



CAPE BRETON
Day In Family Medicine

Saturday, January 20, 2024

Holiday Inn Sydney - Waterfront
300 Esplanade, Sydney, Nova Scotia B1P 1A7

• **AGENDA** •

Overarching Program Learning Objectives

Enhance Clinical Decision-Making:

- Integrate the latest evidence-based practices and guidelines into decision-making processes for optimal patient outcomes.
- Apply critical thinking to navigate diagnostic uncertainties and formulate patient-centered treatment plans.

Optimize Patient Management Strategies:

- Explore innovative approaches to patient management, considering both medical and psychosocial aspects.
- Enhance communication skills to facilitate shared decision-making and improve patient adherence to treatment regimens.

Apply Evidence-Based Medicine in Practice:

- Evaluate and critically appraise the latest clinical research and evidence relevant to the speciality of Family medicine
- Foster a culture of continuous learning by incorporating ongoing evidence-based updates into daily clinical practice.

08:25 – 08:30

Program introduction & Objectives

08:30 – 09:00

Menopausal Treatment (Dr. Gillian MacMullin)

At the conclusion of this presentation, participants will be able to...

- Define and apply the appropriate diagnostic criteria for menopause when ordering tests.
- Demonstrate a comprehensive understanding of dosing considerations to optimize hormone replacement therapy effectiveness.
- Develop a systematic approach to investigate and understand the underlying causes when menopausal symptoms persist despite hormone replacement therapy.

09:00 – 09:15

Audience interaction & Questions

09:15 – 09:45

Hematology Abnormalities & Work-Up. Treatment of Iron Deficiency Anemia & Indications for IV Iron Replacement (Dr. Kate MacInnes)

At the conclusion of this presentation, participants will elevate their ability to diagnose hematologic abnormalities leading to improved proficiency when conducting thorough workups. Additionally, participants will gain an advanced understanding of approaches used to treat iron deficiency anemia and specific indications warranting intravenous (IV) iron replacement therapy.

09:45 – 10:00	Audience interaction & Questions
10:00 – 10:30	Nutrition Break & Exhibits
10:30 – 11:00	<p>Approach to Treatment Resistant Depression (Dr. Yvonne Libbus)</p> <p>At the conclusion of this presentation, participants will enhance their ability to proficiently navigate and adjust antidepressant strategies following an initial treatment that proves ineffective, thereby demonstrating improved competency in managing cases of inadequate response to the first drug treatment.</p>
11:00 – 11:15	Audience interaction & Questions
11:15 – 11:45	<p>Dementia Diagnosis & Treatment in Primary Care (Dr. Arlene Kelly-Wiggins)</p> <p>At the conclusion of this presentation, participants will be able to..</p> <ul style="list-style-type: none"> • Appraise the evidence supporting each diagnostic test and memory assessment in the context of a dementia differential diagnosis. • Differentiate between various anticholinesterase inhibitors and their respective roles when creating a treatment plan. • Understand the role of geriatric specialists when managing complex cases of dementia and coordinating holistic care.
11:45 – 12:00	Audience interaction & Questions
12:00 – 13:00	Nutrition Break & Exhibits
13:00 – 13:30	<p>Initial Workup of the Rheumatology Patient (Dr. Juris Lazovskis)</p> <p>At the conclusion of this presentation, participants will be able to outline and order the most appropriate investigations for patients presenting with suspected rheumatological disorders to facilitate accurate diagnosis and appropriate management.</p>
13:30 – 13:45	Audience interaction & Questions
13:45 – 14:15	<p>Cancer Screening Recommendations & Update (Dr. Graydon Lucas)</p> <p>At the conclusion of this presentation, participants will be able to articulate and apply current evidence-based cancer screening recommendations, demonstrating an increased proficiency in understanding the nuances of various screening modalities, target populations, and recommended intervals.</p>
14:15 – 14:30	Audience interaction & Questions
14:30 – 15:00	<p>Obesity Management & Weight Loss (Dr. Tony Valente & Stephanie Noga, NP)</p> <p>At the conclusion of this presentation, participants will be able to demonstrate an understanding of obesity as a chronic disease, effectively initiate and engage in compassionate conversations with patients regarding obesity, describe various medical management options for obesity and articulate the comprehensive offerings of an obesity clinic for patient care.</p>
15:00 – 15:15	Audience interaction & Questions
15:10 – 15:30	Reflective Remarks & Program Conclusions



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Educationally approved/co-sponsored by Dalhousie University Continuing Professional Development and Medical Education:

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Development and Medical Education for up to 5.25 MAINPRO+ credits.