



# PRACTICAL EVIDENCE FOR INFORMED PRACTICE CONFERENCE

October 23-24, 2020



ALBERTA COLLEGE *of*  
FAMILY PHYSICIANS



## Getting Practical For a Better Practice

A conference highlighting clinically relevant primary care topics that combine evidence, experience, and patient values that is **free of industry bias**.

• **STREAM PEIP LIVE • BY PRIMARY CARE FOR PRIMARY CARE •  
INDUSTRY FREE**

## Message From the ACFP President



On behalf of the ACFP Board of Directors, welcome to our ninth annual Practical Evidence for Informed Practice (PEIP) Conference. Although this year's conference will be predominantly virtual, we are proud to offer you the same great relevant, practice-changing program as safely as possible.

I would like to acknowledge the leadership and dedication of our conference chair, Dr. Mike Kolber. His passion and commitment for this event is electric. Through the combined efforts of Dr. Kolber, our hard-working Planning Committee, and ACFP staff, this marquee event was able to adapt to the current situation while maintaining the educational standards PEIP is known for. Thank you for your time and commitment to serving our members, multidisciplinary teams, and strengthening the Patient's Medical Home.

This conference continues to be developed in collaboration with the Patients Experience Evidence & Research (PEER) team. It is because of this connection, the ACFP is leading the country in CPD. The Board proudly supports the programs, evidence-based resources, and other products produced from this collaboration as they unequivocally provide member value.

Finally, thank you to our attendees for making the time to participate in the PEIP conference in person or by webcast. We appreciate your support.

Have a wonderful conference experience,

Vishal Bhella, MD, CCFP  
President, Alberta College of Family Physicians

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## Welcome From the Chair



On behalf of our Planning Committee and the Alberta College of Family Physicians, I wish to welcome you to the ninth annual Practical Evidence for Informed Practice (PEIP) Conference.

We thank you for joining us at this unique forum of discussion and discovery of practical and clinically relevant, evidence-based information.

PEIP remains completely free of industry bias, keeping education separate from industry. The PEIP Planning Committee has made concerted efforts to ensure that conference presenters are also free from industry funding (payments for presentations or for clinical trial participation) within the last two years.

The planning committee and the ACFP have worked hard to adjust this year's event to the COVID situation. As a result, we will primarily be delivering PEIP to attendees by webcast while hosting a small number of in person participants. PEIP has been delivered by webcast since 2016; allowing individuals to stream the conference live in the comfort of their homes or clinics whilst encouraging small group learning. The Webcast format has received overwhelmingly positive feedback with over 99% of webcast attendees wishing to join future years via webcast.

We have an amazing group of speakers and topics lined up for this year's program and we assure you it will be one of the best PEIPs you've attended.

For conference details at your fingertips and to maximize your conference experience, please download the [PEIP 2020 conference app](#). It houses everything from session handouts and evaluations, to your personal notes and audience participation activities (live polling). Also within the app, you will find an "About PEER" section, highlighting the many projects the PEER team is currently working on and learn of ways you can "Get Involved" in what we do.

We hope the PEIP Conference engages your critical thinking and informs your decision making when discussing tests, interventions, or prognosis with your patients. We believe you will take away practical information to implement in your daily practice and share with your colleagues.

Once again, welcome and thank you for attending the 2020 PEIP Conference.

Mike Kolber, BSc, MD, CCFP, MSc  
Chair, Practical Evidence of Informed Practice Conference

# SCHEDULE AT A GLANCE

FRIDAY, OCTOBER 23		
TIME	SESSION	PRESENTER(S)
10:00	Webcast Opens - Sign-in to Test Connection	
12:45	In-person Registration Opens	
13:20	Welcome + Introductions	Mike Kolber
13:40	What's New, What's True, What's Poo	Mike Allan, Tina Korownyk
14:00	Diabetes Medications: So many choices, so few options	Victor Montori
14:20	Questions & Answers	
14:40	Refreshment Break	
14:55	Last Call: Treatment option for alcohol use disorder	Jessica Kirkwood
15:15	Gender Identity in Primary Care	Mari-Lynne Sinnott
15:35	Questions & Answers	
15:55	A Painless Approach to Managing Chronic Pain	Joey Ton + Danielle Perry
16:15	Why It's Named After a Beer and Other COVID Answers	Mike Allan + Tony Nickonchuk
16:35	Questions & Answers	
16:55	Wrap Up	Mike Kolber

**This Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 8.25 Mainpro+ credits.**

SATURDAY, OCTOBER 24		
TIME	SESSION	PRESENTER(S)
08:00	Breakfast	
08:30	Welcome + Introductions	Mike Kolber
08:50	What's New, What's True, What's Poo	Mike Kolber, Adrienne Lindblad
9:10	Forget What You Have Learned? A Memorable Dementia Update	Tina Korownyk
9:30	Questions & Answers	
9:50	Refreshment Break	
10:05	Triple Threat, Three's Company, or Three Strikes? A Deep Dive into COPD Puffer Escalation	Jamie Falk
10:25	Vaccines Work: It sounds crazy but it's true	Michael Hawkes
10:45	Questions & Answers	
11:05	"Can I Have Your Attention Please?": ADHD diagnosis and management	Adil Virani
11:25	"You Have Got to See This!": Pediatric rashes you don't want to miss	Anthony Crocco
11:45	Questions & Answers	
12:05	Lunch Break	
13:05	How Did This Crappy Drug Get Approved? Easier Than You Think!	Vinay Prasad
13:35	The Thyroid Gland is Responsible for All Problems: A family physician's guide to the thyroid galaxy	Jacques Romney
13:55	Questions & Answers	
14:15	"Can't Sleep? Try Listening to This Talk": An update on treatment of insomnia	Adrienne Lindblad
14:35	"Are We Going Too Fast? No, I Think We're Parked" Evidence on Medicinal Cannabinoids	James McCormack
14:55	Questions & Answers	
15:15	Wrap Up	Mike Kolber

## Conference Planning Committee

**Michael R. Kolber, MD CCFP MSc**  
Conference Chair  
Family Physician, Peace River, AB

**G. Michael Allan, MD CCFP**  
Family Physician, Salt Spring Island, BC

**Carmen Gingles, MD CCFP**  
Family Physician, Edmonton, AB

**Tina Korownyk, MD CCFP**  
Family Physician, Edmonton, AB

**Adrienne J Lindblad, BSP PharmD ACPR**  
Pharmacist, Red Deer, AB

**Tony Nickonchuk, BSc Pharm**  
Clinical Pharmacist, Peace River, AB

**Danielle Perry, BScN RN**  
Clinical Evidence Expert, Edmonton, AB

# CONFERENCE PRESENTERS

The PEIP planning committee has made concerted efforts to ensure that conference presenters have not received pharmaceutical industry funding (i.e. payments for presentations or for clinical trial participation) in the past two years.

**G. Michael Allan, MD CCFP**

Director, Practice Supports, College of Family Physicians of Canada  
Family Physician, Salt Spring Island, BC  
PEER Team Member

**Anthony Crocco, MD**

Medical Director, Division of Pediatric Emergency Medicine,  
Associate Professor, Department of Pediatrics, McMaster University  
Hamilton Health Services

**Jamie Falk, BSc Pharm PharmD**

Associate Professor, College of Pharmacy  
Department of Family Medicine, Rady Faculty of Health and Sciences,  
University of Manitoba  
PEER Team Member

**Michael Hawkes, MD PhD**

Assistant Professor Pediatrics, Faculty Medicine, University of Alberta

**Jessica Kirkwood, MD CCFP (AM)**

Assistant Professor, Family Medicine, University of Alberta  
Family Physician, Boyle McCauley Health Centre  
PEER Team Member

**Michael R. Kolber, MD CCFP MSc**

Professor, Department of Family Medicine, University of Alberta  
Co-Director, Evidence and CPD Program, Alberta College of Family Physicians  
Associate Director, PEER Team

**Tina Korownyk, MD CCFP**

Associate Professor, Department of Family Medicine, University of Alberta  
Co-Director, Evidence and CPD Program, Alberta College of Family Physicians  
Director, PEER Team

**Adrienne J Lindblad, BSP PharmD ACPR**

Associate Clinical Professor, Department of Family Medicine, University of Alberta  
Knowledge Translation and Evidence Coordinator, Alberta College of Family Physicians  
PEER Team Member

**James McCormack, BSc Pharm PharmD**

Professor, Faculty of Pharmaceutical Sciences, University of British Columbia  
PEER Team Member

**Victor Montori, MD**

Division of Endocrinology, Diabetes, Metabolism, Nutrition,  
Department of Internal Medicine  
Division of Health Care Policy & Research, Department of Health Sciences Research  
Mayo Clinic, Rochester, Minnesota

**Tony Nickonchuk, BSc Pharm**

Drug Utilization and Stewardship Pharmacist, Alberta Health Services  
Clinical Pharmacist, Peace River, Alberta

**Danielle Perry, BScN RN**

Clinical Evidence Expert, College of Family Physicians of Canada  
PEER Team Member

**Vinay Prasad, MD MPH**

Associate Professor, Division of Epidemiology and Biostatistics,  
University of California San Francisco

**Jacques Romney, MSc MD FRCPC**

Clinical Professor, Department of Medicine  
Division of Endocrinology & Metabolism, University of Alberta

**Mari-Lynne Sinnott, MD CCFP**

Clinical Assistant Professor, Family Medicine, Memorial University Newfoundland

**Joey Ton, BSc Pharm PharmD**

Clinical Evidence Expert, College of Family Physicians of Canada  
PEER Team Member

**Adil Virani, BSc Pharm PharmD FCSHP**

Pharmacist, Fraser Health, University of British Columbia  
Manager, Lower Mainland Pharmacy Services and Clinical

## Venue

Your safety is our top priority.

The ACFP is working together with the DoubleTree to make sure you are safe at PEIP. Between limiting capacity to just 15% of our original in-person attendance to a new floor plan to ensure physical distancing, or to changes to our food service, we are committed that all precautions will be met.

## DoubleTree by Hilton West Edmonton

16615 109 Avenue  
Edmonton, AB  
780-484-0821

FOR FURTHER INFORMATION

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OCTOBER 23-24, 2020 | EDMONTON, AB