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

**2020  
FAMILY  
MEDICINE  
CONFERENCE**

**TOGETHER**

TOWARDS A BETTER FUTURE

**FRIDAY, OCTOBER 9**

A full-day virtual event brought to you by the professional home of family medicine in BC.

Diverse topics and breakout sessions to support you in caring for the whole person — and caring for yourself.

# Agenda

Friday, October 9

**9:00 AM:** Welcome and Housekeeping

**9:10 AM: Keynote: Maintaining Wellness in Times of Change**

Dr. Mamta Gautam

**9:55 AM:** Top Three Articles That Changed My Family Practice

Dr. Steve Wong

## 10:30 AM: BREAK

**11:00 AM:** Breakout Session A

1	2	3	4
<b>We All Make Mistakes</b> Dr. Marjorie Docherty	<b>Beyond Metformin: Where Do We Go Now?</b> Dr. Lee MacKay	<b>Breast Cancer Screening: What You Don't Know Can Hurt You</b> Dr. Jessica Otte	<b>Health Impact in Climate Change</b> Dr. Melissa Lem

**11:50 AM:** Winter Dermatoses and Which Conditions to

Treat with Cryosurgery

Dr. Nathan Teegee

## 12:30 PM: ANNUAL GENERAL MEETING

## 1:15 PM: LUNCH

**1:45 PM:** Racism in Medicine: What Does it All Mean and

What are the Implications for Practice?

Dr. Danièle Behn Smith

**2:45 PM:** Breakout Session B

1	2	3	4
<b>How to Manage Grief</b> Dr. Katherine Bell	<b>COPD Update</b> Dr. Jeremy Road	<b>Maternity Care Update</b> Dr. Preveena Dharmaraj	<b>Transforming Your Work</b> Dr. Tandi Wilkinson

## 3:30 PM: BREAK

**3:50 PM** Child and Youth Mental Health

Dr. Ingrid Douziech

**4:25 PM:** Envisioning the Future Together

Dr. Terri Aldred

**5:00 PM:** Concluding Remarks

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the BC Chapter for up to 5.25 Mainpro+® credits.

# Plenary sessions

## Keynote: Maintaining Wellness in Times of Change

Dr. Mamta Gautam

With our world changing, Dr. Gautam will explore the psychological and physiological impact of COVID-19 on both physicians and patients. She will provide strategies for managing grief and discuss approaches to dealing with change and uncertainty, whether it be adapting to parenting through the pandemic or adjusting to delivering virtual care from home. Attendees will leave with fresh ideas for maintaining resilience no matter what the future holds.

## Top Three Articles That Changed My Family Practice

Dr. Steve Wong

Some articles are not to be missed. In this review, hear about new data on the prevention of end-stage renal failure in diabetes and the prevention of heart failure outcomes. Gain a new perspective on the role of optimal medical therapy, versus early intervention strategies, in coronary artery disease.

## Winter Dermatoses and Which Conditions to Treat with Cryosurgery

Dr. Nathan Teegee

With colder months closing in, this session will help you diagnose and manage five of the most common dermatological conditions that present in the winter. You will also hear about LN2 treatment and its risks.

## Racism in Medicine: What Does it All Mean and What are the Implications for Practice?

Dr. Danièle Behn Smith

Family physicians are in a position to combat systemic racism. To do so, we must first understand what it means to practise cultural safety and humility. Dr. Behn Smith will explain and define white fragility, white privilege, white immunity and structural racism and how these mechanisms lead to health inequities. Attendees will leave with new strategies that can be used to enhance cultural safety and anti-racism in medical practice.

## Child and Youth Mental Health

Dr. Ingrid Douziech

Children and teens have had their lives upturned by school closures, changes to schedules, and different types of losses this year. This session will help you recognize and assess childhood mental illness and treat childhood anxiety, including in the context of the pandemic. You will also receive practical suggestions on how to help children and parents deal with bullying.

## Envisioning the Future Together

Dr. Terri Aldred

This year has opened people's minds to the possibility for change and improvement. Dr. Aldred will lead us in thinking about current and future primary care strategies and how to increase accessibility and strive for excellence and equity. Attendees will leave with new ideas for self-care and inspiration on how to partner with patients to improve their care and the wider health care system.

# Breakout sessions

## Breakout A

### We All Make Mistakes

*Dr. Marjorie Docherty*

Mistakes are a part of life, but the consequences can be especially hard in family medicine. This session will help you recognize and acknowledge the harm that can befall patients when mistakes occur. This will also be an opportunity to discuss the psychological impact making mistakes has on the physician and identify health ways to create dialogue and deliver support for colleagues when mistakes occur.

### Beyond Metformin: Where Do We Go Now?

*Dr. Lee MacKay*

Hear about management for type 2 diabetes, including new oral hypoglycemics. Dr. MacKay will describe when and how to initiate insulin and will help you identify PharmaCare and First Nations Health Authority funding opportunities for treatments.

### Breast Cancer Screening: What You Don't Know Can Hurt You

*Dr. Jessica Otte*

Dr. Otte will guide participants in interpreting key controversies in breast cancer screening and understanding how they impact your patients' expectation and outcomes. Participants will learn how to employ a shared decision-making approach for mammography.

### Health Impact in Climate Change

*Dr. Melissa Lem*

We are already starting to see the impact of climate change in medicine. Learn about how typical presentations in family medicine are changing as a result of climate change and hear how COVID may affect climate change and population health.

## Breakout B

### How to Manage Grief

*Dr. Katherine Bell*

Most of us have experienced some form of loss this year. Dr. Bell will lead us through strategies on assisting patients who have suffered grief through death as well as other types of losses. Learn how to diagnose and manage complex and prolonged grief and how to identify signs of post-ICU syndrome.

### COPD Update

*Dr. Jeremy Road*

Leave this session with a clearer idea of how to create a COPD care plan, including evidence for newer agents used in COPD management appropriate follow-up investigations and recall schedules. This session will also explore treatment options and community resources to support patient care.

### Maternity Care Update

*Dr. Preveena Dharmaraj*

Prenatal care has changed during the pandemic. Dr. Dharmaraj will review changes to prenatal visit schedules, explain what is required for prenatal care under 20 weeks and identify options and timelines for genetic screening.

### Transforming Your Work

*Dr. Tandi Wilkinson*

Explore new ways of looking at our work as a way of finding more ease and joy in what we do. In this short session, we will focus on one tool that helps us move towards work that is more fulfilling.

# Speakers

### KEYNOTE SPEAKER: DR. MAMTA GAUTAM



Dr. Mamta Gautam is a psychiatrist, executive coach, author, consultant and speaker who specializes in keeping well professionals well. She is an expert in physician health and physician leadership. An Assistant Professor at the University of Ottawa Faculty of Medicine, she has worked as a psychiatrist in Ottawa for over 25 years. Dr. Gautam founded the University of Ottawa's Faculty of Medicine Wellness Program, which served as the template for the Canadian Medical Association Center for Physician Health and Wellbeing. In 2008, she founded the International Alliance on Physician Health.

Dr. Gautam has created and conducted over 1,000 innovative seminars and is the recipient of numerous awards for her pioneering work in physician health and physician leadership development.

### DR. STEVE WONG



Dr. Steve Wong completed his MD degree at the University of Calgary. He joined the Internal Medicine residency program at the University of British Columbia and completed a fifth year in the General Internal Medicine Fellowship with a focus on perioperative medicine. He is currently in practice in Vancouver and Richmond.

Dr. Wong has developed courses and initiatives aimed at bridging technology, evidence-based medicine and clinical practice in close collaboration with the UBC Division of Continuing Professional Development (UBC CPD). He is currently the Medical Director for "This Changed My Practice" – a free, web-based educational resource for BC physicians at UBC CPD.

### DR. MARJORIE DOCHERTY



Dr. Docherty has been passionate about teaching and medical education since her graduation from medical school and has received several teaching awards.

She has been involved in full-service family medicine throughout her career and has been a family physician in Kelowna since 1988. Dr. Docherty received the Dr. David M Bachop Gold Award in 2019 for services to medicine. She has been involved with BCCFP since 2013 and is currently the Vice President. She is currently site lead for third-year rural family medicine at the Southern Medical Program.

### DR. LEE MACKAY



Dr. MacKay is a generalist family physician in Nelson. He has been active in physician leadership, serving as vice chair, chair and physician lead for the Kootenay-Boundary Division of Family Practice. He now serves as a BC Family Doctors representative on the GPSC. He has played an integral role in the

creation of the Kootenay-Boundary Division's Poverty Intervention Tool and Adverse Childhood Experiences toolkit, which helps doctors support patients who are struggling with the health impacts of socio-economic challenges and trauma.

**REGISTER ONLINE**

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## Speakers cont'd



### DR. JESSICA OTTE

Dr. Otte practises palliative care and care of the elderly in Nanaimo. She has practised rural family medicine in remote communities in Nunavut and the Northwest Territories, and as a hospitalist in more urban settings in BC.

Dr. Otte sits on several professional boards and committees, including the Doctors of BC Council on Health Economics and Policy.

Dr. Otte is a clinical instructor for the Faculty of Medicine; the site lead for Faculty Development for the Nanaimo Family Practice Residency Program; and has written articles for a variety of medical journals.

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### DR. MELISSA LEM

Dr. Lem is a Vancouver family physician who also works in rural and northern communities within Canada. As a board member of the Canadian Association of Physicians for the Environment and Director of Parks Prescriptions for the BC Parks Foundation, she has been involved in advocacy work on a broad range

of issues including climate change, forest fires, fracking and LNG, and the nature-health connection. A senior writer for the CBC, she was the resident medical expert on CBC's hit lifestyle show *Steven and Chris* for four seasons. She holds a clinical faculty appointment at the University of British Columbia.

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### DR. NATHAN TEEGEE

Dr. Teegee is a dermatology resident in his final year at the UBC Dermatology post-graduate program. He previously worked with Carrier Sekani Family Services, where he helped establish their primary care program with Dr. John Pawlovich. He recently worked alongside

Dr. Neil Kitson to establish the UBC Rural Dermatology telemedicine centre and telederm service for physicians across BC. When not prepping for his upcoming Royal College exam, he can be found in a park with his family.

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### DR. DANIELÈ BEHN SMITH

Dr. Danièle Behn Smith is the Aboriginal health physician advisor for the province of British Columbia. She works alongside Dr. Bonnie Henry to provide independent advice and support to the Ministry of Health on First Nations and Indigenous health issues.

Dr. Behn Smith is Eh Cho Dene (Big Animal People) of the Fort Nelson First Nation in B.C. with French Canadian/Métis roots in the Red River Valley. She has practised rural medicine in remote communities across Canada and is currently a family physician at Tse'wulhtun Health Center in the Cowichan Valley.

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### DR. KATHERINE BELL

Dr. Katherine Bell is a family physician with a full-time locum practice on Vancouver Island and a special interest in palliative care and research. She previously practised on Prince Edward Island, where she was recognized for her advocacy work and served as a former executive member of the PEI provincial CFPC

chapter. Dr. Bell has experience in working with provincial governments and health authorities in advocacy and policy development roles. She is a member of the BCCFP Board of Directors.

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### DR. JEREMY ROAD

Dr. Road is a Professor of Medicine at UBC and a respirologist at Vancouver Hospital and UBC. He is currently Medical Director of the Provincial Respiratory Outreach Program and the Vancouver Hospital Lung Function Laboratory. His research interests include respiratory sleep and neuromuscular disorders, COPD

and respiratory tract infections. His current area of basic research is respiratory muscle fatigue and injury in loaded breathing.

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### DR. PREVEENA DHARMARAJ

Dr. Dharmaraj is a family physician who works in the community at an interprofessional clinic in East Vancouver and practises primary care obstetrics at BC Women's Hospital. She obtained an Honours Bachelor of Science with a double major in Biology and Psychology at McMaster University. She pursued

graduate studies in eating disorders at the Centre for Addiction and Mental Health in Toronto before graduating medical school at Queen's University and moving to Vancouver to complete residency in the St. Paul's Family Medicine program at UBC. Dr. Dharmaraj has a special interest in health access for marginalized populations, women's health and obstetrics.

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### DR. TANDI WILKINSON

Dr. Wilkinson is a rural physician with a focused practice in emergency medicine. She has had a role in medical education with UBC CPD for many years, developing many rurally specific education courses, such as The Shock Course and The HOUSE Course.

Dr. Wilkinson co-created and co-facilitates a wellness workshop for physicians called *Transforming Our Work*. She recently completed her Faculty of Medicine Rural Scholar position, which focused on physician wellness and informal peer support.

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### DR. INGRID DOUZIECH

Dr. Douziech is a child and adolescent psychiatrist in Kelowna. She trained at UBC and the University of Ottawa and has worked as an inpatient psychiatrist at the Royal Ottawa Mental Health Centre. She currently delivers inpatient assessment and treatment of complex mental health conditions in youth at the

Adolescent Psychiatric Unit at Kelowna General Hospital. Dr. Douziech also works at Foundry Kelowna, providing outpatient psychiatric care to youth and families.

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### DR. TERRI ALDRED

Dr. Terri Aldred is engaged in full-scope outpatient primary care with Indigenous communities and inner-city youth. A member of the Tl'Aztl'En Nation, her special interests are Indigenous, women's and adolescent health. She is a family physician for the Carrier Sekani First Nations communities in North

Central BC; the Medical Director for the Prince George Foundry Clinic; and the Indigenous Lead for the Rural Coordination Centre of BC.

Dr. Terri Aldred currently serves as Site Director for UBC's Indigenous Family Medicine Program. Dr. Aldred is a member of the BCCFP Board of Directors.

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