



**CAPE BRETON**  
Day In Family Medicine Conference

• **Saturday, May 9, 2026** •

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

## AGENDA

DRAFT

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

**8:30am-9:15am**      **Comprehensive Management of Insomnia: Behavioural and Emerging Therapies**  
*Presenter: Dr. Gosia Phillips*

At the conclusion of this presentation, participants will be able to develop an approach to evaluating and addressing insomnia in primary care, order investigations to rule out secondary causes of insomnia, and to compare newer pharmacologic therapies with conventional sedative-hypnotics

**9:15am-9:30am**      **Audience Interaction & Questions**

**9:30am-10:15am**      **Vaccines - RSV, COVID, Shingles - What's the Latest?**  
*Presenter: Dr. Peter Lin*

At the conclusion of this presentation, participants will be able to explain to patients why they need vaccines, be aware of the data around RSV and Shingles vaccines and how to explain that to patients and become familiar with how viruses can cause damage by looking at how Covid uses the ACE2 pathway

**10:15am-10:30am**      **Audience Interaction & Questions**

**10:30am-10:45am**      **Nutrition Break & Exhibits**

**10:45am-11:30am**      **Hypertension**  
*Presenter: Dr. Rammdeep Saini*

At the conclusion of this presentation, participants will be able to understand the 2025 Hypertension Canada guidelines for the diagnosis and treatment of hypertension in adults in primary care, understand key features from the American Heart Association 2025 hypertension guidelines and understand the procedure of renal denervation and which patients would be candidates for this procedure

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

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

12:30pm-1:15pm

**AI - The Good, The Bad and The Ugly**

*Presenter: Dr. Peter Lin*

At the conclusion of this presentation, participants will be able to understand the basis of how AI was designed, be aware of the pitfalls of AI hallucinations and why they occur and be able to use AI scribes safely while saving time

1:15pm-1:30pm

**Audience Interaction & Questions**

1:30pm-2 :15pm

**Polycystic Ovarian Syndrome (PCOS)**

*Presenter: Dr. Sarah Hudgins*

At the conclusion of this presentation, participants will be able to order investigations for suspected PCOS, initiate preventative measures against endometrial cancer and start treatment for hirsutism and hidradenitis suppurativa

2:15pm-2 :30pm

**Audience Interaction & Questions**

2:30pm-3 :15pm

**Sore and Itchy: Urticaria and Hidradenitis Suppurativa**

*Presenter: Dr. Stacey Northgrave*

At the conclusion of this presentation, participants will be better able to diagnose urticaria and define different types of urticaria, including chronic spontaneous urticaria, develop an approach to treating urticaria in the primary care setting, diagnose hidradenitis suppurativa and address co-morbid conditions and develop an approach to initial treatment in the primary care setting

3:15pm-3:30pm

**Audience Interaction & Questions**

3:30pm-3:45pm

**Reflective Remarks & Program Conclusions**