



65th ANNUAL FAMILY MEDICINE CONFERENCE

DoubleTree by Hilton, Regina, Saskatchewan
September 20th & 21st, 2019

For Family Physicians; By Family Physicians

THE SASKATCHEWAN
COLLEGE OF
FAMILY PHYSICIANS



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DE LA SASKATCHEWAN

A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

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President's Message

On behalf of our Board of Directors, our FMC Planning Committee, and SCFP staff, I would like to welcome you to our 65th Annual Family Medicine Conference. Our Planning Committee is excited to present this year's program, which offers participants a wide variety of topics that are meaningful to our profession and provided by experienced speakers – most of whom are family physicians themselves!

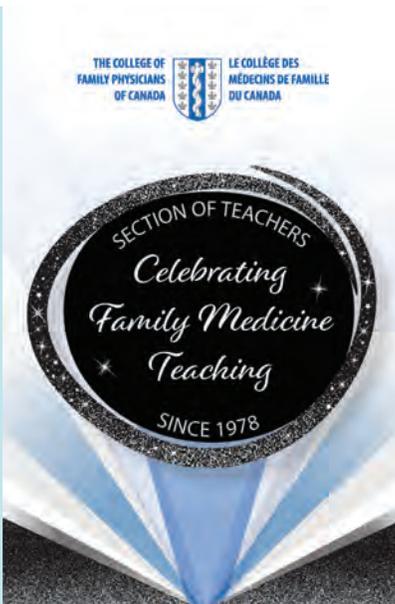
For the FMC we are bringing topics that incorporate all CanMED-FM roles. We are pleased to have topics on practice improvement and the Patient's Medical Home, along with clinical topics that reflect the needs of Saskatchewan family physicians and our patients. We aspire to provide you with a breadth of topics that are both interesting and informative as we strive to be leaders in continuing professional development.

It has been a busy year at the SCFP office, and hopefully we saw you at one of our CPD or social events. We have also been working to strengthen our relationships with other healthcare organizations and continue to advocate for primary care and family medicine. I look forward to telling our members more about our accomplishments over the past year at our Annual Meeting of Members.

Following the conclusion of our program on Friday, please join us for our Celebration of Family Medicine where we will celebrate our award winners as well as relax and socialize with colleagues and friends over appetizers, drinks and an elegant meal. Tickets are \$42 and can be purchased when you register for the conference.

Thank you for supporting this year's conference. Please take a moment to complete evaluations as your feedback is so important in the process of developing relevant and innovative content for our future events.

Dr. Mark Cameron, BA MD CCFP FCFP



The CFPC and the SCFP are
celebrating 40 years
of family medicine teaching excellence.

Thank you
to Saskatchewan's family medicine teachers,
preceptors and educational leaders
for all that you do!

VISIT THE CFPC BOOTH TO ...

- pick up a token of appreciation
- try your luck in our raffle
- share a message of gratitude at the whiteboard station
- pick up a "Proud Family Medicine Teacher" ribbon
- get teaching tools and resources



FMC Planning Committee

Dr. Indy Das MBBS, BSc (Hons) MRCS CCFP
Committee Chair, (Saskatoon)

Dr. Myles Deutscher, MD CCFP
(Saskatoon)

Dr. Aaron Friggstad MD, CCFP FCFP
(Saskatoon)

Dr. Johann Kriegler, MBBCh CCFP
(Saskatoon)

Dr. Cathy MacLean, MD FCFP MCISc (Family Medicine) MBA
(Saskatoon)

Dr. Paula Schwann, MD CCFP FCFP
(Saskatoon)

Dr. Erin Selzer, MD CCFP
(Regina)

Shona den Brok, Executive Director
SCFP (Saskatoon)

Colette Duffee, Administrator
SCFP (Saskatoon)

***We are always looking for broader representation across the province!
If you would like to be a part of our planning committee,
please contact the SCFP office at
scfp@sk-cfp.ca.***

SCFP IS COMING OF AGE!



Please download the Whoova Event App on your smart phone, tablet or laptop, and bring it to the event with you. From this app, you will be able to access the conference schedule, along with many other features to make your event a great experience! A link to the event and passcode will be provided closer to the date.



2019 Family Medicine Conference (FMC) At A Glance

Thursday,
September 19th

7:30 AM-8:00 AM

Morning

Lunch Break

Afternoon

Breakfast
Pre-Conference Programs
Lunch
Pre-Conference Programs

Friday,
September 20th

7:30 AM-8:00 AM

Morning

Lunch Break

Afternoon

Evening

Breakfast
Plenary Program and Small Group Sessions
Lunch and Annual Meeting of Members (12:00pm - 1:30pm)
Plenary Program and Small Group Sessions
Celebration of Family Medicine (6:30pm)

Saturday,
September 21st

7:30 AM-8:00 AM

Morning

Afternoon

Breakfast
Plenary Program
Conference Ends at 12:30pm
Post-Conference Programs (begin at 12:30pm and 1:00pm)

ANNUAL MEETING OF MEMBERS

All members, please join us for our AMM! We will welcome Dr. Paul Sawchuk, CFPC President, and Dr. Francine Lemire, CFPC CEO & Executive Director, along with SCFP President Dr. Mark Cameron, to find out what's new at CFPC and SCFP.



Pre-Conference Programs

Thursday, September 19th, 2019

PRACTICE IMPROVEMENT ESSENTIALS (PIE): PART 1 & PART 2

Certified Group Learning Credits: 15 \$375.00 + GST

8:00 AM – 5:00 PM Registration 7:30 AM

Facilitators: Dr. J. Hosain, Dr. A. Muller, Dr. O. Reis, & Dr. A Davis

Learning Objectives for Part 1:

- Define quality improvement (QI).
- Describe the Quadruple Aim and the Six Dimensions of Quality.
- Compare quality assurance (QA), quality improvement (QI) and Research.
- Defend the position that:
 - Continuous practice improvement is a part of everyday practice;
 - Practice improvement represents a spectrum of activities;
 - Practice improvement can be done in small steps to achieve long term gains.
- Describe different opportunities and sources to identify opportunities for improvement.
- Describe the key activities inherent in successful practice improvement initiatives.
- Describe approaches that can be used to undertake QI (from simple changes).

Learning Objectives for Part 2:

- Apply the Model for Improvement to a specific QI project and evaluate an aim statement.
- Get familiar with tools such as the QI Charter and understand the importance of documentation in QI.
- Build a measurement plan for your QI project.
- Determine the root cause of your problem and identify a change idea that will address the cause.
- Apply the PDSA cycle to change ideas and get familiar with the basic approach to evaluating improvement by analyzing data.

PAACT: ANTI-INFECTIVE PROGRAM

Certified Group Learning Credits: 21 \$375.00 + GST

8:00 AM – 5:00 PM Registration 7:30 AM

Facilitators: Dr. K. Thompson & L. Regier

Learning Objectives:

At the end of this program, participants will:

- Have reviewed the principles of antibiotic resistance, what's new (including Saskatchewan data), and how this impacts antibiotic prescribing.
- Have reviewed and discussed diagnosis and treatment of common infectious diseases in primary care, including:
 - Upper respiratory tract infections (sinusitis, pharyngitis, otitis media)
 - Lower respiratory tract infections (acute bronchitis, AECOPD, pneumonia)
 - Urinary tract infections
 - Skin infections
- Feel more comfortable investigating and managing common infections.
- Become more familiar with evidence-based guidelines to assist with antibiotic prescribing.
- Have acquired patient tools to help implement antibiotic stewardship in your practice.
- Have had the opportunity to provide feedback on situations you are unsure of how to resolve.



Pre-Conference Programs

Thursday, September 19th, 2019

SAVING FEET, CHANGING LIVES

Certified Group Learning Credits: 3 \$50.00 + GST
1:00 PM – 5:00 PM Registration 12:30 PM
Facilitator: Dr. T. Laubscher

Learning Objectives:

At the end of this interactive and case-based learning session, participants will be able to:

- Identify clinical features of diabetic foot complications and venous insufficiency.
- Simplify and improve their management of people with venous leg ulcers and diabetic foot ulcers by utilizing the resources of the Saskatchewan Lower Extremity Wound Pathway.
- Prescribe medical therapies for diabetic foot complications with more confidence.

MENTORSHIP

Certified Group Learning Credits: 5 No Cost
10:00 AM – 4:00 PM Registration 9:30 AM
Facilitator: TBD

This program will explore how to move forward and create a rural mentorship program in Saskatchewan.

Learning Objectives:

At the end of this session, participants will be able to:

- Describe the challenges for retention specifically for new physicians going to rural areas in Saskatchewan.
- List characteristics of successful mentorship programs.
- Discuss the Saskatchewan specific issues/challenges to be considered for the successful implementation of a mentorship program in Saskatchewan.
- Characterize and contrast the key factors of mentorship and coaching.
- Strategize the next steps for a SK specific Rural Mentorship Program.



EARN MORE CREDITS WITH LINKING LEARNING EXERCISES!

Conference participants may elect to use this program as part of a self-study learning activity to earn additional credits.

For more information, please visit:

https://www.cfpc.ca/Linking_Learning_exercises/



Plenary Program & Small Group Sessions

Friday, September 20th, 2019

7:30 AM

Registration & Breakfast

7:55 AM

Introduction & Welcome - SCFP President

Dr. M. Cameron

8:00 AM

Patient's Medical Home (PMH): The What, The Why & The How

Dr. S. Bates & Dr. E. Harris

Learning Objectives:

- Explore the PMH model of primary care provision.
- Examine the evidence supporting the implementation of PMH.
- Investigate tools available to help you implement PMH.

8:30 AM

Choosing Wisely for MRIs

Dr. M. Shepel & Dr. S. Wiebe

Learning Objectives:

- Explore how to further engage family physicians about MRI ordering in Saskatchewan.
- Identify and explain appropriate use of MRI for MSK.

9:00 AM

Child Suicidality

Dr. M. Denis

Learning Objectives:

- Evaluate level of risk in a child who may be suicidal.
- Determine treatment options and support structures.

9:30 AM

Break and Exhibits

10:00 AM

Building an Anti-Opressive Practice from an Indigenous and Ally Perspective

Dr. M. Clark, Dr. L. Schramm & Mr. C. Chiefcalf

Learning Objectives:

- Define bias.
- Challenge conscious and unconscious bias.
- Recognize and incorporate humanity into medicine.
- Practice critical reflection as a tool to counteract bias.

10:30 AM

Congestive Heart Failure (CHF)

Dr. A. Lavoie

Learning Objectives:

- Summarize recent changes in CHF.
- Review the management of primary care CHF.

11:00 AM

Break and Transition

11:15 AM

Small Group Sessions

Working with Dr. Google: Practical Tips for Effective Patient Education

Dr. C. MacLean

Learning Objectives:

- Demonstrate the Teach Back technique for use in the Physician's day to day patient care.
- Access credible sources of patient education online.
- Apply basic patient education approaches that improve adherence and engage patients in self-care.

Doctor's Lounge

Dr. M. Deutscher

Learning Objectives:

- Explore challenging clinical cases of family physician participants.
- Propose a consensus view for management.

Hip Pain in the Young Adult

Dr. J. Buchko

Learning Objectives:

- Evaluate and recognize common causes of hip pain.
- Explore appropriate diagnostics and treatment.

Remote Clinical Care

Dr. J. Purnell

Learning Objectives:

- Gain awareness of available technology for clinical delivery.
- Learn how to overcome communication barriers using remote presence/telehealth.



Plenary Program & Small Group Sessions

Friday, September 20th, 2019 (continued)

12:00 PM

Lunch and AMM

1:30 PM

Section of Researchers Blueprint 2

Dr. V. Ramsden

Learning Objectives:

- Explain overall objectives of the Section of Researchers Blueprint 2.
- Discuss opportunities for collaboration.

1:45 PM

A Retrospective Cost-Benefit Analysis of Mifepristone in the First Year at Regina General Hospital

Dr. C. Hunter & Dr. J. Jensen

Learning Objectives:

- Summarize research methods and findings.

2:00 PM

Break and Transition

2:10 PM

Small Group Sessions

CBTi for Insomnia

Dr. R. Bodani

Learning Objectives:

- Describe the components of CBTi, how and why they work.
- Identify appropriate candidates for CBTi using quick assessment tools.
- Apply the principles of CBTi in a family medicine practice setting.
- List resources available for patients who may benefit from CBTi.

ECG Workshop

Dr. M. Reeson

Learning Objectives:

- Differentiate between abnormal and normal findings.
- Discuss challenging ECG complexes.
- Discuss the cardiac anatomy essential for understanding ECG interpretation.

Primary Care for Women Living with HIV in Pregnancy and Beyond - Utilizing Trauma Informed and Team Based Care

Dr. K. Gartner & Dr. L. Pawluck

Learning Objectives:

- Explore the role of family physicians in providing care to women in pregnancy living with HIV.
- Describe the outcomes of a team based low barrier primary care centre for women living with HIV over the past 10+ years.
- Reflect on the importance of trauma and violence informed care, patient and family centered care and culturally sensitive care to women living with HIV.
- Build a network of Saskatchewan primary care providers to support excellence in HIV Primary Care.

Doctor's Lounge

Dr. M. Deutscher

Learning Objectives:

- Explore challenging clinical cases of family physician participants.
- Propose a consensus view for management.



Plenary Program & Small Group Sessions

Friday, September 20th, 2019 (continued)

2:55 PM

Break, Poster Viewing & Exhibits

3:25 PM

Small Group Sessions

CBTi for Insomnia

Dr. R. Bodani

Learning Objectives:

- Describe the components of CBTi, how and why they work.
- Identify appropriate candidates for CBTi using quick assessment tools.
- Apply the principles of CBTi in a family medicine practice setting.
- List resources available for patients who may benefit from CBTi.

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- Build a network of Saskatchewan primary care providers to support excellence in HIV Primary Care.

RA Pearls for Family Practice Including Biologics & Biosimilars – RxFiles

Mr. A. Crawley

Learning Objectives: TBD

4:10 PM

Break & Transition

4:20 PM

Concussion Management

Dr. K. Thompson

Learning Objectives:

- Evaluate a patient following a head injury.
- Formulate a treatment plan to return to activity.

5:00 PM

What's New – Rx Files

Mr. A. Crawley

Learning Objectives:

- Gain insight into new 2019 clinical guidelines.
- Gain knowledge into new Health Canada warnings.
- Explore recent Saskatchewan Formulary changes.
- Learn how to use new RxFiles tools.

6:30 PM

Celebration of Family Medicine Cocktail Hour

7:30 PM

Celebration of Family Medicine Dinner & Awards Presentations



Plenary Program

Saturday, September 21st, 2019

7:30 AM

Registration & Breakfast

7:50 AM

Welcome and Housekeeping Items

Dr. M. Cameron

8:00 AM

Munroe Lecture – Dermatological Cancers

Dr. R. Asiniwasis

Learning Objectives:

- Identify skin cancers.
- Identify clinical situations in which a dermatologist should be consulted and clinical situations which may be managed without a referral.
- Formulate a treatment plan for skin cancers managed in primary care.

9:00 AM

PMH, PPR, PIE...Oh My!

Dr. J. Harris & Dr. O. Reis

Learning Objectives: TBD

9:30 AM

Recognizing & Managing Opioid Use Disorder

Dr. R. Marwah

Learning Objectives:

- Determine appropriate use of Opioids for chronic pain management.
- Recognize when a patient has opioid use disorder.
- Explore how to manage opioid use disorder.

10:00 AM

Breaks & Exhibits

10:30 AM

Common Infections Faced by Primary Care Practitioners and Approach to Antibiotics

Dr. S. Peermohamed & Mr. J. Kosar

Learning Objectives:

- Review common infections faced by primary care physicians and appropriate antibiotic regimens.
- Describe the rationale and value of antimicrobial stewardship.
- Illustrate the utility of smartphone app technology in providing clinical decision support related to antibiotic prescribing practices.

11:15 AM

The Role of Primary Care Physicians in Providing HIV Treatment and Care

Dr. K. Stewart

Learning Objectives:

- Become aware of HIV testing methods available in Saskatchewan.
- Learn strategies for delivering HIV test results.
- Understand the role of primary care physicians in initiating HIV treatment.
- Recognize challenging cases and understand when to refer to an ID specialist.

12:00 PM

Creating a Culture of Wellness: Understanding Physician Burnout

Dr. A. Papish

Learning Objectives:

- Defining characteristics of burnout.
- Recognize the various stages of physician burnout and how they vary by gender.
- Identify strategies and resources to assist family physicians and their families in Saskatchewan.

12:30 PM

Conference Concludes



Post-Conference Programs

Saturday, September 21st, 2019

FIRST FIVE YEARS OF FAMILY PRACTICE (FFYFP) LUNCHEON 5 Feet Tall & Bulletproof: Creating Your Strategy to Keep Your Soul While Being The Best Doctor You Can Be.

Certified Group Learning Credits: 1 No Cost

12:30 PM – 3:00 PM

Facilitator: Dr. T. Uniac, MD CCFP

Learning Objectives:

At the end of this program, participants will:

- Review the role of nurturing our intellectual, emotional, physical and spiritual self in being a strong doctor.
- Why finding your tribe is essential.
- How to deal with a bad day as it is happening rather than drinking it way later.

SIPPA RECRUITMENT LUNCH AND FACULTY UPDATE

Certified Group Learning Credits: 4 No Cost

12:30 PM – 4:30 PM

Facilitator: Dr. J. Witt

Learning Objectives:

At the end of this program, participants will:

- Recognize and understand the goals and objectives of practice ready assessment as well as the requirements to be eligible to become an assessor.

SASKATCHEWAN SPINE PATHWAY – ASSESSMENT AND MANAGEMENT OF LOWER BACK AND LEG PAIN

Certified Group Learning Credits: 8 No Cost

1:30 PM – 5:30 PM

Facilitator: Dr. J. Buwembo, MB-ChB CRCSC

Learning Objectives:

This 4-hour workshop provides a practical hands-on approach to assessing and treating patients with low back pain.

Following the workshop, participants will be able to:

- Obtain a relevant history and complete a physical exam.
- Recognize patterns of low back pain.
- Identify red flags and serious pathology.
- Initiate appropriate primary care.
- Determine appropriate use of medical imaging and surgical referral.

*This Group Learning program has been certified by the College of Family Physicians of Canada
and the Saskatchewan Chapter for 10.50 Mainpro+ credits.*



2019 Awards

Saskatchewan Family Physician of the Year Award

Dr. Cheryl Zagozeski BSc (Hons), MD, CCFP, FCFP

Cheryl Zagozeski always wanted to be a physician. After obtaining a BSc Honours from the University of Regina, she attended medical school at the University of Saskatchewan. She obtained her MD in 1983 and then completed her residency in Family Medicine in Regina. She received Certification in 1985, and Fellowship in the College of Family Physicians of Canada in 1999.

Her first five years of practice were at the Regina Community Clinic. In 1990 she joined the Department of Family Medicine in Regina where she served as Residency Training Coordinator and was an enthusiastic clinical teacher. She loved working and learning with the residents and made lifelong friends.

In 2013, Dr. Zagozeski returned to the Regina Community Clinic, where she is part of a dedicated team providing full service medicine. She is passionate about providing the best care possible for her patients.

She served on the Board of the Saskatchewan College of Family Physicians and was President in 1996. On the national front she was a member of the CFPC Ethics Committee and was an exam marker for many years. She is on the Medical Council of the Canada Therapeutics exam committee.

Dr. Zagozeski has volunteered with Martha House maternity care, Planned Parenthood and SEARCH.

She enjoys reading, yoga, visiting with friends and walking (especially in Ireland and Australia).

Dr. Zagozeski and her husband, Alan Laughlin, have two daughters; Caitlin, a family physician in Edmonton, and Sydney, a chartered accountant in Sydney, Australia.



*Help us celebrate our 2019 award winners after Friday's program!
Tickets are \$42.00 and can be purchased when you register for the conference or
by contacting the SCFP office.*



2019 Awards

CFPC Award of Excellence

Dr. Janet Reynolds, BSc (Hons) MD CCFP FCFP

Dr. Reynolds completed her medical degree at the University of Saskatchewan in 1997. In 1999, she moved to Ottawa to complete her Family Medicine training at the University of Ottawa. She worked in a rural setting in Ontario for two years prior to moving to Calgary where she practiced community family medicine at Crowfoot Village Family Practice for twelve years.

While in Alberta, Janet sat on the executive for the Alberta College of Family Physicians and chaired the Membership Advisory Committee for the College of Family Physicians of Canada. She also served a term on the Calgary Foothills Primary Care Network Physician Corp Board.

In August 2012, the Reynolds' relocated to Saskatoon. Janet worked at City Centre Family Physicians doing what she loves most, being a family physician. She was also involved with the U of S Department of Academic Family Medicine as a clinical teacher then transitioned to working at the Saskatoon site full time. With a passion for system improvement in the delivery of primary health care, Janet spent two years consulting with the ED Waits and Patient Flow Initiative. She joined the SCFP board in September 2015 and chaired the SCFP Patients' Medical Home Committee.

Janet is now back in Calgary working as a family physician at Crowfoot Village Family Practice and has taken on the role of Medical Director for the practice. She also sits as a Calgary Zone representative for the Alberta Medical Association Representative Forum.

On a personal note, Dr. Reynolds is married to Chet and they have two wonderful children, Caitland and Carson and two dogs, Wilbur and Hugo.

SCFP Dr. Michael Krochak Award

FOR CONTRIBUTIONS TO FAMILY MEDICINE IN SASKATCHEWAN

Dr. Peter Butt, BA MD CCFP FCFP

Dr. Peter Butt is a graduate of McMaster University and a Certificant and Fellow with the College of Family Physicians of Canada, with Special Competency in Addiction Medicine. He is an Associate Professor in the Department of Family Medicine at the University of Saskatchewan and serves as a consultant in Addiction Medicine in the Saskatchewan Health Authority. In addition to his research, teaching and clinical work, he has served on the Canadian Centre on Substance Use and Addiction National Alcohol Strategy Advisory Committee, chaired the Canadian Alcohol Low Risk Drinking Guidelines Expert Advisory Group, co-chaired the Standard Drink Label Working Group, and is a member of the National Recovery Advisory Committee. He was the physician lead on the College of Family Physicians of Canada Alcohol Screening, Brief Intervention and Referral project, and contributed to the development of the criteria for Certification in Addiction Medicine. Provincially he was the physician lead on the Saskatchewan "Take Home Naloxone" project and serves on the provincial opioid and methamphetamine task forces.

He lives outside of Saskatoon, is married to Cree poet Louise Halfe, and has 2 children and 3 grandchildren.



Speaker's Bios

Working with Dr. Google: Practical Tips for Effective Patient Education

Dr. Cathy MacLean, MD FCFP MCISc
(Family Medicine) MBA

Dr. MacLean received her MD from Dalhousie University in 1985, followed by a family medicine residency and then establishing her own practice in Moncton, NB. She moved to academic family medicine at Western University in 1992 and became the Undergraduate Family Medicine Director. In 1997, she took the same role at Dalhousie University. From 2012 to 2017, Dr. MacLean was a Professor and the head of the Department of Family Medicine at the University of Calgary, followed by Chair of the Discipline of Family Medicine, then Accreditation Lead for FM at MUN before coming to the University of Saskatchewan to become the Faculty Development Director for the College of Medicine. Dr. MacLean completed a Masters in Clinical Science in Family Medicine at Western University and has a Masters in Business Administration from Saint Mary's University in Halifax.

On the national front, Dr. MacLean has been involved with the College of Family Physicians of Canada for many years. She served as President of the Nova Scotia College of Family Physicians and was President of the national College of Family Physicians of Canada in 2009-2010. She has been the national chair of the Patient Education Committee and has served on the Patients' Medical Home Steering Committee; both until this year.

Indigenous Health

Mr. Cal Chiefcalf

Mr. Chiefcalf is the Indigenous Curriculum Specialist for the U of S College of Medicine. His goal at the College is to move toward better serving the students and by proxy, to better serve the people of Saskatchewan.

Dr. Megan Clark, MD CCFP

Dr. Megan Clark is a family physician at the Family Medicine Unit in Regina where she participates in patient care and medical student and resident teaching. She takes part in outreach clinics at Four Directions in inner-city Regina weekly and interprofessional Wellness Wheel Clinics on Kawacatoose First Nation monthly.

Dr. Lori Schramm, MD CCFP

Dr. Schramm is a Regina-based family physician and U of S Clinician Teacher with the role of Curriculum Lead in Cultural Safety. Her clinical work includes working with Indigenous communities (urban and rural), gender diverse populations, palliative care, and obstetrics. She has a special interest in safe, compassionate, equitable health care.

Remote Clinical Care

Dr. James Purnell, MD CCFP MBBS BCom BSc (Hons)

Dr. Purnell is an Assistant Professor with Northern Medical Services through the University of Saskatchewan, providing clinical services to northern Saskatchewan communities and investigating ways to enhance care using remote presence technology. At home in Saskatoon, he does a multidisciplinary pediatric clinic monthly as well as in house coverage for internal medicine and obstetrics. He also does locums throughout Saskatchewan and in the Yukon Territory. He lives in Saskatoon with his 2 children and enjoys outdoor activities and home renovations in his spare time.

Hip Pain in the Young Adult

Dr. Jordan Buchko, MD FRCSC

Originally from Regina, Dr. Jordan Buchko completed his Medical Degree (2009) and Orthopaedic Surgery Residency (2014) at the University of Saskatchewan, followed by a Reconstructive Arthroscopy Fellowship (2015) at the University of British Columbia. He has been practicing in Regina since September 2015. He is an assistant professor in the Department of Surgery at the University of Saskatchewan and is the Orthopaedic Surgery Undergraduate Education Director in Regina. He serves as Orthopaedic Surgery consultant for the Saskatchewan Roughrider (CFL) and Regina Thunder (CJFL) football clubs. He has a special interest in arthroscopy and sports medicine, with expertise in the assessment and treatments of non-arthritic hip pathology including hip arthroscopy.



Speaker's Bios

Section of Researchers Blueprint 2

Dr. Vivian Ramsden, RN PhD MCFP (Hon)

Dr. Vivian Ramsden, a Registered Nurse, is Professor & Director of the Research Division, Department of Academic Family Medicine, at the University of Saskatchewan. She is also an Honorary Member of the College of Family Physicians. As a participatory health researcher in primary health care settings, she is a passionate advocate of authentic engagement, co-creation and action research. Primary health care research also involves strategies to engage individuals, organizations and communities in identifying and addressing locally relevant issues that impact health and wellness. Thus, in collaboration with several Indigenous communities in northern Saskatchewan and a number in South India, she is engaged in research that is co-created, co-designed, co-presented and co-authored with the communities.

CBTi for Insomnia

Dr. Rachana Bodani, MD FRCPC

Dr. Rachana Bodani is a graduate of the University of Saskatchewan medical school, Western University psychiatry residency program, and pending graduate of the Oxford Postgraduate Diploma in Sleep Medicine. Her main area of clinical interest is management of sleep disorders, alone or in the context of another mental illness.

Concussion Management

Dr. Kate Thompson, MD CCFP Dip. Sport Med.

Dr. Kate Thompson graduated from the University of Toronto College of Medicine and then completed her residency in Family Medicine at the University of Saskatchewan. She pursued further training in primary care sports medicine and obtained her Diploma in Sports and Exercise Medicine from CASEM in 2017. She has a passion for urgent care and sports medicine, including concussion management. She is a Team Physician with the Saskatchewan Rush (NLL) and the University of Saskatchewan Huskies Women's Hockey Team. She is currently the president of the Saskatchewan Academy of Sports Medicine (SASM). In her spare time, she can be found at the rink or gym with her children or walking the trails with her two dogs.

ECG Workshop

Dr. Marc Reeson, MD FRCPC

Dr. Marc Reeson is an assistant professor with the Division of General Medicine, University of Saskatchewan and general internal medicine physician with the Saskatchewan Health Authority practicing in the Regina area.

Primary Care for Women Living with HIV in Pregnancy and Beyond – Utilizing Trauma Informed and Team Based Care

Dr. Kali Gartner, BHSc MD CCFP (AM)

Dr. Gartner grew up in Eatonville, Saskatchewan, on Treaty 6 Territory and Homeland of the Metis Nation. She is a family physician who is fortunate to practice with an incredible interdisciplinary team at the Saskatoon Community Clinic providing primary care including care of people living with HIV, prenatal and intrapartum care, as well as addiction medicine care. Dr. Gartner is also interested in community based and participatory research methods as tools for advocacy.

Dr. Larissa Pawluck, MD CCFP

Dr. Pawluck is a family physician at the Westside Community Clinic and also with the Opiate Substitution Program through the Saskatchewan Health Authority.

Dr. Trish Uniac, MD CCFP

Dr. Trish Uniac spends her Mondays working at the Rapid Access Addictions Clinic in Kitchener, ON, and Thursdays in Guelph, ON seeing health professionals with substance use disorders. She spends the rest of her week practicing full spectrum rural medicine in Clinton, ON. Dr. Uniac has a special interest in physician health and has been talking about it to anyone that will listen for the past 10 years.



Speaker's Bios

Recognizing & Managing Opioid Use Disorder

Dr. Radhika Marwah, MD MSc-AMH

Dr. Radhika Marwah received her medical degrees, MBBS and MD from India. She also obtained a master's degree in Addictions and Mental Health from the Centre of Addiction and Mental Health at the University of Toronto. She has worked as an Anesthesiologist and Interventional Pain Physician as part of an interdisciplinary team.

Dr. Marwah is currently practicing as the Physician Lead at the SHA's Chronic Pain Clinic in Regina where she played an instrumental role in its conception and development. The focus of her work is management of chronic pain and appropriate opioid prescribing and de-prescribing. In addition to this, she works as a Palliative Care Physician and at the Regina Correctional Centre.

Common Infections Faced by Primary Care Practitioners and Approach to Antibiotics

Mr. Justin Kosar, BSc BSP

Mr. Kosar obtained his Bachelor of Science degree in 2004 from the University of Regina and graduated with a Bachelor of Pharmacy degree from the Faculty of Pharmacy and Nutrition at the University of Saskatchewan in 2008. He is currently the Pharmacist Lead for the Saskatchewan Health Authority (Saskatoon Area) Antimicrobial Stewardship Program.

He is also the chair of Saskatoon Health Region's Antimicrobial Utilization Subcommittee and a member of the Regional Infection Prevention and Control Committee. His current research and clinical interests include appropriate drug decision making and de-escalation.

Physician Wellness

Dr. Adriyka Papish

Dr. Adriyka Papish practices outpatient adult psychiatry in Regina as part of a group practice at Regina Mental Wellness. Her areas of special interest include mood and anxiety disorders, severe and persistent mental illness and psychotherapy. Dr. Papish also has an interest in physician health and provides assistance to physicians through the Saskatchewan Medical Association's Physician Health Program. Originally from Calgary, she completed a Bachelor of Science and Master of Science Degree with specialization in biochemistry, followed by a Doctor of Medicine degree and Psychiatry specialty training at the University of Calgary. In addition to her clinical work, Dr. Papish is an assistant professor with the University of Saskatchewan's Psychiatry Residency Program, earning a resident teaching award for her contributions. Her roles include supervising residents for core psychiatric skills as well as facilitating the creation of psychotherapy training opportunities for psychiatry residents in Regina as the psychotherapy education coordinator. Outside of medicine she enjoys gardening, sailing and skiing with her family.

Dr. Shaqil Peermohamed, MD FRCPC

Dr. Peermohamed is currently an Assistant Professor and Infectious Diseases consultant within the Department of Medicine at the University of Saskatchewan. He is the Physician Lead for the Saskatchewan Health Authority (Saskatoon Area) Antimicrobial Stewardship Program. Dr. Peermohamed is currently pursuing his Master of Public Health through the Harvard T.H. Chan School of Public Health. Dr. Peermohamed's research interests include antimicrobial stewardship, quality improvement and patient safety. Dr. Peermohamed has received the Teacher of the Year Award (2017) and Distinguished Lecturer Award (2018) from the University of Saskatchewan's Internal Medicine Residency Training Program.

The Role of Primary Care Physicians in Providing HIV Treatment and Care

Dr. Kris Stewart, MD BSP FRCPC

Dr. Stewart is an internal medicine physician with a clinical research focus in HIV, HCV and TB. In addition to his research activities with the Saskatchewan HIV/AIDS Research Endeavor (SHARE), Dr. Stewart conducts HIV and HCV clinics in Saskatoon, federal corrections and in several communities in Northern Saskatchewan. He is the clinical lead for Saskatchewan TB Prevention and Control and attends TB clinics around the province. Dr. Stewart is also the founding director of the Saskatchewan Infectious Disease Care Network (SIDCN), a partner organization of SHARE, which implements programs in the province to improve HIV and HCV awareness, education and care. Implementation and evaluation of strategies to enhance engagement and retention of vulnerable patients with the use of novel technologies is of special interest to Dr. Stewart.



Hotel Information



DOUBLETREE

BY HILTON

HOTEL & CONFERENCE CENTRE
REGINA

1975 Broad Street, Regina, SK S4P 1Y2
(306) 525 6767 | (306) 352 1858

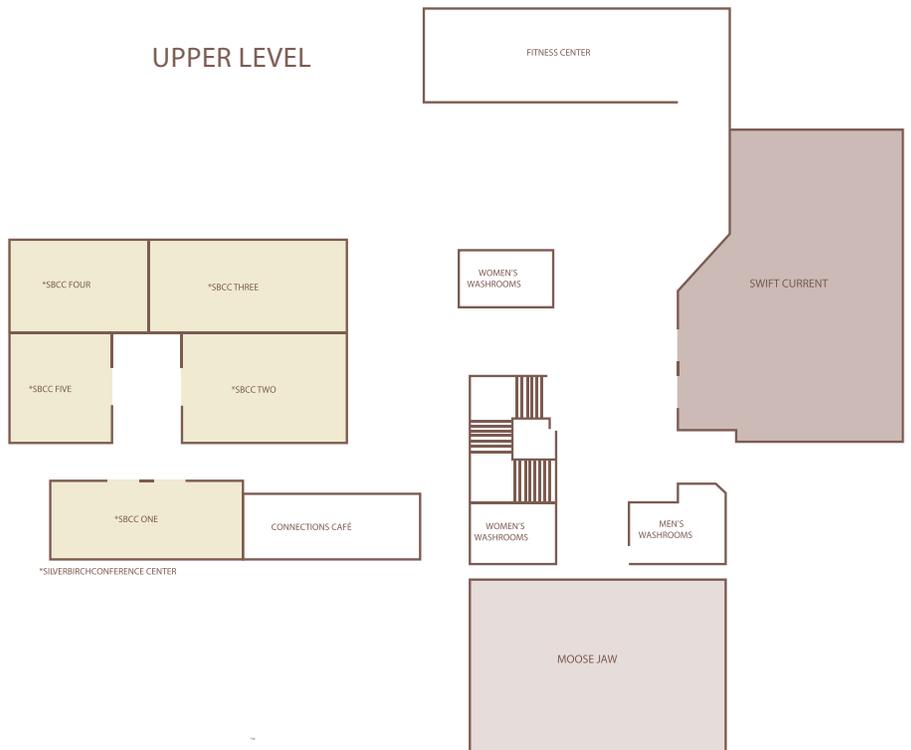
Parking

Paid parking is available at 1915 Osler Street, 1935 Osler Street, and 1705 – 11th Avenue (11th Avenue and Osler Street).

The hotel has an underground parking lot; however, spots are limited, and you must visit the front desk to get a parking pass.

Accommodations

A block of guest rooms has been reserved at the DoubleTree Hotel. To book a guest room, please call 306-525-6767 and indicate to Reservations that you are affiliated with the 2019 Family Medicine Conference. To book online, simply [CLICK HERE](#).





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