



Workshops

Morning – 10:30 a.m. – 12:00 p.m.

Workshops are to be selected at registration on our Eventbrite ticket page. Please ensure that you select the correct workshop on Eventbrite in the morning and the afternoon.

Title	Presenter(s)	Description
<p>Public Health and Primary Care: The Time is Now!</p>	<p>Dr. Julia Alleyne Dr. Ross Upshur</p>	<p>The emergence of Public Health as a catalyst for broad system change in primary care has spurred new opportunities for physicians to take an active role in policy development, health promotion and social advocacy. This workshop will provide participants with an overview of the key public health issues for Ontario, a model for integrating public health into practice and a deeper understanding of the impact of social determinants of health on patient outcomes. DFCM's current learning opportunities for building greater capacity in public health will be discussed including a detailed account of the new one-year Master's of Public Health degree for physicians being launched in September 2019 through the Dalla Lana School of Public Health and the Department of Family and Community Medicine. There will be a strong discussion component including a case history demonstrating the need for an integrated public health approach to primary care.</p>
<p>Why does money matter anyways? Advocating for income supports to increase health.</p>	<p>Ms. Chloe Walls Dr. Alison Brown</p>	<p>In this engaging and interactive workshop participants will follow a case study of an individual from 25 years to retirement and explore the various income supports necessary to support this person's health, increase medical care engagement, and increase medication adherence. From mental health crisis through to retirement, participants will learn when to apply for various social programs, how to apply to them, as well as why money matters to support both mental and physical health.</p> <p>An innovative program with big impacts on the social determinants of health. This program is well researched and shows big impacts in three key outcome areas: increasing income, reducing expenses, and improving financial literacy.</p> <p>This interactive session will allow for question and answer periods and an engaging style as we investigate which social benefit program to apply to next. Engage with two income experts as we answer the question why does money matter anyways.</p>



<p>Professionalism Issues: An Educational Opportunity?</p> <p>Dr. Susan Goldstein Dr. Erika Abner Dr. Julie Maggi</p>	<p>Students presenting with behaviors that raise professionalism issues are challenging, particularly for community based physicians. At the same time, these events are often valuable educational opportunities providing teachable moments with appropriate feedback. This workshop will help participants to recognize and address common student presentations that raise professionalism concerns, including typical major and minor professionalism lapses. We will discuss management strategies, resources, and documentation. We will also discuss physician strategies to optimize professional behaviours.</p> <p>The workshop will employ a variety of instructional methods, including case-based discussion, document review, and brief lectures.</p>
<p>Leveraging EMR Data and Resources to Promote Medication Appropriateness for Complex Older Patients in Primary Care</p> <p>Dr. Michelle Greiver Ms. Trish O'Brien Dr. Christina Southey Ms. Jamie (Jianmin) Wang</p>	<p>Older patients living with multi-morbidity may take many medications. Safer prescribing for these patients can be challenging. We are pilot testing a QI Learning Collaborative, with the support of a QI coach and provision of EMR data, and its effect on reducing potentially inappropriate prescriptions for complex older patients in primary care. Preliminary findings have revealed the feasibility of such approach. Starting with a real patient case, this workshop will engage participants in contemplating issues around older patients' polypharmacy. A sample feedback report will be used to demonstrate a meaningful use of the data, namely, to identify patients of interest and care gaps and evaluate the impact of practice changes. The discussion will be geared towards leveraging existing resources to initiate action plans that are context relevant and targeted toward improvement of processes, ultimately leading to deprescribing. Reflections of the pilot study will also be shared.</p>
<p>Child Health Nutrition: Hidden Sugar</p> <p>Dr. Viola Antao Dr. Behnaz Abedi Dr. Luisa Barton Dr. Nicole Bourgeois Dr. Lee Schofield</p>	<p>Nutrition and lifestyle factors have a significant impact on health. The WHO recommends for children that less than 10 per cent of total energy intake comes from free sugars to reduce the incidence of non-communicable diseases, linked to poor nutrition. Health practitioners have a role in implementing the WHO guideline, and contributing to policies that limit the marketing of poor quality, high sugar products to children. In addition, guidelines for physical activity and reduction in sedentary behaviour should be promoted to health professionals, caregivers, parents, and children.</p> <p>This interactive workshop will provide primary care providers with a multi-prong approach that includes education, advocacy and integration of tools to address diet and exercise challenges</p>
<p>Disseminating your scholarly work: Poster, oral or workshop.</p> <p>Dr. Risa Bordman Dr. Rick Penciner Dr. Rebecca Stoller</p>	<p>Research and innovation do not exist in a vacuum. The culminating step in your journey of discovery is to disseminate your work so that others can learn from it and benefit. Thinking about dissemination</p>



<p>Dr. Risa Freeman</p>	<p>should start as early as possible. Many great academic works are presented at conferences not only in final form, but in development, as it allows for interactive feedback from colleagues. Academic conferences typically accept submissions for a poster, oral presentation or a workshop in the form of an abstract. This workshop will explore the pros and cons of each presentation type and discuss where to disseminate your work. Other components and activities will include crafting an enticing title, writing a winning abstract and optimizing your message. After this workshop you will have the tools to create a winning conference submission.</p>
<p>Bringing Balint into the Spotlight: A Tool for Fostering Personal and Professional Wellness and Resilience</p> <p>Dr. Michael Roberts Dr. Stephanie Klein</p>	<p>So many of our clinical encounters do not cease when we write a prescription or send a patient for a lab test or x-ray. Providing patient care touches us on a level that can be mysterious, profound or disturbing. In our busy lives as family physicians, there are few venues or opportunities to debrief from these profound personal and professional experiences. Joining in conversation with colleagues in a Balint Group, allows one to emotionally metabolize these experiences, rather than letting them seep too deeply into one's personal life.</p> <p>In this participatory workshop, you will learn about the fascinating history of Balint Groups and appreciate what makes for a successful group process by showcasing an award-winning Resident Balint Group Program. By participating in a mock Balint Group, you will have an opportunity to discover the power and vital importance of reflective practice as a tool to promote your personal and professional wellness and resilience.</p>
<p>Health and Climate Change: the active role of primary care for patients, healthcare organizations, and communities</p> <p>Dr. Alan Abelsohn Dr. Mike Benusic Dr. Edward Xie Dr. Antonia Sappingo</p>	<p>Climate change is the biggest global health threat of the 21st century (WHO), while tackling climate change has been called our biggest health opportunity (Lancet).</p> <p>The impacts of climate change can be seen in family medicine offices throughout Canada. Family doctors are unprepared to address this issue. This workshop will provide a family-medicine oriented review of the current literature on climate change, and then engage participants in an exercise to identify the health impacts of climate change that they are seeing, to explore our attitudes toward the topic, and to develop practical patient education and advocacy opportunities in the office and community. We will think about our potential impact as teachers and finding teachable moments for patients, learners, and colleagues.</p>
<p>The Indigenous Blanket Exercise as a Medical Education Tool</p> <p>Dr. Lindsay Herzog</p>	<p>This workshop will consist of the Blanket Exercise, which teaches Indigenous history through an interactive learning experience. Participants will have the opportunity to stand among their colleagues on blankets representing the land, and take on the role</p>



	<p>of Indigenous peoples in Canada. They will work through a script, walking through major events in Indigenous history, and taking a step toward reconciliation.</p> <p>By participating in this workshop, one will have the opportunity to learn more about this unique exercise, its profound impact on all participants, and gain an appreciation of the role of such transformative exercises within medical education. Further, this activity will improve one's ability to provide culturally safe care, an area which is becoming increasingly valued and emphasized within the medical school curriculum, at both the undergraduate and postgraduate levels.</p> <p>This workshop is 2 hours in length and will run from 10:30 to 12:30 (lunch will still be available).</p>
<p>HIV PrEP, PEP, TasP and More: Educating Ourselves and our Learners About the Future of HIV Prevention</p> <p>Dr. James Owen Dr. Charlie Guiang</p>	<p>While the number and rate of new HIV diagnoses in Ontario has decreased over the past decade, in the past three years there has been a 10.5% increase in the number of new HIV infections in Ontario. Toronto has the highest rate of new diagnoses in the province (15 per 100,000 people). With earlier diagnosis and treatment, more people are living longer with HIV and dying less of AIDS and related conditions. Prevention remains critical to keeping HIV infections in check, and primary care providers must be at the front line of prevention strategies. This interactive workshop will review up-to-date strategies for sexual history taking, HIV testing and counseling, as well as newer strategies including pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP), and HIV treatment as prevention (TasP). We will review opportunities to teach and support our learners to sensitively and effectively counsel patients regarding this growing array of prevention strategies.</p>
<p>How to Keep Our Competencies Alive and Well: A Palliative Care Example</p> <p>Dr. Jennifer McDonald Dr. Rahim Abdulhussein</p>	<p>In a competency-based curriculum, we struggle to keep the Competencies available and top of mind. While leaders of the program may be very familiar with them, our learners and preceptors often concentrate on the practical realities of clinical duties day to day. Reflection on the required Competencies is a valuable skill to set goals and objectives for our learners. This necessitates that the Competencies are available day to day and are used in a practical and dynamic way. We present a model that we use in our Palliative Care rotation, to bridge the gap between theory and clinical practice. The practical use of this tool and residents' views on its use will also be discussed. Participants of this workshop will be invited to reflect on how they could build on this tool for training in Palliative Care, as well as in other core rotations.</p>
<p>Teaching Communication Skills:</p> <p>Dr. William Watson Dr. Lindsay Watson</p>	<p>Physicians need good communication skills to communicate effectively with patients.</p>



<p>Challenges and Opportunities</p> <p>Dr. Hannah Feiner Dr. Trish Windrim</p>	<p>Effective doctor-patient communication is a central clinical function in building a therapeutic doctor-patient relationship, which is at the heart of patient centered care. Conversely, poor communication can have serious impact on health outcomes and increase medico-legal risk.</p> <p>Teaching communication skills may serve multiple purposes, including an increase in understanding of the physician's role, offering insight into the importance of connecting with patients' concerns, and increasing confidence in interviewing skills.</p> <p>Using a dynamic style with interactive role-plays and audience participation, this workshop will focus on basic communication skills that are necessary in family practice, and role play some of the common challenges in communication such as dealing with patient anger, breaking bad news, and motivational interviewing.</p> <p>Participants will be encouraged to bring their own challenging cases.</p>
<p>Acupuncture or Opioids? A Risk-Free Effective Alternative</p> <p>Dr. Linda M. Rapson</p>	<p>Prescriptions of opioids, anti-epileptics and NSAIDs for pain can be reduced or completely avoided by utilizing acupuncture. This workshop will provide a brief review of the neurophysiological rationale for acupuncture's relief of pain, evidence for its efficacy, its role in treating addiction, indications for treatment and practical advice about accessing treatment. Dr. Rapson has over 40 years' experience treating pain with solid stainless steel needles using a combination of anatomical and traditional acupuncture. She is consultant to the acupuncture program at UHN/Toronto Rehab Lyndhurst Centre, the spinal cord rehab hospital, where she is an Affiliate Scientist. A Courtesy Staff appointee at TWH (since 1986), with a cross appointment to the Department of Physical Medicine & Rehabilitation, Dr. Rapson was appointed Assistant Professor, Department of Family and Community Medicine, University of Toronto, in 2013. This workshop will include a case demonstration.</p>
<p>Advance Care Planning: A primary care priority and responsibility</p> <p>Dr. Allan Grill Dr. Nadia Incardona</p>	<p>Advance Care Planning (ACP) is the expression of values about future medical care in the event a person becomes incapable. Patients should be supported to start this process early to help prepare for a significant change in health status. Family physicians are an ideal point of contact to initiate these discussions with patients as they provide care in various health care settings including offices, Long-Term Care facilities, Emergency rooms, and hospital wards. Surprisingly, however, 67% of family physicians say they need more resources to be able to feel comfortable having ACP conversations. In addition, 86% of Canadians are not familiar with ACP, and less than 50% have had a discussion with a family member about their goals of medical care or end-of-life care wishes.</p>



This session, using case-based scenarios and role-playing exercises, will provide a practical approach to developing effective strategies for family physicians to engage patients in ACP discussions.
