



**Queen's**  
UNIVERSITY

**HEALTH SCIENCES**  
Continuing Professional  
Development

33RD ANNUAL

# THERAPEUTICS

**March 1, 2023 | 8:00 AM - 12:00 PM**



Four Points by Sheraton, Kingston, Ontario

# Agenda

**8:00 AM**      **Registration & Continental Breakfast**

**8:30 AM**      **Therapeutics Chairs Remarks**

**Sara Awad**, MD, Associate Program Director, Teaching and Learning Core Internal Medicine Program; Assistant Professor, School of Medicine, Queen's University

**8:40 AM**      **Pulmonary Nodules**

**Mirna Attalla**, MD, Assistant Adjunct Professor, School of Medicine, Division of Respiriology and Sleep Medicine, Queen's University

**9:10 AM**      **Approach to Joint Swelling- Rheumatology**

**Tabitha Kung**, MD, MPH, FRCPC, Assistant Professor, Department of Medicine, Division of Rheumatology, Queen's University

**9:40 AM**      **Therapies for Long COVID**

**Tony Bai**, MD, Assistant Professor, School of Medicine, Division of Infectious Diseases, Queen's University

**10:10 AM**      **Nutrition Break**

**10:20 AM**      **Transgender Medicine**

**Bikram Sidhu**, MD FRCPC, Assistant Professor, Endocrinology and Diabetes, KHSC & Queen's University

**10:50 AM**      **Approach to Hypertension**

**Samir Hazra**, MD, FRCPC, Assistant Professor, Cardiology, Department of Medicine, School of Medicine, Queen's University

**11:20 AM**      **Medical Interventions for GERD**

**Lawrence Hookey**, MD, FRCPC, Associate Professor, Department of Medicine, Division of Gastroenterology, Queen's University

**11:50 AM**      **Therapeutics Wrap-Up**

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

**12:00 PM**      **Lunch**



Network: Marriott-Bonvoy

# Learning Objectives

## **Pulmonary Nodules**

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

1. Discuss an approach to pulmonary nodules identified or suspected in primary care
2. Identify the symptomology and therapeutic options for pulmonary nodules

## **Approach to Joint Swelling- Rheumatology**

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

1. Differentiate bony enlargement and a joint effusion
2. Perform a differential diagnosis for inflammatory arthritis
3. Discuss an approach to history taking and investigations for patients presenting with swollen joints

## **Therapies for Long COVID**

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

1. Identify symptoms and red flags of Long COVID and their therapeutic treatment options
2. Discuss Long-COVID with patients and their families

## **Transgender Medicine**

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

1. Discuss how to integrate transgender medicine into clinical practice
2. Identify key medical principles in an approach to transgender medicine

## **Approach to Hypertension**

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

1. Discuss therapeutic treatment option for hypertension
2. Identify red flags when treating hypertension

## **Medical Interventions for GERD**

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

1. Assess patient for GERD
2. Discuss treatment options for GERD with your patients

# Planning Committee

**Sara Awad**, Planning Committee Chair, MB BS, FRCPC (Internal Medicine and Endocrinology & Metabolism, Assistant Professor, Department of Medicine, Queen's University, Associate Program Director Core Internal Medicine Program

**Samantha Buttemer**, MD, MSc, CCFP, Assistant Professor, Public Health and Preventive Medicine, Associate Program Director for the PHPM program Queen's University

**Gabrielle Deschenes**, MScN, Nurse Practitioner, Sharbot Lake Family Health Team

**Ally Wright**, NP, Reddendale Family Health Centre, Maple Family Health Team

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

**Chris Cornish**, Program and Event Coordinator, Faculty of Health Sciences, Professional Development and Educational Scholarship, Queen's University

**This program has received an educational grant or in-kind support from:**

The Claxton Cardiology Lectureship

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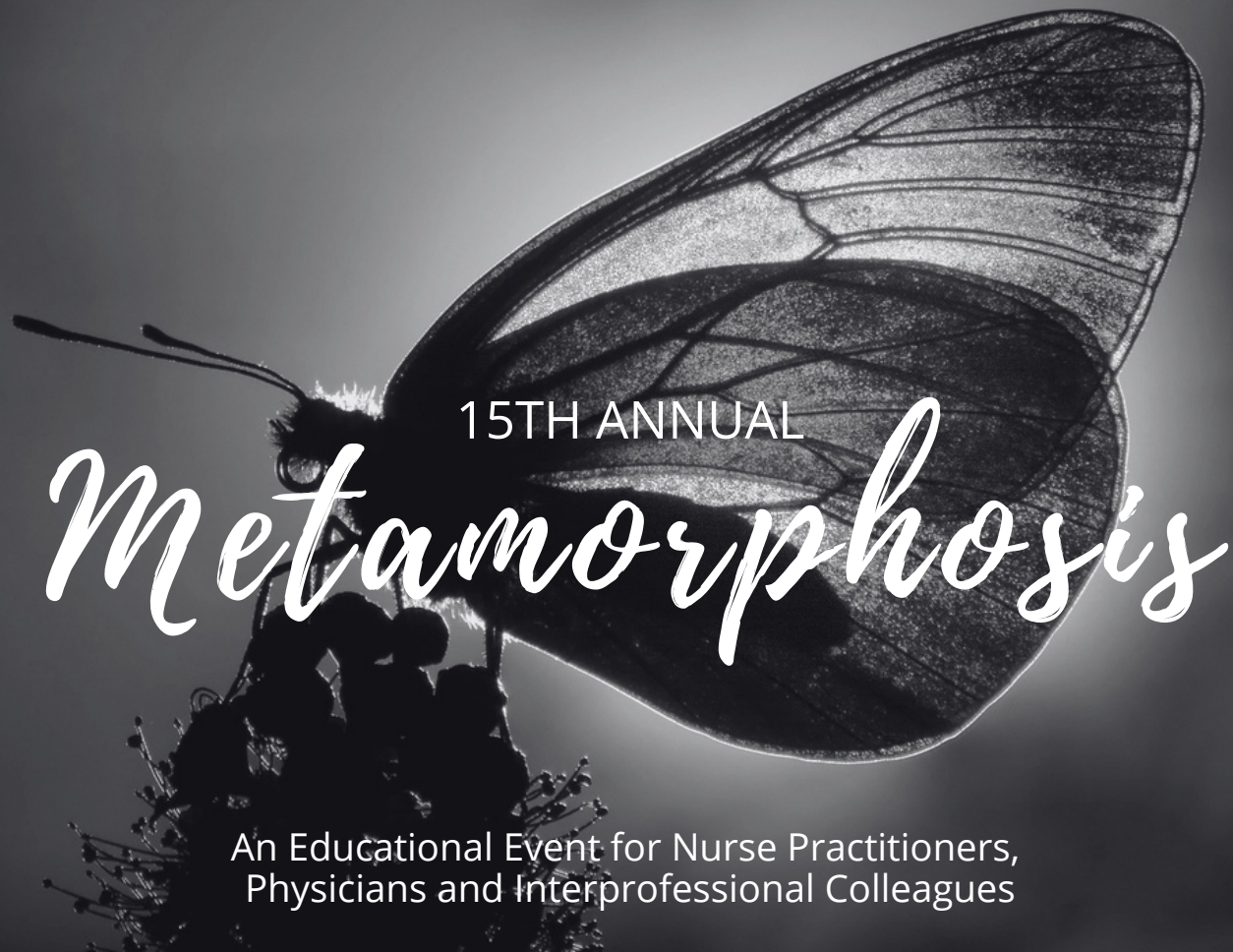
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15TH ANNUAL

# *Metamorphosis*

An Educational Event for Nurse Practitioners,  
Physicians and Interprofessional Colleagues

**March 1, 2023 | 12:00 PM - 4:30 PM**



Four Points by Sheraton, Kingston, Ontario

# Agenda

- |          |   |
|----------|---|
| 12:00 PM | <b>Lunch</b>  |
| 12:50 PM | <b>Metamorphosis Chairs Remarks- A Focus on Middle Age</b><br><b>Stroyan Monkhouse</b> , B.A. (Psych), B.Sc.N, M.N., Nurse Practitioner Primary Health Care -<br>33 Health Services, Canadian Forces Base Kingston  |
| 1:00 PM  | <b>Transition back to Primary Care for Oncology Patients - Now What?</b><br><b>Heather Ostic</b> , BA, MD, CCFP, Assistant Professor, Department of Oncology, School of Medicine;<br>Cross-appointment, Department of Family Medicine, Queen's University |
| 1:45 PM  | <b>Dementia Prevention</b><br><b>Kate Trebuss</b> , MD, Assistant Professor, Division of Geriatric Medicine, Department of Medicine,<br>School of Medicine, Queen's University  |
| 2:30 AM  | <b>Nutrition Break</b>  |
| 2:45 PM  | <b>Post-ICU Syndrome- Follow-Up and Changes in Health</b><br><b>Gordon Boyd</b> , MD, PhD, FRCPC, Associate Professor Neurology/Critical Care,<br>Department of Critical Care Medicine, School of Medicine, Queen's University                            |
| 3:30 PM  | <b>COVID Inflammation Syndrome</b><br><b>Peter Lin</b> , MD. CCFP, Director, Primary Care Initiatives, Canadian Heart<br>Research Centre; Medical Director, LinCorp Medical Inc   |
| 4:15 PM  | <b>Metamorphosis Wrap-Up</b><br><b>Stroyan Monkhouse</b> , B.A. (Psych), B.Sc.N, M.N., Nurse Practitioner Primary Health Care -<br>33 Health Services, Canadian Forces Base Kingston  |
| 4:30 PM  | <b>Program Conclusion</b>   |



Network: Marriott-Bonvoy

# Learning Objectives

## **Transition back to Primary Care for Oncology Patients- Now What?**

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

1. Discuss top 5 things to be aware of with oncology patients
2. Identify when to refer them back
3. Assess chemotherapy side-effects to be watching for
4. Discuss immunizations that should not be given if undergoing chemotherapy

## **Dementia Prevention**

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

1. Discuss symptomology and diagnostic considerations for dementia
2. Integrate new evidence and practices for dementia prevention
3. Identify the impact of COVID on dementia and opportunities for prevention

## **Post-ICU Syndrome- Follow-Up and Changes in Health**

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

1. Discuss the effect that a stay in ICU can have on patients and their families
2. Assess effect on mental health and cognition.
3. Identify how to support our patients after ICU stay.
4. Discuss the post ICU clinic in our region

## **COVID Inflammation Syndrome**

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

1. Assess symptoms associated with COVID Inflammation Syndrome
2. Identify how can we help patients who experience COVID inflammation syndrome



# Planning Committee

**Caroline Borins**, MD, CCFP, FCFP, Adjunct Assistant Professor Queen's University Department of Family Medicine  
Family Physician at Queen's Student Wellness and Queen's Family Health Team

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

**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

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