does family medicine adapt to the changes in physicians' patterns of practice and societal expectations to build a healthy and vibrant cohort of physicians for our specialty's future?

## Practising Wisely Workshop

Sunday, November 4, 9:00 am to 4:00 pm

Practising Wisely is more than a CPD course. It's a framework that will help you to implement good health care stewardship and avoid over-medicalization for your patients.

The popular one-day **Practising Wisely: Reducing Unnecessary Testing and Treatment CPD Workshop** gives you the opportunity to learn more about Practising Wisely and get familiar with the clinical tools and resources available to support this framework of care.

The case-based curriculum incorporates peer discussion and active learning involving carefully selected online clinical tools and resources. Mirroring the messages of the collaborating Choosing Wisely Canada campaign, the program continues to enable physicians to provide excellence in care by enhancing their knowledge of appropriate imaging, screening, and prescribing, as well as up-to-date approaches to preventive care.

For your convenience, we've scheduled a workshop for the day after the Family Medicine Conference. This will be held in a central location in Vancouver.

**“It was great to see that other FPs have similar concerns about their practices and that our concerns are valid and addressed in this workshop. I feel more confident to practise wisely with all the tools you gave (introduced) to us.”**

— 2017 Participant

**This Group Learning program has been certified by the College of Family Physicians of Canada and the BC Chapter for up to 18 Mainpro+ credits.**

## Conference Booking

### Rooms at the Conference Hotel: The Four Seasons

We have reserved a block of single/double occupancy rooms to enable you to receive a special rate of \$220 (plus applicable taxes) per night for Superior & Deluxe guest rooms.

Please contact the hotel directly (604) 689-9333 and quote “BC College of Family Physicians Family Medicine Conference” to obtain this special rate or visit [bccfp.bc.ca/FMC](http://bccfp.bc.ca/FMC) to find a link to the hotel booking page. The deadline for this rate is September 30 or when the limited block is full.

### Registration

Please register online at [bccfp.bc.ca/FMC](http://bccfp.bc.ca/FMC)

If you prefer to register by mail or fax, please detach the form on the back.

### Conference Fees

To receive the early bird rate, you need to register by October 2.

CATEGORY	EARLY BIRD	REG.
BCCFP/CFPC Member	\$495	\$595
First Five Years of Practice Member	\$395	\$495
Non-Member	\$695	\$795
CFPC Retired Member	\$175	\$275
Allied Professional	\$595	\$695
Family Practice Resident	\$195	\$295
Medical Student	\$95	\$195

### ONE DAY ONLY

Friday	—	\$395
Saturday	—	\$345

### PRACTISING WISELY WORKSHOP

Register at any time – one rate.	—	\$600
----------------------------------	---	-------

