



# Northern Constellations du Nord



Continuing Education and Professional Development

## Navigating Your Conference Experience

To optimize your experience at Northern Constellations and Connections 2026, each session is categorized by theme, experience level, and educational role. These tags serve as a guide to help you identify sessions that align with your interests and professional development goals. However, they are not restrictive – you are encouraged to explore any session that captures your interest!

### Theme

Maximize your learning relevant to your career and leadership aspirations:

Career Progression

Continuing Medical Education (CME)

Equity, Diversity, Inclusion & Accessibility (EDIA)

Effective Teaching

Leadership

### Experience

Find sessions tailored to your stage of professional growth:

First 5 Years

Mid-Career

16+ Years

### Designation

Identify sessions designed for your role in healthcare education:

Administrators

Faculty

Learners

Preceptors

\*Administrators: NOSM U Staff including LEG Administrators, S.A.C.s

\*Faculty: Clinical Sciences, Human Sciences, Medical Sciences

\*Preceptors: Rehabilitation Sciences Program, Dietetic Practicum Program, Physician Assistant Consortium

## Day 01: Pre-Conference Leadership Forum

Thursday April 30, 2026

Leadership

All Career Levels

All Roles

Time	Event
7:30 a.m. – 8:30 a.m. Room: Ballroom Foyer	Conference Registration & Networking Breakfast (unaccredited)
8:30 a.m. – 8:45 a.m. Room: Plaza A	<p>Welcome with Dr. Tara Baron and Dr. Jaason Geerts</p> <p><i>After attending this pre-conference participants will be able to:</i></p> <ol style="list-style-type: none"> <li>Describe the difference between leadership and management, along with the behaviours of outstanding leaders</li> <li>Identify specific practical applications of these behaviours for individuals, managers, and departments/organizations</li> <li>Commit to applying key learning to the workplace</li> </ol>
8:45 a.m. – 9:45 a.m. Room: Plaza A	<p><b>The Outstanding Leader in You</b></p> <p><b>Speaker: Dr. Jaason Geerts</b></p> <p><b>Learning Objective:</b> Describe the difference between leadership and management, along with the behaviours of outstanding leaders</p> <p>Topics covered in this block include:</p> <ul style="list-style-type: none"> <li>You as a leader and imposter syndrome</li> </ul>



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	<ul style="list-style-type: none"> <li>The difference between leadership and management</li> <li>Distinguishing behaviours of outstanding leaders using the LEADS Framework</li> </ul>
9:45 a.m. – 10:00 a.m. Room: Ballroom Foyer	Break (unaccredited)
10:00 a.m. – 11:30 a.m. Room: Plaza A	Guest Speaker: Dr. Tasleem Nimjee (U of T) on Outstanding Leadership
11:30 a.m. – 12:15 p.m. Room: Ballroom Foyer	Lunch (unaccredited)
12:15 p.m. – 1:15 p.m. Room: Plaza A	<p><b>Spotting, Developing and Supporting Outstanding Leaders</b>  <b>Speaker: Dr. Jaason Geerts</b>  <b>Learning Objective:</b> Identify specific practical applications of these behaviours for individuals, managers, and departments/organizations  <b>Topics covered in this block include:</b></p> <ul style="list-style-type: none"> <li>Practice, training and talent functions</li> <li>Succession planning</li> <li>Performance management</li> <li>Leadership development including on-the-job learning and career pathways</li> </ul>
1:15 p.m. – 1:30 p.m. Room: Plaza A	Movement Break (unaccredited)
1:30 p.m. – 2:30 p.m. Room: Plaza A	Leadership in Practice: Lessons from Managing People Across a Career with Dr. Kristy Côté
2:30 p.m. – 3:00 p.m. Room: Plaza A	<p><b>Small Group Activity Presentations</b>  <b>Learning Objective:</b> Commit to applying key learning to the workplace  <b>Topics covered in this block include:</b></p> <ul style="list-style-type: none"> <li>30 second presentations on key takeaways of the day</li> <li>Commit to actioning one 'next step' related to personal leadership focus</li> </ul>
3:00 p.m. – 3:05 p.m. Room: Plaza A	Pre-Conference Leadership Forum Wrap Up and Reflections
3:05 p.m. Room: Ballroom Foyer	Take-away Snack (unaccredited)

## Day 01: SIMs and CME Opportunities

Thursday April 30, 2026

<p><b>Workshop 1:</b> 9:00 a.m. – 11:00 a.m. Room: Windsor</p> <p><b>Workshop 2:</b> 12:00 p.m. – 2:00 p.m. Room: Windsor</p>	<p><b>Learning Addictions Treatment Through Simulation - Let's talk BUPRENORPHINE (BUP): Treatment for Opioid Use Disorders in the Fentanyl Era</b>  <b>Supporting Organization:</b> HSN Mental Health and Addictions  <b>Planning Committee Chair:</b> Dr. Tara Leary (NOSM U)  <b>Facilitator:</b> Dr. Tara Leary (NOSM U)</p>
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<p>CME</p> <p>Faculty    Learners</p> <p>Preceptors</p> <p>All career levels</p>	<p><b>Description:</b> Join us for an interactive simulation workshop to enhance your skills on prescribing Buprenorphine, a crucial medication in opioid addiction treatment. Explore topics such as opioid withdrawals, buprenorphine ordering, and administration in this 1.5-hour session.</p> <p><b>After attending this workshop participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Define what buprenorphine is.</li> <li>2. Recall how buprenorphine works.</li> <li>3. List why buprenorphine is helpful in the Emergency Department setting.</li> <li>4. Recall indications for use of buprenorphine.</li> <li>5. Recognize complicating factors of buprenorphine inductions.</li> <li>6. Demonstrate ways to mitigate or manage complicating factors.</li> </ol> <p><b>**Limit of 3 per workshop. Additional fees apply. Must be registered to simulation to attend**</b></p>
<p>11:00 a.m. – 12:00 p.m. Room: Ballroom Foyer</p>	<p>Lunch (unaccredited)</p>
<p>2:30 p.m. – 4:00 p.m. Room: Windsor</p> <p>CME</p> <p>Faculty    Learners</p> <p>Preceptors</p> <p>All career levels</p>	<p><b>CME Skills Stations Drop-In (optional attendance)</b></p> <ol style="list-style-type: none"> <li>1. Removing the Mystery: Confident Etonogestrel Implant Removal (Dr. Melanie Patrie – NOSM U)</li> <li>2. Suturing/Stitches (Dr. Sanjay Azad – NOSM U)</li> <li>3. Splinting and Casting (Monica Irvine)</li> <li>4. IO Insertion (Dr. Dominique Ansell)</li> </ol> <p><b>Description:</b> This hands-on, <u>Optional Enhanced Activity</u> consists of interactive stations designed to improve key clinical procedural competencies.</p> <p><b>After attending this session participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Be able to problem-solve challenges that can occur with the removal of the etonogestrel implant</li> <li>2. Practice suturing/stitching techniques used in common clinical presentations</li> <li>3. Identify common clinical situations in which various types of hand splints are appropriate (e.g., soft-tissue injuries, stable fractures, tendon protection).</li> <li>4. Outline the steps required to safely insert an Intraosseous on patients of all ages (newborn to adult)</li> </ol>

Accreditation Statements:

**Northern Constellations Conference only (7.5 hours)**

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 7.5 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 Education and Professional Development Office at NOSM University. You may claim a maximum of 7.5 hour(s) (credits are automatically calculated).



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## **Northern Constellations Conference & Leadership Forum (12.5 hours)**

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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 Education and Professional Development Office at NOSM University. You may claim a maximum of 12.5 hour(s) (credits are automatically calculated).

## **Northern Constellations Conference, Leadership Forum & Skills Station (14.0 hours)**

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 14 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 Education and Professional Development Office at NOSM University. You may claim a maximum of 14 hour(s) (credits are automatically calculated).

## **Northern Constellations Conference & Skills Station (9.0 hours)**

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 9.0 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 Education and Professional Development Office at NOSM University. You may claim a maximum of 9.0 hour(s) (credits are automatically calculated).