



Queen's  
UNIVERSITY

# 14TH ANNUAL METAMORPHOSIS

## A Focus on Women's Health

MONDAY, MAY 16, 2022



Donald Gordon Centre, Kingston

# NOTES

# PROGRAM AGENDA

**8:30 AM**

**Registration and Continental Breakfast**

**9:00 AM**

**Welcome**

NP Stroyan Monkhouse

**9:20 AM**

**Cardiovascular: Chest Pain in Women**

Dr. Amer Johri

**9:50 AM**

**Diet/Exercise: Obesity Management for Women**

NP Karen Lollar-Baird

**10:20 AM**

**Nutrition Break**

**10:40 AM**

**Women's Mental Health**

Dr. Elisa Brietzke

**11:10 AM**

**Perinatal Complications**

Dr. Erna Snelgrove-Clarke & Dr. Laura Gaudet

**11:40 AM**

**Lunch**

**12:40 PM**

**Asthma in Women**

NP Delanya Podgers

**1:10 PM**

**An Approach to Menopause**

Dr. Marla Shapiro

**2:10 PM**

**Post-Program Reflection and Survey Completion**

Please take a moment to complete your post-program survey.

**2:20 PM**

**Program Close**



## LEARNING OBJECTIVES

### Cardiovascular: Chest Pain in Women

At the conclusion of this session, participants will be able to:

1. Identify approaches for diagnosing and treating chest pain in women.
2. Discuss scenarios for when to refer

### Diet/Exercise: Obesity Management for Women

At the conclusion of this session, participants will be able to:

1. Discuss what and how to initiate the conversation
2. Identify when diet and exercise are not enough

### Women's Mental Health

At the conclusion of this session, participants will be able to:

1. Discuss the unique mental health needs of female identifying populations
2. Identify mental health factors that disproportionately affect women.

### Perinatal Complications

At the conclusion of this session, participants will be able to:

1. Identify common perinatal potential for complications
2. Discuss how to respond to identified complications

### Asthma in Women

At the conclusion of this session, participants will be able to:

1. Identify unique factors affecting asthma in women
2. Discuss potential reason why chronic diseases like asthma and COPD affect women differently

### An Approach to Menopause

At the conclusion of this session, participants will be able to:

1. Interpret guidance in treating menopause
2. Recognize insights into this unique population
3. Apply strategies for treating menopause symptoms and outcomes





# NOTES

## SPEAKERS

Elisa Brietzke, MD, Professor, Division of Adult Psychiatry, Department of Psychiatry, Queen's University

Karen Lollar-Baird MSc, NP-PHC, Nurse Practitioner, Regional Bariatric Assessment & Treatment Centre, Hotel Dieu Hospital

Laura Gaudet, MD, MSc, FRCSC, Associate Professor, MFM, Obstetrics and Gynaecology, Queen's University

Amer Johri, MD, FRCPC Asst. Prof., Depts. of Medicine, Div. of Cardiology; and of Biomedical and Molecular Sciences, Queen's University

Delanya Podgers, RN(EC), MN, CRE, Nurse Practitioner, Asthma & COPD, Kingston Health Sciences Centre

Marla Shapiro, C.M., MDCM, CCFP, MHSc, FRCPC, FCFP, NCMP, Professor, DFCM, University of Toronto

Erna Snelgrove-Clarke, Associate Professor, Vice-Dean (Health Sciences) & Director, School of Nursing, Queen's University

## PROGRAM PLANNING COMMITTEE

Katie Evans, B.Sc., Program and Event Coordinator, OPDES, Queen's University

Cheryl Knott, NP-PHC, Providence Care LTC Outreach Team

Julie McCarthy, MD, CCFP, Family Medicine, Canadian Forces Health, Kingston

Stroyan Monkhouse, B.A. (Psych), B.Sc.N, M.N., Nurse Practitioner Primary Health Care - 33 Health Services, Canadian Forces Base, Kingston

Danny Quann, NP, MN, CEN, ED Nurse Practitioner, Emergency Department, Kingston General Hospital

Tim Roche, MD, CCFP, Lennox & Addington County Hospital, Napanee

Terry Soleas, PhD, OCT, BSch, Bed, Director of Continuing Professional Development, Professional Development & Educational Scholarship, Faculty of Health Sciences, Queen's University

Rosemary Wilson, PhD, RN(EC), Associate Director, Graduate Programs, School of Nursing & Associate Professor, School of Nursing, Department of Anesthesiology & Perioperative Medicine, Queen's University

Richard van Wylick, MD, FRCPC, Associate Professor, Department of Pediatrics, Associate Dean, Continuing Professional Development, Queen's University



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