



APPNA Western Canada Conference 2022



Hosted by APPNA Alberta Chapter

Banff Centre for Arts and Creativity, Alberta
Friday August 19 and Saturday August 20, 2022

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 6.5 MainPro+® credits

Updated: August 9, 2022

Welcome from the APPNA Alberta Chapter and the Planning Committee!

APPNA Alberta Chapter:

Dr. Saad Yasin – President
Dr. Sameena Bajwa – President Elect
Dr. Amir Aslam – Secretary General
Dr. Tehmina Munaf - Treasurer
Dr. Tariq Awan – Immediate Past President
Dr. Abdul Kamran – Director
Dr. Hatim Karachiwala - Director

Planning Committee:

Dr. Ashfaq Shuaib – Conference Chair
Dr. Yasmin Majeed – Planning Committee Lead
Dr. Mubeen Rafay – CME Lead
Dr. Babra Rana – Social Committee Lead
Dr. Najma Jamil – President Saskatchewan Chapter
Dr. Abdul Kamran – Finance Committee Lead
Dr. Khurshid Khan – Award Committee Lead

At the conclusion of this activity participants will be able to:

- Employ knowledge and to manage patients' health conditions.
- Identify resources available for treatment of patients' health conditions.
- Describe advances in health management and apply them in their clinical practice.
- Create an opportunity to develop ways to enhance their skills to support patient care.

Friday August 19, 2022

0700 – 0815h	Breakfast and Onsite Registration Husky Great Hall and Galleria, Room 101 - 105
0815h	Welcome Dr. Ashfaq Shuaib, APPNA Western Canada Initiative Lead Dr. Saad Yasin, President APPNA Alberta Chapter CME Session Moderators: Dr. Mubeen F. Rafay and Dr. Babra Rana
0830h	Art and Science of Leadership Dr. Faisal Khosa Learning Objectives: <ul style="list-style-type: none">• Recognize the essential components of leadership• Gain insights into how the mechanics of leadership• Explore the importance of leadership in management
0905h	Recent Advances in Headache Treatment Dr. Wasif Hussain Learning Objectives: <ul style="list-style-type: none">• Identify the appropriate role of new and emerging therapies for migraine and cluster headache based on efficacy and safety data• Implement evidence-based strategies for treatment of headache• Recognize patients who may benefit from new and emerging therapies
0925h	Real World Evidence Treatment Strategies for Neuropathic Pelvic Pain in Women Dr. Sana-Ara Ahmed Learning Objectives: <ul style="list-style-type: none">• Identify the neuroanatomy of female abdominal and pelvic region• Recognize neuropathic pain physiology in Endometriosis• Formulate an appropriate treatment plan for chronic neuropathic pain• Explore off label pharmacologic treatments for women's health neuropathic pain
0945h	Inflammatory Arthritis – Know the Difference Dr. Talat Khesghi Learning Objectives: <ul style="list-style-type: none">• Recognize different forms of arthritis.• Explain major difference between inflammatory/ autoimmune arthritis vs non inflammatory arthritis.• Geared towards students and primary care physicians.
1005h	Morning Presenter Group Question and Answer Session

1035h	Refreshment Break, Room 203 Exhibitor Booths are open
1105h	Medical and Surgical Management of Obesity Dr. Richdeep Gill Learning Objectives: <ul style="list-style-type: none"> • Identify the health factors leading to obesity and progression to a chronic disease • Discover and explain new and innovative methods of surgical management • Distinguish and outline tools and resources to optimize medical management
1125h	NAFLD: Managing a Silent Epidemic in Primary Care Dr. Nabiha Faisal Learning Objectives: <ul style="list-style-type: none"> • Recognize the epidemiology, screening and diagnosis • Analyze varying approaches to weight loss and the effect on the liver • Distinguish the role of current diabetes therapies in NAFLD/NASH
1145h	All Morning Presenters: Question and Answer Session
1200 – 1330h	Lunch Buffet located in the Galleria Exhibitor Booths are open in Room 203
1330h	Prayers Room 205 *prayer room will be open all day Friday and Saturday
1415h	Refreshment Break, Room 203 Exhibitor Booths are open
1445h	The Future of Pakistani Physicians in Canada - Session 1 This interactive session will focus on highlighting and showcase the achievements of APPNA in North America and local chapters in Alberta and Saskatchewan. We will review the importance of building additional chapters in Western provinces. The formal speeches will be followed by discussion by the attendees on how Canadian physicians can improve networking across the Canadian provinces with a particular focus on issues that are important to us in Canada. *this is a non-accredited activity Dr. Ashfaq Shuaib, Conference Chair Dr. Haroon Durrani, President APPNA Dr. Rizwan Khalid, Immediate Past President APPNA Dr. Najma Jamil, President APPNA Saskatchewan Chapter Dr. Tariq Awan, Immediate Past President, APPNA Alberta Chapter Moderator: Dr. Khurshid Khan, Award Committee Lead
1600h	Closing Remarks: Dr. Ashfaq Shuaib and Dr. Saad Yasin Afternoon Session Concludes

Saturday August 20, 2022

0700 – 0800h Breakfast and Onsite Registration

Husky Great Hall and Galleria, Room 101 and 103

0800h Welcome

Dr. Saad Yasin, President APPNA Alberta Chapter

CME Session Moderators: Dr. Najma Jamil and Dr. Sameena Bajwa

0810h Healing for Healers: 10 Ways to Stay Healthy in Unhealthy Times

Dr. Ted Jablonski

As physicians, we know that health, as defined by the WHO, is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Using this definition, we are living in very unhealthy times. Not news to any of us. Despite being intelligent medical professionals, we don't always practice what we preach, make unhealthy lifestyle decisions and can practice in toxic workplaces. We have the medical knowledge but why do we struggle to be healthy and happy?

Learning Objectives:

- Describe stress, burn out and common physician health diagnoses
- Explore challenges to maintaining physician wellness
- Plan a pragmatic approach to overcoming barriers and improving your mental, physical and physical health.

0840h Updates on the Management of Diabetes Mellitus

Dr. Gudrun Caspar Bell

Learning Objectives:

- Differentiation of the pathophysiology of different Diabetes types and management
- Discover new medical treatment options in Diabetes (and co-morbidities)
- Recognize the Diabetes Canada guidelines and what will change

0900h COPD and Asthma Update

Dr. Bao Dang

Learning Objectives:

- Update on the latest CTS guidelines for asthma and COPD and learn what are the major new changes.
- Define the latest inhalers available for COPD and asthma.
- Recognize when to refer patients to see a respirologist

0920h Management of Stroke and TIA

Dr. Ashfaq Shuaib

Learning Objectives:

- Review the importance of early recognition of TIAs
- Discuss the appropriate investigations of TIAs

- Offer best management of prevention of stroke in patients with TIAs

0940h All Morning Presenters: Question and Answer Session

1010h Refreshment Break, Room 203
Exhibitor Booths are open

1040h To Weed or Not to Weed: Efficacy, Safety and Risks of Cannabinoids
Dr. Yasmin Majeed

Learning Objectives:

- Discuss the evidence of efficacy, safety and risks of Cannabinoids including medical marijuana.
- Review the appropriateness of Medical Marijuana with patients.
- Outline the steps required to appropriately authorize medical marijuana, including dosing.

1105h Management of Mood Disorders
Dr. Babra Rana

Learning Objectives:

- Interpret and classify mood disorders
- Comprehend the etiology of mood disorders
- Explain the diagnostic criteria and management for mood disorders

1125h Improving Communication with Patients: Strategies from the Canadian Medical Protective Association
Dr. Keleigh James

Learning Objectives:

- Outline key contributing factors to challenging patient interactions
- List communication strategies to use in challenging encounters with patients/families to improve trust
- Identify potential biases and obstacles that could impede effective communication

1145h All Morning Presenters Question and Answer Session

1200 – 1330h Lunch Buffet located in the Galleria
Exhibitor Booths are open in Room 203

1330h The Future of Pakistani Physician in Canada - Session 2
We will recap the discussion from Friday and propose solutions for enhancing involvement by Canadian physicians in building capacity in APPNA across the country.

We will seek input on prioritizing specific issues and providing input to Central APPNA on how best to engage and enhance participation by Canadian physicians. Important agenda items will include recruitment of new members, Canada-specific educational/awareness

initiatives, engagement with existing other Canadian Pakistani physician organizations and planning for further meetings/conferences.

At the conclusion of the session, our goal will be to develop committees with responsibilities towards achieving our goals as we prepare for the meeting next year. *non-accredited activity

Dr. Ashfaq Shuaib, Conference Chair

Dr. Najma Jamil, President APPNA Saskatchewan Chapter

Dr. Saad Yasin, President APPNA Alberta Chapter

Moderator: Dr. Khurshid Khan, Award Committee Lead, APPNA

- 1415h **Refreshment Break, Room 203**
 Exhibitor Booths are open
- 1445h **The Future of Pakistani Physicians in Canada - Session 2 continued**
 * non-accredited activity
- 1530h **Closing Remarks:** Dr. Ashfaq Shuaib and Dr. Saad Yasin
 Conference Passport Draw
 Afternoon Sessions concludes

Meet Our Conference Presenters



Dr. Sana-Ara Ahmed MD FRCPC

Anesthesiology & Complex Chronic Pain Specialist

Genuvis Health

Dr. Sana-Ara Ahmed is a practicing clinical Anesthesiologist, Chronic Pain Specialist in Canada. An avant-garde entrepreneur and visionary, her chronic pain clinic located in Calgary AB, known as Genuvis Health, provides innovative, integrated and personalized pain management solutions. Her diverse practice focuses on targeted pain control for accurate pain diagnosis and opioid harm reduction for complex neuropathic pain. She has successfully incorporated medical cannabis into her practice of treating chronic pain in combination with regenerative medicine therapies of Platelet Rich Plasma (PRP) making Dr. Ahmed a well-established national expert and pioneer in this emerging field of medicine.

Dr. Ahmed is a medical graduate from the University of Saskatchewan in 2006 and received her post graduate designation in Anesthesiology and Medicine from the University of British Columbia in 2011.



Dr. Gudrun Caspar-Bell MD FRCPC
Associated Professor of Medicine U of S
Endocrinologist and Diabetologist

Dr. Caspar-Bell completed her training in Germany at the Karl Ruprecht University of Heidelberg and the Johann-Wolfgang Goethe University Frankfurt am Main. She started in Saskatoon U of S November 2006 up to date. She was the past director of the Diabetes Centre and Division Head Endocrinology 2006 – 2018. She developed successfully multi-disciplinary clinics with thyroid surgeons and neurosurgeons at Royal University Hospital of U of S.



Dr. Bao Dang, MD FRCPC
Internal Medicine & Respiriology

Dr. Dang graduated from the Faculty of Medicine at the University of Calgary in 2003 and then completed his Internal Medicine residency and Respiriology fellowship at the University of Saskatchewan in 2008. He has been in private practice and works with in the community as a Respiriologist in Medicine Hat and Brooks, Alberta. He also navigates a Pulmonary Function Lab in Brooks and is one of the Pulmonary Consultants for the Worker's Compensation Board.



Dr. Nabiha Faisal MD
Assistant Professor of Medicine, Section of Hepatology
Rady Faculty of Health Sciences
University of Manitoba

Dr. Faisal is an Academic Hepatologist and a Clinician Investigator at the University of Manitoba at an Assistant Professor level. Dr. Faisal completed medical school and received her medical training in Internal Medicine, Gastroenterology and Hepatology at Dow Medical College, Karachi, Pakistan and Transplant Hepatology fellowship at Toronto, Canada. Her clinical interest focuses in the epidemiology of advanced liver diseases in Canada with special interest in alcohol and nonalcoholic fatty liver diseases.



Dr. Richdeep Gill, MD PhD FRCSC FACS
Diplomate of American Board of Obesity Medicine
Co-Director: Alberta Obesity Centre
Minimally Invasive Upper Gastrointestinal & Bariatric Surgeon
Assistant Professor of Surgery, University of Calgary

Dr. Gill completed both his medical degree and General Surgery residency at the University of Alberta. During his residency Dr. Gill pursued his research interests in surgical frontiers and was awarded a PhD in Experimental Surgery. He went on to complete subspecialty training in Bariatric Surgery before joining the Calgary Adult Bariatric Surgery Clinic. Dr. Gill holds an academic appointment at the University of Calgary. Dr. Gill's surgical career focuses on the improvement of obesity related co-morbidities and optimizing outcomes for bariatric patients



Dr. M. Wasif Hussain MD FRCPC (Neurology)
Assistant Clinical Professor, University of Alberta
Program Director, Adult Neurology Residency Program
Site Chief, Neurology, Royal Alexandra Hospital

Mohammed Wasif Hussain completed his medical school at Gulf Medical University in Ajman, UAE followed by residency training in Neurology at the University of Alberta. He then completed a fellowship in Concussion at the University of Toronto. He is currently an assistant clinical professor and the residency program director for Neurology at the University of Alberta. He is the site lead for Neurology at the Royal Alexandra Hospital and a board member for the Canadian Headache Society. He is currently the lead for the Headache and Concussion clinics at the Kaye Edmonton Clinic.



Dr. Ted Jablonski MD CCFP FCFP
Medical Director, Jablonski Health
Associate Director, Student Advising and Wellness, Cumming School of Medicine
Medical Lead Calgary Foothills PCN
Clinical Assistant Professor, Department of Family Medicine, University of Calgary

Dr. Ted Jablonski is an award winning teaching family physician based in Calgary, Alberta, Canada. In addition to family medicine, Ted is an Associate Director at the Student Advising and Wellness office at the Cumming school of Medicine. He is also the medical director of Jablonski Health doing consultant work in sexual and transgender medicine for Southern Alberta for two decades. Ted is a sought-after speaker, trainer, media spokesperson and educator with many conference, radio, television and video credits. “dr j” is a multi-instrumentalist, singer-songwriter with 10 indie CD releases, is a published author, graphic artist and passionate emerging playwright.



Dr. Keleigh James MD CCFP FCFP
Special Advisor, Physician Support and Wellness
Canadian Medical Protective Association (CMPA)

Dr. James completed both her medical degree and the Bilingual Family Medicine residency program at the University of Manitoba. As a family physician, she focused on the care of marginalized populations across various settings, working with Indigenous people in northern Manitoba, as well as with Francophone patients in minority language settings. She provided broad-spectrum rural and urban generalist care, delivered in an interdisciplinary care model. She has served in various capacities at the university undergraduate and postgraduate levels, with special interest in learner well-being and support, as well as in curriculum development. She is currently completing a Masters in Medical Education through the University of Dundee.



Dr. Talat Khesghi MD MSc
Rheumatology Associates
Clinical Assistant Professor of Medicine
Division of Rheumatology

Dr. Khesghi is a graduate of Rawalpindi Medical University, Pakistan with an MSc. in Pharmacology from the University of Cincinnati, OH. She completed her internship and residency at the St. Joseph Mercy Hospital, MI and a fellowship in Rheumatology at UTSW Medical Center in

Dallas, Texas. She is a partner at Rheumatology Associates, one of the largest single Rheumatology specialty physicians in the country as well as a Clinical Assistant Professor of Medicine at UTSW.

She has been associated with APPNA in various capacities including co-chair APPNA YPN, past Treasurer of a local chapter, CME co-chair for annual meeting in Dallas, multiple CME lectures, current and past Committee member for APPNA medical corps and APPNA scholarship committee. She is the current CEO of AAMAAL, a non-profit organization promoting education and empowerment of women. She is Past President of American Muslim Women Physicians Association.



Dr. Faisal Khosa MD MBA TI FFRRCSI FRCPC DABR
Associate Professor in Radiology
Vancouver General Hospital
University of British Columbia

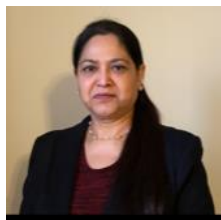
Dr. Khosa is an author, mentor and educator. His research expertise include study of Leadership and he has a contract to publish a Leadership book series with the publisher Bloomsbury. His first book in this series was published in June 2021 by the name of Making of Martyrs in India, Pakistan and Bangladesh: Indira, Bhutto & Mujib. His second book is expected in December 2022. He is invited to conduct workshops at institutions and professional societies all over the world.



Dr. Yasmin Majeed MD CCFP (CoE) FCFP
Assistant Clinical Professor
Department of Family Medicine
University of Calgary

Dr. Yasmin Majeed graduated from Dow Medical College, Karachi Pakistan. She completed training in Family Medicine & Palliative Care from the University of Calgary, Canada. Dr. Majeed is Clinical Assistant Professor at the Cumming School of Medicine, University of Calgary and works as a Pain Consultant at the Calgary Chronic Pain Center and as Physician at Long term Care facilities as the Site Medical lead for Age care and Medical Director for Age Care Glenmore & Midnapore. Dr. Majeed serves on the Governance Committee at the College of Family Physicians of Alberta.

She is Immediate Past President of the Alberta Medical Association, section of Chronic Pain and has served as a Board of Director for the Pain Society of Alberta. She is helping to develop the Pain Strategy of Alberta and is involved with the opioid task force and Physician mentorship program with the Alberta College of Family Physicians. Dr. Majeed is founder and immediate Past President of Canadian Global Care Society. She has delivered lectures in medical institutions all over Pakistan. Her passion is to support health education in developing countries.



Dr. Mubeen F. Rafay MB.BS FCPS MSc.
Associate Professor, Section of Pediatric Neurology
Clinician Scientist, Children's Hospital Research Institute of Manitoba (CHRM)
Winnipeg Children's Hospital, Shared Health
Department of Pediatrics and Child Health
Max Rady College of Medicine, University of Manitoba

Dr. Mubeen Rafay is an Associate Professor, Pediatric Neurologist and Stroke specialist in the Department of Pediatrics and Child Health, at the University of Manitoba and a Clinician Scientist at the Children's Hospital Research Institute of Manitoba (CHRM).



Dr. Babra Rana, MB.BS FRCPC
Consultant Psychiatrist
Vancouver, British Columbia

Dr. Babra Rana is a General Adult Psychiatrist with Vancouver Coastal Health Service and Burnaby Psychiatric Services. She has been the Continuing Medical Education (CME) coordinator for Burnaby Psychiatric Services for the past twenty years and plays a pivotal role in the development of several important educational initiatives.

Dr. Rana brings a culturally sensitive lens to her clinical practice and provides mentorship to her colleagues around multicultural issues. Dr. Rana is a well-respected and trusted leader in multicultural communities in addressing issues impacting vulnerable groups. She diligently volunteers her time for public awareness initiatives to de-stigmatize mental health issues. For the past three years she has been doing monthly radio shows to raise awareness and create dialogue about mental health. She has been nominated for the British Columbia Multicultural Award for her various accomplishments.

Dr. Rana is the founder of the Pakistani Canadian Women's Society (PCWS) and works tirelessly to promote the empowerment of women. The PCWS conducts regular educational events and provides skill-based workshops for South Asian women trying to enter the work force. Dr. Rana is a Director on the Pakistan Festival Organizing Committee. She is also a board member of the Vancouver International South Asian Film Festival. She was awarded "Women of the Decade in Community Leadership and Social Innovation" by the All-Ladies League and Women Economic Forum. Since, she has been nominated by Women Economic Forum to be a director. Dr. Rana is also a member of the Association of Pakistan Physicians of North America (APPNA) and is an international speaker for them. She has received multiple awards for community work. She has been awarded a medal from Senate of Canada for community work.



Dr. Ashfaq Shuaib, MD, FRCPC, FAHA
Professor, Division of Neurology,
Director, Stroke Program,
Department of Medicine, University of Alberta

Dr. Ashfaq Shuaib received his undergraduate medical education at Khyber Medical College in Pakistan, obtaining his MBBS degree in 1980. Thereafter, he did post-graduate training in Internal Medicine and Neurology at the University of Calgary between 1983 and 1988, followed by specialized training in cerebrovascular research at the University of Western Ontario and Duke University Medical School in Durham, North Carolina.

He returned to Canada as an assistant professor in Medicine and Neurology at the University of Saskatchewan in 1989 and rose rapidly through the academic ranks to be appointed full professor in July 1995. In addition, he held the position of program director in the Division of Neurology between 1990 and 1995, supervised numerous research fellows and graduate students and was the Director of the Saskatchewan Stroke Research Centre and Director of the WHO Centre.

He joined the University of Alberta as Professor of Medicine and Director of the Division of Neurology effective September 1, 1997. In July 2007 he stepped down as Divisional Director and remains Director of the Stroke Program. His major interest is in the understanding of the basic mechanisms of cerebral ischemia and clinical trials in cerebrovascular diseases. He has published over 450 articles in peer-reviewed journals and his research is funded by the CIHR, Heart and Stroke Foundation of Alberta, NIH, Alberta Innovates and the industry. He is the co-chair of the NIH funded conference on collaterals and the stroke section of CONy. He has served on the editorial board of the Stroke, Neuro Hospitalist, J of Neuroscience (Pakistan), Post-Graduate Journal (Pakistan), Heart Org. and Associate Editor of Frontiers in Neuroscience and Faculty F-1000.

Our Exhibitors

APPNA Alberta has received an educational grant from the following exhibitors:

Bronze



APPNA Alberta has received donations in kind from the following:



Lenzin and Associates LLP

Notes

[illegible]



APPNA Western Canada Conference 2022



Hosted by APPNA Alberta Chapter