



Queen's
UNIVERSITY

HEALTH SCIENCES
Continuing Professional
Development

8th Annual Allergy Symposium



November 27, 2024 | 12:00 PM - 4:15 PM

Agenda

- 12:00 PM** **Lunch & Registration**
- 1:00 PM** **Welcome Remarks**
Anne Ellis, MD, FRCPC Prof., Depts. of Medicine, (Chair) Div. of Allergy and Immunology and of Biomedical and Molecular Sciences, Queen's University
- 1:10 PM** **Allergic Rhinitis - New Guidelines New Treatments!**
Ellie Tsai, MD, FRCPC, Allergist and Immunologist, Adjunct Assistant Professor Queen's University, Department of Medicine
- 1:40 PM** **Asthma - Management Updates for 2024 and Smoking Cessation Advice**
Delanya Podgers, RN(EC), MN, CRE, Nurse Practitioner, Asthma & COPD, Kingston Health Sciences Centre
- 2:10 PM** **Vaccinating Adults with Respiratory Disease**
Anne Ellis, MD, FRCPC Prof., Depts. of Medicine, (Chair) Div. of Allergy and Immunology and of Biomedical and Molecular Sciences, Queen's University
- 2:40 PM** **Nutrition Break**
- 3:00 PM** **Home Management of Anaphylaxis - Really?**
Anne Ellis, MD, FRCPC Prof., Depts. of Medicine, (Chair) Div. of Allergy and Immunology and of Biomedical and Molecular Sciences, Queen's University
- 3:30 PM** **Food Allergy - Updates on options and limitations of testing**
Emily Kay, MD, FRCPC, Adjunct Professor, Department of Pediatrics, Queen's University; Allergist and Immunologist, Greenwood Medical Centre
- 4:00 PM** **Closing Remarks**
Anne Ellis, MD, FRCPC Prof., Depts. of Medicine, (Chair) Div. of Allergy and Immunology and of Biomedical and Molecular Sciences, Queen's University
- 4:15 PM** **Program Ends**



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Learning Objectives - At the end of the session, participants will be able to:

Allergic Rhinitis - New Guidelines New Treatments!

1. Describe the new treatment paradigm for Allergic Rhinitis (i.e. Hayfever) according to the newly updated Canadian Guidelines
2. Identify patients who would be ideal candidates for either injectable or sublingual immunotherapy tablets for their allergic rhinitis
3. Recognize the importance of avoiding 1st generation antihistamines and selecting the optimal 2nd generation antihistamine for your patient.

Asthma - Management Updates for 2024 and Smoking Cessation Advice

1. Confidently prescribe the appropriate controller therapies for asthma patients to help minimize over use of short-acting beta agonists
2. Interpret the new CTS Climate Change Choosing Wisely guidelines for inhaler prescriptions in a way that won't lead to loss of asthma control .
3. Explore smoking cessation options and counselling for your patients with asthma and/or COPD.

Vaccinating Adults with Respiratory Disease

1. Identify patients in your practice that would benefit from protection from respiratory infections (e.g. RSV, Pneumococcal infections).
2. Discuss the data supporting the use of RSV vaccination along with the myriad of pneumococcal options.
3. Provide optimal counselling to patients who have questions about adult vaccines

Home Management of Anaphylaxis - Really?

1. Discuss key messaging from the new CSACI position statement on the at-home management of food allergy induced anaphylaxis
2. Counsel patients effectively in the early administration of epinephrine in the setting of anaphylaxis, which leads to better outcomes for patients and could save a trip to the ED.
3. Select the appropriate epinephrine autoinjector for your patient based on the characteristics of the device.

Food Allergy - Updates on options and limitations of testing

1. Determine which patients would benefit from referral for food allergy testing, with specific limitations being highlighted for urticaria, eczema, 'gut grief', keratosis pilaris, ADHD, headaches and lactose intolerance, etc.
2. Describe limitations of oral immunotherapy options for food allergy.
3. Discuss the potential future of food allergy treatment in Canada.

Planning Committee

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