

VIRTUALLY

CONNECT. LEARN. CELEBRATE.



FINAL PROGRAM GUIDE

WELCOME TO THE ACFP'S 2021 FAMILY MEDICINE SUMMIT

Welcome From the Chair

Dear Colleagues:

Connect, learn, and celebrate virtually—that is our commitment to you!

On behalf of the Scientific Planning Committee, I am happy to welcome you to the 66th Family Medicine Summit and excited to be finally sharing our tailor-made conference experience with you. Our diverse programming touches many areas relevant to primary care and is sure to provide practical takeaways for you to apply immediately in your clinical practice.



There is a nervous energy, as we launch our first-ever virtual Summit live across the province and abroad for members to connect from as far away as Arkansas to La Crete to Gatineau. I want to thank the staff who have worked hard to provide a dynamic and user-friendly virtual conference experience. Thanks also to the planning committee who have worked in the weeks and months leading up to the Summit and brought a keen lens to ensure the content provides a wide range of topics. We hope you enjoy the selection of keynotes and concurrent breakout sessions we've put together. If there are too many to choose from, remember to take advantage of the on-demand playback feature of the Attendee Hub. And remember that if you complete a Linking Learning exercise you can earn even more certified credits.

This year, we feature our What's Up Doc? Research Showcase throughout the Summit program and encourage you to connect with our provincial researchers at the many session options. I also would like to take a moment to thank the Section of Sport Medicine, Alberta Medical Association for complementing our Summit program with the MSK Pearls Pre-Conference series.

Finally, I invite you to join us at the Friday's Virtual Doctors' Lounge to meet with colleagues across the province for our virtual social. Take some time for yourself and make a cocktail (or mocktail) and enjoy the personal stories and connections. Never have I ever been more excited to connect, learn, and celebrate with you.

Carolyn Nowry, MD, CCFP
Chair, Scientific Planning Committee

Welcome From the ACFP President

Dear Members,

On behalf of the ACFP's Board of Directors, welcome to the 2021 Virtual Family Medicine Summit!

We are so pleased to present to you our premier conference and first-ever virtual Family Medicine Summit (Summit). As our flagship event, the Summit provides high-quality continuing medication education and professional development programming, and a place to connect with colleagues.



This year will undoubtedly feel very different, but I encourage you to take in the virtual opportunities—learning and social opportunities as best you can. The ACFP Board is pleased to host the Saturday's Virtual Doctors' Lounge and have brought in improv troupe Rapid Fire Theatre for an afternoon session of entertainment and laughter. Join us and be prepared to have some fun.

I trust the Scientific Planning Committee has stopped at nothing to bring together a strong, applicable-to-practice program, and that our staff has pulled together a feat to deliver a great conference experience. I want to personally thank them both for their hard work and dedication.

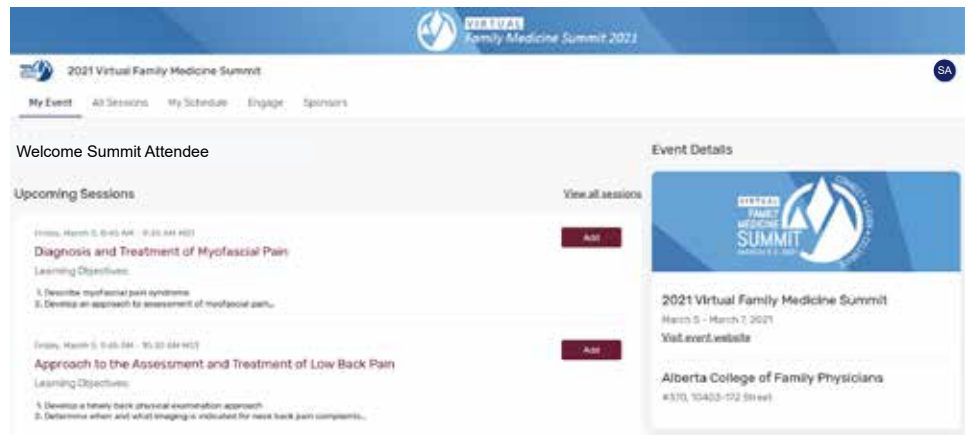
More notably this year marks a Summit where we won't be hosting an Annual Meeting of Members (AMM). Instead, we will host the AMM March 25, 2021 as a standalone meeting. I invite you to attend as it will include a new president installation. And while this may be my last Summit as ACFP President, it definitely will not be my last Summit. The Summit to me has always been my home conference ever since I started practising in Alberta years ago.

Thank you for supporting this important event, and I, together with my fellow board members, look forward to connecting, learning, and celebrating with you during the Virtual Summit!

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

YOUR VIRTUAL ATTENDEE HUB

We are excited to share with you our first-ever Virtual Family Medicine Summit experience. Connect, learn, and celebrate from one central platform. Even though we are all streaming from different locations, the community of Family Medicine Summit attendees is strong. And as our signature event, the Summit will be sure to impress—from thought-provoking keynotes to engaging and relevant programming, there is something for everyone.



CERTIFICATION AND CONFLICT OF INTEREST

Mainpro+ Certification

This one-credit-per-hour Group Learning Program has been certified by the College of Family Physicians and the Alberta Chapter for up to 12.75 Mainpro+ credits.

Summit Certified Program – Conflict(s) of Interest Disclosure

It is the policy of the ACFP to ensure balance, independence, objectivity, and scientific rigor in all its Mainpro+ certified educational programs. Speakers and Planning Committee members participating in the ACFP's certified programs are required to disclose to the program audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing education program. This pertains to all relationships with for-profit and not-for-profit organizations over the previous TWO (2) years.

The intent of this policy is not to prevent a speaker with a potential conflict of interest from making a presentation but rather that any potential conflict(s) should be identified openly, so that the listeners may form their own judgments about the presentation with the full disclosure of facts. It remains for the audience to determine whether the speaker's outside interests may reflect a possible bias in either the exposition or the conclusions.

Summit at a Glance

**Program subject to change*

FRIDAY, MARCH 5, 2021

0715	ACFP Registration Desk Opens					
0830–1200	MSK Pearls Pre-Conference Series					
0845–0930	A Pain in the....Approach to Myofascial Pain, Dr. Stephanie Mullin					
0945–1030	Approach to the Assessment and Treatment of Lower Back Pain, Dr. Dhiren Naidu					
1045–1200	Evidence Based Review of Therapies In Sport Medicine – part 1 & 2, Dr. Terry DeFreitas					
1230–1300	Official Opening					
1300–1345	Keynote – Processing the Pandemic: Where are we now, and what comes next?, Drs. Deena Hinshaw, Christine Luelo, and Heidi Fell					
1345–1400	ACFP 2020 Awards Presentation					
1400–1445 WORKSHOP 1	(1A) The Kids Are All A-Twitter (and Snapchat) (Dr. Simone Lebeuf)	(1B) Culture Shift: Fostering physician wellness (Dr. Sapna Mahajan)	(1C) The Biggest Headache in Your Practice: Diagnosis and investigation of chronic headaches (Dr. Lara Cooke)	(1D) Weighing in On Obesity Treatment Options (Dr. Sonja Wicklum)	(1E) An Approach to Dementia You Won't Forget (Dr. Jasneet Parmar)	(1F) What's Up Doc? Research Presentations (Drs. Donna Manca & Turin Chowdhury)
1445–1515	BREAK					
1515–1600 WORKSHOP REPEATS	1A Repeats	1B Repeats	1C Repeats	1D Repeats	1E Repeats	(1G) What's Up Doc? Research Presentations (Drs. Donna Manca & Turin Chowdhury)
1600–1700	Virtual Doctors' Lounge - A Welcome Networking Event With the Summit Planning Committee					

Doctors' Lounge



Connect With Your Peers Friday

Just because we are going virtual doesn't mean you can't connect with your peers. Visit with your colleagues during our Virtual Doctors' Lounge Friday and Saturday at 4 PM.

Friday's Virtual Doctors' Lounge is hosted by the Summit Planning Committee. Grab a drink, make some snacks, and bring your sense of humour as we kick back and relax during our virtual welcome reception.

RAPID FIRE FUN at Saturday's Virtual Doctors' Lounge

It's been a year since we last met and our worlds have been turned upside-down. Take some time for yourself and relax with your colleagues. The ACFP Board is pleased to invite you to join them for a Rapid Fire Theatre event full of fun, improv, and laughter.



Summit at a Glance

****Program subject to change***

SUMMIT IN THE MORNING | SATURDAY, MARCH 6, 2021

0900–945	Keynote – (Antibiotic) Resistance Isn’t Futile – Dr. Lynora Saxinger						
0945–1000	What’s Up Doc? Research Showcase Awards Presentation						
WORKSHOP SERIES 2 1000–1045	(2A) Update on Concussion in Kids <i>(Dr. Brian Benson)</i>	(2B) The Colourful World of Rashes <i>(Dr. Jaggi Rao)</i>	(2C) Addressing the Mental Health Impacts of the COVID-19 Pandemic <i>(Dr. Rachel Grimminck)</i>	(2D) Improving our Focus on Identification and Management of ADHD in Adults <i>(Dr. Sara Binder)</i>	(2E) Teaching in a Virtual Care Environment <i>(Dr. Ivy Oandasan)</i>	(2F) What’s Up Doc? Poster Presenters Live Q&A	
1045–1115	BREAK						
1115–1200 WORKSHOP REPEATS	2A Repeats	2B Repeats	2C Repeats	2D Repeats	2E Repeats	(2G) Catch Up On What’s Up Doc? Winners	
1200–1300	LUNCH						

SUMMIT IN THE AFTERNOON | SATURDAY, MARCH 6, 2021

1300–1345	Keynote – Anti-racism and Allyship in Medicine: How can we do better? Dr. Shannon Ruzyccki and Dr. Tito Daodu					
1345–1400	ACFP 2020 Awards Presentation					
WORKSHOP SERIES 3 1400–1445	(2H) The Good Fight: Doing right while making right <i>(Drs. Sam Myhr & Andrea Hargrove)</i>	(2I) Caring for Our Most Vulnerable: Reflections on the impact of COVID-19 on long-term care <i>(Dr. Douglas Faulder)</i>	(2J) Sensing the Sensitization – An Approach to Central Sensitization Syndrome <i>(Dr. Lori Montgomery)</i>	(2K) A Research Story: Engagement and advocacy through research <i>(Dr. Terry McDonald)</i>	(2L) The More Things Change... Updated Tools for Practice From Decade On <i>(Drs. Tina Korownyk, Adrienne Lindblad, & Jen Potter)</i>	(2M) Trauma in Primary Care <i>(Dr. Harbir Gill)</i>
1445–1515	BREAK					
1515–1600 WORKSHOP REPEATS	2H Repeats	2I Repeats	2J Repeats	2K Repeats	2L Repeats	2M Repeats
1600-1700	Virtual Doctors' Lounge With the ACP Board and Rapid Fire Theatre					

SUNDAY, MARCH 7, 2021

0900–0945	Keynote – What Patients Want: Using Technology to Communicate – Dr. John Pawlovich	
0945–1045	Short Snappers: Session A	
0945–1005	“Change” Management: Helping your patients through menopause (Dr. Tami Shandro)	
1005–1025	Guidance on Guidelines (Dr. Neil Bell)	
1025–1045	Q & A (both speakers)	
1045–1100	ACFP 2020 Awards Presentation	
1100–1200	Short Snappers: Session B	
1100–1120	Evidence Flare: An update on the investigation and management of gout (Dr. Joey Ton)	
1120–1140	When Foods Are Not Our Friends: Food allergy and intolerance (Dr. Arjun Rash)	
1140–1200	Q & A (both speakers)	
1200–1245	Keynote – Misinterpretation and Misdirection: Thinking gooder in medicine – PEER - Drs. Mike Allan & Tina Korownyk	
1245–1300	Wrap Up	

HONOUR AND Celebrate

Excellence in Family Medicine

Call for Nominations Closes April 1, 2021

www.acfp.ca/awards

2021 SPONSORS

The Summit program has received an educational grant or in-kind support from the following sponsors.

Alberta Health Services - Newborn Screening Programs



**Alberta Health
Services**

Alberta Health Services has two population-based newborn screening programs, the Early Hearing

Detection & Intervention (EHDI) Program and the Newborn Metabolic Screening (NMS) Program. The EHDI program identifies permanent congenital hearing loss as early as possible, ensuring infants and families receive follow-up and support sooner. In the NMS Program, health care providers work together with parents to screen all Alberta-born infants for 21 treatable conditions. Visit [AHS.ca/newbornscreening](https://www.ahs.ca/newbornscreening) to learn more.

Alberta Medical Association, Sections of Family Medicine and Rural Medicine, Health Economics and PFSP



**ALBERTA
MEDICAL
ASSOCIATION**

The Alberta Medical Association is your voice in Alberta and is best positioned to advocate for physicians, patients and the future of our health care

system. Through the AMA members get unity, advocacy and representation, and programs, services and supports.

Drop by the AMA booth and talk to our staff from the Sections of Family and Rural Medicine, Health Economics and PFSP.

- Speak with AMA's Fees Consultant; you can also pick up a Schedule of Medical Benefits extract focused on family medicine services.
- Learn more about the SFM and SRM that represent and advocate for the interests of Alberta's family physicians and their clinics, for the financial sustainability of family medicine and to enhance comprehensive quality care for all Albertans.
- Perhaps you have a question for the PFSP representative. For 20+ years PFSP has been providing support tailored to the needs of Alberta's physicians in all career stages.

Alberta Referral Pathways Access Improvement



**Alberta Health
Services**

Access Improvement

AHS Access Improvement aims to improve our province's referral and consultation processes and enhance patient access to services. We are home to:

- eReferral - An electronic referral management system through Alberta Netcare
- Quality Referral Evolution (QuRE) - An initiative to improve communication between healthcare providers and patients
- Alberta Referral Pathways - Guidelines to help providers know what is required when making a specialist referral

For more information, go to: www.ahs.ca/accessimprovement

Alberta's Rural Health Professions Action Plan (RhPAP)



Alberta's Rural Health
Professions Action Plan

The Rural Health Professions Action Plan (RhPAP) is a collaborative partner with rural Alberta communities trying to achieve greater access to health care. To this end, we offer attraction, retention, and education initiatives to help maintain an accessible health workforce close to home.

Canada Health Infoway



**Canada Health
Infoway** **Inforoute
Santé
du Canada**

Infoway helps to improve the health of Canadians by working with partners to accelerate the development, adoption and effective use of digital health across Canada. Through our

investments, we help deliver better quality and access to care and more efficient delivery of health services for patients and clinicians. Infoway is an independent, not-for-profit organization funded by the federal government.

2021 SPONSORS

The Summit program has received an educational grant or in-kind support from the following sponsors.

Collaborative Mentorship Network for Chronic Pain and Addiction (CMN)



The Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) addresses the urgent need of local treatment options within primary care settings by building capacity and competencies within primary care. The CMN is open to family physicians, specialists, nurses, pharmacists, social workers, physiotherapists, and anyone working with these complex issues.

The ACFP proudly supports the work of the CMN, which includes supporting additional knowledge translation, education opportunities, and peer-to-peer mentorship for its members.

Members can make connections and expand their knowledge through the free resources such as the CMN community discussion board, education events, and monthly virtual collaboration forums. Members who have decided to be a mentor and/or a mentee are provided with an infrastructure to establish a trusted mentoring relationship in a community of practice.

College of Physicians of Canada (CFPC)



The College of Family Physicians of Canada (CFPC), at over 40,000 members strong, are

leaders in family medicine and your national College. Visit our booth to learn about new programs and services available for members, and to catch up on anything you may have missed!

College of Physicians & Surgeons of Alberta (CPSA)



The College of Physicians & Surgeons of Alberta (CPSA) is the regulator for all physicians and surgeons in the province. Our role is to protect the public by issuing practice permits to those who meet

educational and training criteria, hold Alberta physicians to ethical and medical practice standards, and investigate and resolve physician-related complaints. CPSA also ensures the safety and quality of medical and diagnostic testing services in Alberta through an independent accreditation program.

Physician Learning Program



Physician Learning Program

Co-creating data-driven, sustainable solutions.

We support physicians and their teams use practice data, explore clinical questions and develop solutions for a more

sustainable health system in Alberta.

We are a physician-led, interdisciplinary team helping Alberta physicians and their teams improve.

We believe that understanding the clinical context and co-creating sustainable solutions will help physicians and their teams achieve meaningful change for themselves and their patients.

The PLP's vision is that by 2025, all Alberta physicians will care for patients in a supportive culture, driven by evidence informed, reflective practice improvement.

University of Alberta



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY
Department of Family Medicine

The Department of Family Medicine at the University of

Alberta exists to teach the discipline of family medicine for the future of practice, and the needs of society, and to produce scholarly work that improves the practices of family medicine and primary health care.

University of Calgary



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Family Medicine

The Department of Family Medicine at the Cumming School

of Medicine (UCalgary) delivers innovative, energetic training to family medicine residents and learners in Calgary. We pride ourselves in being a major contributor to family medicine research and scholarship, with over 30 faculty contributing to scholarly activity. Through a focus on competency-based family medicine and the evolution of the patient-centred medical home, the Department of Family Medicine holds a spot at the leading edge of our profession. Visit our virtual booth to learn more about education, research, and scholarship in the DFM.

CONFERENCE PRESENTERS

The Summit Planning Committee is pleased to present this year's faculty of presenters for the 2021 Virtual Family Medicine Summit.

G. Michael Allan, MD, CCFP

Salt Spring Island, BC

Neil Bell, MD SM, FCFP

Edmonton, AB

Brian Benson, MD, PhD, CCFP (SEM), DIP. Sport Med

Calgary, AB

Sara Binder, MD, FRCPC

Calgary, AB

Lara Cooke, MD

Calgary, AB

Oluwatomilayo (Tito) Daodu, MD, FRCSC

Calgary, AB

Terry DeFreitas, RN, MD, CCFP(SEM), FCFP, Dip Sport Med

Calgary, AB

Douglas Faulder, MD

Edmonton, AB

Heidi Fell, MD, CCFP, FCFP

Calgary, AB

Harbir Gill, MD, CCFP (AM)

Calgary, AB

Rachel Grimminck, MD, FRCPC, DABPN, CGP

Calgary, AB

Andrea Hargrove, MD, CCFP

Taber, AB

Deena Hinshaw, MD, MPH, CCFP, FRCPC

Edmonton, AB

Tina Korownyk, MD, CCFP

Edmonton, AB

Simone Lebeuf, MD, FRCPC

Edmonton, AB

Adrienne Lindblad BSP, PharmD, ACPR

Red Deer, AB

Christine Luelo, MD, CCFP

Calgary, AB

Sapna Mahajan, MPH, PMP, CHE

Ottawa, ON

Donna Manca, MD, MCISc, FCFP

Edmonton, AB

Terrence McDonald, MD, MSc, FCFP, Dip Sport Med

Calgary, AB

Lori Montgomery, MD, CCFP, FCFP, CHE

Calgary, AB

Stephanie Mullin, MD, CCFP(SEM), Dip Sport Med

Calgary, AB

Samantha Myhr, MD

Pincher Creek, AB

Dhiren Naidu, MD, FRCPC, Dip Sport Med

Edmonton, AB

Ivy Oandasan, MD, CCFP MHSc FCFP

North York, ON

Jasneet Parmar, MBBS, MSc, MCFP (COE)

Edmonton, AB

John Pawlovich, MD, FCFP

Abbotsford, BC

Jen Potter, MD, CCFP

Winnipeg, MB

Jaggi Rao, MD, FRCPC

Edmonton, AB

Arjun Rash, MD, MS, FRCPC

Calgary, AB

Shannon Ruzyski MD, MPH, FRCPC

Calgary, AB

Lynora Saxinger, MSc TropMed, FRCPC

Edmonton, AB

Tami Shandro, MD, CCFP

Edmonton, AB

Roger, Thomas MD, Ph.D, CCFP, FCFP, MRCGP

Calgary, AB

Joey Ton, BScPharm, PharmD

Edmonton, AB

Sonja Wicklum, MD, FCFP

Calgary, AB

www.familymedicinesummit.ca

