



**Queen's**  
UNIVERSITY

**HEALTH SCIENCES**  
Continuing Professional  
Development

# **PEDIATRICS UPDATE**

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**2023**



**November 22, 2023 | 8:00 AM - 12:00 PM**

# Agenda

8:00 AM	<b>Breakfast &amp; Registration</b>
8:30 AM	<b>Welcome Remarks</b> <b>Andrea Moore</b> , MD, FRCPC, Assistant Professor, Department of Pediatrics, Queen's University
8:35 AM	<b>Quick Hit: Adolescent Psycho/Social Assessment</b> <b>Emily Lehan</b> , MD, Assistant Professor, Department of Pediatrics, Queen's University
8:40 AM	<b>Panel: Review of Mental Health Resources in Kingston and Area</b> Moderated by: <b>Maeve Francoeur</b> , MDCM, CCFP, Family Physician, Maple Family Health Team, Assistant Professor, Department of Family Medicine, Queen's University  <b>Tess Clifford</b> , Ph.D., C.Psych, Psychologist, KidsInclusive, Centre for Child and Youth Development <b>Deborah Hendy</b> , MEd, RP, Clinical Program Manager, Maltby Centre <b>Johanne Roberge</b> , MD, FRCPC, Assistant Professor, Department of Psychiatry, Queen's University <b>Casey Deryaw</b> , MSW, Social Worker, Inpatient Unit, Department of Psychiatry, Kingston Health Sciences Centre
9:40 AM	<b>Quick Hit: Head Size - Heads Up</b> <b>Emily Lehan</b> , MD, Assistant Professor, Department of Pediatrics, Queen's University
9:50 AM	<b>Hemangioma and Eczema</b> <b>Andrea Moore</b> , MD, FRCPC, Assistant Professor, Department of Pediatrics, Queen's University
10:20 AM	<b>Nutrition Break</b>
10:35 AM	<b>GI - Approach to the Abnormal Stools (that are not constipation)</b> <b>Dan Mulder</b> , PhD, MD, Assistant Professor, Pediatric Gastroenterologist, Department Biomedical and Molecular Sciences, Queen's University
11:20 AM	<b>Breastfeeding- Myths and PEARLS</b> <b>Elizabeth Hughson</b> , RN, IBCLC, Queen's Family Health Team
12:00 PM	<b>Closing Remarks</b> <b>Dawa Samdup</b> , MBBS, MD, FRCPC, Associate Professor, Department of Pediatrics, Queen's University
12:05 PM	<b>Program Ends - Lunch</b>

## Learning Objectives

### Quick Hit: Adolescent Psycho/Social Assessment

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

1. Outline a general approach to conducting a succinct but thorough social history
2. Review the importance of screening for cannabis use and vaping
3. Discuss how to approach questions surrounding an adolescent's gender identity or sexual preferences

### Panel: Review of Mental Health Resources in Kingston and Area

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

1. Review current community mental health resources and learn how to navigate these to help manage a variety of mental health conditions

### Quick Hit: Head Size - Heads Up

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

1. Review definitions of microcephaly and macrocephaly, and their most common causes
2. Discuss when a referral to a pediatrician is warranted

### Hemangioma and Eczema

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

1. Review the most common presentation (ie clinical characteristics) for hemangiomas and general management advice, including when referral or medication might be warranted.
2. Explain the role of emollients and corticosteroids in managing atopic dermatitis (eczema) and how to use them correctly.
3. Identify scenarios that warrant referral of a child presenting with eczema.

### GI – Approach to the Abnormal Stools (that are not constipation)

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

1. Develop a diagnostic workup for a child presenting with blood IN or ON their stool
2. Review most common presentations for celiac disease and discuss suggested investigations and long term follow up
3. Discuss a general approach to a child presenting with "funny looking stool" e.g. undigested food, strange color or shape.

### Breastfeeding- Myths and PEARLS

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

1. Evaluate whether ankyloglossia (tongue-tie) might be causing difficulties with breastfeeding and discuss when to consider a referral for tongue-tie release.
2. Review possible causes of breast refusal in the newborn, and how to address these.
3. Demonstrate how to best evaluate a woman's milk supply and review current evidence-based recommendations for increasing milk supply.

## Planning Committee

**Maeve Francoeur**, MDCM, CCFP, Family Physician, Maple Family Health Team, Assistant Professor, Department of Family Medicine, 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

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

**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

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## **Mental Health Resources**

For a full listing of the services available at **KidsInclusive** please see our website <https://kidsinclusive.ca/>. Our System Navigators are in the best position to answer questions about services and whether to make a referral and can be reached at **613 544 3400, ext 2078**. We are the lead for the **SmartStart Hub**, which is the clear point of entry point for any concerns about child development. Families are welcome to contact the SmartStart Hub directly (**613 544 3400, ext 2078 or via the website**).

**Maltby Centre** - Mental health & Autism Service for Children & Youth - <https://maltbycentre.ca/>. Maltby Centre has been providing autism and children's and youth mental health services to Ontarian's for more than 25 years. They are an accredited, full-service agency with an extensive team of mental health professionals at their five campuses in Kingston, Napanee, Northbrook, Sharbot Lake and Sydenham, ON.

**Kingston Health Sciences Centre** child and youth mental Health resources - <https://kingstonhsc.ca/mental-health-and-addiction-care/children-and-youth>