Agenda

September 25-26, 2025

The Barrel House & The Superior Inn, Thunder Bay ON

Thursday, September 25, 2025 – The Barrel House – 750 Macdonell St.

Time	Session
6:00 - 6:15 p.m.	Time to Gather
6:15 – 7:15 p.m.	**1. Touch & Go: Fast-Track your Clinical Skills – Dermatology** Speaker: Dr. Huma Jaffar Session Learning Objectives: 1. Explore the role of common dermatologic procedures in family medicine 2. Examine practical tips and key steps for dermatology procedures. 3. Gain hands-on experience especially with *Skin punch biopsy, Skin shave / scoop biopsy and Suturing techniques.* 4. Reflect on best practices for consent, and after care.
Session 7:15 – 9:00 p.m.	Social Gathering

Friday, September 26, 2025 – The Superior Inn – 555 West Arthur St.

Time	Session Description
7:30 - 8:00 a.m.	Registration
8:00 - 8:15 a.m.	**Welcome/Introduction** Dr. Kayla Berst **Conference Learning Objectives:** 1. Discuss updates, research, and review new clinical approaches to commonly encountered primary care issues. 2. Reflect on elements of financial wellness and teaching to enhance our roles as family medicine preceptors.

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8:15 - 9:00 a.m. (45 minutes)	**2. Keynote: Tethered and Tired: Breaking the Cycle of Screen Stress in Medicine** Speaker: Dr. Adam Moir Session Learning Objectives: 1. Discuss the impact of screen time on physician well-being, productivity, and patient interaction. 2. Implement practical tools and time-saving tactics to streamline documentation and decrease screen tethering during and outside of patient visits.
9:00 - 9:30 a.m. (30 minutes)	**3. Primary Care vs. Addiction: You're More Equipped Than You Think** Speaker: Dr. Greg Carfagnini Session Learning Objectives: 1. Discuss the treatment modalities of alcohol use disorder and opiate use disorder. 2. List clinical pearls of buprenorphine and naloxone management in opiate use disorder. 3. Discuss home withdrawal management in alcohol use disorder.
9:30 - 10:00 a.m. (30 minutes)	**4. Nose Where to Go: When Primary Care Needs ENT Backup** Speaker: Dr. Kristina Pulkki Session Learning Objectives: 1. Confidently manage ENT issues within the scope of family medicine and know when to initiate treatment versus when to involve ENT specialists for optimal patient outcomes.
10:00 – 10:15 a.m.	**Movement & Snack Break (15 Minutes)**
10:15 – 10:45 a.m. (30 minutes)	**5. NASH-ty Business: The Growing Burden of Fatty Liver Disease** Speaker: Dr. Shahin Merat Session Learning Objectives: 1. Differentiate NASH from simple steatosis (fatty liver) and explain its progression to fibrosis and cirrhosis. 2. Interpret diagnostic results to identify NASH and assess the severity of liver fibrosis. 3. Discuss the role of non-pharmacologic and pharmacologic interventions in managing NASH. 4. Review the monitoring of NASH and the importance of addressing comorbidities.

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10:45 – 11:15 a.m. (30 minutes)	**6. Hot Primary Care Pearls in 2025** Speaker: Dr. Nusha Ramsoondar & Dr. Arash Moghadam Session Learning Objectives: 1. Discuss new clinical guidelines applicable to family physicians in 2025, including hypertension, physical activity, chronic kidney disease in diabetes, and immunization.
11:15 – 12:00 p.m. (45 minutes)	**7. Keynote: Between Oncology Visits: Practical Pearls for Managing Treatment Toxicities** Speaker: Dr. Nicholas Holzapfel Session Learning Objectives: 1. Discuss the impact of chemotherapy/immunotherapy on different body systems/organs. 2. List common side effects of chemo/immunotherapy and management of these common side effects. 3. Recognize serious/life-threatening side effects of chemo/immunotherapy that require urgent medical attention. 4. Review potential long term side effects of chemo/immunotherapy.
12:00 – 1:00 p.m.	**LUNCH (1 hour)**
1:00 – 1:30 p.m. (30 minutes)	**8. Rapid Fire Dermatology** Speaker: Dr. Huma Jaffar Session Learning Objectives: 1. Discuss common dermatologic conditions. 2. List critical skin lesions. 3. Utilize key strategies to differentiate benign from malignant skin lesions. 4. Discuss the role of Dermatoscopy.
1:30 –2:00 p.m. (30 minutes)	**9. Radiate, Wait, or Navigate: A Practical Guide to Nuclear Medicine and Follow-up** Speaker: Dr. Owais Kotbi Session Learning Objectives: 1. List indications/contraindications related to common Nuclear Medicine tests. 2. Utilize the preferred imaging modality for diagnostic purposes. 3. Discuss interval follow-up for incidentalomas.

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2:00 – 2:30 p.m. (30 minutes)	**10. One Specialist, Many Partners: Building Bridges in Infectious Disease Care** Speaker: Dr. Yoko Schreiber Session Learning Objectives: 1. Describe strategies for effective collaboration between family physicians and the regional infectious disease specialist to optimize patient care and streamline referrals. 2. Identify emerging infectious disease trends in the community and discuss how shared communication and coordinated management can improve early detection, treatment, and prevention.
2:30 –2:45 p.m. (15 Minutes)	**Movement & Snack Break**
2:45 – 3:15 p.m. (30 minutes)	**11. Deprescribe to Thrive: Optimizing Meds in the Elderly** Speaker: Dr. Peter de Bakker Session Learning Objectives: 1. Apply a patient-centered approach to identify potentially inappropriate medications in older adults. 2. Implement evidence-based deprescribing strategies. 3. Engage patients, families, and interprofessional teams in shared decision-making to support safe and effective medication reduction in the elderly.
3:15 – 3:45 p.m. (30 minutes)	**12. Talk Is Treatment: CBT & DBT Tools for the 15-Minute Visit** Speaker: Dr. Valerie Nicholls Session Learning Objectives: 1. Identify key CBT and DBT techniques that can be effectively applied within the constraints of a typical primary care visit. 2. Practice brief, evidence-based interventions to help patients manage common mental health concerns such as anxiety, depression, and emotional dysregulation. 3. Integrate practical communication strategies to enhance patient engagement, support behavior change, and promote self-management during routine visits.

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3:45 – 4:15 p.m. (30 minutes)	***13. Not Just Preceptors: Becoming a True Mentor in Family Medicine*** Speaker: Dr. Valerie Nicholls Session Learning Objectives: 1. Differentiate the roles and responsibilities of a preceptor versus those of a mentor in the context of family medicine education. 2. Demonstrate effective mentoring strategies that foster trust, reflection, and growth among family medicine trainees. 3. Formulate a personal action plan to integrate mentorship into your daily teaching practice as a family physician.
4:45 – 5:00 p.m. (15 minutes)	**Closing Remarks/Evaluations**

This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at NOSM University for up to 7.25 Mainpro+® Certified Activity credits.