



# CPD O'CLOCK

Timely Topics of  
Importance to Practice

ONLINE SERIES

Monthly Sessions on Zoom Webinar from 4:00pm - 5:00pm ET

## AGENDA

**WEDNESDAY, OCTOBER 18, 2023**

### **Promoting Oral Health in Primary Care**

**Colleen Danforth**, Registered Dental Hygienist, KFL&A Public Health

**Sarah Seewald**, Registered Dental Hygienist, KFL&A Public Health

**WEDNESDAY, NOVEMBER 1, 2023**

### **MGUS: Investigation, Management, Referral, and Treatment**

**Bethany Monteith**, MD, MSc, FRCPC, Hematologist, Kingston Health Sciences Center; Assistant Professor, Division of Hematology, Department of Medicine, Queen's University

**TUESDAY, DECEMBER 5, 2023**

### **Quick Hits in Echocardiography**

**Peggy DeJong**, MD, MEd, FRCPC, FCCS, Assistant Dean, Admissions, MD Program, School of Medicine, Queen's University

**WEDNESDAY, JANUARY 31, 2024**

### **Electrocardiography Essentials**

**Hoshier Abdollah**, MB, ChB, FRCPC, Professor, Division of Cardiology, Department of Medicine, Queen's University

**WEDNESDAY, FEBRUARY 28, 2024**

### **Frailty: A Roadmap for Assessment, Prevention, and Support**

**John Muscedere**, MD, FRCPC, Professor and Research Director, Department of Critical Care, Queen's University; Scientific Director and Chief Executive Officer, Canadian Frailty Network

**WEDNESDAY, MARCH 20, 2024**

### **CBT-I: Brief Interventions and Deprescribing of Sedative Hypnotics**

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

**Shayna Watson**, MEd, MD, CCFP, FCFP, Undergraduate Program Director, Department of Family Medicine, Queen's University

**THURSDAY, APRIL 11, 2024**

**Updates in Fatty Liver Disease**

**Melissa Kelley**, MD, FRCPC, Assistant Professor, Division of Gastroenterology, Department of Medicine, Queen's University

**THURSDAY, MAY 16, 2024**

**Sustainable Practices for Respiratory Wellness**

**Nicole Nakatsu**, RPh, Pharmacist, Kingston Health Sciences Centre

**Anthony Train**, MBChB, MSc, CCFP, Assistant Professor, Department of Family Medicine, Queen's University

**WEDNESDAY, JUNE 12, 2024**

**Introduction to Trauma-Informed Care**

**Rosemary Wilson**, PhD, RN(EC), Associate Director, Graduate PhD Programs, Associate Professor, School of Nursing, Queen's University

# LEARNING OBJECTIVES

## Promoting Oral Health in Primary Care

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

1. Integrate evidence-based procedures, approaches, and examinations into their practice (Medical Expert)
2. Discuss treatment and referral options for common oral health concerns (Communicator, Medical Expert)

## MGUS: Investigation, Management, Referral, and Treatment

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

1. Assess patients with signs and symptoms suggestive of MGUS (Medical Expert)
2. Initiate referral as needed based on relevant information gathered from the initial MGUS work-up (Medical Expert, Advocate)
3. Discuss the monitoring and management of symptoms of diagnosed multiple myeloma or precursor conditions (Communicator, Medical Expert)

## Quick Hits in Echocardiography

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

1. Use tips and tricks to recognize high-frequency and high-risk cardiology conditions and initiation of appropriate management and/or referral (Medical Expert)
2. Recognize findings that do not require consultation/referral and what ongoing monitoring may be required (Medical Expert)
3. Recognize some of the limitations of echocardiography that may explain non-diagnostic or indeterminate results (Medical Expert)

## Electrocardiography Essentials

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

1. Initiate appropriate management, treatment, or referral of diagnosed electrocardiographic conditions (Medical Expert)

## Frailty: A Roadmap for Assessment, Prevention, and Support

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

1. Identify the impact of stigma and person-centered language for health provision of persons with frailty (Medical Expert)
2. Integrate insights from models of frailty into health practice (Medical Expert, Advocate)
3. Discuss frailty mitigation and prevention with a broad audience including peers, patients, and non-healthcare professionals (Communicator, Collaborator)

## CBT-I: Brief Interventions and Deprescribing of Sedative Hypnotics

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

1. Identify key questions to ask their patient with insomnia (Medical Expert, Communicator)
2. Integrate techniques and approaches they can use in their existing clinical settings and structures (Medical Expert)

## Sustainable Practices for Respiratory Wellness

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

1. Describe the environmental impact of healthcare (Communicator)
2. Identify inhaler devices that are more environmentally friendly (Medical Expert)
3. Practice change strategies for more environmentally friendly care of those with respiratory illnesses (Medical Expert, Advocate)

## Updates in Fatty Liver Disease

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

1. Identify signs, symptoms, and risk factors of NAFLD and NASH to enable early diagnosis and proactive management to prevent disease progression (Medical Expert)
2. Communicate with patients, caregivers, and their families using patient-centered approaches to help them engage in their care, diagnostic, and disease management options (Communicator, Advocate)

## Introduction to Trauma-Informed Care

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

1. Discuss the tenets of trauma-informed care (Advocate, Communicator)
2. Integrate principles of trauma-informed care as part of their consistent approach to clinical practice (Medical expert, Advocate)

## Overall Program Objectives

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

1. Integrate new evidence-based approaches to high-frequency and high-impact patient concerns into their practice (Medical Expert)
2. Discuss timely topics of practice with peers and patients (Collaborator, Community)

# PLANNING COMMITTEE

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

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

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

**Allison Kern**, RN, BScN, MScN, CCHN(C), GDip HSPR, Nursing Practice Leader, KFL&A Public Health

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

**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

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