

Family Doctors: Standing Up and Standing Out

Friday, April 5

- 7:30 BREAKFAST & REGISTRATION**
- 8:30 WELCOME**
- 9:00 Rebel With a Cause**
Dr. Ron Abrahams, Dr. Tracy Monk, Dr. Connie Ruffo
- 10:00 **BREAK**
- 10:20 BREAKOUT SESSION A**
- Aiming for Safer Diagnostic Processes**
Dr. Tino D. Piscione (CMPA)
- When Culture Sidelines Strategy: Engaging with Your Health Authority for Better Outcomes**
Ms. Belinda Boyd, International Association for Public Participation (IAP2) Canada
- How to Use Social Media Effectively – And Why Do You Want To?**
Dr. Jaron Easterbrook
- 11:30 BREAKOUT SESSION B**
- Physician Wellness and Burnout: Don't Just Cope, Thrive**
Dr. Connie Ruffo
- Getting Rid of Stupid Stuff**
Mr. Tom Majek (BCPSQC)
- Networking Roundtables**
Dr. Jeanette Boyd (BCCFP), Dr. Eric Cadesky (DOBC), Dr. Ramneek Dosanjh (SGP), Dr. Tracy Monk (GPSC), Dr. Shelley Ross (GPSC)
- 12:30 **LUNCH**
- 1:20 Players and Games in BC Medical Politics: A Conversation with BC Family Practice Leaders**
Dr. Jeanette Boyd (BCCFP), Dr. Eric Cadesky (DOBC), Dr. Ramneek Dosanjh (SGP), Dr. Shelley Ross (GPSC)
- 2:30 BREAKOUT SESSION C**
- Being an Effective Change Agent**
Mr. Tom Majek (BCPSQC)
- Billing for Paperwork and Uninsured Services**
Dr. Steven Goodchild
- The Spectrum of Engagement**
Ms. Amelia Shaw and Mr. Mike Waters (IAP2)
- 4:20 Why Family Doctors Should Rule the World**
Dr. Daisy Dulay, Dr. Kevin Martin, Dr. Alicia Pawluk, Dr. Jennifer Ross
- 5:00 DAY CONCLUDES & RECEPTION**

Saturday, April 6

- 7:30 BREAKFAST & REGISTRATION**
- 8:30 WELCOME**
- 8:40 Opioid Deprescribing**
Dr. Rupi Brar
- 9:40 The Vulvovaginal Exam: Normal or Not?**
Dr. Ulrike Dehaeck
- 10:40 **BREAK**
- 11:10 BREAKOUT SESSION D**
- But Doc I Can't Sleep Without Them**
Dr. Colleen Froese
- So You Want to Authorize Cannabis**
Dr. Rupi Brar
- Should We Sprint to Change Hypertension Treatment Targets?**
Dr. Rita McCracken
- 12:10 **LUNCH**
- 12:50 PECHAKUCHA**
- 1:10 Feeling Confident with Diagnosing and Supporting Patients with PTSD in Your Office**
Dr. Sarah Buydens
- 2:20 BREAKOUT SESSION E**
- The Ups and Downs of the Pediatric Gut**
Dr. Karli Breikss
- What's the Latest in Concussions?**
Dr. David Brooks
- Medical Assistance in Dying**
Dr. Konia Trouton
- 3:30 Acneiform Disorders**
Dr. Allison Sutton
- 4:30 PECHAKUCHA**
- 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 12.25 Mainpro+ Certified credits.

Register online at bccfp.bc.ca/fmc

Plenary Sessions

Rebel With a Cause

Dr. Ron Abrahams, Dr. Connie Ruffo,
Dr. Tracy Monk

Hear from three family physicians about their journeys as advocates for patients and physicians. As change-makers, their stories will inspire you and demonstrate how advocacy from family physicians can improve the health care system.

Opioid Deprescribing

Dr. Rupi Brar

Learn more about managing patients who are on longstanding opioids for pain. You will have a better understanding of the evidence for using opioids in chronic pain versus non-opioid adjunct therapies. The presenter will also talk about the diagnosis of opioid use disorder and tapering protocols you can use.

Feeling Confident with Diagnosing and Supporting Patients with PTSD in Your Office

Dr. Sarah Buydens

Gain a better understanding of what constitutes trauma and post-traumatic stress disorder (PTSD), including the criteria for assessing and diagnosing PTSD and the office-based treatments that you can use.

The Vulvovaginal Exam: Normal or Not?

Dr. Ulrike Dehaeck

How do you respond when a woman asks if her genitalia is normal? This presentation will help you to recognize and deal with vulva, vaginal visual abnormalities. You will also receive some pointers on how to advise patients who request a labiaplasty.

Players and Games in BC Medical Politics: A Conversation with BC Family Practice Leaders

Dr. Jeanette Boyd (BCCFP),
Dr. Eric Cadesky (Doctors of BC),
Dr. Ramneek Dosanjh (SGP),
Dr. Shelley Ross (GPSC)

Join four family medicine leaders for a candid conversation about the roles of their organizations and how each contributes to improving primary care in BC. You will have the opportunity to ask your own questions or upvote (support) the questions of other audience members using an online tool.

Why Family Doctors Should Rule the World

Dr. Daisy Dulay, Dr. Kevin Martin,
Dr. Alicia Pawluk, Dr. Jennifer Ross

Hear from four engaging and passionate Vancouver Island physicians - three family physicians and one cardiologist—in a series of lightning talks. Be inspired by your colleagues as they speak about the value of family medicine and why our strengths as family doctors, the cornerstone of BC's health care system, qualify us to rule the world.

Acneiform Disorders

Dr. Allison Sutton

This session will give you a useful case-based review of the diagnosis, treatment and management of acne, rosacea and perioral dermatitis.

Conference Booking

Rooms at the Conference Hotel: Marriott Inner Harbour

We have reserved a block of single/double occupancy rooms to enable you to receive a special rate of \$179 (plus applicable taxes) per night for guest rooms.

Please contact the hotel directly at 1-888-236-2427 and ask for the *BC College of Family Physicians/Society of General Practitioners* group rate or visit bccfp.bc.ca/fmc to find a link to the hotel booking.

The deadline for this special rate is March 5 or when the limited block is full.

Registration

Please register online at bccfp.bc.ca/fmc. If you prefer to register by phone please call the BC College of Family Physicians 604-736-1877 or toll free 1-888-736-1877.

Conference Fees

Register before March 5 and receive the early bird rate:

BCCFP or SGP Member	\$495
First 5 Years of Practice Member	\$395
Non-Member	\$695
Allied Medical Professional	\$595
Family Practice Resident	\$195
Medical Student	\$95

* Rates will increase by \$100 in each category after March 5.

Practising Wisely Workshop

Sunday, April 7 - \$600

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.

This popular one-day workshop gives you the opportunity to learn get familiar with the clinical tools and resources available to support this framework of care. The case-based curriculum enables 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 conference at the same venue. Register online or call to reserve a seat.

Breakout Sessions

Aiming for Safer Diagnostic Processes

Dr. Tino D. Piscione, Canadian Medical Protective Association (CMPA)

Arriving at the correct diagnosis in a timely manner is sometimes challenging. This session will help participants to consider how they and others think, how they interact with others, and how systems and processes of care can enhance or compromise the delivery of safe medical care.

The Ups and Downs of the Pediatric Gut

Dr. Karli Breikss

When parents come to you with concerns about digestive concerns in an infant or child, this session will help you advise them on a variety of problems, including: reflux in infants, CMPA, pyloric stenosis, colic, ulcers, constipation, bowel inflammation and celiac disease.

What's the Latest in Concussions?

Dr. David Brooks

Review the most recent guidelines for concussion management and update your knowledge on best practices with a view to integrating them into your practice. The presenter will also cover current controversies in concussion outcomes.

When Culture Sidelines Strategy: Engaging with Your Health Authority for Better Outcomes

Belinda Boyd, International Association for Public Participation (IAP2) Canada

Change requires partnership. Partnership requires engagement and understanding the needs and culture of your partner. Family doctors and health authorities work together in many ways, including clinical practice and advocacy work. This session will discuss the culture of health authorities, and how engagement principles can positively impact your work and outcomes.

How to Use Social Media Effectively – and Why Do You Want To?

Dr. Jaron Easterbrook

Social media can create opportunities for continuing professional development, networking and knowledge translation. This session will review how physicians can use social media while following College and other guidelines for safe and professional use.

Physician Wellness and Burnout: Don't Just Cope, Thrive

Dr. Connie Ruffo

Wellness and burnout are growing topics of interest as demand for care on limited resources continues to increase. This session will focus on what we see as the root causes contributing to the high rates of physician burnout and what we can do about it.

But Doc I Can't Sleep Without Them

Dr. Colleen Froese

Gain a better understanding of the evidence for sleep medications, the potential harm and how/when to wean your patients. You will also learn more about normal sleep cycles and helping patients with insomnia.

Getting Rid of Stupid Stuff

Mr. Tom Majek, BC Patient Safety and Quality Council (BCPSQC)

Are you frustrated by how your "stupid stuff" adds to your workload? Join us for an interactive, participant-driven session where we will come together to discuss, explore and create solutions to "get rid of stupid stuff" and decrease administrative busy work. This session is based on a recent NEJM article by the same name.

So You Want to Authorize Cannabis

Dr. Rupi Brar

This session will walk you through "Cannabis 101," including the various forms, and outline both the medical uses and adverse effects of this newly legalized drug.

Networking Roundtables

Dr. Jeanette Boyd, Dr. Eric Cadesky, Dr. Ramneek Dosanjh, Dr. Tracy Monk, Dr. Shelley Ross

Do you want to have a small group conversation with some of the family physicians who are advocating for change in primary care in BC? This session will give you the opportunity to participate in table conversations with the presidents of the BC College of Family Physicians, the Society of General Practitioners of BC and Doctors of BC, as well as physicians from the General Practice Services Committee.

Billing for Paperwork and Uninsured Services

Dr. Steven Goodchild

How do you have a conversation with your patients about billing for paperwork and other uninsured services? How do you value your time as a family physician? Learn the skills necessary to have these conversations as well as a suggested approach to billing for these services.

Should We Sprint to Change Hypertension Treatment Targets?

Dr. Rita McCracken

What is your patient's optimal blood pressure target? This session will help you to identify the optimal targets based on highest quality evidence and understand how the SPRINT trial changes what we know about blood pressure targets for primary care patients.

Being an Effective Change Agent

Mr. Tom Majek, BC Patient Safety and Quality Council (BCPSQC)

Are you interested in learning about applying social movement and community organizing principles to primary care reform and other work that you do? Based on a full day workshop by the BCPSQC, this session is focused on building knowledge and skills for leading change.

Medical Assistance in Dying

Dr. Konina Trouton

Learn how to conduct a comprehensive MAiD assessment and identify the red flags when the context or assessment may be complex. This session will also help you to gain confidence in introducing MAiD with patients and understand the documentation required.

The Spectrum of Engagement

Ms. Amelia Shaw and Mr. Mike Waters, International Association for Public Participation (IAP2) Canada

What does "engagement" mean anyway? Learn about the IAP2's Spectrum for Public Participation, designed to assist with the selection of the level of participation in any public participation/engagement process. You will be able to use this framework to design engagement activities with physician colleagues, external stakeholders and the public.