



**Providence  
Health Care**

**SPH CME CONFERENCE  
for Primary Care**

# 71<sup>st</sup> 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

# 71<sup>st</sup> 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](http://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
<b>Morning</b>		<b>Seawall Jog</b> 06:30 – 07:30	<b>Seawall Jog</b> 06:30 – 07:30	<b>Seawall Jog</b> 06:30 – 07:30
	<b>Exhibit Hall Opens</b> 07:00	<b>Exhibit Hall Opens</b> 07:00	<b>Exhibit Hall Opens</b> 07:00	<b>Exhibit Hall Opens</b> 07:00
	<b>Registration   Grab &amp; Go Breakfast</b> 07:15 – 08:45	<b>Grab &amp; Go Breakfast</b> 07:15 – 08:45	<b>Grab &amp; Go Breakfast</b> 07:15 – 08:45	<b>Grab &amp; Go Breakfast</b> 07:15 – 08:45
	<b>Virtual Login</b> 08:00	<b>Virtual Login</b> 08:15	<b>Virtual Login</b> 08:15	<b>Virtual Login</b> 08:15
	<b>Indigenous Welcome &amp; Opening Remarks</b> 08:15 – 08:45	<b>Welcome</b> 08:25 – 08:30	<b>Welcome</b> 08:25 – 08:30	<b>Welcome</b> 08:25 – 08:30
	<b>Cardiology</b> 08:45 – 12:15	<b>Internal Medicine</b> 08:30 – 12:00	<b>Therapeutics &amp; Investigations</b> 08:30 – 12:00	<b>Oncology &amp; Palliative Care</b> 08:30 – 12:00
<b>Afternoon</b>	<b>Lunch</b> *On your own or Exhibit Hall Bistro 12:15 – 13:30	<b>Lunch</b> *On your own or Exhibit Hall Bistro 12:00 – 13:30	<b>Traditional Thursday Luncheon</b> *For pre-registered delegates 12:00 – 13:45	<b>Lunch</b> *On your own 12:00 – 13:30
	<b>Geriatrics</b> 13:30 – 17:00	<b>Surgery</b> 13:30 – 17:00	<b>Psychiatry &amp; Behavioural Medicine</b> 13:45 – 17:00	<b>Gynaecology &amp; Paediatrics</b> 13:30 – 17:00
	<b>Networking Mixer</b> *For pre-registered delegates 17:00 – 19:30	<b>Fitness Class</b> 17:30 – 18:30	<b>Fitness Class</b> 17:30 – 18:30	

## OPTIONAL LEARNING SESSIONS AT A GLANCE

Monday, Nov. 17	Tuesday, Nov. 18	Wednesday, Nov 19
<b>An Introduction to Practical Dermoscopy Workshop</b> In-Person 08:00 – 17:00		
	<b>Lunch Session A Toolbox for Challenging Patient Encounters</b> In-Person 12:30 – 13:30	<b>Lunch Session Narrative Medicine</b> 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](http://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 <ul style="list-style-type: none"><li>• Dr. Daniel Ngui, <i>Conference Organizing Committee Co-Chair</i></li><li>• Dr. Tinus Wasserfall, <i>Conference Organizing Committee Co-Chair</i></li><li>• Dr. Jiwei Li, <i>Department Head, Family Medicine, Providence Health Care</i></li></ul>	West Ballroom AB	
CARDIOLOGY		GERIATRICS	
Moderator: Dr. Christopher Ryan		Moderator: Dr. Clara Iturra	
08:45	Inflammation and CV Disease – Risk Markers <ul style="list-style-type: none"><li>• Dr. Krishnan Ramanathan</li></ul>	13:30	Geriatric Skin Conditions <ul style="list-style-type: none"><li>• Dr. David Swanson</li></ul>
09:05	Hypertension – 2025 Update <ul style="list-style-type: none"><li>• Dr. Nadia Khan</li></ul>	13:45	Geriatric Lower Limb Ulcer <ul style="list-style-type: none"><li>• Dr. Gibong Lee</li></ul>
09:25	Pulmonary Hypertension - Who to Suspect, Risks and Diagnosis <ul style="list-style-type: none"><li>• Dr. Nathan Brunner</li></ul>	14:00	Osteoporosis Update and Management <ul style="list-style-type: none"><li>• Dr. Akshay Jain</li></ul>
09:45	Q & A	14:15	Q & A
09:55	HFrEF – Who Are These Patients? <ul style="list-style-type: none"><li>• Dr. Graham Wong</li></ul>	14:30	How to Assess Frailty in the Office <ul style="list-style-type: none"><li>• Dr. Karanvir Sall</li></ul>
10:10	Cardio-Metabolic Problems with OSA and Insomnia <ul style="list-style-type: none"><li>• Dr. Victor Huckell</li></ul>	14:45	Management of Behavioural Issues in Dementia – Agitation and Aggression <ul style="list-style-type: none"><li>• Dr. Mafalda Musacchio</li></ul>
10:25	Testosterone and the Heart – Who is at Risk? <ul style="list-style-type: none"><li>• Dr. Justin Bhullar</li></ul>	15:00	Understanding Capacity <ul style="list-style-type: none"><li>• Dr. Peter Chan</li></ul>
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? <ul style="list-style-type: none"><li>• Dr. Jason Andrade</li></ul>	15:50	The Aging Kidney <ul style="list-style-type: none"><li>• Dr. Wayne Hung</li></ul>
11:20	Newborn Cardiac Issues - When to Worry <ul style="list-style-type: none"><li>• Dr. Keyvan Hadad</li></ul>	16:05	Sarcopenia Prevention and Management – What’s New Dr. Wendy Cook
11:35	Leadless Cardiac Pacing <ul style="list-style-type: none"><li>• Dr. Matthew Bennett</li></ul>	16:20	Sex and the Senior City <ul style="list-style-type: none"><li>• Dr. Nazanine Rahnema</li></ul>
11:50	Aneurysms of Abdomen and Thorax – Risks, Diagnosis and Follow Up <ul style="list-style-type: none"><li>• Dr. Jonathan Misskey</li></ul>	16:35	Social Prescribing in the Geriatric Patient <ul style="list-style-type: none"><li>• Dr. Janet Kow</li></ul>
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 VCC West, 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](http://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		SURGERY
Moderators: Dr. Kimberly Rutherford / Dr. Colin Siu		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 – Prevention of Stroke in Primary Care • Dr. Johnathon Gorman	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. Arman Abdalkhani
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	<b>Nutrition Break</b>	15:30 <b>Nutrition Break</b>
11:00	Dysphagia and Eosinophilic Esophagitis • Dr. Sarvee Moosavi	15:50 Post-Operative Lymphedema Management • Dr. Kathryn Isaac
11:15	Management IPM's 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	<b>Lunch Break</b> – Delegates on their own for lunch	17:00 <b>Adjourn</b>
		17:30 Fitness Class The Fairmont Waterfront, Malaspina Room



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register

## 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. Nirvair Levitt / Dr. Johnny Chang		Moderators: Dr. Rhonda Low / Dr. Laura Knebel	
08:30	Updates in Respiratory Infection Vaccines • Dr. Meena Dewar	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	Choosing Wisely for the Planet – How to Reduce Waste in Your Office • 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 Ngui	14:55	ARFID – What it is and What the Family Doctor Needs to Know • Dr. Seena Grewal
09:45	Hocus Pocus – Office-Based Ultrasound • Dr. Oron Frenkel	15:10	Outsmarting Tik Tok – Adult ADHD • Dr. Debra Hamer
10:00	Q & A	15:30	Q & A
10:20	<b>Nutrition Break</b>	15:45	<b>Nutrition Break</b>
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	<b>Adjourn</b>
11:25	The Mysteries of Rheumatological Lab Tests • Dr. Kam Shojania	17:30	Fitness Class The Fairmont Waterfront, Malaspina Room
11:35	Everyone Bruises – An Investigation into Bruising • Dr. Erica Peterson		
11:45	Q & A		
12:00	<b>Lunch Break</b> – Traditional “Luncheon” for pre-registered attendees featuring Timothy Caulfield, Professor of Health Law and Science Policy & Bestselling Author. VCC West, Exhibit Hall A		



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register

## MAIN LECTURE SERIES

Day 4 – Friday, November 21		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	
ONCOLOGY & PALLIATIVE CARE		GYNAECOLOGY & PAEDIATRICS	
Moderators: Dr. Lori McFarlane / Dr. Fiona Petigara		Moderator: Dr. Niloofar 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" ● 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 ● Dr. Chris Hillman	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	<b>Nutrition Break</b>	15:35	<b>Nutrition Break</b>
10:50	Management of Constipation in Chronic and Palliative Care ● 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	<b>Lunch Break</b> – Delegates are on their own for lunch	17:00	<b>Closing Remarks and Adjournment</b>



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register

## 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



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register



# Faculty

## St. Paul's Hospital CME Organizing Committee

Dr. Daniel Ngui, 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. Arman Abdalkhani	<i>Clin. Assoc. Prof. (Surgery)</i>
Dr. Nicholas Ainsworth	<i>Clin. Instr. (Psychiatry)</i>
Dr. Kate Anderson	<i>Clin. Asst. Prof. (Urologic Sciences)</i>
Dr. Jason Andrade	<i>Clin. Assoc. Prof. (Medicine - Cardiology)</i>
Dr. Matthew Bennett	<i>Clin. Assoc. Prof. (Medicine - Cardiology)</i>
Dr. James Bergman	<i>Clin. Asst. Prof. (Dermatology &amp; Skin Science)</i>
Dr. Justin Bhullar	<i>Clin. Asst. Prof. (Medicine - Endocrinology)</i>
Dr. Peter Black	<i>Prof. (Urologic Sciences)</i>
Dr. Nathan Brunner	<i>Clin. Assoc. Prof. (Medicine - Cardiology)</i>
Dr. Erin Burrell	<i>Clin. Instr. (Psychiatry)</i>
Dr. Rashmi Chadha	<i>Clin. Assoc. Prof. (Family Practice)</i>
Dr. Daljeet Chahal	<i>Clin. Asst. Prof. (Medicine - Gastroenterology)</i>
Dr. Peter Chan	<i>Clin. Prof. (Psychiatry)</i>
Dr. William Connors	<i>Clin. Assoc. Prof. (Medicine - Infectious Diseases)</i>
Dr. Wendy Cook	<i>Clin. Assoc. Prof. (Medicine - Geriatric)</i>
Dr. Ingrid Cosio	<i>Clin. Instr. (Family Practice)</i>
Dr. Tania Culham	<i>Clin. Asst. Prof. (Family Practice)</i>
Dr. Meena Dewar	<i>Clin. Prof. (School of Population &amp; Public Health)</i>
Dr. Sharon Dodd	<i>Clin. Instr. (Family Practice)</i>
Dr. Julius Elefante	<i>Clin. Assoc. Prof. (Psychiatry)</i>
Dr. Connor Forbes	<i>Asst. Prof. (Urologic Sciences)</i>
Dr. Oron Frenkel	<i>Clin. Asst. Prof. (Emergency Medicine)</i>
Dr. Vincent Fruci	<i>Clin. Asst. Prof. (Anesthesiology &amp; Palliative Medicine)</i>
Dr. Justin Gill	<i>Clin. Asst. Prof. (Medicine - Nephrology)</i>
Dr. Johnathon Gorman	<i>Clin. Asst. Prof. (Medicine - Neurology)</i>
Dr. James Gray	<i>Clin. Prof. (Medicine - Gastroenterology)</i>
Dr. Seena Grewal	<i>Clin. Assoc. Prof. (Psychiatry)</i>
Dr. Kerstin Gustafson	<i>Clin. Asst. Prof. (Obstetrics &amp; Gynecology)</i>
Dr. Keyvan Hadad	<i>Clin. Assoc. Prof. (Pediatrics)</i>
Dr. Chris Hillman	<i>Clin. Instr. (Family Practice)</i>

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

## Visiting Faculty

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



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register





# 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)



Please visit [www.stpaulscme.org](http://www.stpaulscme.org) for full conference details and to register



**Providence  
Health Care**

**SPH CME CONFERENCE  
for Primary Care**

## 71<sup>st</sup> Annual St. Paul's Hospital Continuing Medical Education Conference for Primary Care

### Conference Supporters

The following companies are confirmed supporters of the SPH CME Conference as of July 11, 2025. All funds will be received as an unrestricted educational grants.

### Optional Learning Session Supporter

An Introduction to Practical Dermoscopy  
DermLite LLC

### Conference Exhibitors

The following companies have confirmed exhibit space for the full conference as of July 11, 2025:

Abbott Laboratories Co.

Alethea Medical

Arya Health

Ava Industries

Bausch Health Canada

BC Cancer - Provincial Health Services Authority

BC Cancer Screening

BC Family Doctors

BC Guidelines

Boehringer Ingelheim Canada Ltd.

Canadian Medical Protective Association (CMPA)

Celltrion Healthcare Canada

Central Okanagan Division of Family Practice

Covis Pharma Canada

Doctors of BC

Doctors of BC (PCAN)

Eisai

Elvium Life Sciences

Health Data Coalition

Interior Health

KYE Pharma

Merck Canada Inc.

Mikata Health

Northern Health Authority

Novo Nordisk Canada

Nurses & Nurse Practitioners of British Columbia

OceanMD, a WELL Health Company

OSCAR Pro

Pacific Northwest Division of Family Practice

Resolve Sleep Health

Scleroderma Association of B.C.

Searchlight Pharma

Szio+ Inc.

TELUS Health

Thompson Division of Family Practice

Trudell Healthcare Solutions Inc.

Vancouver Division of Family Practice

Volo Healthcare Inc.

WELL Health Clinics Canada Inc.

WELLSTAR Technologies



### Contact Us

For more information, please contact the  
St. Paul's Hospital CME Conference for Primary  
Care Office

**Email:** [registration@stpaulscme.org](mailto:registration@stpaulscme.org)

**Local Tel:** 604-899-4490

**Toll-Free:** 1-800-715-5577

### Mailing Address:

PO Box 20630 Howe Street PO  
Vancouver, BC V6Z 2N8