

# PEDIATRICS UPDATE 2022

Wednesday, October 19, 2022

Four Points by Sheraton, Kingston, ON

## AGENDA

**12:00 PM REGISTRATION & LUNCH**

**1:00 PM WELCOME**

**1:10 PM BETTER NIGHTS, BETTER DAYS FOR CHILDREN: PRACTICAL INFORMATION FOR HEALTH CARE PROVIDERS**

Penny Corkum, PhD, Registered Psychologist & Professor, Department of Psychology and Neuroscience, Dalhousie University

**1:55 PM QUICK HIT: ADHD**

Dawa Samdup, MD, FRCPC, Associate Professor, Department of Pediatrics, Queen's University

**2:00 PM CHILDHOOD OBESITY: HOW TO WORK OUT WHEN TO WORK UP**

David Saleh, MD, FRCPC, Assistant Professor in Pediatric Endocrinology and Metabolism, Department of Pediatrics, Queen's University

**2:25 PM NETWORKING & NUTRITION BREAK**

**2:45 PM FUNCTIONAL DISORDERS**

Alanna Ward, MD, Resident, Department of Pediatrics, Queen's University

**3:30 PM CHILDHOOD SCOLIOSIS**

Dan Borschneck, MD, FRCSC, Associate Professor, Department of Surgery, Cross-Appointment with Department of Pediatrics, Queen's University

**4:00 PM POST-PROGRAM REFLECTION AND SURVEY COMPLETION**

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

**4:10 PM PROGRAM CLOSE**



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# LEARNING OBJECTIVES

## **Better Nights, Better Days for Children: Practical Information for Health Care Providers**

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

1. Review the most common types of sleep difficulties in school-aged children and the impact of these sleep problems (Medical Expert)
2. Discuss important healthy sleep habits for children (Medical Expert/Communicator)
3. Develop an evidence-based plan for the treatment of sleep difficulties in children (Medical Expert)

## **Quick Hit: ADHD**

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

1. Integrate high-impact practices for high-frequency pediatric topics into clinical practice

## **Childhood Obesity: How to Work Out When to Work Up**

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

1. Develop a best practices approach to the medical assessment of obesity, focusing on the school-aged child (Medical Expert)
2. Identify when to investigate, how to follow up, and when to refer (Medical Expert)

## **Functional Disorders**

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

1. Discuss common functional disorders in children, and how they present in the office setting (Medical Expert/Communicator)
2. Identify the proposed mechanisms involved in functional disorders (Medical Expert)
3. Develop a framework for diagnosis and management strategies (Medical Expert/Collaborator)

## **Childhood Scoliosis**

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

1. Identify the various causes of childhood scoliosis and how prevalence may vary by age/sex (Medical Expert)
2. Assess the important elements of the history and physical exam, and relevant imaging needed in the work-up of scoliosis (Medical Expert)
3. Discuss referral and management options: orthopedics, physiotherapy, part time/full time bracing and surgery (Medical Expert/Collaborator)

# PLANNING COMMITTEE

**Allison Bright**, Program and Events Coordinator, OPDES, Queen's University

**Maeve Francoeur**, Family Physician, Maple Family Health Team, Assistant Professor, Department of Family Medicine, Queen's University

**Julia Kostyukov**, Program and Events Coordinator, OPDES, Queen's University

**Mila Miguel**, NP, Nurse Practitioner, Centennial Family Physicians

**Andrea Moore**, MD, FRCPC, Assistant Professor, Department of Pediatrics, Queen's University

**Dawa Samdup**, MBBS, MD, FRCPC, Associate Professor, Department of Pediatrics, Queen's University

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

**Richard van Wylick**, MD, FRCPC, Associate Professor, Pediatrics, Vice-Dean, Health Sciences Education, Queen's University



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