NORTHERN ONTARIO WOMEN'S HEALTH CONFERENCE

11th ANNUAL CONFERENCE

FULL-DAY FORMAT!
Conference content will focus on Obstetrics in the morning and Gynecology in the afternoon, with a multi-disciplinary panel session to close the conference.

Warm-Up Session!
A warm-up session and welcome reception will be held on Thursday evening – registration is required to attend.

Thursday, November 19, 2026
Warm-Up Session and Welcome Reception

Friday, November 20, 2026
Half Day or Full Day Conference

Chanterelle Restaurant & Bar
206 Park Ave, Thunder Bay, ON

Delta Hotels by Marriott
Thunder Bay, ON

CHOOSE YOUR OWN ADVENTURE!

- Thursday Evening Warm-up session
- Obstetrics Friday morning
- Gynecology Friday afternoon
- 2 Clinical Skills Workshops

EXPAND YOUR LEARNING!

- Find additional learning resources linked in the agenda below and on the Conference website
- Take advantage of our warm-up session on Thursday evening and the clinical skills session Friday morning to get the most out of your attendance!

CONTENT SELECTIONS!

- Obstetrics content will be offered in the morning sessions.
- Gynecology content will be offered in the afternoon sessions.

REGISTRATION FEES!

- Physician $150
- HCP $120
- Learners $50
- Education Workshop $50

REGISTRATION OPENING SOON!

Thursday, November 19, 2026

Chanterelle Restaurant & Bar
206 Park Ave, Thunder Bay, ON

6:30 – 7:15 p.m.	**Time to Gather** ***This conference will incorporate interactivity by ensuring 25% of the session time is dedicated to Q&A and discussion.***
7:15 – 8:15 p.m.	**1. Social Influences on Women's Health** Speakers: Lauren Columbus and Harrison Banner (London) Moderator: Dr. Amber Dudar **After attending this session participants will be able to:** 1. Examine the current social media trends and online discussion relating to women's health and obstetrical topics, including common myths. 2. Discuss the potential implications for medical care and develop an approach to discussing these topics with patients collaboratively. 3. Develop an approach to delineating reliable online resources for patients. This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office at NOSM University for up to 1 Mainpro+® Certified Activity credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Continuing Professional Development Office at NOSM University. You may claim a maximum of 1 hours (credits are automatically calculated).
8:15 – 10:00 p.m.	**Time to Mingle** **Entertainment provided by Neil Herman**

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Delta Hotels by Marriott
2240 Sleeping Giant Pkwy

Friday, November 20, 2026

7:30 – 7:45 a.m.	**Time To Gather** **Breakfast for Workshop Participants** ***This conference will incorporate interactivity by ensuring 25% of the session time is dedicated to Q&A and discussion.**
7:45 – 8:30 a.m. **(45 minutes)** **Main Ballroom**	**2. Clinical Skills Workshop: Pessaries** Speakers: Dr. Amber Dudar and Dr. Laura Power Moderator: Dr. Lindsay McLeod **After attending this session participants will be able to:** 1. Identify clinical scenarios in which pessary use is an appropriate management option. 2. Perform pessary insertion and removal using clinical techniques. 3. Evaluate clinical cases involving pessary use to determine appropriate fitting, follow-up, complication management, and ongoing care plans. **Review the source material:** "*2. Self-management of vaginal pessaries for pelvic organ prolapse multi-method process evaluation"* from the Needs Assessment prior to the conference on the Conference Resources page of the website. This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office at NOSM University for up to 0.75 Mainpro+® Certified Activity credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Continuing Professional Development Office at NOSM University. You may claim a maximum of 0.75 hours (credits are automatically calculated).
7:45 – 8:30 a.m. **(45 minutes)** **Falls Room**	**3. Clinical Skills Workshop: Positions of Labour** Speakers: Alli Berini and Carey Murphy Moderator: Dr. Ruthanne Williams **After attending this session participants will be able to:** 1. Facilitating position changes in labour and recognizing clinical indications for specific maternal positions. 2. Identify indications and contraindications for various maternal positions in labour and birth and understand limitations related to epidural analgesia or fetal surveillance. 3. Compare open- knee and closed- knee pushing techniques during second stage of labour. Including positions and effects of pushing positions and assessing impacts on pelvic outlet and fetal descent. **Review the source material:** "*3. Birthing positions and mother`s satisfaction with childbirth*" from the Needs Assessment prior to the conference on the Conference Resources page of the website. This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office at NOSM University for up to 0.75 Mainpro+® Certified Activity credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Continuing Professional Development Office at NOSM University. You may claim a maximum of 0.75 hours (credits are automatically calculated).
8:30 – 8:45 a.m.	**Time to Gather** **Registration, Exhibits, and Refreshments**
8:45 – 8:55 a.m.	**Welcome and Opening Remarks** Speaker: Dr. Amber Dudar, Scientific Planning Committee Chair **Program Learning Objectives:** 1. Identify best practice approaches to the management of obstetrical and gynecological care. (CanMEDS Roles: Medical Expert, Communicator, Scholar) 2. Create a community of best practice for women's health and care of marginalized populations in Northwestern Ontario. (CanMEDS Roles: Collaborator, Health Advocate, Communicator)

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9:00 – 10:00 a.m. (60 minutes)	**4. Delivery at the Correct Level of Care** Speaker: Dr. Wendy Whittle (Toronto), and Dr. Megan Bollinger for Northern Perspective. Moderators: Dr. Laura Power **After attending this session, participants will be able to:** 1. Review the benefits of in-utero transport and delivery at the appropriate level of tertiary care in Ontario. 2. Discuss the regional obstetrical program in NOW and the benefits of using critical care innovations. 3. Apply case scenarios to illustrate the appropriate use of the regional obstetrical program and advantages of transferring the fetus in utero to the appropriate centre of care.
10:00 – 10:45 a.m. (45 minutes)	**5. Group A Strep and Sepsis in Labour** Speaker: Dr. Kristin Harris (Toronto) Moderator: Haley Duchesne **After attending this session participants will be able to:** 1. Recognize the clinical features of Group A Streptococcal sepsis in labour and delivery. 2. Evaluate maternal and fetal risks associated with sepsis from Group A Streptococcal infection in labour. 3. Initiate evidence-based management for suspected Group A Streptococcal sepsis during labour.
10:45 – 11:15 a.m. (30 minutes)	**Time to Mingle** **Exhibits and Refreshments**
11:15 – 12:00 p.m. (45 minutes)	**6. Induction Pearls: Optimizing the Success of Labour Induction using an Evidence-Based Individualized Approach** Speaker: Dr. Harrison Banner (London) Moderator: Carey Murphy **After attending this session, participants will be able to:** 1. Identify maternal and fetal factors that influence optimization of cervical ripening, including the decision to use either a prostaglandin or mechanical method. 2. Evaluate maternal and fetal factors that help determine the appropriate use of oxytocin vs. misoprostol for labour initiation. 3. Analyze the rationale for changing strategy during prolonged induction of labour, including the options of i) high dose oxytocin administration with appropriate intrauterine monitoring, ii) changing induction agent, or iii) temporary oxytocin discontinuation **Review the source material:** "*6. Efficacy and safety of misoprostol versus oxytocin for labor induction in women with prelabor rupture of membranes a meta-analysis"* and *"6. Misoprostol-versus-oxytocin-for-labor-induction-in-term-prelabor-rupture-of-membranes-a-systematic-review-of-their-efficacy-and-safety"* from the Needs Assessment prior to the conference on the Conference Resources page of the website.
12:00 – 12:30 p.m. (30 minutes)	**7. Management of Incidental Ultrasound Findings** Speakers: Dr. Andrew Siren Moderator: Dr Alli Berini **After attending this session, participants will be able to:** 1. Define the sonographic features and clinical significance of caesarean section (C/S) niche, adenomyosis, and endometrial polyps. 2. Describe the potential symptoms, complications, and natural history associated with incidental C/S niche, adenomyosis, and endometrial polyps. 3. Summarize management options for incidental C/S niche, adenomyosis, and endometrial polyps and review when referral to gynecology is warranted.

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12:30 – 1:00 p.m. (30 minutes)	**8. Postpartum Mood Disorders** Speaker: Dr. Missy Teatero and Dr. Alex Drawson Moderator: Dr. Gabriela O'Brien **After attending this session participants will be able to:** 1. Describe the spectrum of postpartum mood disorders. 2. Apply validated screening tools to identify patients at risk for or experiencing postpartum depression. 3. Assess patients with positive postpartum mood disorder screens for safety concerns, including suicidal ideation, psychosis, and risk to the infant.
1:00 – 2:00 p.m. (60 mins)	**Time for Lunch** **Exhibits and Refreshments**
2:00 – 2:30 p.m. (30 minutes)	**9. Pelvic Inflammatory Disease (PID)** Speaker: Dr. Maranda Henry Moderator: Dr. Lindsay McLeod **After attending this session, participants will be able to:** 1. Understand the risk factors, symptoms, diagnostic approach, and treatment of pelvic inflammatory disease (PID), as well as the potential long-term sequelae. **Review the source material:** "*9. The silent threat Pelvic inflammatory disease and long-term health outcomes with management*" from the Needs Assessment prior to the conference on the Conference Resources page of the website.
2:30 – 3:30 P.M. (60 minutes)	**10. Robotic Hysterectomy** Speakers: Dr. Brienne Bodkin Moderator: Dr. Ruthanne Williams **After attending this session, participants will be able to:** 1. Describe the indications and technical advantages of robotic-assisted hysterectomy. 2. Identify patients most likely to benefit from robotic-assisted hysterectomy, including those with obesity, complex surgical histories, and early-stage endometrial cancer. 3. Assess opportunities and challenges for expanding robotic gynecologic surgery in Northern Ontario. **Review the source material:** "*10. Robotic-assisted hysterectomy patient selection and perspectives*" from the Needs Assessment prior to the conference on the Conference Resources page of the website.
3:30 – 3:45 p.m. (15 minutes)	**Time to Mingle** **Exhibits and Refreshments**
3:45 – 4:15 p.m. (30 minutes)	**11. Acute Management of Abnormal Uterine Bleeding** Speakers: Dr. Naana Jumah Moderator: Deborah Bishop **After attending this session, participants will be able to:** 1. Assess patients presenting with acute abnormal uterine bleeding to identify severity and potential underlying causes. 2. Select evidence-based treatment options for the acute management of abnormal uterine bleeding. 3. Develop management plans for follow-up care after an episode of acute abnormal uterine bleeding. **Review the source material:** "*11. Therapeutic options for the management of abnormal uterine bleeding*" from the Needs Assessment prior to the conference on the Conference Resources page of the website. The speaker also provided an additional article: "Contemporary evaluation of women and girls with abnormal uterine bleeding: FIGO Systems 1 and 2".

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4:15 –4:45 p.m. (30 minutes)	**12. Menopause and Cardiovascular Health: Sex Differences and the Impact of Estrogen Therapy, Nutrition, and Exercise** Speaker: Dr. Kayla Berst, Dr. Amber Dudar, and Dr. Laura Power Moderator: Dr. Maranda Henry **After attending this session, participants will be able to:** 1. Examine the evidence supporting and refuting the use of MHT for primary prevention of CVD in women. 2. Examine the evidence supporting diet and exercise as best options for primary and secondary prevention of CVD in women. **Review the source material:** "12. *Hormone Replacement Therapy and Cardiovascular Health in Postmenopausal Women*" and "12. *The therapeutic role of exercise training during menopause for reducing vascular disease*" from the Needs Assessment prior to the conference on the Conference Resources page of the website.
4:45 –5:00 p.m.	**Conference Wrap-up & Evaluations – Dr. Amber Dudar**

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Thank you for joining us!

Please take a moment to complete your session evaluations.

You can also create your certificate of attendance through our evaluation link!

Acknowledgment Statement

This program has received an educational grant or in-kind support from Biogen, Hologic, Organon & Co., Pfizer, Abbott, Astellas, AstraZeneca Canada, Bayer, Boehringer Ingelheim (Canada) Ltd., Knight Therapeutics, Kye Pharmaceuticals, Lupin, Novo Nordisk Canada Inc., Ontario Medical Association, OMA Insurance, OntarioMD, OMA Physician Health Program, OMA Practice Management Program, Searchlight Pharma Inc., Northern Maternal Child Network, and Prenatal Screening Ontario.

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