



CAPE BRETON

Day In Family Medicine Conference

In-person or Online Meeting

• **Saturday, January 18, 2025** •

Holiday Inn Sydney - Waterfront

300 Esplanade, Sydney, Nova Scotia B1P 1A7

• Overarching Program Learning Objective •

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 specialty of Family Medicine
- Foster a culture of continuous learning by incorporating ongoing evidence-based updates into daily clinical practice.

• AGENDA •

8:25am-8:30am **Program Introduction & Objectives**

8:30am-9:00am **Common Dermatology Presentations and Treatments (Dr. Stacey Northgrave)**

At the conclusion of this presentation, participants will:

- Better recognize common presentations and some mimickers of fungal infections while gaining a more in-depth knowledge of fungal scraping techniques

9:00am-9:15am **Audience Interaction & Questions**

9:15am-9:45am **Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) (Meghan MacIntosh, NP)**

At the conclusion of this presentation, participants will elevate their ability to diagnose Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) leading to improved management preventing progression of MASLD. Additionally, participants will identify symptoms indicative of advanced disease and recognize when appropriate to refer.

9:45am-10:00am **Audience Interaction & Questions**

10:00am-10:15am **Nutrition Break & Exhibits**

10:15am-10:45am **Common ENT Problems (Dr. Blair Williams)**

At the conclusion of this presentation, participants will be better able to diagnose, treat and recognize when to refer patients with common Nasopharyngeal conditions.

10:45am-11:00am **Audience Interaction & Questions**

11:00am-11:30am **Osteoporosis (Dr. Deborah Zwicker)**

At the conclusion of this presentation, participants will be able to define and apply current evidence-based osteoporosis screening recommendations, demonstrating an increased proficiency in understanding treatment approaches while identifying effectiveness of current therapeutic intervention.

11:30am-11:45am **Audience Interaction & Questions**

11:45am-12:30pm **Nutrition Break & Exhibits**

12:30pm-1:00pm **Endometriosis/Dysmenorrhea Management Update (Dr. Gillian MacMullin)**

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

- Identify the causes of dysmenorrhea and the most appropriate investigations for patients presenting with symptoms
- Define the appropriate diagnostic criteria for endometriosis

1:00pm-1:15pm **Audience Interaction & Questions**

1:15pm-1:45pm **Headache Update (Dr. Braydon Connell)**

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

- Differentiate migraines from other types of headaches
- Develop a systematic approach to identify presentations that require more extensive investigation
- Incorporate new preventive treatments for chronic headaches

1:45pm-2:00pm **Audience Interaction & Questions**

2:00pm-2:30pm **Atrial Fibrillation (Dr. Paul Morrison)**

At the conclusion of this presentation, participants will:

- Enhance their management of chronic atrial fibrillation in a primary care setting
- Develop a systematic approach to identifying investigations required for patients with suspected atrial fibrillation
- Demonstrate an increased proficiency in recognizing symptoms requiring a referral

2:30pm-2:45pm **Audience Interaction & Questions**

2:45pm-3:00pm **Reflective Remarks & Program Conclusions**

Scientific Planning Committee (SPC) Membership:

Dr. James (Jim) MacKillop | Stephanie Noga, NP

Dr. Stacy MacDonald (Conference Moderator) | Dr. Jennifer Lange

Dr. Lisa Gammell (Conference Moderator) | Dr. Gordon Spencer

Dr. Greg Myatt (Chair) | Kathleen Williams



DALHOUSIE
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CONTINUING PROFESSIONAL
DEVELOPMENT &
MEDICAL EDUCATION

Credit Hour Statement:

This activity 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+® Certified Activity credits.

Approval Statement:

Educationally approved by Dalhousie University Continuing Professional Development and Medical Education.

CMA Statement:

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers through an unrestricted educational grant.