



## Workshops

Afternoon – 3:00 p.m. - 4:30 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  |
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| <p><b>CONFRONTING RACISM IN ACADEMIC MEDICINE: Practical implications for clinical practice, teaching, and research</b></p> | <p>Dr. Nav Persaud</p>                                | <p>Racism exists in academic medicine - just as it exists elsewhere in our society - and yet racism is rarely confronted or even discussed explicitly. In this workshop, we will discuss real and recent instances of racism involving our Department (identifying details will be altered) and use these cases to discuss how to confront racism in academic medicine. The cases of racism will cover clinical scenarios, the selection of trainees, undergraduate medical education, resident education, quality improvement, research, hiring and promotions. This case-based session will be highly interactive and focused on practical changes that can be implemented immediately.</p>  |
| <p><b>The Power of Critical Reflection in Enhancing Preceptors Teaching Skills</b></p>                                      | <p>Dr. Difat Jakubovicz<br/>Dr. Mruna Shah</p>        | <p>Critical reflection is the process of analyzing, questioning and reframing an experience in order to make an assessment of it for the purposes of learning and/ or to improve practice.</p> <p>We are all preceptors because we love teaching, but most of us are so busy with our day - to - day work that we rarely have the time to get the most out of the experience. Whether you are looking to improve as an educator, or to increase your enjoyment of the activity, reflection is a technique that brings you closer to the act of teaching. Studies have shown that the teaching effectiveness of clinical educators is improved by reflecting on their own teaching and the values that underlie it.</p> <p>This 90 minute interactive workshop will define and review some of the fundamental concepts of critical reflection and will allow the participants to reflect upon their teaching practice using a variety of methods. The workshop will include individual, small group and large group activities.</p> |
| <p><b>Musculoskeletal Differential Knowledge Translation Workshop</b></p>   | <p>Dr. Neil Dilworth<br/>Dr. Alessandro Francella</p> | <p>Sixteen sport and exercise medicine physicians, residents, and medical students have developed the Sport and Exercise Medicine Differential Guide, which provides a differential diagnosis for fourteen sport and exercise medicine topics. The topics are anatomically arranged, including visual aids, and the guide also contains common dermatological and environmental-related</p>  |



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|  | <p>conditions. This workshop will provide a concise 90-minute sport and exercise/musculoskeletal medicine review. It will inform participants about the contents of the guide as well as how to use it as an educational resource. During the workshop 14 case presentations will be discussed by the presenters within a group format. The differential guide will be used to work through the cases and develop a broad differential for each topic. The participants will receive a hard-copy of the booklet to take with them.</p>  |
| <p><b>How do I become an Assistant Professor?</b></p> <p>Ms. Marie Leverman<br/>Dr. Tony D'Urzo<br/>Dr. Naz Lalani</p>   | <p>Are you interested (or even curious) about promotion from Lecturer to Assistant Professor? This workshop will outline the steps, process and criteria for promotion. We will assess your body of work around teaching effectiveness, creative professional activity or research in order to match the criteria for promotion. This workshop will use a combination of methods including interactive lecture, small group discussion, four informational videos and individual assessment. Each participant will leave with a junior promotion application package they can immediately apply to preparing their own application.</p>   |
| <p><b>Practice-Based Research at DFCM</b></p> <p>Dr. Michelle Greiver<br/>Dr. Karen Tu<br/>Ms. Ivanka Pribramska</p>   | <p>The workshop will describe the current state of the University of Toronto Practice-Based Research Network and its two distinct portfolios: primary care data and clinical research. It will provide examples of how the network operates, what resources it offers to sites and physicians, and how the support from UTOPIAN is used in current projects.</p>  |
| <p><b>Counselling Patients about Egg Freezing in Primary Care: And An Example of Medical Ethics Teaching in Practice for Learners</b></p> <p>Dr. Carrie Schram</p> | <p>Although egg freezing is not without controversy, patients are aware of its existence and turn to their primary care providers for information and advice.</p> <p>In March 2018 the CFAS together with the Society of Obstetricians and Gynecologists of Canada (SOGC) released a guideline called Egg Freezing For Age-Related Fertility Decline. Knowledge of this guideline and other research on social egg freezing can help primary care providers effectively counsel and support their patients.</p> <p>This workshop, therefore, will focus on information to help counsel patients about egg freezing in a primary care setting; including impact of maternal age, potential risks and benefits and general information on costs and procedures.</p> <p>In addition, this workshop will also touch on the incorporation of medical ethical teaching to learners through use of social egg freezing as an example and applying to it the four basic medical ethical principles of autonomy, justice, beneficence and non-maleficence.</p> |



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| <p><b>Presenting the quantitative and qualitative results of a systematic review on palliative care transitions from acute care to home-based care</b></p> | <p>Dr. Sarina R. Isenberg<br/>Dr. Stephanie Saunders<br/>Dr. Tieghan Killackey<br/>Dr. Emily Lovrics</p> <p>Little is known about the transition from hospital-to-home in palliative care (PC). This workshop will present quantitative &amp; qualitative results from a systematic review investigating the transition from hospital-to-home &amp; impact of receiving PC. The study screened 1514 abstracts and 93 full texts, including 41 studies. Interventions included transitional care programs, discharge planning, &amp; inpatient PC. Some of the qualitative themes that this workshop will touch on include communication between patient &amp; provider, coordination between providers, discharge preparedness, and patient education.</p>  |
| <p><b>Embracing Uncertainty: A Teaching Opportunity in Family Medicine</b></p>   | <p>Dr. Gweneth Sampson</p> <p>Uncertainty is a well-known companion in the medical community. It can be argued that managing uncertainty is the specialty of general practice. Despite this, the teaching of how to deal with uncertainty is rarely addressed in faculty development. Medical uncertainty is a complex issue yet preparing our medical learners for its reality is essential for the well-being of our learners, patients as well as for responsible management of health care systems. This workshop will give the attendees an opportunity to equip themselves to do just that.</p> <p>There will be a focus on the theoretical elements of medical uncertainty enabling the attendee to explore their attitudes and approaches to teaching uncertainty tolerance. Practical strategies for teaching management of uncertainty will be introduced from current medical models. A high degree of interactivity will be encouraged via role-play, personal surveys and case based studies.</p>  |
| <p><b>Managing Mentorship from the Middle</b></p>  | <p>Dr. Judith Peranson<br/>Dr. Abbas Ghavam-Rassoul<br/>Dr. Carrie Bernard</p> <p>Mentorship in health professions education is a well-recognized process for promoting career development and enhancing work satisfaction and engagement. Early-to-mid career academic clinicians often find themselves in a position of being tasked to provide mentorship to trainees and junior colleagues. However, these educators may simultaneously be engaged in a process of searching for their own mentorship to address needs related to evolving career and leadership roles.</p> <p>Benefits of mentoring have been described for both the mentor and mentee, but any successful relationship requires commitment and purposeful activity from both participants. In this workshop, participants will review key tasks for successful mentoring from both the mentor and mentee perspectives. Content will be drawn from both the medical education and business literature, with practical guidance provided by workshop facilitators lending perspectives from academic institution and community practice settings.</p> |



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| <p><b>Exercise, Pregnancy, and Impact on Future Health: Update 2019</b></p> <p>Dr. Karen Fleming<br/>Dr. Lee Schofield<br/>Dr. Sabrina Kilker<br/>Dr. Pearl Yang</p>       | <p>Physical activity in pregnancy confers many benefits to two generations by reducing the risk of gestational diabetes, hypertensive disorders of pregnancy, operative delivery, and excessive weight gain; improving physical fitness; and improving psychological well-being in pregnancy. Guidelines from around the world recommend all pregnant women without contraindications participate in regular physical activity before, during, and after pregnancy. Physician counselling has been shown to increase patient participation in physical activity; however, many physicians do not provide exercise counselling, with physician demographics such as age, gender, and training influencing whether or not they provide this counselling. In 2018, updated Canadian Exercise and Pregnancy guidelines were released, providing opportunities to improve physicians' knowledge and self-efficacy in providing exercise counselling. Providers will leave this session with tools needed to implement exercise prescription.</p> |
| <p><b>STIs &amp; Contraception for the Primary Care Provider: Choose your own adventure!</b></p> <p>Dr. Charlie Guiang<br/>Dr. Hannah Feiner</p>                           | <p>This workshop focuses on a variety of relevant sexual health topics where the primary care provider (PCP) is in charge of choosing the sexual health topics they want to learn about! In this audience-led workshop, participants use their smartphones/tablets/computers and web-based technology to choose topics and initiate discussions relevant to today's PCP around STIs and contraception. Medical students to experienced providers will leave this session with an enlightened approach to the ever-changing landscape of sexual health care locally and in Canada. Contemporary options range from: CONTRACEPTION (such as emergency contraception, IUDs, spermicide), STI TESTING (such as NAATs vs Cultures, HSV testing, syphilis testing), and STIs (such as urethritis, non-specific urethritis, extra-genital infections, wart treatment, trichomonas), and SEXUAL HEALTH PROMOTION (such as barrier protection, HPV vaccination, HIV PrEP). Get ready to choose your own adventure!</p>                               |
| <p><b>Enough about Burnout. Let's talk wellness: strategies for firing up residents and faculty</b></p> <p>Dr. Erin Bearss<br/>Dr. Lindsay Herzog<br/>Dr. Milena Forte</p> | <p>This session will define and discuss the prevalence of burnout as well as review common drivers of this phenomenon in general and in Medicine specifically. The relevance of Burnout related to physician wellness, clinical performance and career trajectory will be reviewed.</p> <p>Tools for evaluating and assessing levels of burnout will be introduced along with a review of their practical value and limitations.</p> <p>This session will describe strategies for promoting physician wellness. More specifically we will propose ways to integrate the concepts and interventions into a residency program and how our site has developed a resident wellness curriculum. We will share our challenges and successes in its development and implementation,</p>  |



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|   | <p>and highlight the role of narrative and critical reflection within the wellness curriculum.</p>   |
| <p><b>A Fireside Chat with Dr. Michael Kidd</b></p> | <p>Dr. Michael Kidd</p> <p>Join Dr. Michael Kidd, Chair of DFCM, for a fireside chat. This is an opportunity to learn what's new at DFCM, ask him questions about department-related matters and discuss developments in family medicine in Toronto, Canada and the rest of the world.</p> |