



St. Paul's Hospital



DEPARTMENT OF
FAMILY MEDICINE

Leaders in primary care, champions
of community health

The 69th Annual

St. Paul's Hospital Continuing Medical Education

Conference for Primary Care Physicians

EVIDENCE-BASED MEDICINE

Main Lecture Series

Tuesday, Nov. 21 – Friday, Nov. 24, 2023

Optional Learning Session (In-Person Workshop)

Monday, Nov. 20, 2023

IN-PERSON / VIRTUAL CONFERENCE

Vancouver, BC CANADA (Vancouver Convention Centre)

www.stpaulscme.org

 [@sphcme](https://twitter.com/sphcme)



The 69th Annual

St. Paul's Hospital Continuing Medical Education Conference for Primary Care Physicians

This annual conference in primary care medicine provides an opportunity to refresh your knowledge about, and enthusiasm for, primary care medicine. This conference will focus on an evidence-based review of practical information, new trends and discuss controversial topics useful for primary care physicians practicing in urban or rural areas. Educational activities include a Main Lecture Series which will provide a comprehensive review on Internal Medicine/Infectious Disease, The Senses, Cardiology/Endocrinology, Case-Based Potpourri, Therapeutics/Investigations, Mood/Psychiatry, Pediatrics/Geriatrics, and Preventive Medicine. Exemplary guest speakers have been chosen for their ability to communicate information and skills relevant to daily clinical practice. The speakers will also provide ample time for questions.

Learning Objectives

Participants will be able to:

- Analyze current issues in primary care medicine and review new guidelines for the treatment of a number of diseases and disorders commonly encountered in family practice.
- Discuss cases regarding new treatment options and technological advances.
- Identify new evidence-based treatments using the most up to date clinical and scientific information.

Certification

CFPC: The Main Lecture Series Program* and Optional Learning Session have been certified by the College of Family Physicians of Canada and the BC Chapter for up to 32 Mainpro+® Credits.

AAFP: Members of the American Academy of Family Physicians are eligible to receive up to 32 Prescribed credit hours for attendance at this meeting (Main Lecture Series Program* and Optional Learning Session Workshop) due to a reciprocal agreement with the College of Family Physicians of Canada.

*The Main Lecture Series Program has been certified for up to 25 Mainpro+® Credits

Financial Disclosure

Any and all conference-generated surplus is reinvested in SPH family practice resident education, departmental strategic initiatives, research, teaching, and UBC faculty development activities.

Conference Location Information

Venue

Main Lecture Series – Vancouver Convention Centre | West Building
1055 Canada Pl, Vancouver, BC V6C 0C3 Tel: 604-689-8232

Accommodation & Conference Rates

Conference preferred rates starting from \$249 (CAD) plus taxes, single or double occupancy are available at the **Fairmont Waterfront**
900 Canada Pl, Vancouver, BC V6C 3L5 Tel: 604-691-1991

Kindly click on the following online link to book directly with the Hotel:
<https://book.passkey.com/go/1123PROV001>
Or refer to our website **www.stpaulscme.org/location/** for further booking details.

Note that the reserved room block at the conference rate is available until October 20, 2023 or removed earlier if block has sold out prior to this date.

Parking & Transportation

Parking is available directly below the Vancouver Convention Centre | West Building for approximately \$30 (CAD)/day. The entrance is located on Canada Pl. Several other parking lots are within easy walking distance, including the Fairmont Waterfront parking. Public transit information may be obtained by calling 604-953-3333 or visiting www.translink.ca

Special Services

Do you have special needs that we can help you with? Please contact the CME Conference Office at: registration@stpaulscme.org

The Registrant Luncheon, Grab & Go breakfasts and nutrition breaks will have vegetarian alternates. Please indicate dietary restrictions on your registration.

Registration Information

Tuesday, Nov. 21 – Friday, Nov. 24, 2023

Note: Pre-registration is required. No on-site registration will be available.

| Registration received ONLINE by: | Sept. 29/23 | Sept. 30 - Nov. 17/23 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------------|
| MD/Ph.D/DO/NP – In-Person / *Virtual (live-stream, online learning activity) | \$995 (CAD) | \$1,095 (CAD) |
| Family Practice Residents – In-Person / *Virtual (live-stream, online learning activity) (Limited spots available, first come first served basis - refer to registration information below) | \$450 (CAD) | \$500 (CAD) |

Main Lecture Series Registration

Certified for up to 25 Mainpro+® Credits. Visit www.stpaulscme.org to register online for in-person or virtual attendance. Pay with VISA / MASTERCARD. Note: an email address is required to register. A combined registration of In-person and Virtual cannot be accommodated – it must be one or the other.

*For those who are considering the Virtual Registration Option, kindly note this option is not an asynchronous learning activity.

Optional Learning Session An Introduction to Practical Dermoscopy (In-Person Monday Workshop) Registration

Certified for up to 7 Mainpro+® Credits. Add workshop selection to your registration. An additional fee of \$350 (CAD) and pre-conference registration is required for the Monday Workshop. Please refer to page 3 for a detailed outline of the session offered.

Registering ONLY for the Monday Workshop
 Register online at www.stpaulscme.org
 An additional administration fee of \$75 (CAD) will apply.

Information for Family Practice Residents

There are limited spots for in-person and virtual – first come first served basis.

Register online at www.stpaulscme.org
 A letter (dated in 2023) from your Program Director confirming your resident status in good standing must be uploaded at the time of registering to complete your registration. Uploaded letters will be reviewed and a follow up will occur if a letter does not meet the criteria established by the St. Paul's Hospital CME Organizing Committee.

Confirmation of Registration

Confirmation of Registration will be provided electronically. You are advised to print or save the document as soon as it is received in your Inbox.

If you have not received a Confirmation of Registration prior to the Conference, kindly contact the CME Conference Office at: registration@stpaulscme.org

In-person Conference Access

You are required to check in with the Conference Registration Desk upon your arrival on-site to pick up your conference materials. By not checking in, your registration record will be adjusted accordingly or will show as a non-participant and a Certificate of Attendance will not be issued.

Your name badge will allow you access to the Lecture Hall and Nutrition Break / Exhibit Hall.

Virtual Conference Access

The program will be live-streamed via the 2023 SPH CME Conference Web App. You will receive an email App invitation that will provide you with an individualized login a week prior to the CME Conference. If you do not receive this email invite, kindly contact the CME Conference Office at: registration@stpaulscme.org

You are required to log in to join the half-day session running live on stream. Failure to do so will reflect accordingly on your registration record, resulting in non-issuance of the Certificate of Attendance and/or an adjustment of credit hours. Note that the Conference App back-end system charts the duration times you attend each day.

Cancellation & Substitution Policy

Cancelling Your Registration

A refund will be made, less a \$150 (CAD) processing fee, if cancellation is received in writing no later than Oct. 27, 2023. No refunds will be granted after Oct. 27, 2023.

The St. Paul's Hospital CME Organizing Committee reserves the right to cancel the conference should it become necessary. In this case, each registrant will be provided with an email notification and a full refund. St. Paul's Hospital CME Conference for Primary Care Physicians is not responsible for any other costs incurred such as airline or hotel penalties.

Cancelling the Monday Workshop – Optional Learning Session from Your Registration

A refund will be made, less a processing fee of \$35 (CAD), for cancelling before Nov. 15, 2023. No refunds will be given after Nov. 15, 2023.

Substitutions are Welcome – No processing fee applies

Registration details must be provided in writing to the CME Conference Office by

Tech Corner



Follow us @sphcme on Twitter for the latest updates! See what's trending by using #sphcme2023



Complimentary WI-FI access available on-site.



The electronic syllabus will be available to download via the SPH CME Conference 2023 App in mid-November.



Be sure to download the SPH CME Conference 2023 App to access the syllabus [download by half days], on-demand videos [viewing available post event up to three months], online evaluations, conference updates and more. Participants will receive an App invitation email a week prior to the CME Conference.



The program will be live-streamed via the CME Conference **Web App** for those who are participating virtually. You must be registered as a virtual attendee to access the live-stream, online learning activity.

Nov. 13, 2023 to accommodate the name change. Note that the original confirmed registration type (In-person/Virtual) cannot be changed.

Change of Registration Status to Virtual Only

A processing fee of \$100 (CAD) will apply for a change of registration status from In-person to Virtual ONLY.

Past Certificate of Attendance

The CME Conference Office will provide copies of past Certificates of Attendance for up to two conference years. A \$50 (CAD) processing fee will apply for duplicate copies of more than two conference years.

Questions?

For more information, kindly contact the CME Conference Office at:
 Email: registration@stpaulscme.org
 Local Tel: 604-899-4490
 Toll-Free: 1-800-715-5577
 Fax: 604-806-8556
 Website: www.stpaulscme.org

2023 CME Conference Schedule

| | | OPTIONAL LEARNING SESSION | MAIN LECTURE SERIES | | | |
|-------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| | | Monday Nov. 20 | Tuesday Nov. 21 | Wednesday Nov. 22 | Thursday Nov. 23 | Friday Nov. 24 |
| MAIN LECTURE SERIES & OPTIONAL LEARNING SESSION | MORNING | IN-PERSON WORKSHOP An Introduction to Practical Dermoscopy (08:00–16:10) *Additional fee involved | Registration & Grab & Go Breakfast (07:30–08:15) Virtual – Log in available (08:15) Welcome (08:30–08:40) | Seawall Jog (06:30–07:30) Grab & Go Breakfast (07:30–08:15) Virtual – Log in available (08:15) | Seawall Jog (06:30–07:30) Grab & Go Breakfast (07:30–08:15) Virtual – Log in available (08:15) | Seawall Jog (06:30–07:30) Grab & Go Breakfast (07:30–08:15) Virtual – Log in available (08:15) |
| | | | Internal Medicine & Infectious Disease (08:40–12:10) | Cardiology & Endocrinology (08:30–12:00) | Therapeutics & Investigations (08:30–12:00) | Young & Old (08:30–12:00) |
| | | | Lunch on your own (12:10–13:30) | Lunch on your own (12:00–13:30) | Registrant Luncheon for pre-registered participants (12:00–13:45) | Lunch on your own (12:00–13:30) |
| | AFTERNOON | The Senses (13:30–17:00) | Case-Based Potpourri (13:30–17:00) | Mood & Psychiatry (13:45–17:00) | Preventive Medicine (13:30–17:00) | |
| | | Fitness Class (17:30–18:30) | Fitness Class (17:30–18:30) | Fitness Class (17:30–18:30) | | |
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Monday Nov. 20, 2023

Optional Learning Session In-Person Workshop

An Introduction to Practical Dermoscopy

Dr. David Swanson

This optional full day workshop to precede the Main Lecture Series will provide an in-depth introduction into Dermoscopy for primary care practitioners. With increasing rates of malignant melanoma worldwide and increased awareness by the public to monitor new and changing moles, Family Physicians are frequently called upon to review their patients' nevi. Dermoscopy has proven to be a very useful adjunct to in-office screening of melanocytic and non-melanocytic lesions.

Participants will develop practical skills in order to become more comfortable approaching patients with atypical skin lesions. You will learn how to apply pattern analysis and simple algorithms for the identification of skin lesions, and to assess the need to biopsy based on dermoscopic findings.

Mon. Nov. 20 Meet 08:00–16:10
Vancouver Convention Centre | West Building
West Meeting Rooms 109/110

\$350 (CAD)*
Credit: 7 Mainpro+® Credits
Maximum: 200 registrants

Schedule

07:30 On-site Registration
 08:00 Introductions
 08:05 Session: Melanocytic Lesions
 09:45 Break
 10:00 Session: Nonmelanocytic Lesions
 11:45 Lunch
 12:25 Session: Special Areas
 14:10 Break
 14:25 Session: Other Uses and Self Assessment
 16:10 Adjourn

*An administrative fee of \$75 (CAD) applies if not registering for the Main Lecture Series

Main Lecture Series

Tuesday, November 21

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| <p>07:30 Conference Registration Vancouver Convention Centre West Building 1055 Canada Pl, Vancouver Registration will be located in the West Ballroom Foyer</p> <p>07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A</p> <p>07:30 Grab & Go Breakfast available until 08:15 in Exhibit Hall, West Ballroom A</p> <p>08:00 Seating for Main Lecture Series in West Ballrooms B, C, D</p> <p>08:15 Virtual log in available</p> <p>08:30 Opening Remarks – Dr. Daniel Ngui / Dr. Tinus Wasserfall, Course Co-Chairs; Dr. Nardia Strydom, Head, Dept. of Family Medicine, Providence Health Care</p> | <p>09:25 Q & A</p> <p>09:40 Approach to Chronic Diarrhea in Primary Care – Beyond Only IBS! <i>Dr. George Ou</i></p> <p>09:55 Update on Diverticulitis in Primary Care <i>Dr. George Ou</i></p> <p>10:10 Approach to Isolated Neutropenia and Thrombocytopenia <i>Dr. Erica Peterson</i></p> <p>10:25 Q & A</p> <p>10:40 Nutrition Break</p> <p>11:00 Update on STIs and Prevention in 2023 <i>Dr. Mark Hull</i></p> <p>11:20 Primary Care Management After Acute Kidney Injury <i>Dr. Adeera Levin</i></p> <p>11:35 Masked Hypertension – How Not to Miss <i>Dr. Birinder Mangat</i></p> <p>11:50 Q & A</p> <p>12:10 Adjourn – Registrants on their own for lunch</p> | <p>14:00 Make the Ringing Stop! Pearls for Management <i>Ms. Glynnis Tidball</i></p> <p>14:15 Q & A</p> <p>14:30 Sorting Out Conjunctivitis <i>Dr. Geoffrey Law</i></p> <p>14:45 Common Presentations of Eye Emergencies <i>Dr. Grace Qiao</i></p> <p>15:00 How to Manage Chronic Sinusitis <i>Dr. Casey Manarey</i></p> <p>15:15 Q & A</p> <p>15:30 Nutrition Break</p> <p>15:50 Tongue Concerns – When to Worry <i>Dr. Taeed Quddusi</i></p> <p>16:05 When to Worry About Paresthesia <i>Dr. Kristine Chapman</i></p> <p>16:20 Pot and Pain <i>Dr. Launette Rieb</i></p> <p>16:40 Q & A</p> <p>17:00 Adjourn</p> <p>17:30 Fitness Class The Fairmont Waterfront, Malaspina Room</p> |
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Internal Medicine & Infectious Disease

Moderator: Dr. Kimberly Rutherford

- 08:40 Three Articles That Changed My
Practice in 2023
Dr. Steven Wong
- 08:55 COPD Update for 2023
Dr. Don Sin
- 09:10 Long COVID Update
Dr. Zachary Schwartz

The Senses

Moderator: Dr. Clara Iturra

- 13:30 Hearing Loss and Dementia
Dr. Eytan David
- 13:45 What's New in BPPV
Dr. Margaret Aron

Wednesday, November 22

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| <p>06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby</p> <p>07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A</p> <p>07:30 Grab & Go Breakfast available until 08:15 in Exhibit Hall, West Ballroom A</p> <p>08:15 Virtual log in available</p> | <p>10:25 Q & A</p> <p>10:40 Nutrition Break</p> <p>11:00 Sorting Out Hyperthyroidism in Primary Care <i>Dr. David Kendler</i></p> <p>11:15 Who Gets Cardiac Imaging? <i>Dr. Annie Chou</i></p> <p>11:30 Diagnosing and Managing Low T <i>Dr. Benjamin Schroeder</i></p> <p>11:45 Q & A</p> <p>12:00 Adjourn – Registrants on their own for lunch</p> | <p>15:05 The Pre-Op Visit <i>Dr. Naveen Sandhu</i></p> <p>15:25 Q & A</p> <p>15:40 Nutrition Break</p> <p>16:00 Alopecia in Women <i>Dr. Angela Law</i></p> <p>16:15 Late Breaker</p> <p>16:30 Physician Burnout <i>Dr. Maureen Mayhew</i></p> <p>16:45 Q & A</p> <p>17:00 Adjourn</p> <p>17:30 Fitness Class The Fairmont Waterfront, Malaspina Room</p> |
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Cardiology & Endocrinology

Moderator: Dr. Howard Chang

- 08:30 HFREF – Clinical Pearls
Dr. Graham Wong
- 08:50 How to Start Insulin
Dr. Breay Paty
- 09:05 Resistant Hypertension Management
Dr. Karen Tran
- 09:25 Q & A
- 09:40 Lipoprotein (a) – What You Don't Know
About it
Dr. Michael Luong
- 09:50 Diabetes The C-CHANGE Update
Dr. Akshay Jain
- 10:10 COVID and the Heart
Dr. Joshua Wenner

Case-Based Potpourri

Moderator: Dr. Anthony Villaruel

- 13:30 Shoulder Pain
Dr. Robert Drapala
- 13:50 Concussion
Dr. Derry Dance
- 14:10 Neck Masses
Dr. Eitan Prisman
- 14:30 Q & A
- 14:50 DCIS
Dr. Karen Gelmon

Thursday, November 23

- 06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby
- 07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
- 07:30 Grab & Go Breakfast available until 08:15 in Exhibit Hall, West Ballroom A
- 08:15 Virtual log in available

Therapeutics & Investigations

Moderator: Dr. Christopher Ryan

- 08:30 Can We Prevent Diabetes?
Dr. Sara Stafford
- 08:45 BBB – Right and Left
Dr. Carolyn Taylor
- 09:00 Event Monitoring – When & How
Dr. Nate Moulson
- 09:15 Q & A
- 09:35 5 Tests to Use Cautiously
Dr. Daniel Holmes
- 09:45 PFTs – How to
Dr. Janice Leung
- 10:00 TorCA – The Toronto Cognitive Assessment Tool
Dr. Philip Lee
- 10:10 NASH – When to Refer
Dr. Alnoor Ramji
- 10:20 Q & A
- 10:35 Nutrition Break

- 10:55 How to Evaluate Low B12
Dr. Katherine Ng
- 11:05 Rifaximin – Details for Use in Family Practice
Dr. Sarvee Moosavi
- 11:15 Cardiac Risk Calculators – Is One Better Than the Others?
Dr. Krishnan Ramanathan
- 11:30 MRAs – Which One is Best in CHF + CRF?
Dr. Adeera Levin
- 11:45 Q & A
- 12:00 Adjourn – Our traditional “Registrant Luncheon” for pre-registered participants featuring Kate Harris, Canadian Award-Winning Author & Wanderer

- 15:00 Generalized Anxiety Disorder – New Strategies That Work
Dr. Kevin Kjernisted
- 15:20 Q & A
- 15:30 Nutrition Break
- 15:50 Adult ADHD – Update on Diagnosis and Management
Dr. Gurdeep Parhar
- 16:10 Eating Disorder Screening in Primary Care
Dr. Julia Raudzus
- 16:30 Medications for Alcohol Use Disorder
Dr. Evan Wood
- 16:50 Q & A
- 17:00 Adjourn
- 17:30 Fitness Class
The Fairmont Waterfront, Malaspina Room

Mood & Psychiatry

Moderator: Yuriy Savchuk

- 13:45 Beyond SSRIs – The New Psychiatric Medications in Primary Care
Dr. Nicholas Ainsworth
- 14:05 How Not to Miss – Bipolar Disorder
Dr. Diane McIntosh
- 14:25 Q & A
- 14:40 Psychedelic-Assisted Therapy – A Novel Mental Health Treatment?
Dr. Devon Christie

Friday, November 24

- 06:30 Morning Seawall Jog – Meet in The Fairmont Waterfront Lobby
- 07:30 Doors open for Lecture Hall in West Ballrooms B, C, D & Exhibit Hall in West Ballroom A
- 07:30 Grab & Go Breakfast available until 08:15 in Exhibit Hall, West Ballroom A
- 08:15 Virtual log in available

Young & Old

Moderator: Dr. Nilofer Baria

- 08:30 “I Can’t Stomach That” – Children’s Food Allergies
Dr. Joanne Yeung
- 08:45 Yummy Tummy – Approaches to Pediatric Obesity
Dr. Erik Swartz
- 09:00 “Absorbing” the Complexities of Celiac Disease
Dr. Keyvan Hadad
- 09:15 Q & A
- 09:30 Who Holds the Key to the Car? – Assessing Medical Competence to Drive
Dr. Janet Kow
- 09:45 Lying on the Edge of Bed to Drop Off to Sleep – Insomnia in Elderly
Dr. Rob Comey

- 10:00 Resident Research Award Winners: Paid Prescription Safe Supply Fentanyl Powder for the Management of Substance Use Disorder: A Case Study
Dr. Allison Bhanich Supapol & Dr. Paul Kim
- 10:15 Q & A
- 10:30 Nutrition Break
- 10:50 PMR Primer – Mimickers & How Not to Miss it
Dr. Kun Huang
- 11:05 Has the Time Passed? Statin Outlived Value in the Elderly
Dr. Rudy Chow
- 11:30 “Use or Lose it” – Evidence-Based Strategies to Preserve Muscle Mass in Elderly
Dr. Wendy Cook
- 11:50 Q & A
- 12:00 Adjourn – Registrants on their own for lunch

- 13:55 HPV Vaccine Updates
Dr. Gina Ogilvie
- 14:10 Q & A
- 14:20 Dose Calculations for Alcohol, Cannabinoids, and Nicotine
Dr. Launette Rieb
- 14:30 Alcohol – How Much is Too Much?
Dr. Launette Rieb
- 14:40 Making Wise Decisions When They Really Count
Dr. Lauren Daley
- 15:00 Q & A
- 15:15 Nutrition Break
- 15:35 The Vaccine Campaigns – Update and What’s New
Dr. Meena Dawar
- 15:50 Preventing Dementia – Is There Any Role for Medication?
Dr. Janet Kow
- 16:05 Q & A
- 16:15 Vitamin D – Does it Prevent Everything?
Dr. David Kendler
- 16:30 Let’s Get Going! Travel Medicine
Dr. Susan Hollenberg
- 16:45 Q & A
- 17:00 Adjourn

Preventive Medicine

Moderator: Dr. Lori McFarlane

- 13:30 Lifestyle Matters
Dr. Lori McFarlane
- 13:40 Update on Pancreatic Cancer Screening and Colonoscopy Surveillance
Dr. Jennifer Telford

Thank you all for your participation and see you next year!

Times displayed in Pacific Standard Time.

St. Paul's Hospital CME Organizing Committee

| | | |
|--------------------------------|-------------------------|-----------------------|
| Dr. Daniel Ngui, Co-Chair | Dr. Daniel Dodek | Dr. Christopher Ryan |
| Dr. Tinus Wasserfall, Co-Chair | Dr. Clara Iturra | Dr. Yuriy Savchuk |
| Dr. Nirvair Levitt, Treasurer | Dr. Rhonda Low | Dr. Anthony Villaruel |
| Dr. Niloofer Baria | Dr. Lori McFarlane | |
| Dr. Howard Chang | Dr. Kimberly Rutherford | |

Disclosure of Faculty's Commercial Relationship(s)

Faculty members for the Conference are expected to disclose any economic or other personal interests that create or may be perceived as creating a conflict related to the material discussed. A full disclosure of the faculty's commercial relationships will be provided both verbally and in writing to the registrants.

Course Faculty

| | | | |
|------------------------|----------------------------------------------------------|-------------------------|-------------------------------------------------------------------------|
| Dr. Nicholas Ainsworth | Clin. Instr. (Psychiatry) | Dr. Diane McIntosh | Clin. Asst. Prof. (Psychiatry) |
| Dr. Margaret Aron | Clin. Instr. (Surgery) | Dr. Sarvee Moosavi | Clin. Asst. Prof. (Medicine - Gastroenterology) |
| Dr. Kristine Chapman | Clin. Prof. (Medicine - Neurology) | Dr. Nate Moulson | Clin. Asst. Prof. (Medicine - Cardiology) |
| Dr. Annie Chou | Clin. Asst. Prof. (Medicine - Cardiology) | Dr. Katherine Ng | Clinical Hematologist |
| Dr. Rudy Chow | Clin. Asst. Prof. (Medicine - Cardiology) | Dr. Gina Ogilvie | Prof. (School of Population & Public Health) |
| Dr. Devon Christie | Clin. Instr. (Family Practice) | Dr. George Ou | Clin. Asst. Prof. (Medicine - Gastroenterology) |
| Dr. Rob Comey | Clin. Instr. (Psychiatry) | Dr. Gurdeep Parhar | Clin. Prof. (Family Practice) |
| Dr. Wendy Cook | Clin. Assoc. Prof. (Medicine - Geriatric) | Dr. Breay Paty | Clin. Assoc. Prof. (Medicine - Endocrinology & Metabolism) |
| Dr. Lauren Daley | Clin. Instr. (Medicine - Palliative Care) | Dr. Erica Peterson | Clin. Asst. Prof. (Medicine - Hematology) |
| Dr. Derry Dance | Clin. Asst. Prof. (Medicine - Physical & Rehabilitation) | Dr. Eitan Prisman | Clin. Assoc. Prof. (Surgery) |
| Dr. Eytan David | Clin. Instr. (Surgery) | Dr. Grace Qiao | Clin. Instr. (Ophthalmology & Visual Sciences) |
| Dr. Meena Dawar | Clin. Prof. (School of Population & Public Health) | Dr. Taeed Quddusi | Otolaryngologist |
| Dr. Robert Drapala | Clin. Instr. (Family Practice) | Dr. Krishnan Ramanathan | Clin. Prof. (Medicine - Cardiology) |
| Dr. Karen Gelmon | Prof. (Medicine - Medical Oncology) | Dr. Alnoor Ramji | Clin. Assoc. Prof. (Medicine - Gastroenterology) |
| Dr. Keyvan Hadad | Clin. Assoc. Prof. (Pediatrics) | Dr. Julia Raudzus | Clin. Asst. Prof. (Psychiatry) |
| Dr. Susan Hollenberg | Clin. Asst. Prof. (Family Practice) | Dr. Launette Rieb | Clin. Assoc. Prof. (Family Practice) |
| Dr. Daniel Holmes | Clin. Prof. (Medicine - Pathology) | Dr. Naveen Sandhu | Clin. Instr. (Medicine - Community Internal) |
| Dr. Kun Huang | Clin. Asst. Prof. (Medicine - Rheumatology) | Dr. Benjamin Schroeder | Clin. Asst. Prof. (Medicine - Endocrinology & Metabolism) |
| Dr. Mark Hull | Clin. Assoc. Prof. (Medicine - Social) | Dr. Zachary Schwartz | Clin. Asst. Prof. (Medicine - General Internal) |
| Dr. Akshay Jain | Clin. Instr. (Medicine - Endocrinology & Metabolism) | Dr. Don Sin | Prof. (Medicine - Respiratory) |
| Dr. David Kandler | Clin. Prof. (Medicine - Endocrinology & Metabolism) | Dr. Sara Stafford | Clin. Asst. Prof. (Medicine - Endocrinology & Metabolism) |
| Dr. Kevin Kjernisted | Psychiatrist | Dr. Erik Swartz | Clin. Assoc. Prof. (Pediatrics) |
| Dr. Janet Kow | Clin. Assoc. Prof. (Medicine - Geriatric) | Dr. Carolyn Taylor | Clin. Assoc. Prof. (Medicine - Cardiology) |
| Dr. Angela Law | Clin. Instr. (Dermatology & Skin Science) | Dr. Jennifer Telford | Clin. Prof. (Medicine - Gastroenterology) |
| Dr. Geoffrey Law | Clin. Instr. (Ophthalmology) | Ms. Glynnis Tidball | Registered Clinical Audiologist |
| Dr. Philip Lee | Clin. Assoc. Prof. (Medicine - Geriatric) | Dr. Karen Tran | Clin. Asst. Prof. (Medicine - General Internal) |
| Dr. Janice Leung | Asst. Prof. (Medicine - Respiratory) | Dr. Joshua Wenner | Clin. Asst. Prof. (Medicine - Cardiology) |
| Dr. Adeera Levin | Prof. (Medicine - Nephrology) | Dr. Graham Wong | Clin. Prof. (Medicine - Cardiology) |
| Dr. Michael Luong | Clin. Asst. Prof. (Medicine - Cardiology) | Dr. Steven Wong | Clin. Assoc. Prof. (Medicine - Community Internal) |
| Dr. Casey Manarey | Clin. Instr. (Surgery) | Dr. Evan Wood | Prof. (Medicine - Social) & Canada Research Chair in Addiction Medicine |
| Dr. Birinder Mangat | Clin. Asst. Prof. (Medicine - General Internal) | Dr. Joanne Yeung | Clin. Instr. (Pediatrics) |
| Dr. Maureen Mayhew | Clin. Prof. (School of Population & Public Health) | | |
| Dr. Lori McFarlane | Clin. Instr. (Family Practice) | | |

Visiting Faculty

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|-------------------|-------------------------------------------------------|
| Dr. David Swanson | Prof. (Dermatology), Mayo Clinic, Scottsdale, Arizona |
|-------------------|-------------------------------------------------------|

Lunch Learning Workshop Non-Certified (In-Person Only)

Kindly note: This session has not been certified by the College of Family Physicians of Canada.

FIND MEANING AND JOY IN FAMILY MEDICINE

Dr. Daniel Dodek, MD CCFP FCFP

This workshop will leave you feeling energized and optimistic with practical strategies to enhance your well-being as a physician and bring joy into your Family Practice.

Dr. Dodek will discuss the power of teamwork and how to cultivate a medical office team based on psychological safety, compassion, and healthy communication. He will review the science behind the benefits of gratitude and how to cultivate this superpower through a daily gratitude practice.

Physicians often struggle with "imposter syndrome" and perfectionism. Dr. Dodek will shed light on how these habits can lead to burnout and practical solutions to quiet these behaviors. He will provide easy to implement exercises on how doctors can activate and deepen their self-compassion skills.

Finally, he will explain the neuroscience behind the powerful positive effects of practicing mindfulness. He will have participants practice a mindfulness breathing exercise. Participants will leave with a list of resources to explore, in more detail, physician wellness. Each participant will develop a personalized three-point action plan to implement and enhance their professional wellbeing leading to a greater satisfaction in Family Practice.

About the Speaker

Dr. Daniel Dodek attended U.B.C. Medical School and trained as a Family Medicine Resident in Calgary. He is a full-service Family Doctor at Well Health Medical - Cityview where he enjoys servicing a large geriatric population. In addition, his other main focus is serving as a Family Doctor for many physicians in Vancouver. Dr. Dodek is the Medical Director for Cityview Medical.

Dr. Dodek is the Vancouver Division Lead for Physician Wellness. He writes a regular wellness column called "Dr. Dan" for the Vancouver Division bi-weekly newsletter. He was one of the initial networkers who collaborated with the Physician Health Program and Vancouver Division to create an attachment program so every doctor could be placed with their own Family Doctor. He had developed and planned the Healthy Minds series with the Vancouver Division which is a monthly zoom activity for doctors to connect and explore narrative writing, drawing, painting, mindfulness, and cooking.

Since 2005, Dr. Dodek has been a committee member with the St. Paul's Hospital CME Organizing Committee. The St. Paul's Hospital CME Conference for Primary Care Physicians is one of the largest Family Medicine conferences in Canada averaging 1500 attendees.

DATE: **Wednesday, November 22, 2023**

TIME: **12:15 – 13:15**

LOCATION: **Vancouver Convention Centre |
West Building
West Meeting Rooms 109/110**

COST: **No Charge, Registration Required**

Register online at www.stpaulscme.org
with a conference registration (first come first served).

Limit 50 Participants

Lunch Provided

*This program has received an educational grant from
WELL Health Technologies Corp.*



The 69th Annual

St. Paul's Hospital Continuing Medical Education

Conference for Primary Care Physicians

Conference Supporters

The following companies are confirmed supporters at the time of brochure release. All funds will be received as an unrestricted educational grant.

Optional Learning Session

An Introduction to Practical Dermoscopy
3Gen, Inc.

Lunch Learning Workshop Non-Certified

Find Meaning and Joy in Family Medicine
WELL Health Technologies Corp.

Conference Exhibitors

The following companies have confirmed exhibit space for the full conference at the time of brochure release.

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BC College of Family Physicians
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FOR MORE INFORMATION, CONTACT THE ST. PAUL'S HOSPITAL CME CONFERENCE OFFICE:



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