

BRITISH COLUMBIA

RHC Rural Health
CONFERENCE

20
22

May 13-15 Fri-Sun
Penticton, BC

*In-person and virtual registration
options available!*



Rural Coordination
Centre of BC



Enhancing rural health through education and advocacy

doctors
of bc

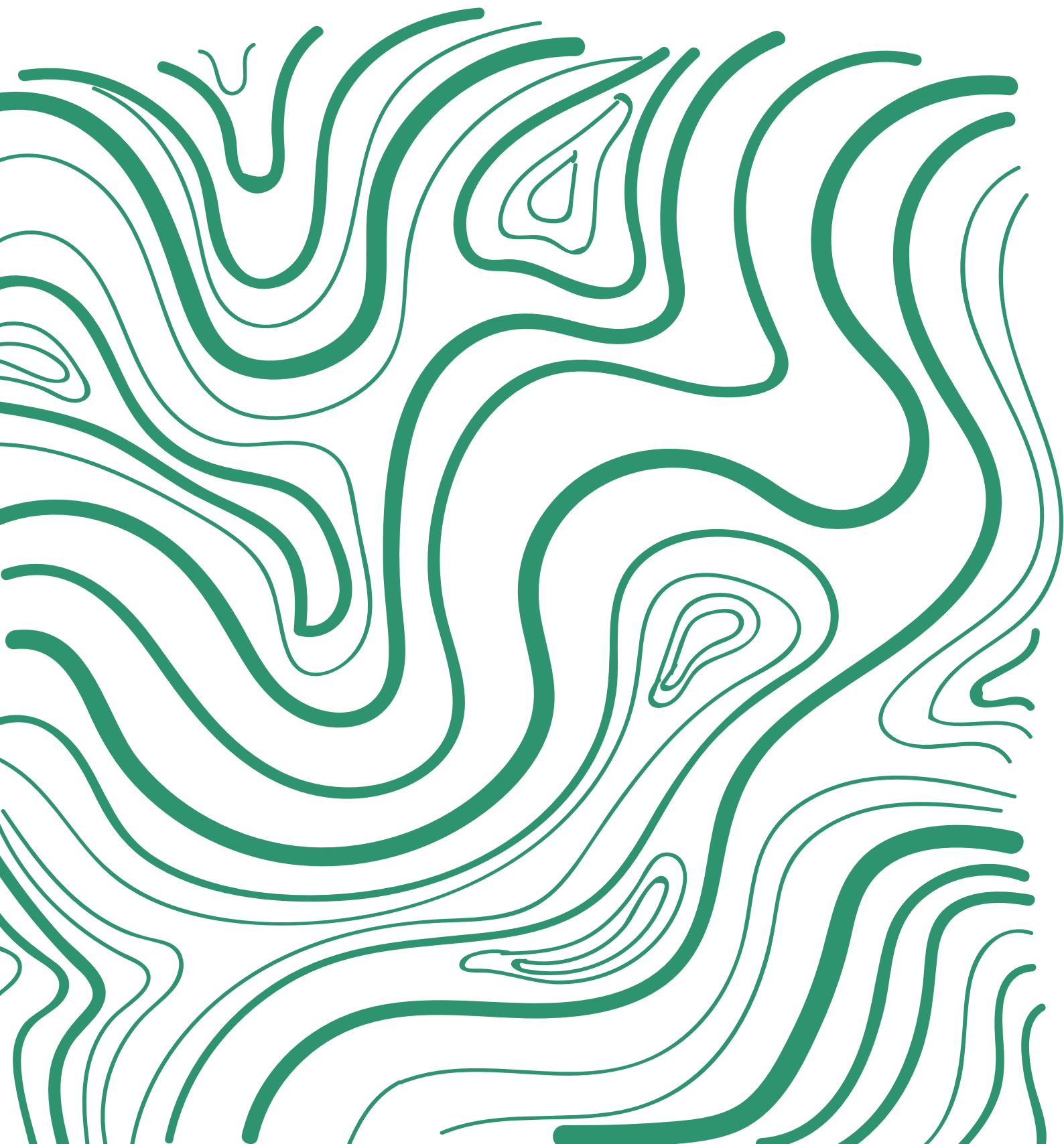


Joint Standing Committee on Rural Issues (JSC)

Accredited for up to:

11.5 Mainpro+ / MOC Section 1

Rural Medicine Conference



Join us on the ancestral and traditional territory of the Syilx People in Penticton, BC, for one of western Canada's most unique and comprehensive Rural Medicine conferences.

Conference Highlights:

- Social and networking events and activities to reconnect with rural health colleagues
- Wellness opportunities, including chair massages, yoga, and stretching sessions
- Family-friendly event, with complimentary childcare during conference hours
- Interactive group sessions and hands-on skills workshops geared towards rural practitioners
- Rural Locum Networking event with luncheon
- Add-on courses: HOUSE-OB, HOUSE-EM, CASTED: Emergency, CASTED: Fracture Clinic, and The CARE Course

The **BC Rural Health Conference** is more than just CME. It's about connecting rurally-based colleagues and fostering community and collaboration.



Childcare



Massages



Stretch Breaks



Networking

...and more!

Acknowledgements

A special thank you to the following organizations for their conference support and in-kind contributions:

**doctors
of bc**



Joint Standing Committee on Rural Issues (JSC)

UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

Pre-Conference Courses

The CARE Course

May 11-12 (Wed-Thu)

The CARE Course (Comprehensive Approach to Rural Emergencies) is a traveling rural program for physicians, nurses, and pre-hospital providers. This two-day program provides interactive hands-on learning in a fun, warm and supportive inter-professional environment. Medical, trauma, obstetric and paediatric emergency management are featured. Appropriate to the realities of rural practice, this small group program supports the teamwork and skills enhancement needed to provide rural emergency care.

[More Information](#)

CASTED: Emergency

May 11 (Wed)

CASTED: Emergency is ruthlessly clinical - a practical, high-yield, practice-changing ED orthopedics course. By the end of the course, you will be better at diagnosing subtle but serious ED ortho injuries. You will have a much better approach to ED reductions and immobilization. And you will have a better sense of when ortho needs to get involved (and why!). This course will be valuable to anyone who manages ED patients with acute injuries - from rural to urban.

[More Information](#)

[External Registration Page](#)

CASTED: Fracture Clinic

May 12 (Thu)

CASTED: Fracture Clinic is intended for family doctors in smaller centres who follow-up patients with fractures and acute MSK injuries. The online day will highlight case-based examples of practical and important fracture management principles. The hands-on day will focus on tips and tricks to properly apply and mold fiberglass casts. The indications for removable splints are reviewed and cast removal is also practiced.

[More Information](#)

[External Registration Page](#)

Hover over the icons above for more information

Pre-Conference Courses

HOUSE-OB

May 12 (Thu)

The Hands-On Ultrasound Education: Obstetrics Course (HOUSE-OB) gives rural physicians the training and confidence to integrate point-of-care ultrasound into their practice. HOUSE-OB was designed to meet the unique needs of rural physicians providing maternity care. This course features newly added content on first trimester pregnancy, including gestational dating! The course agenda includes: fetal presentation, fetal cardiac activity, amniotic fluid index, and our newly introduced content on 1st trimester pregnancy. [More Information](#)

HOUSE-EM

May 13 (Fri)

The Hands-On Ultrasound Education: Acute Care (HOUSE-EM) Course gives rural physicians the training and confidence to integrate point-of-care ultrasound into their practice. HOUSE-EM offers a high instructor to student ratio and scanning on live models to maximize hands-on practice. This course features the Ultrasound for CORE IP module, including eFAST, cardiac-subxyphoid, AAA, and pneumothorax. If you are interested in pursuing your CORE-IP status, this course qualifies as a pre-requisite course in the certification process. [More Information](#)

RURAL LOCUM

May 13 (Fri)

The Rural Locum Networking event will bring together rural BC locums, recent medical graduates, experienced physicians and rural leaders to share experiences and ideas for innovations. During this pre-RHC event, discover the advantages of rural locuming, and be part of a unique group of rural health professionals! This event includes a networking lunch with your colleagues.

Hover over the icons above for more information

Social Events



Friday Welcome Reception @ Time Winery

DATE: May 13 (Fri)

TIME: 18:00-20:00

COST: Free

LOCATION: Time Winery & Kitchen

Built within a revitalized movie theatre, Time Winery is Penticton's first downtown winery, and only a 10-minute stroll from the conference venue. We invite all registered delegates to join us to sip their latest vintages paired with exciting canapés from the kitchen, as well as explore the inner workings of the winery.

Saturday Dinner @ Poplar Grove Winery

DATE: May 14 (Sat)

TIME: 18:30-21:30

COST: \$110

LOCATION: Poplar Grove Winery

Join us for an exciting evening at Poplar Grove, one of the original five wineries on the Naramata Bench. Enjoy a selection of canapés and wine to start, followed by a locally-sourced and curated **sit-down dinner** surrounded by the company of your colleagues. Tickets include round-trip transportation from the Penticton Lakeside Resort. Seating is limited, so register early to snag a spot!



Saturday Reconnect @ Neighbourhood Brewing

DATE: May 14 (Sat)

TIME: 18:30-21:30

COST: \$40

LOCATION: Neighbourhood Brewing + Kitchen

Penticton is the Craft Beer Capital of Canada, and May 14 also coincides with the 25th Annual Okanagan Fest of Ale. What better reasons do you need to join us at Neighbourhood Brewing to reconnect with friends while sampling local beer, cider, wine, and some of the tastiest Mexican-inspired dishes in town? Located just one block from the conference venue, you won't want to miss out on this fun night.



Friday MAY 13

1300-1500 **REGISTRATION OPENS | EXHIBITS OPEN**
Pick up your name badge and connect with colleagues during this open networking block — plenty of snacks and refreshments available.

1500-1530 **FIRST NATIONS WELCOME**

CELEBRATING RURAL HEALTH INNOVATIONS AND SUCCESS STORIES:

1530-1555 Baby Bed Project Glenda Bertolucci

1555-1620 Monthly Events on Health Promotion and Disease Prevention Margaret Crossley

1620-1625 **BREAK | STRETCH**

1625-1650 Salmon Arm Secondary Wellness Centre Richard Currie

1650-1715 Simpcw First Nation’s Health Board: True Community Consultation Shelly Lampreau

1715-1730 **PRESENTATION OF THE RURAL HEALTH AWARDS**

1800-2000 **WELCOME RECEPTION**
Join your colleagues for this casual networking reception at Penticton’s first downtown winery: Time Winery. Only a 10-minute stroll from the conference venue, we invite you to sip Time’s latest vintages paired with exciting canapés from the kitchen, as well as explore the inner workings of the winery. All registered delegates welcome!



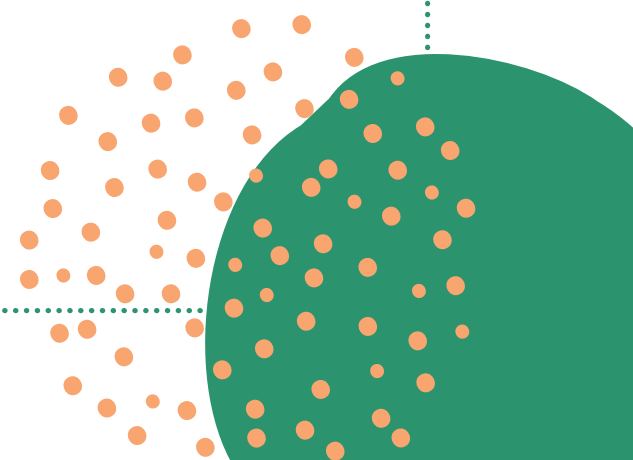
Saturday MAY 14

0700-0750 **REGISTRATION & EXHIBITS OPEN | BREAKFAST**

0755-0800 **RCCbc WELCOME**

0800-0855 **PLENARY:** No Fat Shame: How Weight Bias Threatens the Soul of Medicine Ali Zentner

SESSION #1 0900-0955				2-HOUR SESSIONS 0900-1125		
<p>Lung Ultrasound: Should Chest X-Rays Belong in a Museum? Jonathan Wallace</p>	<p>Practical Approaches to Deprescribing Mark Lawrie</p>	<p>Serious Illness Conversations Brian Forzley</p>	<p>The "Other" Pediatric Dermatology Conditions Seen in the ED Allison Gregory</p>	<p>WORKSHOP: Co-Regulation: Fostering Collective Resilience through Mindfulness Rahul Gupta</p> <p><i>Max 30 participants</i> <i>No fee</i></p>	<p>WORKSHOP: Basic Suturing Bret Batchelor Stuart Johnston</p> <p><i>Max 18 participants</i> <i>\$25 fee</i></p>	<p>WORKSHOP: Hands-On Hacks for Eye Exams in Both the Office and the ED Heather O'Donnell</p> <p><i>Max 30 participants</i> <i>\$25 fee</i></p>
1000-1030 REFRESHMENT BREAK BREATHWORK AND MEDITATION						
SESSION #2 1030-1125						
<p>Trauma Tips and Tricks Matt Petrie</p>	<p>A Practical Approach to Shoulder Pain Derek Plausins</p>	<p>How to Survive as a Locum: Tips and Supports for Success Zeke Steve</p>	<p>Efficiently Transitioning OAT Patients from Acute Care to the Community in a Rural Setting Aseem Grover</p>			



Saturday MAY 14 ...continued

1125-1230 **LUNCH BUFFET | YOGA STRETCH AND FLOW (1200-1230)**

1145-1230 **OPEN MEETINGS:**

No registration necessary (drop-in)

BC Emergency Medicine Network

Hosted by the BC Emergency Medicine Network

SESSION #3		1230-1325		2-HOUR SESSIONS		1230-1425	
Identifying and Managing Cases of Child Abuse in Rural Communities Kirsten Miller	Ketamine: A Rural ER Wonder Drug Jonathan Wallace	Informed Consent and Refusal in Obstetrics: A Practical Ethical Guide Andrew Kotaska	Diagnosis and Management of Carpel Tunnel Niall Davidson	WORKSHOP: Cultural Safety and the Indigenous Patient-Led Continuing Professional Development Project Elder Cheryl Schweizer Harley Eagle <i>No fee</i>	WORKSHOP: How to Say No with Joy Shireen Mansouri Tandi Wilkinson <i>No fee</i>	WORKSHOP: Advanced Suturing Bret Batchelor Stuart Johnston <i>Max 18 participants</i> <i>\$25 fee</i>	
SESSION #4		1330-1425					
ED Care of the Un-Sick David Esler	Geriatric Urinary Incontinence Martha Spencer Mary Kjorven	POCUS for the Office: Short Cases, Big Saves Virginia Robinson	Protecting Your Financial Future with Insurance Planning Hali Stus				

1425-1430 **5-MINUTE TRAVEL BREAK**

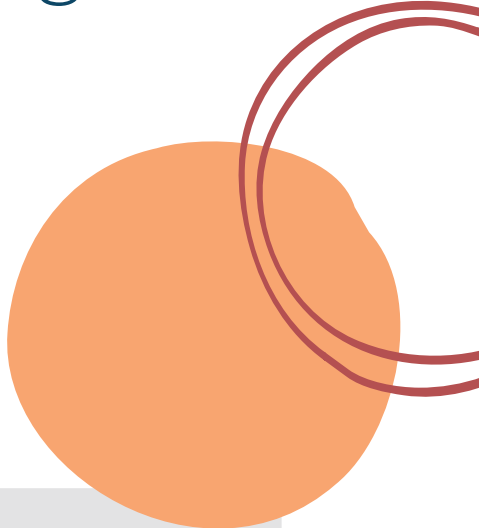
1430-1525 **PLENARY:** Paranoia & Conspiracy During COVID-19: Practical Strategies for Effective Communication

Heather Fulton

1530 onwards Open time for connecting with colleagues, rekindling friendships, and engaging in the various social events and extracurricular activities that we've organized. Details coming soon!



Saturday MAY 14 ...continued



EVENING SOCIAL ACTIVITIES OFFERED:

1830-2130

EVENING DINNER @ POPLAR GROVE WINERY

Join us for a social evening at Poplar Grove, one of the original five wineries on the Naramata Bench. Enjoy a selection of canapés and wine to start, followed by a locally-sourced and curated **sit-down dinner** surrounded by the company of your colleagues.

Tickets include round-trip transportation from the Penticton Lakeside Resort. Tickets can be purchased at time of registration. Limited seating is available.

TICKETS: \$110 each *Ticket prices have been subsidized by RCCbc*

1830-2130

RECONNECT @ NEIGHBOURHOOD BREWING + KITCHEN

Join us for a fun and relaxed evening at one of the hottest breweries in Penticton. Reconnect with friends while sampling local beer, cider, wine, and some of the tastiest Mexican-inspired dishes in town. Located just one block from the conference venue, you won't want to miss out on this fun night that coincides with the 25th Annual Okanagan Fest of Ale.

Tickets can be purchased at time of registration. Limited seating is available.

TICKETS: \$40 each *Ticket prices have been subsidized by RCCbc*



Sunday MAY 15

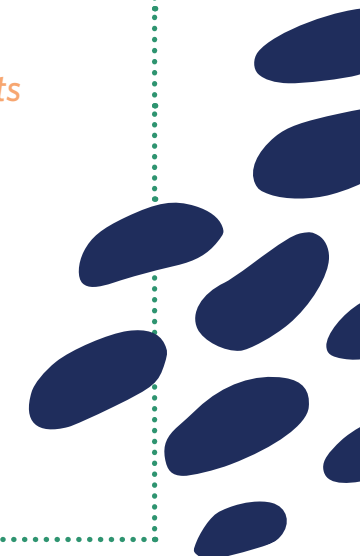
0700-0800 **REGISTRATION & EXHIBITS OPEN | BREAKFAST | YOGA STRETCH AND FLOW (0715-0745)**

0800-0900 **RAPID FIRE SESSION:**
 Parkinson's Disease Management Made Easy
 Management and Injection of Trigger Fingers
 PCOS Made Simple
 Niall Davidson
 Stuart Johnston
 Andrew Kotaska

SESSION #5 0905-1000					2-HOUR SESSIONS 0905-1110	
Duct Tape, Discards, and DIY: Developing Your Own Rural Simulation Tools John Soles Kara Purdue	Arthritis in the Clinic Michelle Teo	DAAM! Drug Assisted Airway Management: A Rural Perspective Sean Ebert	An Approach to Female Sexual Concerns in Midlife Kelsey Mills	Management of the Most Common Eye Complaints Heather O'Donnell	WORKSHOP: Health Humanities, Cultural Humility, Storytelling, and Physician Wellness in Northern, Rural, and Remote British Columbia Sarah de Leeuw Kung JaaDee Darian Stahl <i>No fee</i>	WORKSHOP: Common Fracture Treatment and Casting Chris Parfitt <i>Max 24 participants</i> <i>\$25 fee</i>
1000-1015 REFRESHMENT BREAK						
SESSION #6 1015-1110						
Making Nice with Gramma & Grampa: Savvy Mgmt of the Elderly ED Patient David Esler	Working with Gender Variant Youth Rachel Boulding	Chronic Pain in Rural Practice: Tips and Tricks Sean Ebert	The Snake Bite Patient: Don't be Rattled! Robert Offer	Rural Abstract Presentations Caitlin Blewett Narain Verma Margaret McGregor		

1115-1200 **PLENARY:** Beyond Morphine and Duct Tape: What's in the Perfect First Aid Kit for the Rural Doc?
All attending participants will receive a free custom-made First Aid Kit!
 John Soles & Nicole Ebert

1200 **CONFERENCE ENDS | GRAB 'N' GO LUNCH**



Registration Fees

Register Online

events.eply.com/RHC2022



IN-PERSON REGISTRATION

	By April 11	After April 11
Physician & Nurse Practitioner	\$675	\$750
Allied Health Professional <i>Ex: Nurse/RN, Midwife, Paramedic, Physiotherapist, Health Administrator, Other</i>	\$250	\$250
Resident	\$175	\$175
Medical Student	\$175	\$175

VIRTUAL REGISTRATION

	By April 11	After April 11
Physician & Nurse Practitioner	\$245	\$275
Allied Health Professional <i>Ex: Nurse/RN, Midwife, Paramedic, Physiotherapist, Health Administrator, Other</i>	\$75	\$75
Resident	\$75	\$75
Medical Student	\$75	\$75

ADD-ON COURSES

	Physician	Resident	Nurse	Paramedic	Midwife
The CARE Course	\$1800	—	\$200	\$100	—
CASTED: Emergency External Registration	\$2150	\$1595	\$1695	\$1695	—
CASTED: Fracture Clinic External Registration	\$1350	\$945	\$1150	\$1150	—
HOUSE-OB Course	\$1950	\$1950	—	—	\$1950
HOUSE-EM Course	\$1950	\$1950	—	—	—
Rural Locum Networking	\$25	\$25	—	—	—

SOCIAL EVENTS

Saturday Dinner @ Poplar Grove Winery	\$110/ticket
Reconnect @ Neighbourhood Brewing	\$40/ticket
Spousal Registration <i>Partners/spouses receive a name badge to gain access to all conference meals on May 13-15 (excluding ticketed events).</i>	\$125

In-Person Cancellation Policy: No refunds or transfers, unless you cancel in writing to UBC CPD by April 25, 2022. A \$75.00 cancellation fee will apply. You may choose to change your in-person registration to the virtual registration option by April 25 (with no processing fee), and you will receive a refund for the cost difference. After April 25, no full or partial refunds are allowed.

Virtual Cancellation Policy: No refunds or transfers, unless you cancel in writing to UBC CPD by May 6, 2022. A \$25.00 cancellation fee will apply.

Venues & Accommodation

Penticton Lakeside Resort

**Conference Venue*

21 Lakeshore Dr W, Penticton BC V2A 7M5

Rates start at \$169.00 + taxes

Book online: bit.ly/rhc-lakeside Group Code: RHC2022

Rates available until April 7, based on availability.

Cancellation policy: Three days prior to arrival without penalty

Fairfield Inn & Suites by Marriott

602 Eckhardt Ave W, Penticton, BC V2A 2B5

[Check rates here](#) or call 1.236.422.0821

20-minute walk to the Penticton Lakeside Resort

Sandman Hotel Penticton

939 Burnaby Ave W, Penticton BC V2A 1G7

[Check rates here](#) or call 1.250.493.7151

20-minute walk to the Penticton Lakeside Resort

Neighbourhood Brewing

187 Westminster Ave W

Penticton, BC V2A 1J7

Time Winery

361 Martin St

Penticton, BC V2A 5K6



Neighbourhood Brewing
Time Winery
Fairfield Inn & Suites
Sandman Hotel Penticton

7-minute walk from Penticton Lakeside Resort
10-minute walk from Penticton Lakeside Resort
20-minute walk to Penticton Lakeside Resort
20-minute walk to Penticton Lakeside Resort