



**Providence
Health Care**

**SPH CME CONFERENCE
for Primary Care**

71st Annual St. Paul's Hospital Continuing Medical Education Conference for Primary Care

Vancouver Convention Centre West

November 18 – 21, 2025



DEPARTMENT OF
FAMILY MEDICINE

Leaders in primary care, champions
of community health

71st Annual St. Paul's Hospital Continuing Medical Education Conference for Primary Care



The annual **Continuing Medical Education (CME) Conference** is a unique opportunity to refresh your knowledge about primary care medicine and revitalize your enthusiasm for the field. The conference will provide an evidence-based review of practical information and new trends and will discuss controversial topics useful for primary care clinicians practicing in urban or rural areas. Its educational activities will include a Main Lecture Series (MLS), which will provide a comprehensive review of Cardiology, Geriatrics, Internal Medicine, Surgery, Therapeutics & Investigations, Psychiatry & Behavioural Medicine, Oncology & Palliative Care, and Gynaecology & Paediatrics. Our exemplary guest speakers have been selected based on their experience and expertise and their ability to deliver informative presentations in an engaging and impactful way. Each of our sessions has been designed to provide ample time for audience questions. The conference reflects our commitment to equity, diversity, and inclusion, and promotes clinician wellness through connection, reflection, and shared learning.

Learning Objectives

The conference and curriculum have been designed to ensure all participants will acquire an enhanced ability to:

- Analyze current issues in primary care medicine;
- Review new guidelines for the treatment of diseases and disorders commonly encountered in family practice;
- Discuss cases regarding new treatment options and technological advances; and
- 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 Sessions have been certified by the College of Family Physicians of Canada and the BC Chapter for up to 35 Mainpro+® Certified Activity Credits.

AAFP: Members of the American Academy of Family Physicians are eligible to receive up to 35 Prescribed credit hours for attendance at this event (Main Lecture Series Program* and Optional Learning Sessions) 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+® Certified Activity Credits.

Financial Disclosure

Any conference-generated surplus is reinvested in St. Paul's Hospital (SPH) family practice resident education, departmental strategic initiatives, research, teaching, and UBC faculty development activities.



Please visit www.stpaulscme.org for full conference details and to register



Certified Program

MAIN LECTURE SERIES AT A GLANCE

	Tuesday, Nov. 18	Wednesday, Nov 19	Thursday, Nov. 20	Friday, Nov. 21
Morning		Seawall Jog 06:30 – 07:30	Seawall Jog 06:30 – 07:30	Seawall Jog 06:30 – 07:30
	Exhibit Hall Opens 07:00	Exhibit Hall Opens 07:00	Exhibit Hall Opens 07:00	Exhibit Hall Opens 07:00
	Registration Grab & Go Breakfast 07:15 – 08:45	Grab & Go Breakfast 07:15 – 08:45	Grab & Go Breakfast 07:15 – 08:45	Grab & Go Breakfast 07:15 – 08:45
	Virtual Login 08:00	Virtual Login 08:15	Virtual Login 08:15	Virtual Login 08:15
	Indigenous Welcome & Opening Remarks 08:15 – 08:45	Welcome 08:25 – 08:30	Welcome 08:25 – 08:30	Welcome 08:25 – 08:30
	Cardiology 08:45 – 12:15	Internal Medicine 08:30 – 12:00	Therapeutics & Investigations 08:30 – 12:00	Oncology & Palliative Care 08:30 – 12:00
Afternoon	Lunch *On your own or Exhibit Hall Bistro 12:15 – 13:30	Lunch *On your own or Exhibit Hall Bistro 12:00 – 13:30	Traditional Thursday Luncheon *For pre-registered delegates 12:00 – 13:45	Lunch *On your own 12:00 – 13:30
	Geriatrics 13:30 – 17:00	Surgery 13:30 – 17:00	Psychiatry & Behavioural Medicine 13:45 – 17:00	Gynaecology & Paediatrics 13:30 – 17:00
	Networking Mixer *For pre-registered delegates 17:00 – 19:30	Fitness Class 17:30 – 18:30	Fitness Class 17:30 – 18:30	

OPTIONAL LEARNING SESSIONS AT A GLANCE

Monday, Nov. 17	Tuesday, Nov. 18	Wednesday, Nov 19
An Introduction to Practical Dermoscopy Workshop In-Person 08:00 – 17:00		
	Lunch Session A Toolbox for Challenging Patient Encounters In-Person 12:30 – 13:30	Lunch Session Narrative Medicine In-Person 12:15 – 13:15



New for this year: Vancouver Convention Centre Bistro!

(Available Tuesday & Wednesday Lunch only)

Hot and cold beverages, sandwiches and snacks available for purchase in the Exhibit Hall.



Please visit www.stpaulscme.org for full conference details and to register

MAIN LECTURE SERIES

Day 1 – Tuesday, November 18			Location
07:00	Exhibit Hall Opens		West Ballroom CD
07:15	Registration Opens		West Ballroom Foyer
07:15	Grab & Go Breakfast (available until 08:45)		West Ballroom CD
07:30	Seating for Main Lecture Series		West Ballroom AB
08:00	Virtual Login Open		
08:15	Indigenous Welcome & Land Acknowledgement		West Ballroom AB
08:30	Opening Remarks • Dr. Daniel Ngui, Conference Organizing Committee Co-Chair • Dr. Tinus Wasserfall, Conference Organizing Committee Co-Chair • Dr. Jiwei Li, Department Head, Family Medicine, Providence Health Care		West Ballroom AB
CARDIOLOGY Moderator: Dr. Christopher Ryan		GERIATRICS Moderator: Dr. Clara Iturra	
08:45	Inflammation and CV Disease – Risk Markers • Dr. Krishnan Ramanathan	13:30	Geriatric Skin Conditions • Dr. David Swanson
09:05	Hypertension – 2025 Update • Dr. Nadia Khan	13:45	Geriatric Lower Limb Ulcer • Dr. Gibong Lee
09:25	Pulmonary Hypertension - Who to Suspect, Risks and Diagnosis • Dr. Nathan Brunner	14:00	Osteoporosis Update and Management • Dr. Akshay Jain
09:45	Q & A	14:15	Q & A
09:55	HFrEF – Who Are These Patients? • Dr. Graham Wong	14:30	How to Assess Frailty in the Office • Dr. Karanvir Sall
10:10	Cardio-Metabolic Problems with OSA and Insomnia • Dr. Victor Huckell	14:45	Management of Behavioural Issues in Dementia – Agitation and Aggression • Dr. Mafalda Musacchio
10:25	Testosterone and the Heart – Who is at Risk? • Dr. Justin Bhullar	15:00	Understanding Capacity: An Introduction • Dr. Bryan Chow
10:35	Q & A	15:15	Q & A
10:45	Nutrition Break	15:30	Nutrition Break
11:05	Unexpected AF – What Do I Do Now? • Dr. Jason Andrade	15:50	The Aging Kidney • Dr. Wayne Hung
11:20	Newborn Cardiac Issues - When to Worry • Dr. Keyvan Hadad	16:05	Sarcopenia Prevention and Management – What's New • Dr. Wendy Cook
11:35	Leadless Cardiac Pacing • Dr. Matthew Bennett	16:20	Sex and the Senior Citizen • Dr. Nazanin Rahnema
11:50	Aneurysms of Abdomen and Thorax – Risks, Diagnosis and Follow Up • Dr. Jonathan Misskey	16:35	Social Prescribing in the Geriatric Patient • Dr. Janet Kow
12:05	Q & A	16:50	Q & A
12:15	Lunch Break – Delegates on their own for lunch	17:00	Adjourn
		17:00	Networking Mixer West Ballroom Foyer

Networking Mixer

The St. Paul's Hospital CME for Primary Care Conference is more than a great opportunity to refresh our knowledge about primary care medicine, it's also a wonderful opportunity to make new connections and reunite with old friends. On Tuesday at 5pm, join us as we kick-off our exciting week in Vancouver with a fun mixer where we'll share laughs and great conversation while enjoying delicious food and drinks and spectacular views of the majestic North Shore mountains. We'll see you there! The Networking Mixer is complimentary with MLS registration, limited to registered delegates only. RSVP is required at the time of registration.



Please visit www.stpaulscme.org for full conference details and to register

MAIN LECTURE SERIES

Day 2 – Wednesday, November 19			Location
06:30	Morning Seawall Jog		Meet in the Fairmont Waterfront Lobby
07:00	Exhibit Hall Opens		West Ballroom CD
07:15	Registration Opens		West Ballroom Foyer
07:15	Grab & Go Breakfast (available until 08:45)		West Ballroom CD
07:30	Doors Open for Lecture Hall		West Ballroom AB
08:15	Virtual Login Open		
08:25	Welcome		West Ballroom AB
INTERNAL MEDICINE Moderators: Dr. Kimberly Rutherford / Dr. Colin Siu		SURGERY Moderator: Dr. Howard Chang	
08:30	A Case-Based Diabetes Update • Dr. Breay Paty	13:30	Dr. Betty Calam 2025 Resident Research Award Winner: Advance Care Planning in Structurally Vulnerable Populations – A Scoping Review of Barriers, Facilitators, and Interventions • Dr. Andrew Jeong
08:50	Raynaud's Syndrome – Ruling Out Secondary Causes and Treatment • Dr. Hyein Kim	13:40	Managing Thyroid Nodules – A Case-Based Discussion • Dr. Sam Wiseman
09:05	Cushing's and Addison's – A Quick Review • Dr. Clarissa Wallace	14:00	Rock Solid Management of Kidney Stones • Dr. Connor Forbes
09:20	Q & A	14:15	Q & A
09:35	Update on Prevention of Stroke in Primary Care • Dr. Kimia Ghavami	14:30	Step by Step - An Approach to Peripheral Artery Disease • Dr. Jonathan Misskey
09:55	The Health Impact of Plastics • Dr. Sharon Dodd	14:45	Hear Today, Gone Tomorrow – Sudden Sensorineural Hearing Loss • Dr. Teffran Chan
10:10	Interstitial Lung Disease (ILD) – Review for Primary Care • Dr. Leigh Minuk	15:00	The Pressure to Prevent Pressure Wounds • Dr. Brian Kunimoto
10:25	Q & A	15:15	Q & A
10:40	Nutrition Break	15:30	Nutrition Break
11:00	Dysphagia and Eosinophilic Esophagitis • Dr. Sarvee Moosavi	15:50	Post-Operative Lymphedema Management • Dr. Kathryn Isaac
11:15	Management of IPMN of the Pancreas • Dr. Eric Lam	16:10	Managing Native Joint Septic Arthritis – From Culture to Cure • Dr. William Connors
11:30	Innovations in Metabolic Dysfunction – MASLD • Dr. Daljeet Chahal	16:30	Diverticulitis – The Evolving Role of Antibiotics • Dr. Tracy Scott
11:45	Q & A	16:45	Q & A
12:00	Lunch Break – Delegates on their own for lunch, Bistro open	17:00	Adjourn
		17:30	Fitness Class - Yoga Flow with Lisa The Fairmont Waterfront, Malaspina Room



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MAIN LECTURE SERIES

Day 3 – Thursday, November 20				Location
06:30	Morning Seawall Jog			Meet in the Fairmont Waterfront Lobby
07:00	Exhibit Hall Opens			West Ballroom CD
07:15	Grab & Go Breakfast (available until 08:45)			West Ballroom CD
07:30	Registration Opens			West Ballroom Foyer
07:30	Doors Open for Lecture Hall			West Ballroom AB
08:15	Virtual Login Open			
08:25	Welcome			West Ballroom AB
THERAPEUTICS & INVESTIGATIONS		PSYCHIATRY & BEHAVIOURAL MEDICINE		
Moderators: Dr. Nirvaip Levitt / Dr. Johnny Chang		Moderators: Dr. Rhonda Low / Dr. Laura Knebel		
08:30	Updates in Respiratory Infection Vaccines • Dr. Meena Dawar	13:45	Doc, I'm Microdosing Mushrooms – Addressing the Popularization of Low-Dose Psychedelics for Managing Mental Health Conditions • Dr. Birgitta Woods	
08:40	New Treatments in H Pylori • Dr. James Gray	14:00	Vaping In 2025 – The Risks, Benefits and Unknowns • Dr. Milan Khara	
08:50	Practicing Sustainable Primary Care: A Win for Patient, Community, and Planet • Dr. Rashmi Chadha	14:15	Approach to Stimulant Use Disorder in Primary Care • Dr. Julius Elefante	
09:05	Q & A	14:30	Q & A	
09:20	Hold Your Pee – Treatment for Overactive Bladder • Dr. Joel Teichman	14:40	Are the New Antidepressants Better? Why Are Some SSRIs No Longer Preferred? • Dr. Nicholas Ainsworth	
09:30	A Brave New World - AI Scribing in the Office • Dr. Daniel Ngu	14:55	ARFID – What it is and What the Family Doctor Needs to Know • Dr. Seena Grewal	
09:45	Point of Care Ultrasound in Primary Care • Dr. Oron Frenkel	15:10	Outsmarting Tik Tok – Adult ADHD • Dr. Debra Hamer	
10:00	Q & A	15:30	Q & A	
10:20	Nutrition Break	15:45	Nutrition Break	
10:40	When to Order the Prostate MRI – Case Based Study • Dr. Peter Black	16:05	Narcissistic Personality Disorder – Moving Beyond Social Media to Identify it and Manage Patients with NPD • Dr. Erin Burrell	
10:50	Living Kidney Donation - Risks, Evaluation, and Follow-Up • Dr. Justin Gill	16:25	Screens and Youth – Understanding the Impact and Strategies to Help • Ms. Sharon Selby	
11:00	Q & A	16:45	Q & A	
11:15	SPEP / UPEP – When to Order and How to Interpret • Dr. Stephen Parkin	17:00	Adjourn	
11:25	The Mysteries of Rheumatological Lab Tests • Dr. Kam Shojaian	17:30	Fitness Class - Zumba with Maybelin The Fairmont Waterfront, Malaspina Room	
11:35	Everyone Bruises – An Investigation into Bruising • Dr. Erica Peterson			
11:45	Q & A			
12:00	Lunch Break – Traditional “Luncheon” for pre-registered attendees featuring Timothy Caulfield, Professor of Health Law and Science Policy & Bestselling Author. • VCC West, Exhibit Hall A			



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MAIN LECTURE SERIES

Day 4 – Friday, November 21				Location
06:30	Morning Seawall Jog			
07:00	Exhibit Hall Opens			
07:15	Grab & Go Breakfast (available until 08:45)			
07:30	Registration Opens			
07:30	Doors open for Lecture Hall			
08:15	Virtual Login Open			
08:25	Welcome			
ONCOLOGY & PALLIATIVE CARE Moderators: Dr. Lori McFarlane/Dr. Fiona Petigara		GYNAECOLOGY & PAEDIATRICS Moderator: Dr. Niloofer Baria		
08:30	Common Oncology Emergencies – What Not to Miss in Primary Care Office • Dr. Sian Shuel	13:30	What Makes a Woman's Heart "Flutter" Common Arrhythmias in Women: Are they Different? • Dr. Andrea Lee	
08:45	Chemotherapy and Immunotherapy Basics • Dr. Nureen Sumar	13:45	Gender Creative Youth • Dr. Tania Culham	
09:05	How to Identify Anal Cancer in the Office Setting • Dr. Tinus Wasserfall	14:00	Female Urinary Incontinence – What's New • Dr. Kate Anderson	
09:15	Q & A	14:15	Q & A	
09:35	Gender-Affirming Cancer Screening for Transgender, Two-Spirit and Non-Binary People • Dr. Ingrid Cosio	14:30	A Handmaid's Tale – How to Preserve Fertility • Dr. Jason Hitkari	
09:50	MAiD Updates – Essentials For The Primary Care Clinician • Dr. Stefanie Green	14:45	MHT – What's New, What to Use and When • Dr. Kerstin Gustafson	
		15:00	Respiratory Illness in Kids in 2025 • Dr. Claire Seaton	
10:10	Q & A	15:20	Q&A	
10:30	Nutrition Break	15:35	Nutrition Break	
10:50	Constipation - What Works for Palliative & Chronically-Constipated Patients? • Dr. Jessica Otte	15:55	Atopic Dermatitis and Climate Change • Dr. James Bergman	
11:10	Serum Tumor Markers for Cancer Screening • Dr. Tamara Shenkier	16:10	Is it a Speech Delay or Autism? • Dr. Keyvan Hadad	
11:25	Advanced Care Planning – Goals of Care • Dr. Vincent Fruci	16:25	Emotional Regulation in Kids in 15 Minutes • Dr. Keyvan Hadad	
11:45	Q & A	16:40	Q & A	
12:00	Lunch Break – Delegates are on their own for lunch	17:00	Closing Remarks and Adjournment	



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Optional Learning Sessions

(Monday In-Person Workshop)

An Introduction to Practical Dermoscopy Workshop

Dr. David Swanson

Professor of Dermatology, Mayo Clinic, Scottsdale, Arizona
Executive Board Member International Dermoscopy Society

Optional full-day, In-Person workshop that precedes the Main Lecture Series

LEARNING NEEDS: With increasing rates of malignant melanoma worldwide and increased awareness by the public to monitor new and changing moles, Dermoscopy is proven to be a very useful adjunct to in-office screening of melanocytic and non-melanocytic lesions. Participants will develop/enhance their practical assessment skills of 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. You will learn to identify and understand the differing histological characteristics for specialized skin areas of the body and also learn the new UV light application to dermoscopy.

SKILL SET: Aimed at all levels: for novices, it'll get you up and offer a good review to solidify learning for intermediates and new concepts for those who are advanced (it's a fast-moving field). There will be plenty of time for questions.

Date: Monday, November 17th, 2025

Time: 08:00 – 17:00

Location: Vancouver Convention Centre West, West Meeting Rooms 109/110

Cost: \$450

Credit: 8 Mainpro+® Credits

Maximum 175 registrants (First come, first served)

Optional Small Group Lunch Learning Workshops

(In-Person Workshops)

A Toolbox for Challenging Patient Encounters*

*available to in-person MLS registrants only

Dr. Debra Hamer

Assistant Professor and Shared-Care Psychiatrist at Queen's University

Too often in primary care practice, good intentions to provide quality care are thwarted by challenging patient behaviours that put a strain on both physicians and their office staff. What transpires is growing frustrations that impact physician burnout and can lead to compromised care. In this 60-minute workshop, Dr. Hamer will use tools from attachment theory, trauma-informed care, and dialectical behavioural therapy (DBT) to help participants better understand what drives these behaviours. Through this workshop, participants will acquire added insights and a greater ability to navigate these challenging patient encounters.

Date: Tuesday, November 18th, 2025

Time: 12:30 – 13:30

Location: Vancouver Convention Centre West, West Meeting Rooms 107/108

Cost: \$40 (Lunch is included)

Credit: 1 Mainpro+® Credit

Maximum 50 registrants (First come, first served)

- Add workshop when registering for the MLS

Narrative Medicine*

*available to in-person MLS registrants only

Dr. Debra Hamer

Assistant Professor and Shared-Care Psychiatrist at Queen's University

In this workshop, Dr. Hamer will explore how narrative medicine can be used in health care to build narrative competence and reflective practice. Narrative medicine is now used in many leading medical schools and hospitals across North America as a powerful way for physicians to build agency and compassion. In this 60-minute workshop, participants will have an opportunity to be creative, write and explore in a supportive environment. There will be opportunities to learn and practice narrative skills, such as analysis of visual texts and poetry, as well as writing with prompts. Participants will gain valuable new insights and tools for their personal growth and professional practice.

Date: Wednesday, November 19th, 2025

Time: 12:15 – 13:15

Location: Vancouver Convention Centre West, West Meeting Rooms 107/108

Cost: \$40 (Lunch is included)

Credit: 1 Mainpro+® Credit

Maximum 50 registrants (First come, first served)

- Add workshop when registering for the MLS



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Faculty

St. Paul's Hospital CME Organizing Committee

Dr. Daniel Ngu, Co-Chair
Dr. Tinus Wasserfall, Co-Chair
Dr. Nirvair Levitt, Treasurer
Dr. Niloofar Baria
Dr. Howard Chang
Dr. Johnny Chang
Dr. Daniel Dodek
Dr. Clara Iturra
Dr. Laura Knebel
Dr. Rhonda Low
Dr. Lori McFarlane
Dr. Fiona Petigara
Dr. Kimberly Rutherford
Dr. Christopher Ryan
Dr. Colin Siu
Dr. Anthony Villaruel

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. Kate Anderson *Clin. Asst. Prof. (Urologic Sciences)*
Dr. Jason Andrade *Clin. Assoc. Prof. (Medicine - Cardiology)*
Dr. Matthew Bennett *Clin. Assoc. Prof. (Medicine - Cardiology)*
Dr. James Bergman *Clin. Asst. Prof. (Dermatology & Skin Science)*
Dr. Justin Bhullar *Clin. Asst. Prof. (Medicine - Endocrinology)*
Dr. Peter Black *Professor (Urologic Sciences)*
Dr. Nathan Brunner *Clin. Assoc. Prof. (Medicine - Cardiology)*
Dr. Erin Burrell *Clin. Instr. (Psychiatry)*
Dr. Rashmi Chadha *Clin. Assoc. Prof. (Family Practice)*
Dr. Daljeet Chahal *Clin. Asst. Prof. (Medicine - Gastroenterology)*
Dr. Teffran Chan *Clin. Instr. (Surgery)*
Dr. Bryan Chow *Clin. Asst. Prof. (Psychiatry)*
Dr. William Connors *Clin. Assoc. Prof. (Medicine - Infectious Diseases)*
Dr. Wendy Cook *Clin. Assoc. Prof. (Medicine - Geriatric)*
Dr. Ingrid Cosio *Clin. Instr. (Family Practice)*
Dr. Tania Culham *Clin. Asst. Prof. (Family Practice)*
Dr. Meena Dawar *Clin. Prof. (School Of Population & Public Health)*
Dr. Sharon Dodd *Clin. Instr. (Family Practice)*
Dr. Julius Elefante *Clin. Assoc. Prof. (Psychiatry)*
Dr. Connor Forbes *Asst. Prof. (Urologic Sciences)*
Dr. Oron Frenkel *Clin. Asst. Prof. (Emergency Medicine)*
Dr. Vincent Fruci *Clin. Asst. Prof. (Anesthesiology & Palliative Medicine)*
Dr. Kimia Ghavami *Clin. Asst. Prof. (Neurology)*
Dr. Justin Gill *Clin. Asst. Prof. (Medicine - Nephrology)*
Dr. James Gray *Clin. Prof. (Medicine - Gastroenterology)*
Dr. Stefanie Green *Clin. Instr. (Family Practice)*
Dr. Seena Grewal *Clin. Assoc. Prof. (Psychiatry)*
Dr. Kerstin Gustafson *Clin. Asst. Prof. (Obstetrics & Gynecology)*

Dr. Keyvan Hadad *Clin. Assoc. Prof. (Pediatrics)*
Dr. Jason Hitkari *Clin. Prof. (Obstetrics & Gynecology)*
Dr. Victor Huckell *Clin. Prof. (Medicine - Cardiology)*
Dr. Wayne Hung *Clin. Asst. Prof. (Medicine - Nephrology)*
Dr. Kathryn Isaac *Asst. Prof. (Surgery)*
Dr. Akshay Jain *Clin. Instr. (Medicine - Endocrinology & Metabolism)*
Dr. Betty Calam 2025 Resident Research Award Winner *Dr. Betty Calam 2025 Resident Research Award Winner*
Dr. Nadia Khan *Prof. (Medicine - General Internal)*
Dr. Milan Khara *Clin. Asst. Prof. (Family Practice)*
Dr. Hyein Kim *Clin. Asst. Prof. (Medicine - Rheumatology)*
Dr. Janet Kow *Clin. Assoc. Prof. (Medicine - Geriatric)*
Dr. Brian Kunitomo *Clin. Assoc. Prof. (Dermatology & Skin Science)*
Dr. Eric Lam *Clin. Prof. (Medicine - Gastroenterology)*
Dr. Gibong Lee *Clin. Instr. (Medicine - Geriatric)*
Dr. Andrea Lee *Clin. Asst. Prof. (Medicine - Cardiology)*
Dr. Leigh Minuk *Respirologist*
Dr. Jonathan Misskey *Clin. Asst. Prof. (Surgery)*
Dr. Sarvee Moosavi *Clin. Asst. Prof. (Medicine - Gastroenterology)*
Dr. Mafalda Musacchio *Clin. Asst. Prof. (Psychiatry)*
Dr. Daniel Ngu *Clin. Prof. (Family Practice)*
Dr. Jessica Otte *Clin. Assoc. Prof. (Family Practice)*
Dr. Stephen Parkin *Clin. Asst. Prof. (Medicine - Hematology)*
Dr. Breay Paty *Clin. Assoc. Prof. (Medicine - Endocrinology & Metabolism)*
Dr. Erica Peterson *Clin. Asst. Prof. (Medicine - Hematology)*
Dr. Nazanin Rahnema *Clin. Instr. (Family Practice)*
Dr. Krishnan Ramanathan *Clin. Prof. (Medicine - Cardiology)*
Dr. Karanvir Sall *Clin. Instr. (Medicine - Geriatric)*
Dr. Tracy Scott *Clin. Assoc. Prof. (Surgery)*
Dr. Claire Seaton *Clin. Assoc. Prof. (Pediatrics)*
Ms. Sharon Selby *Clinical Counselor*
Dr. Tamara Shenkier *Clin. Prof. (Medicine - Medical Oncology)*
Dr. Kam Shojania *Clin. Prof. (Medicine - Rheumatology)*
Dr. Sian Shuel *Clin. Instr. (Family Practice)*
Dr. Joel Teichman *Prof. (Urologic Sciences)*
Dr. Clarissa Wallace *Clin. Assoc. Prof. (Medicine - Endocrinology & Metabolism)*
Dr. Tinus Wasserfall *Clin. Instr. (Family Practice)*
Dr. Sam Wiseman *Prof. (Surgery)*
Dr. Graham Wong *Clin. Prof. (Medicine - Cardiology)*
Dr. Birgitta Woods *Clin. Instr. (Psychiatry)*

Visiting Faculty:

Dr. Debra Hamer *Asst. Prof. (Psychiatry), Queen's University, Kingston, Ontario*
Dr. Nureen Sumar *Clin. Asst. Prof. (Family Medicine), University of Calgary, Alberta*
Dr. David Swanson *Prof. (Dermatology), Mayo Clinic, Scottsdale, Arizona*



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Non-Certified Program

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

*Note: This session has not been certified by the College of Family Physicians of Canada



Making Decisions Under Stress

Ms. Amy Englemark

The ability to make clear, confident decisions under stress is essential in medicine, yet many family doctors find themselves overwhelmed by time pressures, emotionally taxing cases, and the expectations of patients and colleagues. Navigating these challenges while maintaining professionalism and personal well-being is no easy task. Decision-Making Under Stress is designed to help you develop practical strategies to stay composed, focused, and energized—even in the most difficult situations.

Led by Amy Englemark, a dynamic speaker, physician coach, and author with extensive experience in stress management and sustainable leadership, this workshop will provide actionable tools to improve decision-making, set healthy boundaries, and reduce the mental load of high-pressure environments. With a deep understanding of the challenges medical professionals face, Amy brings a warm, yet direct and strategic approach to helping you maintain your well-being without compromising the quality of care you provide.

Amy is an accomplished keynote speaker, author of two books, physician leadership coach and stress management consultant. She's passionate about sustainable leadership, burnout prevention and career optimization to ensure health, wealth and happiness. She has worked with Canadian Women In Medicine (CWIM), Telus, TD, Coastal Community Credit Union, Remax, the Yukon Government and more. Her work has been featured in articles in WeBC, and magazines like Convention Southwest and Daring to Disrupt.

Date: Friday, November 21, 2025

Time: 12:15 – 1:15

Location: Vancouver Convention Centre West, West Meeting Room 109

Cost: \$40 (Lunch is included)

Maximum 80 registrants (First come, first served)



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Conference Supporters

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

Optional Learning Session

An Introduction to Practical Dermoscopy:

Brymill Cryogenic Systems
DermLite LLC

Clinician Wellness Lounge

Canadian Medical Association
MD Financial Management
Scotiabank

Conference Exhibitors

The following companies have confirmed exhibit space for the full conference:

Abbott Laboratories Co.
AbbVie Corporation
Alethea Medical
Arya Health
Astellas Pharma
AstraZeneca
Ava Industries
Bausch Health Canada
Bayer
BC Cancer – Provincial Health Services Authority
BC Cancer Screening
BC Family Doctors
BC Guidelines
BioSynt Pharma Inc.
Boehringer Ingelheim Canada Ltd.
Calian
Canadian Medical Protective Association
Celltrion Healthcare Canada
Central Okanagan Division of Family Practice
Covis Pharma Canada

Doctors Technology Office & Practice Support Program
Doctors of BC (PCAN)
Eisai
Eli Lilly Canada
Elvium Life Sciences
GlaxoSmithKline Inc.
Health Data Coalition
Idorsia Pharmaceuticals
Interior Health
Kenvue
Knight Therapeutics Inc.
KYE Pharma
MD Financial Management / Scotiabank
Merck Canada Inc.
Mikata Health
NNPBC NP Provincial Initiatives and Programs
Northern Health Authority
Novo Nordisk Canada
Nurses & Nurse Practitioners of British Columbia
OceanMD, a WELL Health Company

Organon Canada
OSCAR Pro
Pacific Northwest Division of Family Practice
Pfizer Pharmaceuticals Canada
Purtzki Johansen & Associates
Resolve Sleep Health
Sandoz Canada
Scleroderma Association of B.C.
Searchlight Pharma
Sun Pharma Canada Inc.
Szio+ Inc.
TELUS Health
Thompson Division of Family Practice
Trudell Healthcare Solutions Inc.
UBC Bookstore
Vancouver Coastal Health
Vancouver Division of Family Practice
Viatris
Volo Healthcare Inc.
WELL Health Clinics Canada Inc.
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