

A black stethoscope graphic is positioned around the text. The earpieces are at the top left, the tubing curves around the text, and the chest piece is at the bottom right.

# OSÖDBÖRY

Family Medicine Local Education Group

Dr. Jennifer Zymantas

November 5, 2022



**NORTH**  
OF 44

# Disclosure

## Relationships with commercial interests:

- **Honoraria:** Moderator for Pfizer
- February 2020 and September 2022





**NORTH**

**OF 44**

**Primary Care Conference**

# North of 44 Conference

- Held Annually
- 2022 = Hybrid (virtual & in-person)
- 2020 & 2021= Virtual Only
- 2016 - 2019 = In Person Only (4 years)



**NORTH**  
OF 44



# Community of Learning

- Academic Physicians
- Community Physicians
- Nurse Practitioners
- Physician Assistants
- Residents
- Medical students
- Pharmacists
- Physiotherapists
- Chiropractors
- Occupational Therapists
- Respiratory Therapists
- Nurses
- Paramedics
- NOSM Staff and Administrators
- Multidisciplinary Health Professionals



# Presentations

## TED-Like Talks

- 30 mins blocks:
  - 20 mins presentation
  - 5 mins questions
  - 5 mins transition



**ALL OVER ONTARIO !!!**



**NORTH**  
OF 44

**ALL OVER ONTARIO !!!**

**140 Tickets Sold This Year!**



**NORTH  
OF 44**



# eventbrite

eventbrite

[View Your Event](#)

[More](#) ▾

 [Monique Larente](#) ▾

< [Events](#)

Event ended

## 2022 North of 44, a primary care conference

Fri, 28 Oct 2022 08:00

[View your event](#) ↗

✓ Basic Info

✓ Details

✓ Tickets

✓ Publish

Dashboard

Order Options ▾

Payments & Tax ▾

Marketing ▾

Manage Attendees ▾



### Main Event Image

This is the first image attendees will see at the top of your listing. [Learn more](#)



• Recommended image size: 2160 x 1080px • Maximum file size: 10MB • Supported image files: JPEG or PNG



### Summary

Tell attendees what your event is about in a few words. Attendees will see this when searching for events and at the top of your event page (140 characters max).

Summary\*  
7th Annual Primary Care Conference.

35/140



# NORTH OF 44

# Agenda

## Medical & Non-Medical Topics

Friday October 28, 2022

Full Day = 8:00am - 3:30pm



Time	Session	Presenter
8:00 - 8:15	<b>Welcome and Opening Remarks</b>	
8:15 - 8:45	<b>Overview of vasculitis for Family Medicine</b> <ul style="list-style-type: none"><li>Recognize giant cell arteritis and initial management</li><li>Recognize polymyalgia rheumatica and initial management</li><li>Recognize granulomatosis with polyangiitis (formerly Wegener's) and initial management</li></ul>	<b>Dr. Saara Rawn</b> (Rheumatologist)
8:45 - 9:15	<b>Non-IDA Anemia Cases</b> <ul style="list-style-type: none"><li>Review common findings in blood indices for anemia (more specifically to non-IDA anemia) and review management approach</li></ul>	<b>Dr. Danny Hill</b> (Internal Medicine - Hematology)
9:15 - 9:45	<b>Borderline Personality Disorder: Management Strategies</b> <ul style="list-style-type: none"><li>Describe key principles supporting a therapeutic practitioner-patient relationship with borderline personality patients</li><li>Identify strategies to assist with management of patient self-harm and self-mutilation behaviors</li><li>Summarize dialectical behavioral therapy (DBT) approaches primary care practitioners can integrate into care of patients with borderline personality disorder</li></ul>	<b>Dr. James Goertzen</b> (Family Physician)
9:45 - 10:00	<b>BREAK &amp; EVALUATIONS</b>	
10:00 - 10:15	<b>True Break</b>	
10:15 - 10:45	<b>Cognitive and Behavioral Therapies for Obesity</b> <ul style="list-style-type: none"><li>Understand why cognitive and behavioral therapies are essential in obesity treatment</li><li>Learn simple steps for cognitive reframing</li><li>Develop tools for effective habit change to equip your patients</li></ul>	<b>Dr. Sasha High</b> (Internal Medicine)
10:45 - 11:15	<b>Hyperbilirubinemia and the Term Newborn</b> <ul style="list-style-type: none"><li>Discuss the pathophysiology of hyperbilirubinemia in the term newborn</li><li>Identify infants at risk</li><li>Review of CPS Guidelines</li><li>Role of the Family Physician</li><li>Teaching for parents</li></ul>	<b>Dr. Theresa Mirka</b> (Family Physician)
11:15 - 11:45	<b>Teaching Professionalism in the Clinical Setting: Four Key Questions.</b> <ul style="list-style-type: none"><li>Discover effective strategies for teaching professionalism during clinical placements</li><li>Demonstrate four key questions to identify professionalism teachable moments and address learner professional lapses</li><li>Identify preceptor resources to address learner unprofessional behaviors</li></ul>	<b>Dr. James Goertzen</b> (Family Physician)

# Agenda

- **Mostly Northern Medical Professionals**
- **Understand the challenges of practicing in the North:**
  - **Specialist**
  - **Family Physicians**
  - **Nurses**
  - **Pharmacist**
  - **Chiropractor**



11:45 - 12:15	<b>LUNCH &amp; EVALUATIONS</b>	
12:15 - 12:45	<b>Not Your Mother's menopause - Prescribing MHT in 2022</b> <ul style="list-style-type: none"> <li>• Review the risks and benefits of MHT</li> <li>• Review the recent SOGC guidelines on prescribing MHT</li> <li>• Review MHT options available in Canada</li> </ul>	<b>Dr. Roxanna Righi</b> (Obstetrics and Gynecology)
12:45 - 1:15	<b>New 2021 CCS Dyslipidemia Guidelines</b> <ul style="list-style-type: none"> <li>• Review the 2021 CCS Lipid guideline updates</li> <li>• Overview of lipid profile interpretations and risk stratification</li> <li>• Review the approach to the initiation of lipid therapies</li> </ul>	<b>Dr. Alescia Azzola</b> (Endocrinologist)
1:15 - 1:45	<b>A Crash Course on Pulmonary Function Testing</b> <ul style="list-style-type: none"> <li>• Review interpretation of spirometry</li> <li>• Context driven diagnostics</li> </ul>	<b>Dr. Curtis Addison</b> (Respirologist)
1:45 - 2:00	<b>BREAK &amp; EVALUATIONS</b>	
2:00 - 2:15	<b>True Break</b>	
2:15 - 2:45	<b>"Not Nistico" Pearls with Rosie</b> <ul style="list-style-type: none"> <li>• Common pearls in Dermatology</li> <li>• Approach to common conditions in Dermatology</li> </ul>	<b>Dr. Rose Yesovitch</b> (Dermatology)
2:45 - 3:15	<b>OMG the NESGC waitlist is now 18 months - Diagnosing Alzheimer's Disease</b> <ul style="list-style-type: none"> <li>• Diagnosis "run of the mill Neurocognitive disorder, due to Alzheimer's disease</li> <li>• Recognize red flags and atypical presentation that require further referral</li> <li>• Become familiar with treatment options, including both non-pharmacological and pharmacological</li> <li>• Be confident in how and when to start treatment, as well as when not to</li> <li>• Gain an approach to deprescribing Cholinesterase inhibitors and memantine as the disease advances</li> </ul>	<b>Dr. Jo-Anne Clarke</b> (Geriatrician)
3:15 - 3:30	<b>Closing Remarks</b>	

# CEPD Accredited

- Presentations → Recorded
- NEW → Credits for each recording with an evaluation



# Recordings



North of 44 logo repeated in the background of the thumbnail.

10 || 30

Saved to this PC

## Please Welcome...

**Dr. Alescia Azzola**  
Endocrinologist

Moderator: Dr. Sheena Thakrar



SCAN ME



**NORTH**  
OF 44



**Sudbury**  
FAMILY MEDICINE LOCAL SPECIALISTS GROUP



North of 44 logo repeated in the background of the thumbnail.

10 || 30

## Please Welcome...

**Dr. Sasha High**  
Internal Medicine

Moderator: Dr. Pamela Chenard



SCAN ME



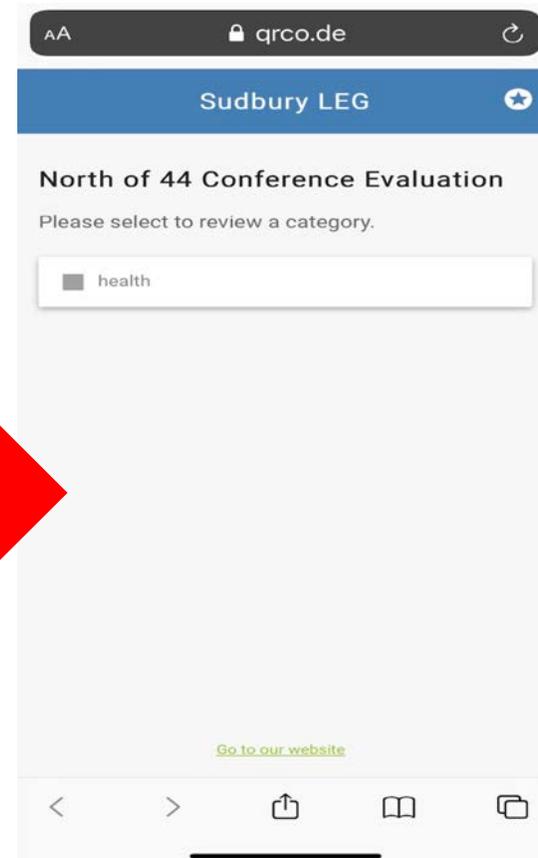
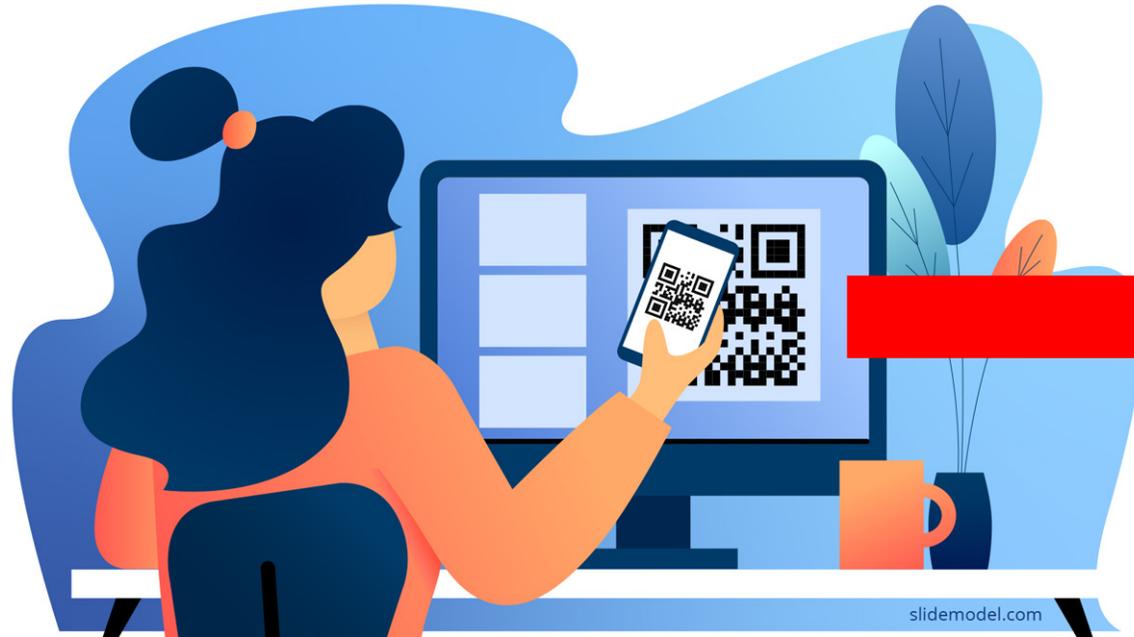
**NORTH**  
OF 44



**Sudbury**  
FAMILY MEDICINE LOCAL SPECIALISTS GROUP

# Evaluations

- Qualtrics
- QR Codes



**NORTH  
OF 44**



# Breaks - 30 mins each

- Morning → 20 mins
  - 10 mins true break



- Lunch → Break Only (30 mins)



- Afternoon → 20 mins
  - 10 mins true break



# MORNING BREAK TIME!



- 30 minutes!
  - Laughs with memes!
  - Evaluations!!



QR code for evaluations

Presentations resume at 10:15am



**NORTH**  
OF 44

Medical students watching surgery  
for the first time



When you add "will continue to monitor" to the end of your note for decoration.



# LUNCH BREAK!

30 minutes



PLEASE WELCOME

## Local Musician

LIVE MUSIC ENTERTAINMENT



Presentations resume at 12:15pm



QR code for evaluations

# MORNING BREAK TIME!



## Yoga & Stretching



**NORTH**  
OF 44



**Sudbury**  
FAMILY MEDICINE LOCAL EDUCATION GROUP

# AFTERNOON BREAK TIME!



## Mindfulness & Meditation



**NORTH**  
OF 44



**Sudbury**  
FAMILY MEDICINE LOCAL EDUCATION GROUP

# MORNING BREAK TIME!

## Self Compassion Session



# LUNCH TIME!



## Cook Along with Local Chef

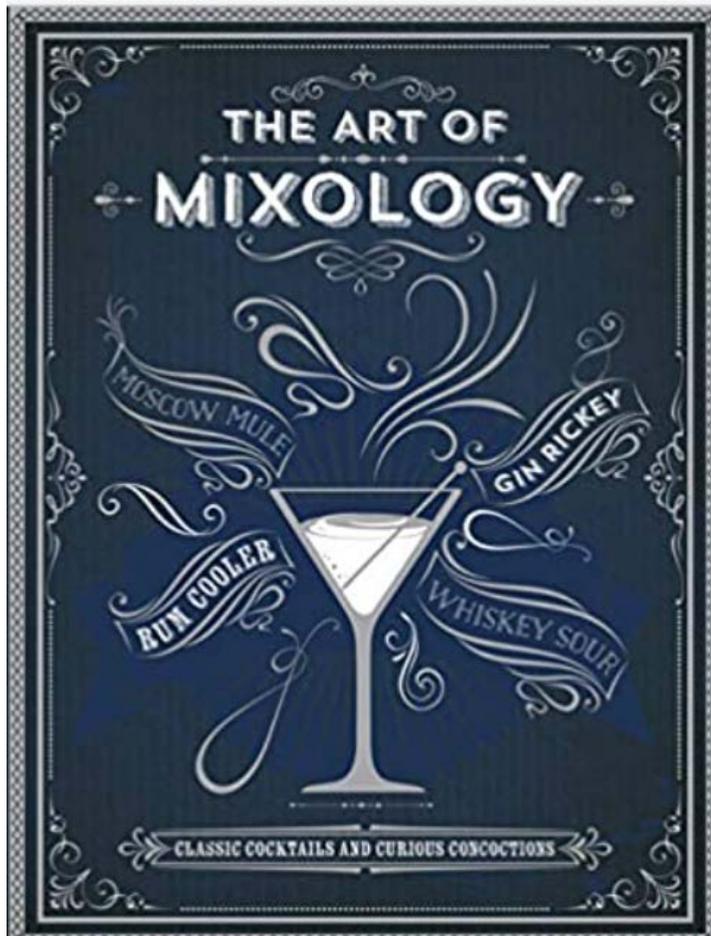


**NORTH**  
OF 44

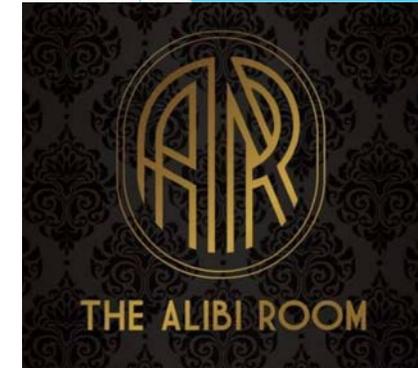


**Sudbury**  
FAMILY MEDICINE LOCAL EDUCATION GROUP

# AFTERNOON BREAK!

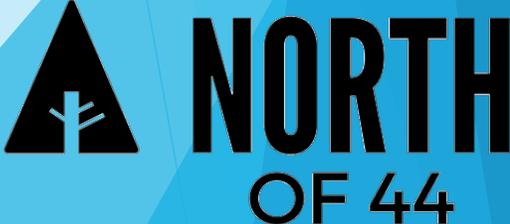


## Mixology



INGREDIENTS	TOOLS
<ul style="list-style-type: none"><li>▪ 1 LEMON</li><li>▪ 1 TEA BAG (ANY WILL WORK; RECOMMEND HERBAL)</li><li>▪ 2OZ SPIRIT (YOUR CHOICE)</li><li>▪ 2OZ MAPLE SYRUP</li><li>▪ ICE</li><li>▪ 1 CAN OF SODA WATER</li></ul>	<ul style="list-style-type: none"><li>▪ 2 GLASSES</li><li>▪ SHAKER TIN SET OR DRINK THERMOS</li><li>▪ CITRUS JUICER OR UTENSIL TO AIDE IN JUICING THE LEMON</li><li>▪ KNIFE</li></ul>

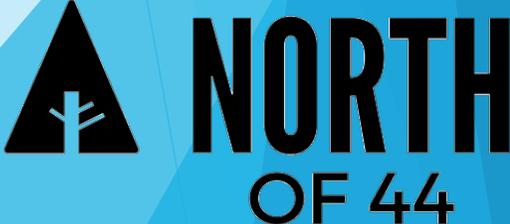
# Scientific Planning Committee



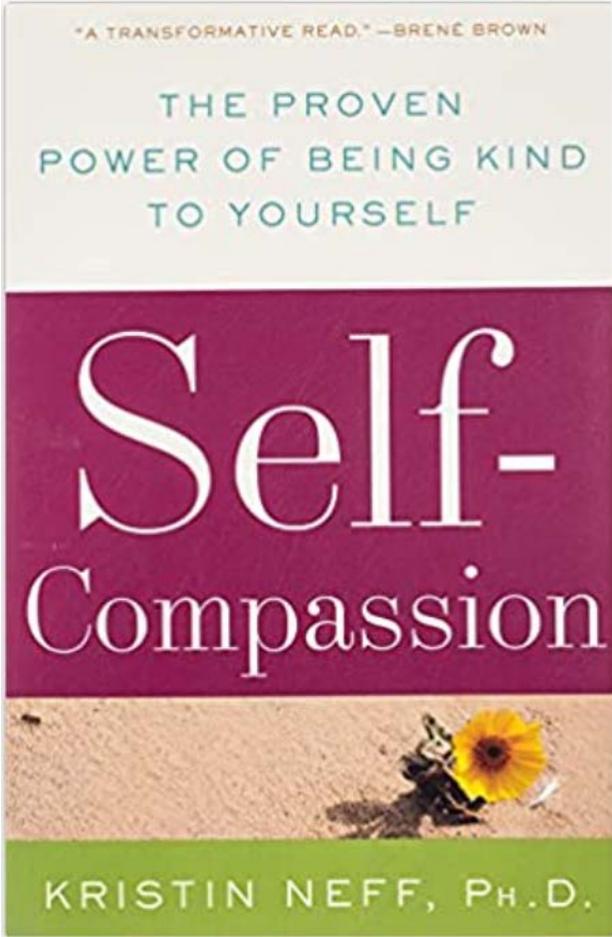
# DRAW for FREE T-Shirt!



T-SHIRT WINNER = ???????



# DRAW for the FREE BOOK!



WINNER = ??????



**NORTH**  
OF 44

# North of 44 7th Annual Hybrid



**NORTH**  
OF 44

# Online Virtual

The screenshot shows a Cisco Webex meeting in progress. The main content is a presentation slide titled "Dialectical behavioral therapy negotiation". The slide features a list of five bullet points and a background image of a woman with her eyes closed. The meeting interface includes a top navigation bar with options like "File", "Edit", "Share", "View", "Audio & Video", "Participant", "Meeting", and "Help". A top toolbar shows controls for "Unmute", "Start video", "Share", and "Participants". A right-hand sidebar displays "Participants (83)" and "Chat". The chat window shows several messages from participants, including one from Susan Finlay and another from Jen. The bottom of the screen shows the Windows taskbar with various application icons and the system tray.

02:21:21

Cisco Webex Meetings (Moderated unmute mode) Meeting Info Hide Menu Bar ^

File Edit Share View Audio & Video Participant Meeting Help

Jen Z Me

Natasha St-Onge

Mike Franklyn Internal

N of 44 Conference SPC

Viewing N of 44 Conference SPC's screen - 116% +

## Dialectical behavioral therapy negotiation

- Give patient options & choices (power) when possible
- Apply principle of informed consent (pros, cons, risks)
- Never assume what patient wants
- Accept no as an answer (document); be clear patient can change their mind
- Be patient as negotiations take time

Participants (83)

Search

JZ Jen Z Me

JZ Jennifer Zymantas Host

N of 44 Conference SPC

Chat

Everyone will have access to this talk online if you wish you listen to it again or review the content.

from Susan Finlay to everyone: 9:06 AM  
We also could not see his slides. They were tiny on our screens.

from Susan Finlay to everyone: 9:06 AM  
If he is speaking right now those of us on line cannot hear him.

from Jen to everyone: 9:07 AM  
we were having some sound issues online-would you be able to explain the reticulocyte fraction? do we order that or calculate that?

from Alicia to everyone: 9:07 AM  
I can hear everything virutally on my computer

from Jen to everyone: 9:08 AM  
thanks!

To: Everyone

Enter chat message here

Unmute Start video Share Participants Chat

Type here to search

ENG US 9:26 AM 2022-10-28

# THANK YOU to...

- All the **Participants**
- All the **Presenters**
- **Sudbury Family Medicine LEG**
- **Planning Committee**
- **Monique** (LEG Clinical Coordinator)



# North of 44 Conference

- Continue to **GROW!**
- Share and Circulate
- Speaker and Topic Ideas → Evaluation



**NORTH**  
OF 44

# SAVE THE DATE

When: Friday, October 27, 2023

Where: Hybrid model, Location TBD

Time: 8:00 am – 3:30 pm



# NORTH

# OF 44

# Questions ?



**Thank You For Your Time...**