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
@sphtime
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) 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.

www.stpaulscme.org
# Registration Information

**Tuesday, Nov. 21 - Friday, Nov. 24, 2023**

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

<table>
<thead>
<tr>
<th>Registration received ONLINE by:</th>
<th>Sept. 29/23</th>
<th>Sept. 30 - Nov. 17/23</th>
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<tbody>
<tr>
<td>MD/Ph.D./DO/NP – <strong>In-Person / Virtual</strong> (live-stream, online learning activity)</td>
<td>$995 (CAD)</td>
<td>$1,095 (CAD)</td>
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<tr>
<td>Family Practice Residents – <strong>In-Person / Virtual</strong> (live-stream, online learning activity)</td>
<td>$450 (CAD)</td>
<td>$500 (CAD)</td>
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## Main Lecture Series Registration
Certified for up to 25 Mainpro+® Credits. Visit [www.stpaulscme.org](http://www.stpaulscme.org) to register online for in-person or virtual attendance. Pay with VISA / MASTERCARD. 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-registration record is required for the 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](http://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](http://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

## 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

## Technical 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], 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](http://www.stpaulscme.org) for those who are participating virtually. You must be registered as a virtual attendee to access the live-stream, online learning activity.

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<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Nov. 21</td>
<td>Monday Workshop</td>
<td>In-Person</td>
<td>$995 (CAD)</td>
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<tr>
<td>Nov. 21</td>
<td>Monday Workshop</td>
<td>Virtual</td>
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<tr>
<td>Nov. 22</td>
<td>Main Lecture Series</td>
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<td>Virtual</td>
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<td>Nov. 24</td>
<td>Main Lecture Series</td>
<td>Virtual</td>
<td>$1,095 (CAD)</td>
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**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](http://www.stpaulscme.org)
## 2023 CME Conference Schedule

### 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.

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

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### MONDAY NOV. 20

<table>
<thead>
<tr>
<th>OPTIONAL LEARNING SESSION</th>
<th>MAIN LECTURE SERIES</th>
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<tr>
<td>Monday Nov. 20</td>
<td>Tuesday Nov. 21</td>
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<tr>
<td><strong>IN-PERSON WORKSHOP</strong></td>
<td><strong>SEAWALL JOG</strong></td>
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<tr>
<td>An Introduction to Practical Dermoscopy (08:00–16:10)</td>
<td>(06:30–07:30)</td>
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<tr>
<td><em>Additional fee involved</em></td>
<td>Grab &amp; Go Breakfast (07:30–08:15)</td>
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<td></td>
<td>Virtual – Log in available (08:15)</td>
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<td></td>
<td>Welcome (08:30–08:40)</td>
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<tr>
<td>Internal Medicine &amp; Infectious Disease (08:40–12:10)</td>
<td>Cardiology &amp; Endocrinology (08:30–12:00)</td>
</tr>
<tr>
<td>Lunch on your own (12:10–13:30)</td>
<td>Registrant Luncheon for pre-registered participants (12:00–13:45)</td>
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<tr>
<td>The Senses (13:30–17:00)</td>
<td>Mood &amp; Psychiatry (13:45–17:00)</td>
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<tr>
<td>Fitness Class (17:30–18:30)</td>
<td>Preventive Medicine (13:30–17:00)</td>
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**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

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**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
Main Lecture Series

Tuesday, November 21

07:30  Conference Registration

Vancouver Convention Centre | West Building
1055 Canada Pl, Vancouver
Registration will be located in the West Ballroom Foyer

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

08:00  Seating for Main Lecture Series in West Ballrooms B, C, D

08:15  Virtual log in available

08:30  Opening Remarks – Dr. Daniel Ngui / Dr. Tinus Wasserfall, Course Co-Chairs; Dr. Nardia Strydom, Head, Dept. of Family Medicine, Providence Health Care

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

09:25  Q & A

09:40  Approach to Chronic Diarrhea in Primary Care – Beyond Only IBS!
Dr. George Ou

09:55  Update on Diverticulitis in Primary Care
Dr. George Ou

10:10  Approach to Isolated Neutropenia and Thrombocytopenia
Dr. Erica Peterson

10:25  Q & A

10:40  Nutrition Break

11:00  Update on STIs and Prevention in 2023
Dr. Mark Hull

11:20  Primary Care Management After Acute Kidney Injury
Dr. Adeera Levin

11:35  Masked Hypertension – How Not to Miss
Dr. Birinder Mangat

11:50  Q & A

12:10  Adjourn – Registrants on their own for lunch

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

14:00  Make the Ringing Stop! Pearls for Management
Ms. Glynnis Tidball

14:15  Q & A

14:30  Sorting Out Conjunctivitis
Dr. Geoffrey Law

14:45  Common Presentations of Eye Emergencies
Dr. Grace Qiao

15:00  How to Manage Chronic Sinusitis
Dr. Casey Manarey

15:15  Q & A

15:30  Nutrition Break

15:50  Tongue Concerns – When to Worry
Dr. Taeed Quddusi

16:05  When to Worry About Paresthesia
Dr. Kristine Chapman

16:20  Pot and Pain
Dr. Launette Rieb

16:40  Q & A

17:00  Adjourn

17:30  Fitness Class
The Fairmont Waterfront, Malaspina Room

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 Jaid

10:10  COVID and the Heart
Dr. Joshua Wenner

10:25  Q & A

10:40  Nutrition Break

11:00  Sorting Out Hyperthyroidism in Primary Care
Dr. David Kendler

11:15  Who Gets Cardiac Imaging?
Dr. Annie Chou

11:30  Diagnosing and Managing Low T
Dr. Benjamin Schroeder

11:45  Q & A

12:00  Adjourn – Registrants on their own for lunch

15:05  The Pre-Op Visit
Dr. Naveen Sandhu

15:25  Q & A

15:40  Nutrition Break

16:00  Alopecia in Women
Dr. Angela Law

16:15  Late Breaker

16:30  Physician Burnout
Dr. Maureen Mayhew

16:45  Q & A

17:00  Adjourn

17:30  Fitness Class
The Fairmont Waterfront, Malaspina Room

Note: Speakers and/or topics subject to change.
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
09:30 5 Tests to Use Cautiously
Dr. Daniel Holmes
09:45 PFTs – How to
Dr. Janice Leung
10:00 T orCA – The T oronto 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

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. Niloofer 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 Corney
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

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
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

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. Tinus Wasserfall, Co-Chair
Dr. Nirvair Levitt, Treasurer
Dr. Niloofer Baria
Dr. Howard Chang

Dr. Daniel Dodek
Dr. Clara Iturra
Dr. Rhonnda Low
Dr. Lori McFarlane
Dr. Kimberly Rutherford

Dr. Christopher Ryan
Dr. Yuriy Savchuk
Dr. Anthony Villaruel

Course Faculty

Dr. Nicholas Ainsworth
Clin. Instr. (Psychiatry)

Dr. Margaret Aron
Clin. Instr. (Surgery)

Dr. Kristine Chapman
Clin. Prof. (Medicine - Neurology)

Dr. Annie Chou
Clin. Asst. Prof. (Medicine - Cardiology)

Dr. Rudy Chow
Clin. Asst. Prof. (Medicine - Cardiology)

Dr. Devon Christie
Clin. Instr. (Family Practice)

Dr. Rob Cornay
Clin. Instr. (Psychiatry)

Dr. Wendy Cook
Clin. Assoc. Prof. (Medicine - Geriatric)

Dr. Lauren Daley
Clin. Instr. (Medicine - Palliative Care)

Dr. Derry Dance
Clin. Asst. Prof. (Medicine - Physical & Rehabilitation)

Dr. Eytan David
Clin. Instr. (Surgery)

Dr. Meena Dawar
Clin. Prof. (School of Population & Public Health)

Dr. Robert Drapala
Clin. Instr. (Family Practice)

Dr. Karen Gelmon
Prof. (Medicine - Medical Oncology)

Dr. Keyvan Hadad
Clin. Assoc. Prof. (Pediatrics)

Dr. Susan Hollenberg
Clin. Asst. Prof. (Family Practice)

Dr. Daniel Holmes
Clin. Prof. (Medicine - Pathology)

Dr. Kun Huang
Clin. Asst. Prof. (Medicine - Rheumatology)

Dr. Mark Hull
Clin. Assoc. Prof. (Medicine - Social)

Dr. Akshay Jain
Clin. Instr. (Medicine - Endocrinology & Metabolism)

Dr. David Kendler
Clin. Prof. (Medicine - Endocrinology & Metabolism)

Dr. Kevin Kjernisted
Clin. Assoc. Prof. (Medicine - Geriatric)

Dr. Janet Kow
Clin. Assoc. Prof. (Medicine - Geriatric)

Dr. Angela Law
Clin. Instr. (Dermatology & Skin Science)

Dr. Geoffrey Law
Clin. Instr. (Ophthalmology)

Dr. Philip Lee
Clin. Assoc. Prof. (Medicine - Geriatric)

Dr. Janice Leung
Asst. Prof. (Medicine - Respiratory)

Dr. Adeera Levin
Prof. (Medicine - Nephrology)

Dr. Michael Luong
Clin. Asst. Prof. (Medicine - Cardiology)

Dr. Casey Manarey
Clin. Instr. (Surgery)

Dr. Birinder Mangat
Clin. Asst. Prof. (Medicine - General Internal)

Dr. Maureen Mayhew
Clin. Prof. (School of Population & Public Health)

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Dr. Katherine Ng
Clinical Hematologist

Dr. Gina Ogilvie
Prof. (School of Population & Public Health)

Dr. George Ou
Clin. Asst. Prof. (Medicine - Gastroenterology)

Dr. Gurdeep Parhar
Clin. Prof. (Family Practice)

Dr. Breay Paty
Clin. Assoc. Prof. (Medicine - Endocrinology & Metabolism)

Dr. Erica Peterson
Clin. Asst. Prof. (Medicine - Hematology)

Dr. Eitan Prisman
Clin. Assoc. Prof. (Surgery)

Dr. Grace Qiao

Dr. Taeed Quddusi
Otolaryngologist

Dr. Krishnan Ramanathan
Clin. Prof. (Medicine - Cardiology)

Dr. Ainhoa Ramji
Clin. Assoc. Prof. (Medicine - Gastroenterology)

Dr. Julia Raudzus
Clin. Asst. Prof. (Psychiatry)

Dr. Launette Rieb
Clin. Assoc. Prof. (Family Practice)

Dr. Naveen Sandhu
Clin. Instr. (Medicine - Community Internal)

Dr. Benjamin Schroeder
Clin. Asst. Prof. (Medicine - Endocrinology & Metabolism)

Dr. Zachary Schwartz
Clin. Asst. Prof. (Medicine - General Internal)

Dr. Don Sin
Clin. Asst. Prof. (Medicine - Respiratory)

Dr. Sara Stafford
Clin. Asst. Prof. (Medicine - Endocrinology & Metabolism)

Dr. Erik Swartz
Clin. Assoc. Prof. (Pediatrics)

Dr. Carolyn Taylor
Clin. Assoc. Prof. (Medicine - Cardiology)

Dr. Jennifer Telford
Clin. Prof. (Medicine - Gastroenterology)

Ms. Glynnis Tidball
Registered Clinical Audiologist

Dr. Karen Tran
Clin. Asst. Prof. (Medicine - General Internal)

Dr. Joshua Wenner
Clin. Asst. Prof. (Medicine - Cardiology)

Dr. Graham Wong
Clin. Prof. (Medicine - Cardiology)

Dr. Steven Wong
Clin. Assoc. Prof. (Medicine - Community Internal)

Dr. Evan Wood
Prof. (Medicine - Social) & Canada Research Chair in Addiction Medicine

Dr. Joanne Yeung

Visiting Faculty

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

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.
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.
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.

AstraZeneca Canada Inc.
Ava EMR
BC College of Family Physicians
BC Guidelines
Boehringer Ingelheim Canada Ltd.
Bright Health Solutions Society
Coastal Sleep Homecare Services
College of Physicians and Surgeons of BC - Library Services
Communimed Inc.
Doctors Technology Office (DTO) & Practice Support Program (PSP)
Eisai Canada
Health Data Coalition
Knight Therapeutics Inc.
Merck Canada
Primacy Management Inc.
Purtzki Johansen & Associates
Searchlight Pharma Inc.
Trudell Healthcare Solutions
UBC Bookstore
Vancouver Island Divisions of Family Practice
WELL Health Technologies Corp.

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