



Queen's
UNIVERSITY

HEALTH SCIENCES
Continuing Professional
Development

CPD DOUBLE FEATURE

35th Annual
THERAPEUTICS

17th Annual
METAMORPHOSIS

An educational event for Primary Care Providers and Interprofessional Colleagues

February 12, 2025 | 8:00 AM - 4:30 PM

Therapeutics Agenda

8:00 AM - Registration & Continental Breakfast

8:30 AM - Welcoming Remarks

Eleftherios Soleas, PhD, OCT, Director of Lifelong Learning and Innovation, Queen's Health Sciences

8:40 AM - Treating and Recognizing Heart Failure

Aws Amulfleh, MBBS, MPH, FRCPC, FASE, FACC, FHFSA Assistant Professor, Department of Medicine, Division of Cardiology, Queen's University, Physician Lead of the Heart Function Clinic, KHSC

9:10 AM - Fibromyalgia vs Other MSK Pain

Marie Clements-Baker, MD FRCPC, Associate Professor, Department of Medicine, Program Director, Division of Rheumatology Queen's University

9:40 AM - Alcohol Use Disorders

Heather Johnson, MD, DRCPSC (Addiction Medicine), Assistant Professor, Division of General Internal Medicine, Department of Medicine, Queen's University

Adam Newman, MD, FCFP(AM), CCSAM, Harm Reduction & Addiction Medicine; Assistant Professor, Departments of Family Medicine, Paediatrics, and Psychiatry Queen's University

10:10 AM - Nutrition Break

10:20 AM - Contraception

Ashley Waddington, MD, MPA, Assistant Dean, Professional Development, and Associate Professor Department of Obstetrics and Gynecology, Queen's University

Valeria Akim, MD, CARE Fellow, Department of Obstetrics and Gynecology, Queen's University

10:50 AM - What's Not Old in Geriatrics? Deprescribing and Polypharmacy

Leah Nemiroff, MSc, MMed, MD, FRCPC, Division Chair and Assistant Professor, Division of Geriatric Medicine, Queen's University, and Clinical Director, Seniors Rehabilitation (PCH)

11:20 AM - Choosing Wisely: Adrenal and Pituitary Incidentalomas

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

11:50 AM - Closing Remarks

12:00 PM - Lunch

Metamorphosis Agenda

1:00 PM - Metamorphosis Chairs Remarks

Stroyan Monkhouse, B.A.(Psych), B.Sc.N, M.N., PHC-NP, Education Representative, Limestone NP Group
Clinical Preceptor for Athabasca and Queens University

1:05 PM - Treating anxiety and Depression

Dijana Oliver, MD, FRCPC, Assistant Professor, Department of Psychiatry, Queen's University

1:50 PM - Hormone Prescribing in Trans-Health

Olivia Sweeney, NP, Kingston Community Health Centres (KCHC), Transgender Health Program

Emily Villeneuve, NP, Kingston Community Health Centres (KCHC), Transgender Health Program

2:35 PM - Nutrition Break

2:45 PM - Advancing Health Equity for Refugees: Health and Social Care Considerations

Vanessa Wright, NP-PHC, MsCN, DN, Women's College Hospital Crossroads Clinic

3:30 PM - Medical Treatment for Early Pregnancy Loss

Ashley Waddington, MD, MPA, Assistant Dean, Professional Development, and Associate Professor

4:15 PM - Closing Remarks

4:30 PM - Program Ends

CPD DOUBLE FEATURE **Post- Program Survey**

We Value Your Feedback!

Your insights help us improve and tailor future programs to better meet your needs.

Please scan the QR code to fill out the program evaluation.

If time permits, feel free to fill out the form after each session, or take 10 minutes at the end of the program to complete the survey.

A link will also be emailed to you.



Therapeutics Learning Objectives

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

Treating and Recognizing Heart Failure

1. Make the diagnosis of heart failure by integrating clinical, lab and imaging findings
2. Initiate treatment guided by the latest therapeutic guidelines

Fibromyalgia vs Other MSK Pain

1. Differentiating types of MSK pain and how their treatment differs
2. Integrate an approach to MSK pain based on high-impact practices

Alcohol Use Disorders

1. Discuss the new alcohol guidelines and approaches to collecting a history
2. Assess the suitability of available therapeutic options for treating AUD

Contraception

1. Review new therapeutic options for contraception
2. Discuss considerations leading to optimal prescribing based on patient factors

What's Not Old in Geriatrics? Deprescribing and Polypharmacy

1. Discuss the risks of polypharmacy in older adults and barriers to optimal prescribing
2. Integrate high-impact approaches to deprescribing medicines

Choosing wisely: Adrenal and Pituitary Incidentalomas

1. Discuss an approach to management of incidentally found adrenal nodules
2. Discuss an approach to management of incidentally found pituitary tumors

Metamorphosis Learning Objectives

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

Treating anxiety and Depression

1. Identify considerations for selecting the correct choice of medicine
2. Discuss whether pharmacogenetics testing is of any benefit for patients to help guide choice of medication

Hormone Prescribing in Trans-Health

-Identify the appropriate initiation and maintenance of hormone treatment

Advancing Health Equity for Refugees: Health and Social Care Considerations

1. Review the context of migration within Ontario and related care pathways
2. Discuss key primary care considerations for newcomer health
3. Explore social care pathways and connection to interdisciplinary community supports as options for shared care and connectivity within the primary care landscape

Medical Treatment for Pregnancy Termination and Early Pregnancy Loss

1. Weigh the pros and cons of Mifepristone plus misoprostol vs misoprostol alone in managing early pregnancy loss
2. Discuss new Canadian guidelines regarding testing and treating Rh status in the first trimester of pregnancy
3. Develop an approach to follow up for patients who choose expectant or medical management of early pregnancy loss

Therapeutics Planning Committee

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

Carolyn 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

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 Forsyth, NP, Reddendale Family Health Centre, Maple Family Health Team

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

Eleftherios Soleas, PhD, OCT, Director of Lifelong Learning and Innovation, Queen's Health Sciences

Ashley Waddington, MD, MPA, Assistant Dean, Professional Development, and Associate Professor Department of Obstetrics and Gynecology, Queen's University

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

Metamorphosis Planning Committee

Carolyn 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

Stroyan Monkhouse, B.A.(Psych), B.Sc.N, M.N., PHC-NP, Education Representative, Limestone NP Group Clinical Preceptor for Athabasca and Queens University

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

Eleftherios Soleas, PhD, OCT, Director of Lifelong Learning and Innovation, Queen's Health Sciences

Ashley Waddington, MD, MPA, Assistant Dean, Professional Development, and Associate Professor Department of Obstetrics and Gynecology, 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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