

# CPD O'CLOCK

Timely Topics of Importance to Practice

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Online Series

Monthly Sessions from 4:00pm - 5:00pm ET

Zoom Webinar

## AGENDA

WEDNESDAY, SEPTEMBER 28, 2022

### Depression and Anxiety Part 1: CBT

**Erin Desmarais, MSW, RSW, Clinical Social Worker, Queen's Family Health Team, Department of Family Medicine, Queen's University**

**Jessica Waller, MSW, RSW, Clinical Social Worker, Queen's Family Health Team, Department of Family Medicine, Queen's University**

**Kathleen Pouteau, MD, CCFP, FCFP, Assistant Professor, Department of Family Medicine, Queen's University**

WEDNESDAY, OCTOBER 12, 2022

### Public Health: Fall Update and Planning Ahead

**T. Hugh Guan, MD, MSc, FRCPC, Associate Medical Officer of Health, KFL&A Public Health, Adjunct Assistant Professor, Department of Family Medicine & Department of Medicine, Queen's University**

WEDNESDAY, NOVEMBER 9, 2022

### Urology Quick Hits

**Michael Leveridge, MD, FRCPC, Department Head, Department of Urology, Associate Professor, Department of Oncology, Queen's University**

THURSDAY, JANUARY 19, 2023

### Behavioral and Pharmacological Treatments for Weight Loss

**Robyn Houlden, MD, FRCPC, Chair and Professor, Division of Endocrinology and Metabolism, Department of Medicine, Queen's University**

**Kristine Canty, HBScN, RN(EC), Nurse Practitioner, Team Lead, Kingston Bariatric Centre of Excellence, Kingston Health Sciences Centre, Kingston, ON**

THURSDAY, FEBRUARY 16, 2023

### Management of Lower Leg Wounds: Approaches and Local Resources

**Jolene Heil, McIScWH, BScN, RN, NSWOC, IIWCC-CAN, Advanced Practice Nurse, CNS - Wound Care, Providence Care Hospital, Kingston, ON**

WEDNESDAY, MARCH 22, 2023

**Kidney Disease - Bedside Tips for the Busy Family Physician**

**Khaled Shamseddin, MD, FRCPC, Associate Professor, Division of Nephrology and Internal Medicine, Department of Medicine, Queen's University**

WEDNESDAY, APRIL 26, 2023

**Depression and Anxiety Part 2: Psychopharmacology**

**Roumen Milev, MD, PhD, FRCPC, DFCPA, DFAPA, Professor, Department of Psychiatry; Director, Centre for Neuroscience Studies, Queen's University**

WEDNESDAY, MAY 17, 2023

**Palliative Care 101: Fundamentals for Every Practice**

**Adrienne Selbie, MD, CCFP(PC), Assistant Professor, Division of Palliative Care, Department of Medicine, Queen's University**

THURSDAY, JUNE 15, 2023

**Abortion Care**

**Ashley Waddington, MD, FRCSC, MPA, Associate Professor, Co-Director, Contraception Advice, Research, and Education (CARE) Fellowship, Department of Obstetrics and Gynaecology, Queen's University**

# LEARNING OBJECTIVES

## **Depression and Anxiety Part 1: CBT**

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

1. Discuss evidence-based CBT concepts for anxiety and/or depression (Medical Expert/Communicator)
2. Identify concrete CBT techniques that can be used in primary care (Medical Expert)

## **Public Health: Fall Update and Planning Ahead**

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

1. Identify key considerations of emerging public health topics and how they will impact clinical practice (Medical Expert/Scholar)
2. Discuss updates on public health efforts and how they will impact patient care (Communicator)

## **Urology Quick Hits**

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

1. Discover new insights from recent guideline documents (Professional/Medical Expert)
2. Develop an initial approach to incidental imaging findings (Medical Expert)
3. Solidify algorithms for common GU complaints (Medical Expert)

## **Behavioural and Pharmacological Treatments for Weight Loss**

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

1. Outline strategies to reduce weight bias in obesity management (Advocate)
2. Use a variety of behavioural approaches to assist patients living with obesity (Medical Expert)
3. Identify suitable patients for anti-obesity medication (Medical Expert)

## **Management of Lower Leg Wounds: Approaches and Local Resources**

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

1. Integrate high-impact wound care approaches into your clinical practice (Medical Expert/Scholar)
2. Discuss approaches to wound care with patients (Medical Expert/Communicator)

## **Kidney Disease - Bedside Tips for the Busy Family Physician**

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

1. Initiate the diagnosis and management of common kidney diseases encountered by Family Medicine (Medical Expert/Health Advocate/Communicator)
2. Facilitate the nephrology referral/re-referral process while maintaining patient's safety and health advocate (Collaborator/Communicator/Health Advocate)

## **Depression and Anxiety Part 2: Psychopharmacology**

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

1. Discuss evidence-based treatment options for depression and anxiety with patients (Medical Expert/Communicator)
2. Integrate the latest insights to improve patient outcomes (Medical Expert/Scholar)

## **Palliative Care 101: Fundamentals for Every Practice**

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

1. Discuss approaches to patient care that benefit from palliative care insights (Communicator/Medical Expert)
2. Integrate tips and tricks from palliative care that improve the quality of life for patients across the life-span (Medical Expert/Scholar)

## **Abortion Care**

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

1. Identify available community abortion care resources (Communicator/Collaborator/Advocate)
2. Integrate patient-centered approaches to abortion care into their clinical practice (Medical Expert/Scholar)

## **Overall Program Objectives**

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

1. Discuss trending topics in healthcare based on evidence and guidelines (Communicator/Medical Expert)
2. Integrate high-impact practices into your provision of healthcare (Medical Expert/Scholar)
3. Initiate and sustain collaboration across professions when applicable in your healthcare practice (Advocate/Collaborator)

# PLANNING COMMITTEE

**Erin Desmarais**, MSW, RSW, Social Worker, Queen's Family Health Team, Department of Family Medicine, Queens University

**Kelly Howse**, MD, CCFP, FCFP, Assistant Professor, Department of Family Medicine, Queen's University

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

**Allison Kern**, RN, KFL&A Public Health

**Stephanie Lynch**, PharmD, BCACP, Pharmacist, Department of Family Medicine, Queen's University

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

**Mamdouh Andrawis**, MD, CCFP, FCFP, DPD (Cardiff), Family Physician, Primary Care Dermatology, Investigating Coroner, Assistant Professor (Adjunct), Department of Family Medicine, Queen's University; Lecturer, Department of Family Medicine, Ottawa 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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# NOTES



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