

CCRN'S 3RD ANNUAL



PARADIGMS IN FAMILY PRACTICE

PERFECTING PRIMARY CARE



VIRTUAL ENGLISH CONFERENCE:

Friday, September 22, 2023

Friday, September 29, 2023

10:00 am - 5:30 pm EDT

REGISTER AT

pfpconference.ca



ACCREDITATION:

EARN UP TO 11.0 CERTIFIED MAINPRO+® CREDITS!

For program inquiries please
contact: info@ccrnmd.com





CONFERENCE AGENDA

CONFERENCE LEARNING OBJECTIVES:

- Apply evidence-based and guideline-centric care for patients in primary care
- Determine and understand patient needs to provide patient-centered care

SEPTEMBER 22, 2023

TIME	SESSION TITLE	FACULTY
10:00am EDT	Welcome & Introduction	
10:05am EDT	Covid-19 - Practical COVID update for Fall 2023: Four practical things family physicians should know	Dr. Lynora Saxinger
11:15am EDT	Optimizing Patient-Centred Obesity Care: Approach, Engage and Manage	Dr. Tony Chetty
12:15pm EDT	Virtual Exhibit Hall	
1:00pm EDT	When treatment can't wait: Primary care approaches to complex MDD management	Dr. Tom Janzen
2:10pm EDT	Advances in the Diagnosis and Treatment of Nonalcoholic Fatty Liver Disease	Dr. Giada Sebastiani
3:20pm EDT	BED & Me: Understanding the Patient Journey	Dr. Rick Ward
4:30pm EDT	Innovations in Contraception: A Comprehensive Approach to Patient Management for Canadian Primary Care Physicians	Dr. Dustin Costescu & Dr. Christine Palmay
5:30pm EDT	Closing Remarks	

SEPTEMBER 29, 2023

TIME	SESSION TITLE	FACULTY
10:00am EDT	Welcome & Introduction	
10:05am EDT	Clinical Advancements: Antihyperglycemic Selection & Longer Acting Insulin Analogs	Dr. Brian Moses
11:15am EDT	FLOW: Flag, Lower, Optimize, and Work Effectively to Improve Lipid Levels and Enhance Post-MI Management	Dr. Tara Sedlak
12:15pm EDT	Virtual Exhibit Hall	
1:00pm EDT	Evolving Evidence on Human Papillomavirus Vaccination: Expert Updates on Head and Neck Cancer	Dr. Marla Shapiro
2:10pm EDT	The Cardiovascular and Metabolic Impact of Insomnia: How Sleep can be Contributing to the Problem	Dr. James Kim
3:20pm EDT	Evolving Management of DKD Management: Practical Insights for Primary Care	Dr. David Cherney
4:30pm EDT	Closing Remarks	

Register at: pfpconference.ca

FRIDAY, SEPTEMBER 22, 2023 - ENGLISH – DAY 1

10:05 am–11:05 am

Practical COVID update for Fall 2023: Four practical things family physicians should know

Dr. Lynora Saxinger

Learning Objectives:

- Discuss the current COVID-19 situation in Canada including cases, hospitalizations, deaths, and variants
- Educate patients on the potential short and long-term consequences of COVID-19 infection
- Summarize the clinical presentation of long COVID, current management and the potential role of vaccination to reduce the risk.
- Apply practical steps to identify those at risk in office and approach conversations, recommend the COVID-19 vaccine and boosters to people at elevated risk of severe COVID-19 outcomes, and engage younger patients and patients who often do not identify as high risk (e.g. pregnant patients).
- Address practical issues with COVID-19 immunization such as integrating current recommendations, coadministration, discussing adverse effects and patients' resistance.

11:15 am – 12:15 pm

Optimizing Patient-Centred Obesity Care: Approach, Engage and Manage

Dr. Tony Chetty

Learning Objectives:

- Determine an effective way to initiate a discussion with a patient with overweight/obesity on strategies to improve overall health
- Assess the health of a patient with overweight/obesity based on current guideline recommendations
- Define which patients could benefit from different management options
- Individualize the management of obesity for a specific patient through a shared-decision process

12:15 pm - 1:00 pm

Break and Exhibit Hall Open

1:00 pm – 2:00 pm

When treatment can't wait: Primary care approaches to complex MDD management

Dr. Tom Janzen

Learning Objectives:

- Describe the implications of the presence of comorbidities in diagnosing and treating major depressive disorder (MDD)
- Examine the key elements of differential diagnosis in major depressive disorder (MDD), generalized anxiety disorder (GAD), and bipolar disorder (BPD)
- Discuss when adjunctive treatments may be beneficial to patients with MDD experiencing inadequate treatment response

2:10 pm – 3:10 pm

Advances in the Diagnosis and Treatment of Nonalcoholic Fatty Liver Disease

Dr. Giada Sebastiani

Learning Objectives:

- Recognize and accurately diagnose nonalcoholic fatty liver disease (NAFLD) or nonalcoholic steatohepatitis (NASH) in patients with suspected symptoms through a comprehensive assessment that includes a physical examination, medical history, laboratory/blood tests, and diagnostic imaging.
- Evaluate critically the most up-to-date efficacy and safety data of current and emerging NAFLD/NASH therapies, analyzing and interpreting potential risks and benefits of each therapy and identifying contraindications, drug interactions, and other safety concerns.
- Develop and apply an effective management strategy for NAFLD/NASH patients that incorporates the most suitable lifestyle interventions and pharmaceutical therapies while considering patient preferences and potential comorbidities.

3:20 pm – 4:20 pm	BED & Me: Understanding the Patient Journey	Dr. Rick Ward
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Learning Objectives:

- Recognize the signs of BED and initiate a conversation about BED with patients
- Explain the neurobiology of BED to patients
- Choose appropriate pharmacologic and nonpharmacologic treatments for BED
- Identify how to adjust ongoing treatment as the patient's disease evolves

4:30 pm – 5:30 pm	Innovations in Contraception: A Comprehensive Approach to Patient Management for Canadian Primary Care Physicians	Dr. Dustin Costescu & Dr. Christine Palmay
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Learning Objectives:

- Appraise the effectiveness and suitability of novel contraception options for diverse patient populations.
- Evaluate the clinical features and benefits of recently approved novel contraception options to select the most appropriate option for qualifying patients.
- Formulate practical patient/physician engagement strategies to improve patient adherence and satisfaction.

FRIDAY, SEPTEMBER 29, 2023 - ENGLISH - DAY 2

10:05 am–11:05 am	Clinical Advancements: Antihyperglycemic Selection & Longer Acting Insulin Analogs	Dr. Brian Moses
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Learning Objectives:

- Discuss the methods of improving glycemic control in people with type 2 diabetes not reaching A1C target with basal insulin.
- Determine the benefits and risks of adding an SGLT2i, DPP-4i or GLP-1 RA in people with type 2 diabetes on basal insulin.
- Address common issues that arise when adding antihyperglycemic agents to patients with type 2 diabetes using basal insulin.

11:15 am – 12:15 pm	FLOW: Flag, Lower, Optimize, and Work Effectively to Improve Lipid Levels and Enhance Post-MI Management	Dr. Tara Sedlak
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Learning Objectives:

- Transform Canadian guidelines into clinical management of the post-MI patient
- Translate the evidence to support optimal care of the MI patient to adoption of the post-MI Flow Sheet, with a focus on lipid lowering
- Implement the Post-MI Flow Sheet into patient management and clinical practice

12:15 pm - 1:00 pm	Break and Exhibit Hall Open
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1:00 pm – 2:00 pm	Evolving Evidence on Human Papillomavirus Vaccination: Expert Updates on Head and Neck Cancer	Dr. Marla Shapiro
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Learning Objectives:

- Explain the link between human papillomavirus (HPV) and head and throat cancers, and describe the epidemiology, prevalence, incidence, and risk factors for developing these cancers.
- Discuss the clinical manifestations and screening of HPV-positive head and throat cancers.
- Evaluate the efficacy and safety of HPV vaccines in preventing head and throat cancers.
- Address common myths and misconceptions about HPV vaccines, and develop strategies for educating patients, and families, on the benefits of vaccination for cancer prevention.
- Identify barriers to HPV vaccination and discuss potential solutions to increase vaccination rates among eligible populations.
- Recognize the benefits of interdisciplinary collaboration in promoting HPV vaccination to reduce the risk of HPV-related cancers.

2:10 pm – 3:10 pm	The Cardiovascular and Metabolic Impact of Insomnia: How Sleep can be Contributing to the Problem	Dr. James Kim
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Learning Objectives:

- Identify the need to screen and assess a patient presenting with symptoms of insomnia
- Determine the impact of insomnia on affected patients
- Discuss the link between insomnia and cardiometabolic risk
- List the different non-pharmacological and non-prescription options for the management of sleep
- Contrast the benefits and risks of the different pharmacological treatment options for the management of chronic insomnia

3:20 pm – 4:20 pm	Evolving Management of DKD Management: Practical Insights for Primary Care	Dr. David Cherney
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Learning Objectives:

- Routinely apply guideline-based screening for chronic kidney disease (CKD) in patients with T2D
- Integrate established evidence-based treatment approaches for the management of CKD in T2D
- Incorporate novel strategies to reduce residual risk of CV events and kidney progression in patients with CKD and T2D

This conference has received unrestricted educational grants and in-kind support from:

Amgen, Bayer, Duchesnay, Eisai, Janssen, Lundbeck, Merck, Moderna, Novo Nordisk, Otsuka & Takeda

Registration: pfpconference.ca

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