Preventative Health and Management in Rural Medicine

Continuing Medical Education

Charles S. Curtis Memorial Hospital Boardroom
September 21-23, 2016
St. Anthony, NL

“He who has health has hope; and he who has hope has everything.”

– Arabian proverb
Presenters

Hon. Christopher Mitchelmore  
MHA St. Barbe-L’Anse aux Meadows  
Minister of Business, Tourism, Culture and Rural Development  
Minister Responsible for the Research and Development Corp. and Forestry and Agrifoods Agency

Nancy Baxter, MD, FRCSC  
Colorectal Surgeon  
St Michael’s Hospital  
Toronto, ON

Ryan Braun, MD, MS  
Internist and Radiologist  
SUNY Downstate Medical Center  
Brooklyn, NY, USA

Greg N Browne, MD, FRCSC, FACS  
Clinical Assistant Professor of Surgery  
MUN  
Divisional Chief, Vascular Surgery  
Eastern Health

Natalie Chambers-Hughes, RD, CDE  
Clinical Dietitian  
Charles S. Curtis Memorial Hospital  
St Anthony, NL

William Fitzgerald, CM, MD, FRCSC  
General Surgeon  
Cape Breton, NS

Atamjit Gill, MBBS, FRCSC, FACOG  
Associate Professor and Chair of Obstetrics  
MUN  
St John’s, NL

David Hounsell, CA  
Bloom Wealth and Legacy Planning Offices in NS and NL

Nicholas Hounsell  
President and Principal  
Bloom Wealth and Legacy Planning Offices in NS and NL

Tyler Hughes, MD, FACS  
Chairman Advisory Committee for Rural Surgery  
American College of Surgeons  
McPherson, Kansas

Michael Kennedy, BSc, RPh  
Clinical Pharmacist  
Charles S. Curtis Memorial Hospital  
St Anthony, NL

Peter MacDougall, PhD, MD, FRCPC  
Professor Department of Anesthesia and Pain Management  
Dalhousie University  
Halifax, NS

Glenda Nash  
Program Director  
Primary Care Renewal Program  
NLMA & Dept. Health & Community Services  
St John’s, NL

Craig Pelley  
Program Director  
Electronic Medical Record (EMR) Program  
NLMA & Dept. Health & Community Services  
St John’s, NL

Iskra Peltekova, MD, FRCPC  
Developmental Pediatrician  
Montreal Children’s Hospital  
Montreal, QC

Rajive Rajan, MBBS, FRCPC  
Clinical Assistant Professor, Discipline of Psychiatry  
Faculty of Medicine, MUN  
St. John’s, NL
Abdul Shaikh, MD
Neurologist
Western Memorial Health Clinic
Corner Brook, NL

Irving Tiong, MD
Cardiologist
Sunnybrook Health Science Centre
Toronto, ON

Kent Tisher, BA, BSc, MD, CCFP
General Practitioner
Campbellford, ON

Ravi Vatturi, FRCS MS (Orth),
FRCS (TR &Orth)
Department of Orthopaedic Surgery
Charles S. Curtis Memorial Hospital
St Anthony, NL

Dr Kweku Dankwa
Fall Symposium Committee
Chairman
Department of Pathology
Charles S. Curtis Memorial Hospital

Mrs Denise Pilgrim
Department of Pathology
Charles S. Curtis Memorial Hospital

Dr Lauren Smithson
Department of General Surgery
Charles S. Curtis Memorial Hospital

Dr Nasinuku Saukila
Department of Internal Medicine
Charles S. Curtis Memorial Hospital

Dr Tarek Moustafa
Department of Family Medicine
Charles S. Curtis Memorial Hospital
<table>
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<th>Time</th>
<th>Event</th>
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<tr>
<td>800 – 830</td>
<td>Registration/Coffee</td>
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<tr>
<td>830 – 845</td>
<td>Welcome and Introductions</td>
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<tr>
<td></td>
<td><em>Chris Mitchelmore</em></td>
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<tr>
<td>845 – 945</td>
<td>In the Spirit of Grenfell</td>
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<td><em>William Fitzgerald</em></td>
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<tr>
<td>945 – 1045</td>
<td>Updates in Developmental Pediatrics</td>
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<td><em>Iskra Peltekova</em></td>
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<td>1045 – 1100</td>
<td>Coffee Break</td>
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<tr>
<td>1100 – 1200</td>
<td>Safe Opioid Prescribing for Chronic Non-Cancer Pain</td>
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<td><em>Peter MacDougall</em></td>
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<td>1200 – 1300</td>
<td>Lunch</td>
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<td><em>Sponsored by Natalie Corbin, Sigvaris</em></td>
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<tr>
<td>1300 – 1400</td>
<td>Osteoporosis, Hip Fractures and Fall Prevention in the Elderly</td>
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<td><em>Ravi Vatturi</em></td>
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<td>1400 – 1500</td>
<td>Safe Medication Practices: An Allergy Overview</td>
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<td><em>Michael Kennedy</em></td>
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<td>1500 – 1515</td>
<td>Coffee Break</td>
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<tr>
<td>1515 – 1615</td>
<td>Thyroid Ultrasound and US-Guided FNA for the Rural Practitioner</td>
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<td><em>Ryan Braun</em></td>
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<td>1615 – 1715</td>
<td>Prevention of Psychiatric Problems in Children</td>
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<td><em>Rajive Rajan</em></td>
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<td>1900</td>
<td>Wine &amp; Cheese, Meet &amp; Greet</td>
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<td>at the Grenfell Interpretation Center</td>
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| 630 – 730 | Early Morning Stair Climb over the Atlantic  
(meet at the Hospital Rotunda at 630am) |
| 800 – 830 | Registration/Coffee                                                   |
| 830 – 930 | Carotid Disease and Stroke Prevention  
*Greg Browne*                                                   |
| 930 – 1000 | Primary Care Renewal  
*Glenda Nash*                                                   |
| 1000 – 1030 | Electronic Medical Record Program  
*Craig Pelley*                                                   |
| 1030 – 1045 | Coffee Break                                                        |
| 1045 – 1145 | End of life care and ethics of palliative medicine  
*Kent Tisher*                                                   |
| 1145 – 1245 | Lunch  
*Lunch Speaker: “Financial Management in Medicine”  
*David Hounsell*  
*Sponsored by Bloom Wealth and Legacy Planning* |
| 1245 – 1345 | Urinary Incontinence: Forging new paths in management  
*Atamjit Gill*                                                   |
| 1345 – 1445 | Obesity...is it Lifestyle?  
*Natalie Hughes*                                                   |
| 1445 – 1500 | Coffee Break                                                        |
| 1500 – 1600 | Screening and Surveillance in Endoscopy  
*Nancy Baxter*                                                   |
| 1730 | Dinner  
*Lightkeeper’s Café on Fishing Point* |
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<tr>
<td>630 – 730</td>
<td>Grenfell Trail (Tea House) Run/Walk</td>
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<tr>
<td>800 – 830</td>
<td><strong>Registration/Coffee</strong></td>
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| 830 – 930 | Anticoagulant Management for Operative Procedures  
Irving Tiong                          |
| 930 – 1030 | Stroke Management in the Rural Setting  
Abdul Shaikh                          |
| 1030 – 1045 | **Coffee Break**                                                   |
| 1045 – 1145 | Burned Beyond Recognition: One Physician at a Time  
Tyler Hughes                        |
| 1145 – 1200 | Farewell Remarks and Evaluations  
Kweku Dankwa                         |
| 1200 – 1330 | **Lunch**  
_Sponsored by Jill Vardy, Ethicon_                        |
| 1330 | Optional visit to L’Anse aux Meadows Historical Site |
Symposium Objectives

• Dietary management of clinical and morbid obesity
• Identifying and minimizing damage during stroke in rural environments
• Diagnosing and treating carotid disease with lifestyle modifications to prevent disabling neurological consequences
• Learn about the updates in developmental pediatrics
• Learn about the updates in the management of urinary incontinence
• Develop insights into the identification and prevention of falls in the elderly through the treatment of osteoporosis and immobility
• Learn safe medication practices to avoid interactions and reactions
• Identify those at average and high risk of colorectal cancer to set them on the right path for screening
• Develop safe opioid prescribing practices for non-cancer pain patients
• Learn about the new EMR and Primary Care Renewal in the province of Newfoundland
• Learn how Grenfell established preventative medicine and healthy living in northern Newfoundland at the turn of the century, and how it applies to life now
• Learn to identify and prevent burnout in yourself and fellow physicians
• Managing change in palliative and end of life care policies within the community
• Learn about the value and process behind fine needle aspirations in thyroid nodule management
• Determine how anticoagulation can best be managed for operative or procedural interventions

Rural Education Remarks

Astellas is committed to making a difference in urology. Our knowledge increases systematically from basic research into the human genitourinary system and various urologic disease processes to an in-depth understanding about how different urological conditions affect quality of life. Our comprehensive understanding and methodical scientific approach shapes our commitment to patients suffering from urologic conditions and to the medical professionals who treat them.

The Society for Young Rural Surgeons (SYRUS) seeks to increase awareness of the needs for rural practitioners in the younger population of medical trainees and practitioners, and to provide support and direction in both training and careers for those who are interested in practicing in rural communities both nationally and internationally.
“Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile.”

- Sir Wilfred Grenfell