

APPNA Alberta Annual Conference 2023

Saturday June 24, 2023 07:00 — 16:15 MDT

Best Western Premier Calgary Plaza Hotel and Conference Centre
1316 33 St NE, Calgary, AB T2A 6B6

**THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA**



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DU CANADA**

This Group Learning Program has been certified by the
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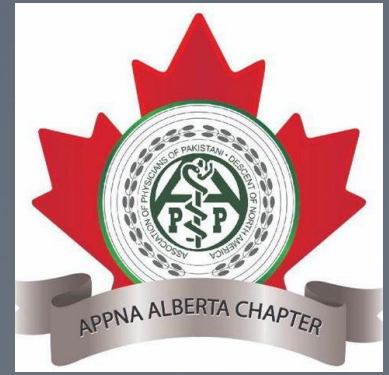
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Conference programme



0700-0730 **Breakfast for Attendees and On-Site Registration**

0730-0740 **Welcome**

Dr. Amir Aslam, Conference Chair
Dr. Saad Yasin, President APPNA Alberta Chapter

0740-0810 **Chronic Disease Reversal Through Lifestyle Interventions: Current State of Knowledge and Overview of Successful Primary Care Office-Based Models**

Dr. Seema Bhanji

Learning Objectives:

- Become familiar with the emerging concept of chronic disease reversal
- Recognize lifestyle/nutritional interventions as evidence-based primary modalities for chronic disease reversal and treatment
- Apply learnings from a successful primary care office-based model to your clinical practice
- Discuss lifestyle interventions with patients as an effective, first-line treatment for chronic disease reversal and treatment

0810-0840 **Benefits of GLP-1 Receptor Agonists in the Clinic**

Dr. Norman Wong

Learning Objectives:

- Understand the actions of GLP-1 Receptor Agonists in patients with and without Type 2 Diabetes
- Learn the profile of patients who may benefit from use of a GLP-1 Receptor Agonist
- Learn about new drugs that work in a similar way with broader activity

0840-0910 **Current Management of Congestive Heart Failure in the Community for Primary Care Physicians: Introduction and Management of Novel Agents**

Drs. Jeff Shaw & Omid Kiamanesh

Learning Objectives:

- Describe evidence-based therapy for heart failure to reduce mortality and hospitalizations
- Apply practical tips to common management dilemmas (congestion, electrolyte disturbances, hypotension)

0910-0940 **First Presenter Group Question and Answer Session**

0940-1010 **Refreshment Break (Exhibitor Area is Open)**

1010-1040 **Better Outcomes in COPD: Update on the latest therapy in COPD**

Riley Epp, MN NP

Learning Objectives:

- Identify challenges and stigmas faced by patients with COPD
- Evaluate the presence of unreported exacerbations and their impact on patient outcomes
- Discuss new medications and practical ways to enhance the standard of care in COPD

1040-1110 **Rashes, Skin Lesions and Acne Management**

Dr. Tetyana Khlabatyn

Learning Objectives:

- Distinguish between benign and neoplastic skin lesions by location
- Understand pathologic mole grades and follow-up guidelines for each
- Master ABCDEs of pediatric melanomas
- Review updates on sun protection – patches, sticks, powders, UPF and more
- Master acne and folliculitis management, including retinoid-induced dryness, budgetary constraints, and stubborn scalp folliculitis

Conference programme

- 1110-1140 **Understanding Key Concepts in the Alberta Schedule of Medical Benefits**
Norma Shipley
Learning Objectives:
- Increase your understanding and interpretation of key Governing Rules
 - Clarify differences between visits and consultations, and discuss requirements when claiming virtual visits and consultations
 - Understand provisions relating to multiple services provided on the same date (visits/consultations +/- procedures)
- 1140-1210 **Second Presenter Group Question and Answer Session**
- 1210-1255 **Lunch Break (Exhibitor Area is Open)**
- 1255-1325 **Thoracic Imaging: Introduction, Pearls and an Update in the Outpatient Context**
Dr. Priya Gupta
Learning Objectives:
- Review thoracic imaging indications and modalities
 - Discuss important clinical pearls when ordering thoracic diagnostic imaging in a clinic setting
- 1325-1355 **Managing Gut Health in the Community**
Dr. Christian Turbide
Learning Objectives:
- Understand protection mechanisms in our gut
 - Understand irritable bowel syndrome and the intestinal microbiome
 - Review treatment of irritable bowel syndrome
- 1355-1415 **Third Presenter Group Question and Answer Session**
- 1415-1445 **Refreshments and Networking (Exhibitor Area is Open)**
- 1445-1515 **Management of Attention Deficit Hyperactivity Disorder (ADHD) in Adults**
Dr. Sara Binder
Learning Objectives:
- Understand the prevalence and impact of ADHD in adults
 - Identify the connection between ADHD and comorbidities
 - Review pharmacologic and non-pharmacologic first-line treatments for ADHD
- 1515-1545 **Laboratory Testing in Alberta Primary Care: Trends and Sources of Error**
Dr. Davinder Sidhu
Learning Objectives:
- Review test ordering patterns and metrics for Primary Care in Alberta
 - Understand common sources of error in laboratory testing
 - Review recent Choosing Wisely laboratory testing guidelines pertinent to primary care
- 1545-1605 **Fourth Presenter Group Question and Answer Session**
- 1605-1615 **Concluding Remarks**
Dr. Sarah Makhdoom, CME Committee Chair

Speaker Profiles



Dr. Christian Turbide



Dr. Turbide is an actively practicing Gastroenterologist in Calgary and a Clinical Assistant Professor of Medicine at the University of Calgary Medical School. He graduated from McGill University in Gastroenterology, with further specialty training in Therapeutic Endoscopy and ERCP. He has a fellowship in Endoscopic Ultrasound, and further training in clinical nutrition and functional medicine with the Institute of Functional Medicine.

Dr. Turbide is a guest radio host on CBC, and has also been interviewed on local and national television and radio programs. He is an examiner at the Royal College of Physicians and Surgeons for Internal Medicine and Gastroenterology, and is a past recipient of the endoscopy teacher of the year and clinic educator of the year awards. He is also a past president of the Alberta Society of Gastroenterology.

Dr. Sara Binder

Dr. Binder is the medical lead and a consulting psychiatrist at the Psychiatric Adult Service at the Foothills Medical Centre in Calgary. She treats adult outpatients who struggle with mood, anxiety, ADHD and substance use disorders. As part of her practice she teaches and supervises psychiatry residents and multidisciplinary students training in mental health. She treats many health care professionals within her practice.

Dr. Binder created an Adult ADHD stream within her clinic, which has become one of the only publicly funded adult ADHD clinics based in a hospital setting in Canada. She works within a collaborative model of mental health care. She has developed and runs an ADHD medication group and an eight-week CBT-based ADHD skills group.

Dr. Binder served on the board of CADDRA for seven years and is now on the advisory board. She is passionate about caring for patients—both the clinical aspects and in educating healthcare professionals in managing adults with mental health disorders.



Dr. Norman Wong



Dr. Wong is an esteemed endocrinologist and Professor in the Department of Medicine and Department of Biochemistry and Molecular Biology at the Cumming School of Medicine in the University of Calgary. Dr. Wong is a member of the Diabetes & Endocrinology Research Group, having conducted extensive research in the field of epigenetics. His numerous academic accomplishments include over 300 published works.

Dr. Wong's laboratory focuses primarily on the hormonal regulation of apolipoprotein AI, a protein which mediates reverse cholesterol transport (a normal physiologic process guarding against heart disease). These studies are now leading to the development of gene and cell therapies aiming to raise the levels of apolipoprotein AI in the body.



Speaker Profiles (continued)

Dr. Seema Bhanji

Dr. Bhanji is an actively practicing family physician at the Lessard Medical Clinic in Edmonton. She has a special interest in metabolic disease management and remission, and has a Diplomate from the American Board of Lifestyle Medicine (DipABLM) in addition to a Diploma in Clinical Epidemiology. She completed her medical school and residency at Aga Khan University.

Dr. Bhanji has been prescribing a low-carb, high-fat (LCHF) diet and lifestyle modifications since 2018 to patients with diabetes, obesity, metabolic syndrome, polycystic ovarian syndrome, gestational diabetes, non-alcoholic fatty liver disease, dyslipidemia, depression and attention-deficit hyperactivity disorder.



Dr. Omid Kiamanesh

Dr. Kiamanesh is a cardiologist specializing in advanced echocardiography, advanced heart failure/transplantation, and critical care cardiology at the University of Calgary.

Dr. Kiamanesh completed internal medicine and cardiology residencies at the University of British Columbia, where he was Chief Medical and Chief Cardiology Resident. He completed fellowship training in Advanced Heart Failure, Mechanical Circulatory Support, and Cardiac Transplantation followed by Advanced Echocardiography at the University of Toronto. Dr. Kiamanesh subsequently completed his Advanced Echocardiography fellowship at the University of Calgary.

Dr. Kiamanesh is Medical Director of the Cardiac Function Clinic at the Peter Lougheed Centre and Medical Director of the Neuromuscular Cardiac Disease Clinic at the Peter Lougheed Centre. His research in both echocardiography and heart failure is published in international peer-reviewed journals. Dr. Kiamanesh sits on the Board of Directors of the Canadian Society of Echocardiography.



Dr. Jeff Shaw

Dr. Shaw is a cardiologist specializing in advanced echocardiography, critical care medicine, and critical care cardiology at the University of Calgary. He completed internal medicine, cardiology, and critical care medicine residencies at the University of Calgary, where he was Chief Cardiology Resident. He completed fellowship training in Advanced Echocardiography at the University of Calgary.

Dr. Shaw's research is published in national peer-reviewed scientific journals. He also leads the Cardiology Simulation program at the University of Calgary. Outside of work, he enjoys spending time with his family of four, ideally on a ski slope.



Speaker Profiles (continued)



Norma Shipley

Norma has worked for each of the Alberta Medical Association (current), Alberta Health and Alberta Health Services in various roles relating to physician compensation and accreditation. She offers education to physicians on the Schedule of Medical Benefits and WCB billing, is an AMA representative on the AMA/WCB Advisory Committee and works with the AMA's AMHSP Council.

T 780.482.0303 / E-mail: norma.shipley@albertadoctors.org

Dr. Davinder Sidhu

Dr. Sidhu completed his Pharmacy and Law School training at UBC and practiced Corporate Commercial Tax litigation in Vancouver before attending medical school and completing his residency training in General Pathology in Calgary. He completed his fellowship training in Transfusion Medicine and Apheresis at Yale University and is the current Division Head for Transfusion Medicine in Southern Alberta. Dr. Sidhu holds clinical appointments in Pathology and Laboratory Medicine and Internal Medicine in both the Divisions of Hematology and Nephrology. He is responsible for stem cell collection for all of Alberta's bone marrow transplant programs, as well as clinical apheresis patient care treatment procedures in Calgary. He is the Medical Director for the Calgary Collaborative Immunology Clinic, the Medical Director of the APL Cellular Therapy Laboratory, and the Residency Program Director for General Pathology at the University of Calgary.

Dr. Sidhu's research background includes extensive publications in medical education, laboratory testing utilization and laboratory informatics. He is currently involved in several clinical research trials including CONCOR-1 (convalescent plasma treatment for COVID-19), FIIRST-II (treatment of coagulopathy in trauma), PRHIS-V (avoidable blood transfusion in Critical Care and



Dr. Tetyana Khlabatyn

Dr. Khlabatyn is a board-certified dermatologist in Canada and the United States. After completing her doctorate in medicine at the University of British Columbia, she then went on to complete her dermatology residency at the University of Calgary. Dr. Khlabatyn is passionate about medical resident education and continues to serve as a Clinical Lecturer at both the University of British Columbia and University of Calgary. She has also been selected to deliver presentations at medical conferences around the world.

Dr. Khlabatyn provides comprehensive care in all areas of dermatology with clinical and research interests in skin cancers, senior care, hyperhidrosis, pediatric care, and patient education. Dr. Khlabatyn is also fluent in Ukrainian.

When not at work, Dr. Khlabatyn enjoys road biking, photography, making TikTok's, and exploring the world with her husband and two children.





Speaker Profiles (continued)

Dr. Priya Gupta

Dr. Gupta has been with Mayfair Diagnostics since 2016. Her special interests include high-resolution chest, liver, and bowel imaging. She is actively involved in clinical research and teaching, and conducts various interdisciplinary rounds.

Dr. Gupta has presented her original scientific works at multiple international conferences and is on the Pediatric Imaging Sub-Committee of the American Roentgen Ray Society.

Outside of work, Dr. Gupta likes to travel and read. She volunteers her time to improving education in India and loves to cook and spend time with her husband and children.



Riley Epp, MN NP

Riley completed his undergraduate nursing training at the University of Lethbridge. He is a certified critical care nurse with ER, ICU, and critical care flight transport experience. He completed a Master's degree and Post Master's diploma at the University of Calgary with an interest in Respiriology. He subsequently joined the FMC Sleep Centre for additional training in sleep disorders medicine.

Riley has a blended practice of inpatient and outpatient consultation, including a growing community-based practice.



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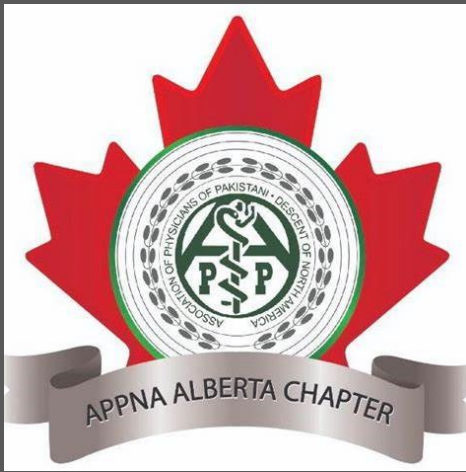
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