Agenda

September 17-18, 2026

The Landing Gathering Hall &
The Delta Hotel by Marriott, Thunder Bay ON

Thursday, September 17, 2026 – The Landing Gathering Hall – 1515 Brown St.

Time	Session Description **This session will incorporate interactivity by ensuring 25% of the session time is dedicated to Q&A and discussion, participants will also have the opportunity to practice with a dermatoscope.*
6:00 - 6:15 p.m.	Time to Gather
6:15 – 7:15 p.m. (1 hour)	**1. Magnifying your Dermatoscopy Knowledge** Speaker: Dr. Huma Jaffar Moderator: Dr. Kayla Berst & Dr. Hadia Naqi Session Learning Objectives: 1. Perform a structured dermatoscopic examination using proper technique and handling of a dermatoscope. 2. Recognize key dermatoscopic patterns to distinguish common benign skin lesions from suspicious lesions requiring further evaluation. 3. Integrate dermatoscopy findings into clinical decision-making to guide management, including reassurance, monitoring, biopsy, or referral.
Session 7:15 – 9:00 p.m.	Social Gathering

Friday, September 18, 2026 – The Delta Hotel by Marriott - 2240 Sleeping Giant Pkwy

Time	Session Description **This conference will incorporate interactivity by ensuring 25% of the session time is dedicated to Q&A and discussion.*
7:30 - 8:00 a.m.	Registration
8:00 - 8:15 a.m.	**Welcome/Introduction** Speaker: Dr. Kayla Berst **Conference Learning Objectives:** 1. Evaluate updates, research evidence, and emerging clinical approaches relevant to commonly encountered primary care issues. (CanMEDs – FM Roles: Collaborator, Communicator, Family Medicine Expert, Health Advocate) 2. Explore practical strategies to support physician wellbeing, foster career sustainability, and promote a fulfilling, balanced approach to family medicine practice. (CanMEDs – FM Roles: Communicator, Family Medicine Expert, Health Advocate, Scholar)

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8:15 - 9:00 a.m. (45 minutes)	**2. Keynote: Practising Joy** Speaker: Dr. Sarah Newbery Moderator: Dr. Kayla Berst Session Learning Objectives: 1. Examine the evidence for what supports joy in practice, how those things were eroded by the pandemic, and how you might get them back. 2. Using a "systems thinking" lens to identify ways that practice can have more joy. 3. Describe why joy is not a "nice to have" but has very real short and long term consequences for care delivery and workforce. 4. Describe what leaders can do to support joy in practice for family doctors.
9:00 - 9:30 a.m. (30 minutes)	**3. Cancer Screening & Prevention** Speaker: Dr. Nicole Zavignin Moderator: Dr. Kayla Berst Session Learning Objectives: 1. Summarize current guideline updates for major cancer screening programs in primary care. 2. Apply evidence-based screening recommendations to personalize cancer prevention discussions with patients.
9:30 - 10:00 a.m. (30 minutes)	**4. Eating Disorders in Adolescents** Speaker: Dr. Athena Young Moderator: Dr. Jennifer Swerdlyk Session Learning Objectives: 1. Identify common signs and clinical considerations related to disordered eating behaviours and eating disorders. 2. Identify medical concerns in eating disorders. 3. To increase knowledge about treatment considerations for eating disorders.
10:00 – 10:30 a.m.	**Movement & Snack Break (30 Minutes)**

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10:30 – 11:15 a.m. (45 minutes)	**5. Back Pain** Speaker: Dr. Virginia McEwen Moderator: Dr. Hadia Naqi Session Learning Objectives: 1. Recognize relevant anatomy in common back pain presentations. 2. Optimize pharmacological management of back pain issues, based on underlying pain contributors. 3. Triage patients for referral to specialty care more effectively, whether through the Rapid Access Centre Spine program or Chronic Pain Management program.
11:15 – 11:45 a.m. (30 minutes)	**6. Vaccine Hesitancy** Speaker: Dr. Jen Atwood & Laura Dennis Moderator: Dr. Jen Swerdlyk Session Learning Objectives: 1. Describe the key drivers of vaccine hesitancy, including individual, cultural, and systemic factors relevant to primary care populations. 2. Apply evidence-based communication strategies to effectively address patient concerns and misinformation about vaccines in a respectful, patient-centered manner. 3. Develop practical approaches to improving vaccine uptake within family medicine practice, including trust-building, shared decision-making, and tailored counseling techniques.
11:45 – 12:30 p.m. (45 minutes)	**7. Opioids** Speaker: Dr. Greg Carfagnini Moderator: Dr. Jennifer Swerdlyk Session Learning Objectives: 1. To increase knowledge regarding the clinical pearls of medical management and treatment modalities in opiate use disorder. 2. To have a better understanding and comfort level to take on stable suboxone patients in primary care. 3. To increase knowledge for when to consult, when to manage in primary care, and how to manage opiate use disorder patients in a busy clinic.
12:30 – 1:30 p.m.	**LUNCH (60 minutes)**

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1:30 – 2:15 p.m. (45 minutes)	**8. Panel Session: EMR Optimization** Speaker: Dr. Jeremy Cole, Dr. Julia Kornder, Dr. Mike Long, Dr. Christian O'Brien Moderator: Dr. Jeremy Mozzon Session Learning Objectives: 1. Review potential opportunities for enhancing patient care/ documentation/ collaborative team-based care using existing EMR/digital resources. 2. Identify potential challenges to using new workflow processes for EMRs/digital resources. 3. Develop strategies for implementing new digital tools for Family Medicine in Thunder Bay/NWO.
2:15 – 2:45 p.m. (30 minutes)	**9. Practical Heme** Speaker: Dr. Lise Mozzon Moderator: Dr. Jeremy Mozzon Session Learning Objectives: 1. Differentiate common anemia types and interpret basic hematologic abnormalities in primary care. 2. Develop evidence-based approaches to investigating and managing anemia, cytopenias, and cytoses. 3. Recognize hematologic red flags and identify when referral versus ongoing primary care management is appropriate.
2:45 – 3:15 p.m.	**Movement & Snack Break (30 Minutes)**
3:15 –3:45 p.m. (30 minutes)	**10. Driving & Dementia** Speaker: Dr. Sara Kelly Moderator: Dr. Kayla Berst Session Learning Objectives: 1. Recognize indicators of unsafe driving in patients with dementia. 2. Outline an approach to assessing fitness to drive using clinical judgment and available tools/guidelines. **3.** Communicate driving cessation recommendations to patients and families in a clear, supportive manner.

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3:45 – 4:30 p.m. (45 minutes)	**11. Wellness Keynote** Speaker: Dr. Prashant Jani Moderator: Dr. Hadia Naqi Session Learning Objectives: 1. Explain the relationships among key concepts, cultural stressors, cultural humility, and systemic inequities in healthcare. 2. Apply cross-cultural communication strategies and principles of cultural humility to foster an inclusive clinical environment. 3. Develop self-reflection practices and wellness strategies that support equitable, culturally responsive care.
4:30 – 4:45 p.m. (15 minutes)	**Closing Remarks/Evaluations** Speaker: Dr. Kayla Berst

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 7.25 Mainpro+® Certified Activity credits.