



# **65th ANNUAL SCIENTIFIC ASSEMBLY**

**MANITOBA COLLEGE OF FAMILY PHYSICIANS**

**LIVE STREAMING WEBINAR & IN PERSON**

**THE METROPOLITAN ENTERTAINMENT CENTRE**

**281 DONALD ST, WINNIPEG, MB**

**APRIL 28, 2023**

**NEW  
LOCATION**

**THEMES PRESENTED:**

**INTERNAL MEDICINE  
PRACTICE SUPPORT  
SEXUAL & REPRODUCTIVE HEALTH  
CANCER SCREENING GUIDELINES  
GENITOURINARY  
ADDICTIONS  
CHRONIC PAIN  
MENTAL HEALTH**

**THE MANITOBA  
COLLEGE OF  
FAMILY PHYSICIANS**



**LE COLLÈGE DES  
MÉDECINS DE FAMILLE  
DU MANITOBA**

**REGISTRATION OPEN NOW!**



## Welcome to the 65th Annual Scientific Assembly!

It is my great pleasure to welcome you all back to the Manitoba College of Family Physicians' 65th Annual Scientific Assembly. After 65 years we continue to provide the premier Family Medicine conference in Manitoba for our members.

This year's Annual Scientific Assembly is designed with you, our colleagues, in mind. We have worked hard to develop an exciting schedule full of useful clinical information. This is based on your feedback from evaluations over the past number of years, and we always work hard to take your honest comments into consideration. You will see that we have streamlined this year's program to provide maximum, high yield sessions in a timely manner to maximize your learning.

As well, we are excited to have you join us in person after a successful number of years with our conference being provided virtually. We have learned from those years in order to deliver a program that is helpful to all of our members across the province.

It is our hope that you find this Annual Scientific Assembly more than just an academic experience. This is an opportunity to make your practice life better and easier. Please be sure to visit our community and clinical exhibitors for a number of resources to use in your practice.

Furthermore, the Annual Scientific Assembly is an opportunity to celebrate the winners of our many awards. We are pleased that we have the opportunity to celebrate winners from the past number of years in person this year.

I would like to thank the staff of the Manitoba College of Family Physicians for their ongoing work and dedication to make this a meaningful event for our members. As well, I would like to thank the members of the Continuing Education and Research committee which plan the Annual Scientific Assembly. Their enthusiasm for high quality continuing medical education helps make this event a success every year.

We look forward to seeing you in April, and celebrating Family Medicine together!

**Dr. Ian Alexander, MD CCFP**

Assistant Professor - Department of Family Medicine, Max Rady College of Medicine

Selkirk Medical Associates, Selkirk

Regional Family Medicine Specialty Lead - Interlake Eastern Regional Health Authority



# Welcome to the 65th Annual Scientific Assembly!

Our gratitude to the members of the Continuing Education & Research Committee for their exceptional efforts in arranging this conference.

## 2023 Continuing Education & Research Committee

### Committee Chair

#### **Dr. Ian Alexander**

MD CCFP

Assistant Professor - Department of Family Medicine

Selkirk Medical Associates, Selkirk

### Committee Members

#### **Dr. Ganesan Abbu**

MD Chb CCFP, FCFP

C.W. Wiebe Medical Centre, Winkler

#### **Dr. Tamara Buchel**

MD CCFP, FCFP Program Director, Postgraduate Education. Department of Family Medicine. Max Rady College of Medicine Kingsbury Family Medical Centre, Winnipeg

#### **Dr. Julie Lamb**

MD CCFP FCFP

Maple Creek Medical, Sunnyside

#### **Dr. Richard Rusk**

DVM MD CCFP MPH, DipABPM Assistant Professor, Community Health Sciences, Max Rady College of Medicine

#### **Lisa Goss, MBA**

Executive Director, MCFP





## Annual Scientific Assembly

# PHILOSOPHY & LEARNING OBJECTIVES

The Family Physician will:

- Gain knowledge about new concepts in the delivery of Family Medicine
- Gain knowledge and skills to apply to their everyday practice
- Be given an opportunity to discuss concepts that are controversial and innovative
- Be challenged by new innovations in medicine and continually apply these to their practice
- Leave the program with confidence in new skills and gain tools to explore new ways of obtaining information and expanding his or her knowledge

**The 65th Annual Scientific Assembly has been certified for 1 Mainpro+ credit/hour**

## Webinar / In-person Access Fees

Registration Opens February 9, 2023 12:00 p.m. & Closes April 26, 2023 4:00 p.m.

FEE DOES NOT INCLUDE GST	In Person	Webinar ONLINE ONLY
CFPC Member Physician	\$275.00	\$200.00
Non-Member Mainpro Participant	\$275.00	\$300.00
First 5 Years in Practice Physicians	\$225.00	\$125.00
Allied Health Care Professional	\$400.00	\$300.00
Resident	Free	Free
Family Medicine Interest Group	Free	Free

**Cancellation Policy:** Although the MCFP does not charge a cancellation fee, cancellations are subject to Eventbrite terms and conditions



## Annual Scientific Assembly **SUMMARY**

INTERNAL MEDICINE | PRACTICE SUPPORT | SEXUAL & REPRODUCTIVE HEALTH | CANCER SCREENING GUIDELINES | GENITOURINARY | ADDICTIONS | CHRONIC PAIN | MENTAL HEALTH

**Since its inception, the MCFP has recognized the importance of providing our members with continuing professional development opportunities and a forum where Family Physicians can learn and network with their peers. This year's program will not disappoint!**

### **Annual Members Meeting**

The Annual Members Meeting will be held on April 28, 2023, from 8 am-9 am and will be available both online and in-person. Please check your email for your member package.

### **MCFP Awards Presentation**

The MCFP 2023 Awards Presentation is scheduled to take place on April 28, 2023, during the lunch hour, using a hybrid model that combines in-person and virtual attendance. We will also acknowledge and honour previous award winners who were only recognized virtually during the pandemic and are now able to attend in person.

### **Preferred Group Rates at The Radisson**

For our out-of-town members we have negotiated a special hotel rate at the Radisson Hotel in Winnipeg's Downtown, 288 Portage Avenue. Enjoy complementary High Speed Internet Access, skywalk system to RBC Convention Centre, Starbucks Coffeehouse, 24-hour Fitness Centre with Steam Room, 12 Resto Bar. Reserve your room by **March 31, 2023** using the code **MCFP**. **Book now!**

RATE: \$139/night + Taxes  
DATES: April 28, 2023



## Annual Scientific Assembly

# NETWORKING & SOCIAL EVENTS

### Breakfast & Coffee Breaks

The breakfast buffet will open at 7:40 am. If you plan to attend, please RSVP through the Annual Members Meeting Eventbrite link. Throughout the day, there will be coffee breaks to allow ample time for networking, catching up with old acquaintances and making new connections.

### Lunch

We will also have a lunch buffet available, providing an opportunity for you to reconnect with colleagues and make new connections after a period of limited interaction due to the COVID-19 pandemic.

### Member Networking

The 2023 Annual Scientific Assembly will be a day filled with engaging speakers, delicious food and amazing prizes, offering inspiration and invaluable information that you can apply to your practice. At the conclusion of the Annual Scientific Assembly, we invite you to join us for appetizers and drinks. We look forward to seeing you there!

Breakfast, lunch, and coffee breaks are included in your registration fee, as always. If you have any allergies or intolerances that we should be aware of, please email [info@mcfp.mb.ca](mailto:info@mcfp.mb.ca) to let us know.

### CME REBATES

The CME rebate program is negotiated and administered by Doctors Manitoba, while Manitoba Health provides the reimbursement for CME costs. Thanks to the hard work and negotiations of Doctors Manitoba, the Annual Scientific Assembly qualifies for reimbursement of registration fees. For more information on the CME rebate program, please visit <https://doctorsmanitoba.ca/benefits-insurance/benefits/cme-rebates>.



**SCHEDULE AT-A-GLANCE**

7:15 am	Registration Opens – Breakfast Buffet Opens at 7:40 am
7:40 am – 9:00 am	Annual Members Meeting
9:05 am – 9:15 am	Opening Remarks – Honourable F. (Gigi) Osler
9:15am – 11:05am Block One – Internal Medicine	<ol style="list-style-type: none"> <li>1. Office Ophthalmology – What Does a Family Doctor Need to Know? – <b>Dr. Angela Yen Minh Cung CCFP</b></li> <li>2. Dermoscopy for Primary Care– <b>Dr. Dan Hunt CCFP (EM), FCFP</b></li> <li>3. Look at what came through the door! Entities to Consider. – <b>Dr. John Embil, MD, FRCPC</b></li> <li>4. Dyslipidemia in 2023: The Search for Uncomplicated Guidance – <b>Jamie Falk, PharmD</b></li> </ol>
11:05 am – 11:20am	Morning Wellness Break
11:20 am – 12:20 pm Block Two – Practice Support	<ol style="list-style-type: none"> <li>5. Disability Forms Anyone? – <b>Dr. Alan Katz CCFP, FCFP</b></li> <li>6. Rethinking Primary Care Access, AIM for a Better Approach Care Access, AIM for a Better Approach – <b>Dr. Alexander Singer, MB BCh BAO, CCFP</b></li> <li>7. Northern Manitoba First Nations Anti-Racism Response System: An Innovative Transformation of Medical Services – <b>Dr. Yvette Emerson CCFP, FCFP</b></li> </ol>
12:20 pm – 1:15 pm	Lunch Buffet & Awards Celebration
1:15 pm – 2:55 pm Block Three – Sexual Reproductive Health, Cancer Screening & Genitourinary Conditions	<ol style="list-style-type: none"> <li>8. Self-Sampling for Cervical Cancer Screening: Can it Work in Manitoba? – <b>Kelly Bunzeluk (CancerCare Manitoba)</b></li> <li>9. Colorectal cancer screening: How Does FIT Fit Into the Manitoba Screening Program? – <b>Laura Coutler (CancerCare Manitoba)</b></li> <li>10. An Overview of the Approach and Management of Common Men's Health Conditions – <b>Dr. Premal Patel MD, FRCSC</b></li> <li>11. Dysuria and Pelvic Pain Syndromes in Physiotherapy: Clinically Relevant Tools and Advice for Patients from the Physiotherapy Perspective – <b>Jamie Wheaton Donaldson, B.A., BMR (PT)</b></li> <li>12. Managing Mastitis in 2023 – An Update from the Academy of Breastfeeding Medicine. – <b>Dr. Christina Raimondi MD, CCFP, FCFP, IBCLC, PMH-C &amp; Dr. Katherine Kearns MC, CCFP, FCFP, IBCLC</b></li> </ol>
2:55 pm – 3:10 pm	Afternoon Wellness Break
3:10 pm – 4:50 pm Block Four – Addictions, Chronic Pain & Mental Health	<ol style="list-style-type: none"> <li>13. ADHD/Anxiety - Is this Patient Struggling with Anxiety or ADHD? – <b>Dr. Larry Klassen, MD, FRCPC</b></li> <li>14. Managing the Mental Health Impact of the COVID-19 pandemic – <b>Dr. Maxine Holmqvist &amp; Sydney Kingston (she/her), M.A., Resident (PGY-1), Clinical Health Psychology</b></li> <li>15. Addictions – Practical Addictions Management Tools For Your Office – <b>Dr. Ginette Poulin RD, MD, CCFP(AM), FCFP, CISAM, CCPE, CMCBT</b></li> <li>16. Opioid Agonist Therapy - The Basics for Non-OAT Providers – <b>Dr. Joanna Lynch CCFP(AM), FCFP</b></li> <li>17. Chronic pain – Physiotherapy, a New Tool in Your Chronic Pain Management Toolbox. – <b>Nathan Augeard PT, PhD(c)</b></li> </ol>



FRIDAY, APRIL 28, 2023

## Internal Medicine

### **Office Ophthalmology – What does a Family Doctor Need To Know? – Dr. Angela Cung, CCFP**

Do you cringe when your patients start telling you about their vision problems like you're some kind of expert with that Welch Allyn ophthalmoscope that sits idly on your wall? Have no fear - this presentation will discuss common eye presentations as seen from your friendly neighborhood Misericordia Eye Emergency doctors, review common eyeball maladies, when to send to the on-call ophthalmologist and how Misericordia Eye Emergency can help if you're just not sure.

#### **Learning Objectives:**

1. Review common eye complaints and presentations.
2. Ophthalmologists vs optometrists vs Misericordia Eye Emergency, and how/when to refer to each.
3. Review referral pathways in Manitoba.

### **Dermoscopy for the Family Physician – Dr. Dan Hunt CCFP (EM), FCFP**

This presentation will outline how the use of dermoscopy as an adjunct to your history and physical examination can aid in the diagnosis of skin lesions with a particular focus on differentiating benign from malignant lesions. Dermoscopic photos will be used to display the characteristic features of common skin growths such as basal cell carcinoma, melanoma, benign nevi.

#### **Learning Objectives:**

1. Understand how dermoscopy can enhance diagnosis of skin lesions.
2. Learn dermoscopic features of basal cell carcinoma and melanoma.
3. Learn dermoscopic features of dermatofibroma and seborrheic keratosis.

### **Look at what came through the door! Entities to consider. – Dr. John Embil, MD, FRCPC**

A variety of different conditions are considered to be infectious in origin. Their presentations are varied and can often mimic a variety of different conditions. This case based session will provide a brief overview of some clinical entities which will present to primary care practitioners.

#### **Learning Objectives:**

1. Consider some alternative diagnoses to puzzling presentations.
2. Develop an approach to puzzling presentations.
3. Have fun.





FRIDAY, APRIL 28, 2023

## Internal Medicine

### **Dyslipidemia in 2023: The Search for Uncomplicated Guidance – *Jamie Falk, PharmD***

This session will review current recommendations for the management of dyslipidemia for cardiovascular disease risk and the evidence supporting available treatments in primary and secondary prevention. It will also navigate the inconsistencies existing between guidelines particularly related to the rationale used to support or refute a treat-to-target approach and implications of these decisions on individual patient care.

#### **Learning Objectives:**

1. Compare recommendations from current national and international dyslipidemia management guidelines for cardiovascular risk reduction.
2. Determine rational initial medication and intensification options based on best available evidence.
3. Navigate the rationale for a "treat-to-target" versus a simplified "offer medications with benefit" approach and their implications for decision-making and follow-up.

## Practice Support

### **Disability Forms Anyone? – *Dr. Alan Katz CCFP, FCFP***

Our disabled patients and their families may be eligible for tax rebates and other benefits. We are often unaware of the best approach to completing the relevant forms that provide our patients with the support they are entitled to. There are other supplementary benefits for family members of the those eligible for disability benefits that are poorly advertised. This talk will provide practical guidance to help family doctors support their disabled patients in obtaining their benefits.

#### **Learning Objectives:**

1. Describe the challenges in completing Disability Tax Forms.
2. Describe the extra benefits available to disabled patients.
3. Provide guidance on the physician's role.

### **Rethinking Primary Care Access, AIM for a Better Approach – *Dr. Alexander Singer, MB BCh BAO, CCFP***

This short session will introduce the concept of building resilience through learning and applying well established improvement methodologies that can be applied in all practice types. We hope to build excitement for attendees to learn ways to build resilience and improve their practice rather than succumbing to moral injury and burnout.

#### **Learning Objectives:**

1. Describe the several concepts related to the patient medical home and appropriate access to care.
2. Describe the core objectives of the Access Improvement Model and the Practice Improvement Essentials workshops.
3. Explore how family physicians can build resilience by applying the tools and concepts of practice improvement.



FRIDAY, APRIL 28, 2023

## Practice Support

### **Northern Manitoba First Nations Anti-Racism Response System: An Innovative Transformation of Medical Services – Dr. Yvette Emerson CCFP, FCFP**

The Northern Regional Health Authority (NHRA), Manitoba Keewatinowi Okimakanak (MKO) and Keewatinohk Inniniw Minoayawin (K.I.M.) declared a commitment to end Indigenous-specific racism on September 26, 2022. The Keewatinohk Inniniw Minoayawin First Nations Anti-Racism Response (FNARR) System includes mutually reinforcing interventions in four priority targeted areas: ER/Service Accountability, Independent Patient Advocates, Data Gathering, Indigenous Doula Program and IARR training. It is hoped that this system will put a spotlight on the harms experienced by Indigenous people accessing healthcare in NRH, provide a better patient experience and lead to innovation and accountability measures that could guide future reforms across the province.

#### **Learning Objectives:**

1. Briefly review systemic Indigenous specific racism in Manitoba and how it impacts Indigenous patient experiences today.
2. Briefly analyze what systemic racism is, how it operates institutionally in medical care and how it shapes our workplace culture and inequities.
3. Learn about a declaration to end racism and an innovative framework for interrupting Indigenous specific racism in a northern Manitoba hospital that aims toward antiracist transformation of the medical system.

## Sexual Reproductive Health, Cancer Screening & Genitourinary Conditions

### **Self Sampling for Cervical Cancer Screening: Can It Work In Manitoba? – Kelly Bunzeluk, CancerCare Manitoba**

Pap testing has significantly reduced the incidence and mortality of cervical cancer. In Manitoba, despite the availability of organized Pap testing, screening participation is declining, and in some populations, has never occurred. Screening rates were further negatively impacted by COVID-19. In an effort to mitigate declining screening participation, an HPV self-sampling project was launched in Manitoba. This session will share preliminary results and lessons learned through the project and discuss how self-sampling might be used in the future.

#### **Learning Objectives:**

1. Identify how self-sampling can be used for cervical cancer screening.
2. Describe the preliminary results of a recent self-sampling study in Manitoba, including lessons learned in the development of resources, communication with participants and work with community health organizations.
3. Discuss how self-sampling might be incorporated into cervical cancer screening (CervixCheck) in the future.



FRIDAY, APRIL 28, 2023

## Sexual Reproductive Health, Cancer Screening & Genitourinary Conditions

### **Colorectal Cancer Screening: How Does FIT Fit into The Manitoba Screening Program? – *Laura Coulter, CancerCare Manitoba***

In 2023, Manitoba will transition to centralized fecal immunochemical testing (FIT) for colorectal cancer (CRC) screening. FIT is easier for patients to use and is better than guaiac fecal tests at detecting CRC and advanced adenomas. It can also be used for patients at increased risk of CRC. This session will describe the pending transition to FIT, including the new screening guidelines. It will provide healthcare providers with tools and resources to help determine who is eligible for FIT, how to obtain FITs for their patients, how to track FIT results and who is responsible for follow-up.

#### **Learning Objectives:**

1. Describe Manitoba's transition to fecal immunochemical testing for colorectal cancer screening.
2. Appropriately request a fecal immunochemical test for eligible individuals.
3. Explain how a patient would progress through the provincial colorectal cancer screening program (ColonCheck).

### **An Overview of the Approach and Management of Common Men's Health Conditions – *Dr. Premal Patel, MD FRCSC***

The discussion will focus on an approach and potential treatment options for several common men's health conditions. Given the vast changes in treatment options that exist, this talk will focus on many common conditions seen in primary care (i.e. BPH, erectile dysfunction) and offer an approach and potential therapeutic options.

#### **Learning Objectives:**

1. Develop approach and understand treatment options for male sexual dysfunction (ie. Peyronie's Disease, Erectile Dysfunction & Premature Ejaculation).
2. Develop approach and understand potential treatment options for Benign Prostatic Hyperplasia.
3. Develop approach and understand potential therapeutic options for other conditions such as orchalgia and male infertility.

### **Urinary Dysfunction and Pelvic Pain – How to Use Pelvic Floor Physiotherapy in Your Office To Help – *Jamie Wheaton Donaldson, B.A., BMR (PT)***

This lecture will provide a glimpse into pelvic pain syndromes from the eyes of a physiotherapist. Discussion will include major pelvic pain syndromes and symptoms such as dysuria, dyspareunia and dysmenorrhea. This session will include the physiotherapy role and clarify who is indicated for referral. Simple patient advice will be provided which can be used and applied practically in clinic the following day.

#### **Learning Objectives:**

1. Learn simple advice to improve quality of life in patients dealing with pelvic pain syndromes, dysuria, dyspareunia and dysmenorrhea.
2. Clarify who is a candidate for physiotherapy and when to refer.
3. Understand the major physical contributing factors to these conditions.

[Register Online Now!](#)



FRIDAY, APRIL 28, 2023

## Sexual Reproductive Health, Cancer Screening & Genitourinary Conditions

### **Managing Mastitis in 2023 – An Update From the Academy of Breastfeeding Medicine. – Dr. Christina Raimondi, MD CCFP IBCLC PMG-C & Dr. Katherine Kearns MD CCFP, FCFP, IBCLC**

Breastfeeding and Lactation is a human right that the health care system has a responsibility to protect. Mastitis - Breast inflammation in lactation is a common occurrence. In 2022, the Academy of Breastfeeding Medicine released an evidence-based protocol for diagnosis and management of Mastitis in Lactation based on current understanding of its pathophysiology. The "old way" of managing mastitis was likely doing more harm than help. Antibiotics can often be avoided with this condition, an important point in the age of antibiotic stewardship and understanding of the development of the infant microbiome for lifelong health.

#### **Learning Objectives:**

1. Understand the mastitis spectrum.
2. Identify tools for managing mastitis for your patient and which tools are potentially harmful.

### **ADHD/Anxiety – Is this Patient Struggling with Anxiety or ADHD? – Dr. Larry Klassen MD FRCPC**

#### **Learning Objectives:**

*Pending*

## Addictions, Chronic Pain, & Mental Health

### **Managing the Mental Health Impact of the COVID-19 Pandemic – Dr. Maxine Holmqvist, Ph.D., C.Psych. (She/Her) & Sydney Kingston (she/her), M.A., Resident (PGY-1), Clinical Health Psychology**

This presentation will provide an overview of various pathways linking the global COVID-19 pandemic to worsening mental health, with particular attention to the role of the pandemic in exacerbating pre-existing inequities and undermining healthcare capacity. The presenters will then discuss potential resources and tools family physicians can use when providing care to those in need of mental health support.

#### **Learning Objectives:**

1. Understand the multiple impacts of the COVID-19 pandemic on the mental health of people living in Canada.
2. Recognize factors contributing to increased need for mental health services and heightened acuity at the present time.
3. List some resources and practical strategies to support patients struggling with poor mental health.



FRIDAY, APRIL 28, 2023

## Addictions, Chronic Pain, & Mental Health

### **Practical Addictions Management Tools for Your Office – Dr Ginette Poulin RD, MD, CCFP(AM), FCFP, CISAM, CCPE, CMCBT (she/her)**

Substance Use Disorders and Addiction issues are presenting everywhere yet what are we doing about it in our daily practice as family physicians? Learn about some of the core basic principles of evidence-based care in Addition Medicine. How to incorporate substance use disorder tools and knowledge in a practical way into your clinical practice. Explore the critical elements that you and your team can do to support people who use substances

#### **Learning Objectives:**

1. Learn the key elements to identify and manage substance use disorders in your office setting.
2. Adopt quick access tools for evidence-based clinical care of substance use disorders.
3. Understand how to incorporate De-stigmatization, Harm Reduction and Trauma-informed care in your practice.

### **Opioid Agonist Therapy – The Basics for Non-OAT Providers – Dr. Joanna Lynch CCFP (AM), FCFP**

This presentation will: review the pharmacology of opioid agonist therapy briefly, review the ways in which OAT may affect other aspects of care of the patient, help participants identify patients who should be referred for consideration of OAT, review referral pathways and review pathways to OAT prescribing credentials.

#### **Learning Objectives:**

1. Participants will understand the basics of opioid agonist therapy, to enable them to better support their patients with opioid use disorder.
2. Participants will learn how to identify a patient in their practice who may benefit from opioid agonist therapy.
3. Participants will be able to confidently navigate the options available locally for treatment of opioid use disorder.

### **Chronic pain – Physiotherapy, a New Tool in Your Chronic Pain Management Toolbox. – Nathan Augeard (he/him), PT, PhD(c)**

This talk will describe the different ways that physiotherapy can help patients manage their chronic pain and how it can complement medication to achieve better outcomes. It will highlight the different screening strategies to determine when a patient could benefit from physiotherapy.

#### **Learning Objectives:**

1. By the end of this talk, you will be able to evaluate the benefits of physiotherapy as a complementary tool to manage chronic pain.
2. By the end of it, you will be able to describe 3 ways that physiotherapy can contribute to a person-centred approach to chronic pain management.
3. By the end of this talk, you will be able to determine if a patient would benefit from physiotherapy for pain management based on 2 screening questions.



# Resource Room

Resource Room - Take Home Information to assist you in your daily practice when seeing patients at your clinic. More information to come! Check back for updates!



[Register Online Now!](#)