



**CAPE BRETON**  
Day In Family Medicine Conference

• **Saturday, May 9, 2026** •

📍 **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. (Medical Expert, Scholar, Professional)
- Apply critical thinking to navigate diagnostic uncertainties and formulate patient-centered treatment plans. (Medical Expert, Communicator, Professional)

#### Optimize Patient Management Strategies:

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

#### Apply Evidence-Based Medicine in Practice:

- Evaluate and critically appraise the latest clinical research and evidence relevant to the specialty of Family medicine (Scholar, Medical Expert)
- Foster a culture of continuous learning by incorporating ongoing evidence-based updates into daily clinical practice. (Scholar, Professional, Leader)

**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 (Medical Expert, Scholar)
- To identify non-pharmacologic treatment for insomnia (Medical Expert, Scholar)
- Compare newer pharmacologic therapies with conventional sedative-hypnotics (Medical Expert, Scholar)

**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 (Communicator, Health Advocate, Medical Expert)
- Interpret the data around RSV and Shingles vaccines and how to explain that to patients (Communicator, Health Advocate, Scholar)
- Review how viruses can cause damage by looking at how Covid uses the ACE2 pathway (Medical Expert, Scholar)

**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:

- Apply the 2025 Hypertension Canada guidelines for the diagnosis and treatment of hypertension in adults in primary care (Medical Expert, Scholar)
- Integrate key features from the American Heart Association 2025 hypertension guidelines into clinical decision-making (Medical Expert, Scholar)
- Describe the procedure of renal denervation and which patients would be candidates for this procedure (Medical Expert, Communicator)

**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:

- Review the basis of how AI was designed (Scholar)
- Recognize the pitfalls of AI hallucinations and why they occur (Scholar, Professional)
- Use AI scribes safely while saving time (Professional, Leader, Scholar)

**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 (Medical Expert)
- Initiate preventative measures against endometrial cancer (Medical Expert, Health Advocate)
- Implement treatment for hirsutism and hidradenitis suppurativa (Medical Expert)

**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:

- Identify urticaria and define different types of urticaria, including chronic spontaneous urticaria (Medical Expert, Scholar)
- Develop an approach to treating urticaria in the primary care setting (Medical Expert)
- Recognize and diagnose hidradenitis suppurativa and address co-morbid conditions (Medical Expert, Health Advocate)
- Develop an approach to initial treatment in the primary care setting (Medical Expert)

3:15pm-3:30pm

**Audience Interaction & Questions**

3:30pm-3:45pm

**Reflective Remarks & Program Conclusions**

• **Scientific Planning Committee (SPC) Membership** •

Dr. James (Jim) MacKillop • Dr. Jennifer Lange (Conference Moderator)

Dr. Shaun MacCormick • Dr. Gordon Spencer

Dr. Stacy MacDonald • Stephanie Noga, NP (Conference Moderator)

Dr. Greg Myatt (Chair) • Natasha Phillips

This program has received educational grant or in kind support from:



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.