

2022 Program Schedule

FRIDAY, May 13

Time	Title of Presentation	Presenter	Location
1300-1500	REGISTRATION OPENS EXHIBITS OPEN MEET 'N' MINGLE REFRESHMENT BREAK <i>Check in at the registration desk to pick-up your conference kit. Then join us in the exhibit hall, grab some refreshments, and reconnect with colleagues — lots of snacks & beverages available!</i>		EAST BALLROOM
1500-1530	FIRST NATIONS WELCOME & BLESSING	Elder Grace Greyeyes Penticton Indian Band	SALON CD
1530-1645	A CELEBRATION OF RURAL HEALTH: Celebrating Rural Health Innovations <i>Rural communities and doctors often develop grassroots “innovations”—models, programs, initiatives, approaches, and work-arounds—to improve the health of rural people and communities. Get inspired by four unique rural health innovations that address their communities’ needs through creativity, collaboration, education, and engagement. Then consider the innovations occurring in your own community, and how sharing them could benefit others.</i> Moderated by: Leslie Carty, RCCbc		
	Monthly Community Workshops Promoting Health and Social Wellbeing <i>East Shore, South Kootenay Lake (Boswell, BC)</i> Natasha Goldsbury, RN, Chronic Disease Educator, Interior Health, East Kootenay Margaret Crossley, Education Liaison, East Shore Kootenay Lake Community Health Society		SALON CD
	Salmon Arm Secondary (SAS) Wellness Centre <i>Salmon Arm, BC</i> Dr. Richard Currie, Family Doctor/ Shuswap North Okanagan Division of Family Practice Monica Kriese, Wellness Centre Coordinator/School District 83, North Okanagan Shuswap		
	Simpw First Nation Health Board: True Community Consultation <i>Simpw First Nation</i> Shelley Lampreau, Health Director, Simpcw First Nation Marie Matthew, Health Board Chair, Simpcw First Nation		
	Rural Virtual Simulations <i>Various communities across British Columbia</i> Dr. Caroline Shooner, Family Doctor Xin Mei Liu, Resident, RCPSC-EM Residency Program, University of British Columbia		
1645-1730	A CELEBRATION OF RURAL HEALTH: BC Rural Health Awards <i>Every single day, rural doctors and communities across British Columbia move mountains to improve the health and well-being of rural British Columbians and their communities. RCCbc honours their passion, dedication, and achievement each year through the BC Rural Health Awards. Join us to recognize and celebrate this year’s inspiring recipients—each nominated by their peers, community, and partners. Presented by: Leslie Carty and Dr. Stuart Johnston</i>		
	Above and Beyond Recipients: Dr. Francois Bosman, Dr. John Soles, and Dr. Paul Warbeck Rural BC Community Award: Whistler, BC Award Of Excellence in Rural Medicine - Lifetime Achievement: Dr. Lauri-Ann Shearer		SALON CD
1800-2000	WELCOME RECEPTION <i>Built within a revitalized movie theatre, Time Winery is Penticton’s first downtown winery, and only a 10-minute stroll from the conference venue. Join us to sip their latest vintages paired with exciting canapés from the kitchen, as well as explore the inner workings of the winery. If you RSVP’d, check the back of your name badge for your drink ticket!</i>		TIME WINERY + KITCHEN

2022 Program Schedule

SATURDAY, May 14

Time	Session	Presenter	Location
0700-0750	REGISTRATION AND EXHIBITS OPEN		EAST BALLROOM
0700-0750	BREAKFAST		EAST BALLROOM
0755-0800	RCCbc Welcome & Housekeeping Remarks	Ray Markham Nicole Ebert	SALON CD
0800-0855	<p>PLENARY: No Fat Shame: How Weight Bias Highlights the Worst of our Practice and What to Do About It</p> <ul style="list-style-type: none"> To understand the scope and impact of Weight Bias in medicine. To explore its impact on our practices. To establish rules of practice when engaging with patients with obesity in order to mitigate weight bias and harm. 	Ali Zentner <i>*Virtual Presentation*</i>	
** TWO-HOUR WORKSHOPS **			
0900-1125	<p>Hands-On Hacks for Eye Exams in Both the Office and the ED <i>Pre-registration required (sold out) - inquire at the reg desk re: availability</i></p> <ul style="list-style-type: none"> Identify the functional units of the slit lamp and how to troubleshoot common problems. Practice your office-based eye assessment. Equip your office with the critical tools you need for a good eye exam. 	Heather O'Donnell Cameron Oliver <i>**Session not recorded**</i>	SALON A
0900-1125	<p>Basic Suturing Workshop <i>Pre-registration required (sold out) - inquire at the reg desk re: availability</i></p> <ul style="list-style-type: none"> Participants will practice useful suturing techniques for repairing various wound injuries. Techniques for repairing an extensor tendon will be covered with hands-on practice. The general principles regarding selection of suture materials and wound care will be discussed. 	Bret Batchelor Stuart Johnston <i>**Session not recorded**</i>	MERLOT
0900-1125	<p>Co-Regulation: Fostering Collective Resilience Through Mindfulness</p> <ul style="list-style-type: none"> Define mindfulness and the polyvagal theory. Learn to track our physiological states and how they impact our ability to connect. Investigate various mindfulness practices that offer opportunities for co-regulation. Identify applications of these practices in leadership, cultural safety, and collaboration. 	Rahul Gupta <i>**Session not recorded**</i>	CHARDONNAY
** ONE-HOUR BREAKOUT SESSIONS **			
0900-0955	<p>The "Other" Pediatric Dermatology Conditions Seen in the ED</p> <ul style="list-style-type: none"> Identify several types of dermatologic issues that may not be covered in standard presentation Review considerations and management for dermatologic cases 	Allison Gregory	SALON CD
0900-0955	<p>Key Aspects of the Serious Illness Conversation</p> <ul style="list-style-type: none"> Understand what is unique about "the serious illness conversation" and how it likely differs from the usual conversations we have Understand where in the patient's journey you should be having a serious illness conversation Understand why it is important to actually have the serious illness conversation as a distinct intervention 	Brian Forzley	SALON B

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0900-0955	Interstitial Lung Ultrasound: Should Chest X-Rays Belong in a Museum? <ul style="list-style-type: none"> Describe the diagnostic accuracy of CXR & ultrasound for common lung pathologies. Appreciate the common ultrasound-artifacts consistent with dry vs wet lungs (A-lines, B-lines) and well as other pathological changes (sub-pleural changes, hepatization). 	Jonathan Wallace	ZINFANDEL
0900-0955	Practical Approaches to Deprescribing <ul style="list-style-type: none"> How to recognize deprescribing opportunities How to design a deprescribing plan, prioritize changes, and discuss the communication with patients and their families How to deal with uncertainty and lack of clear direction/guidelines while still being effective 	Mark Lawrie	CABERNET
0955-1030	REFRESHMENT BREAK AND EXHIBITS		EAST BALLROOM
1000-1030	Yoga, Breathwork and Meditation Session		West Lawn
** ONE-HOUR BREAKOUT SESSIONS **			
1030-1125	Trauma Tips and Tricks <ul style="list-style-type: none"> To acquire applied knowledge in specific trauma procedures To develop strategies to help assist in crisis resource management in trauma To take home easy-to-implement changes in practice in trauma care 	Matt Petrie	SALON CD
1030-1125	A Practical Approach to Shoulder Pain <ul style="list-style-type: none"> Use the history and dDx to complete a shoulder assessment in a 10 to 15 minute office appointment Plan investigations and treatment Learn "a practical approach to shoulder pain" 	Derek Plausinis	SALON B
1030-1125	How to Survive as a Locum: Tips and Supports for Success <ul style="list-style-type: none"> Discuss the ways to find work as a locum in BC How to navigate forms How you get paid and how to track your payments Review supports for surviving rural emergencies for new to practice locums 	Zeke Steve	CABERNET
1030-1125	Transitioning OAT Patients from Acute Care to the Community Efficiently in a Rural Setting <ul style="list-style-type: none"> Initiating OAT in the ER with efficient disposition Optimizing and initiating OAT in the acute/inpatient setting Acute or chronic pain in a patient with opioid dependence 	Aseem Grover	ZINFANDEL
1125-1230	LUNCH BREAK		EAST BALLROOM
1200-1230	Yoga, Breathwork and Meditation Session		West Lawn
1140-1225	OPEN MEETING: RHSRNbc: Enhancing rural resilience against climate change and ecosystem disruption <i>This open meeting will center on sharing emerging themes of rural community resilience, with opportunity for discussion and co-creation of sustainable solutions.</i>		SALON A
1140-1225	OPEN MEETING: BC Emergency Medicine Network Listening Session: Patient engagement in creating patient discharge sheets and supporting simulation practice across BC <i>During this open meeting, we will discuss patient-engaged approaches to creating discharge sheets, as well as share our experiences with simulation and gather your feedback and suggestions for how to be more effective with simulation practice in your community.</i>		SALON B

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Time	Session	Presenter	Location
** TWO-HOUR WORKSHOPS **			
1230-1425	Advanced Minor Surgical Procedures for Rural Practitioners <i>Pre-registration required (sold out) – inquire at the reg desk re: availability</i> <ul style="list-style-type: none"> To review pre-operative indications, equipment and set up for advanced minor surgery procedures To get hands on practice advanced minor surgery procedures (flaps, extensor tendon repair, advanced suture techniques) To review post-operative management, pitfalls, tips and tricks for the procedures practiced 	Bret Batchelor Stuart Johnston <i>**Session not recorded**</i>	MERLOT
1230-1425	Indigenous Patient-Led CPD Journey: A Dialogue on Where We've Been and Where We're Going <ul style="list-style-type: none"> Provide an example of an Elder-led, First Nation community driven processes to strengthen Cultural Safety and Humility in physician communities Share lessons learned over the course of the project including adapting to a global pandemic setting Facilitate an opportunity to hear from Indigenous Elders their thoughts on how to increase Cultural Safety and Humility and address systemic racism in the health care system Facilitate an opportunity to hear from Indigenous Health Care providers their thoughts on how to increase Cultural Safety and Humility and address systemic racism in the health care system 	Elder Cheryl Schweizer Harley Eagle Terri Aldred <i>**Session not recorded**</i>	CHARDONNAY
1230-1425	How to Say No with Joy <ul style="list-style-type: none"> Identify some personal beliefs that lead to saying yes when they mean no Learn how to let them go Develop and practice a personal plan for moving forward in a new way 	Shireen Mansouri Tandi Wilkinson <i>**Session not recorded**</i>	CABERNET
** ONE-HOUR BREAKOUT SESSIONS **			
1230-1325	Ketamine in the Rural ER <ul style="list-style-type: none"> Describe Safe Ketamine use in: <ul style="list-style-type: none"> Procedural Sedation Acute and Chronic Pain Management 	Jonathan Wallace	SALON CD
1230-1325	Diagnosis and Management of Carpal Tunnel <ul style="list-style-type: none"> Learn about carpal tunnel diagnosis Learn about the role of EMG/NCS Learn about therapeutic options for carpal tunnel 	Niall Davidson <i>**Session not recorded**</i>	SALON A
1230-1325	Beyond The Cervix: Office Gyne Pearls <ul style="list-style-type: none"> Recognize eight common cervical and vaginal lesions and describe their management. Describe the no-touch technique for intrauterine instrumentation. List the eight "S's" of endometrial Bx technique. Review treatment of a Bartholin's abscess with a Word Catheter. List the hard and soft equipment needed to effectively manage office gynecological problems effectively 	Andrew Kotaska	SALON B
1230-1325	Identifying and Managing Cases of Child Abuse in Rural Communities <ul style="list-style-type: none"> Identify possible cases of child abuse Outline the appropriate medical investigations for different forms of abuse Describe who and when to call for help and case discussion 	Kirsten Miller <i>**Session not recorded**</i>	ZINFANDEL
1325-1330	5-MINUTE TRAVEL BREAK		




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Time	Session	Presenter	Location
** ONE-HOUR BREAKOUT SESSIONS **			
1330-1425	Urinary Incontinence in Older Adults <ul style="list-style-type: none"> Review the normal changes of aging that contribute to increased rates of urinary incontinence in older adults Discuss the medical factors that contribute to urinary incontinence in older adults, including co-morbidities and medications Discuss evidence-based non-pharmacological and pharmacological treatments in older adults with urinary incontinence 	Martha Spencer Mary Kjørven	SALON CD
1330-1425	ED Care of the Un-Sick <ul style="list-style-type: none"> Review the concept of binary decision making in the ED in terms of differentiating acutely unwell from non-acutely unwell patients Discuss an approach to identification, management, dispositioning and communication with those deemed to be non-acutely unwell Discuss techniques to maximize efficiency of care and patient satisfaction on the well patient in the ED 	David Esler	SALON A
1330-1425	POCUS for the Office: Short Cases, Big Saves <ul style="list-style-type: none"> Learn how you can incorporate POCUS into your office practice. Ultrasound devices are becoming increasingly more prevalent in the office as the cost of owning a handheld device becomes more affordable. Learn how you can leverage this new technology to enhance your practice. Learn how ultrasound can save time and increase diagnostic certainty in the following 4 scenarios: <ul style="list-style-type: none"> First trimester bleeding. A ten second sweep of the uterus can reassure patients of a live pregnancy or rule out ectopic. The evaluation of dyspnea. Ultrasound can aid in differentiating pneumonia, from CHF, from PE, from pericarditis. Screening for aortic aneurysm. Don't miss the opportunity to catch this life saving diagnosis. The evaluation of abdominal pain. How to quickly diagnose hydronephrosis, and cholelithiasis. 	Virginia Robinson	SALON B
1330-1425	Protecting Your Financial Future with Insurance Planning <ul style="list-style-type: none"> Learn how to protect your income, family, and health Learn about BC government-paid Physicians' Disability Insurance (PDI) Understand how to supplement PDI with personally paid disability Learn when Professional Overhead coverage is useful Learn how life insurance needs are determined Understand the differences between life insurance and accidental death & dismemberment Learn why health and dental plans are important Learn how critical illness plans can be a bridge between health and disability plans 	Hali Stus	ZINFANDEL
1425-1430	5-MINUTE TRAVEL BREAK		
1430-1525	PLENARY: Paranoia & Conspiracy During COVID-19: Practical Strategies for Effective Communication <ul style="list-style-type: none"> Recognize psychological factors that can contribute to beliefs in conspiracy theories and engagement in related behaviors. Examples specific to the COVID-19 pandemic will be used Understand the roles and responsibilities of healthcare professionals in responding to health-related beliefs and behaviors Identify opportunities to intervene in ways that support clients' health 	Heather Fulton	SALON CD
1525-1600	COFFEE BREAK END OF DAY		EAST BALLROOM

2022 Program Schedule

SATURDAY, May 14

Time	Session	Location
1530-onwards	Open/free time for connecting with colleagues and engaging in the various social events and extracurricular activities that have been organized. Check out page XX for discount!	
1530-1800	<p>OPEN MEETING: Real-Time Virtual Support — In Person! Join the RTVS team of providers and support staff for an informal get-together. All RTVS providers, rural health care workers, and RTVS supporters welcome! Appetizers available.</p>	Hooded Merganser Restaurant Lounge
1600-1700	<p>BC Student, Resident and Preceptor Reception Private Event Hosted by REAP — By Invitation Only</p>	West Ballroom Upper/Lower Foyer
EVENING SOCIAL ACTIVITIES		
1600-1730	<p>RHC Wine Education Event We invite you to an exclusive wine education event at Poplar Grove Winery on Saturday afternoon. The purpose of the session will be to expose budding wine enthusiasts to the “normal progression” of a wine drinker — from sweet whites (think Baby Duck in the 1970’s!) through to the heavy reds. Eight wines from the South Okanagan Valley region will be offered as examples of this progression while discovering some of the history behind these wines and the region.</p> <p><i>Visit the registration desk to inquire about availability. Tickets are \$25 each. Cash payment only.</i></p> 	Poplar Grove Winery
1815-2130	<p>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.</p> <p>SOLD OUT — visit the registration desk to inquire about availability. Tickets are \$110 each.</p> <p><i>Tickets include round-trip transportation from the Penticton Lakeside Resort. Meet in the hotel lobby — first shuttle leaves at 6:00pm. Second shuttle leaves the hotel at approx. 6:20pm.</i></p> 	Poplar Grove Winery
1830-2030	<p>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.</p> <p>SOLD OUT — visit the registration desk to inquire about availability. Tickets are \$40 each.</p> 	Neighborhood Brewing + Kitchen

2022 Program Schedule

SUNDAY, May 15

Time	Session	Presenter	Location
0700-0800	REGISTRATION AND EXHIBITS OPEN		EAST BALLROOM
0700-0800	BREAKFAST		EAST BALLROOM
0715-0745	<i>Stretch and Movement Session</i>		West Lawn
0800-0900	RAPID FIRE SESSION		
Each lecture is 15 minutes, followed by 5 minutes of Q&A	Parkinson's Disease Management Made Easy <ul style="list-style-type: none"> Discuss early management of Parkinson's disease Discuss late Parkinson's management 	Niall Davidson <i>**Session not recorded**</i>	SALON CD
	Management and Injection of Trigger Fingers <ul style="list-style-type: none"> Participants will develop an understanding of the pathophysiology that leads to triggering of fingers The diagnosis and management of trigger fingers will be discussed A simple and safe approach to injecting a trigger finger will be demonstrated 	Stuart Johnston	
	PCOS Made Easy <ul style="list-style-type: none"> Describe the fundamental pathophysiological abnormality underlying PCOS Address the varying needs of patients with PCOS across their reproductive life (when desiring pregnancy and when not desiring pregnancy) Counsel patients with PCOS in a manner that is pragmatic, efficient, easy to understand, and non-judgmental 	Andrew Kotaska	
** TWO-HOUR WORKSHOPS **			
0905-1110	Casting Techniques for the Treatment of Common Fractures <i>Pre-registration required (sold out) - inquire at the reg desk re: availability</i> <ul style="list-style-type: none"> Learn how to treat common fracture patterns including casting techniques Learn about casting materials and techniques Learn principles of cast application including three-point molding 	Chris Parfitt <i>**Session not recorded**</i>	SALON A
0905-1110	Caring to Care: Health Humanities, Cultural Humility, Storytelling, and Physician Wellness in Rural BC <ul style="list-style-type: none"> Understanding health humanities Awareness of how health humanities can be helpful to physician well-being Appreciation for stories and storytelling as modes of narrative medicine Appreciation for stories and storytelling as a means of deepening knowledge about Indigenous peoples and providing culturally humble care Engagement in critical reflection and creative making 	Kung JaaDee Sarah de Leeuw Darian Stahl <i>**Session not recorded**</i>	MERLOT
** ONE-HOUR BREAKOUT SESSIONS **			
0905-1000	Management of the Most Common Eye Complaints <ul style="list-style-type: none"> Distinguish between common benign and serious red eye pathologies Outline practical treatment approaches to blepharitis, chalazia and conjunctivitis Review key "not to miss" diseases that present to the family physician with eye complaints 	Heather O'Donnell	SALON CD
0905-1000	Female Sexual Function in the Midlife — Let's Talk About It! <ul style="list-style-type: none"> Understand the current thinking around female sexual function/dysfunction in midlife Review pertinent new guideline recommendations on sexual dysfunction in menopause Discuss tips & tricks for managing your patients' sexual concerns in midlife 	Kelsey Mills	SALON B

2022 Program Schedule

SUNDAY, May 15

Time	Session	Presenter	Location
0905-1000	Rheumatology Pearls <ul style="list-style-type: none"> Identify key signs and symptoms of inflammatory arthritis and how to communicate them to the rheumatologist Awareness of short-term therapies to help patients cope with their symptoms while waiting for rheumatology assessment Understand fundamental concepts about rheumatology medications 	Michelle Teo	ZINFANDEL
0905-1000	DAAM! Drug Assisted Airway Management: A Rural Perspective <ul style="list-style-type: none"> Review key airway principles, processes and tools Investigate drug options with a focus on indications and limitations Look at case-based examples for discussion Review the most current information on airway management with SARS - CoV2 	Sean Ebert	CHARDONNAY
0905-1000	Duct Tape, Discards, and DIY: Developing Your Own Rural Simulation Tools <ul style="list-style-type: none"> Review useful tools and items to use in a low-fidelity simulation setting Review the design and creation of simulation tools that you can use in your own rural simulation program Lots of time for sharing what other people are doing 	John Soles Kara Purdue	CABERNET
1000-1015	REFRESHMENT BREAK AND EXHIBITS		EAST BALLROOM
** ONE-HOUR BREAKOUT SESSIONS **			
1015-1110	Making Nice with Gramma & Grampa: Savvy Management of the Elderly ED Patient <ul style="list-style-type: none"> Review pathophysiology of aging relevant to management of elderly patients in the ED Review diagnostic approach to undifferentiated unwell elderly and management of common geriatric emergency presentations Review techniques to ease conversations with elderly patients/families regarding difficult diagnoses, goals of care, and end of life 	David Esler	SALON CD
1015-1110	Gender Diverse Youth <ul style="list-style-type: none"> Review WPATH guidelines for care of children and youth including guidelines for administration of puberty blockers, cross gender hormones and surgery Review theories of child and adolescent development including identity development Review recent controversies over gender affirming care Review some principles of clinical care that have helped me navigate complex issues with my patients 	Rachel Boulding	SALON B
1015-1110	Chronic Pain in Rural Practice: Tips and Tricks <ul style="list-style-type: none"> Understand how to define and identify chronic pain How to educate patients about chronic pain Case-based approach to patient management 	Sean Ebert	CHARDONNAY
1015-1110	The Snake Bite Patient: Don't be Rattled! <ul style="list-style-type: none"> Review data derived from rattlesnake bites in BC and dispel former myths and treatment modalities that are now known to be detrimental Review the current management of such bites including first aid and in-hospital care Better understand our rattlesnakes, a threatened species 	Robert Offer	CABERNET

2022 Program Schedule

SUNDAY, May 15

Time	Session	Presenter	Location
1015-1110 Each presentation is 10 minutes followed by 5 mins for Q&A.	Rural Abstract Presentations:		ZINFANDEL
	Abstract #1: Understanding the Experience of Rural Maternity Care Providers During the COVID-19 Response in British Columbia <ul style="list-style-type: none"> To explore the experiences of maternity care providers during COVID-19 in three regions of BC To apply these experiences to the broader context of pandemic response in primary care 	Caitlin Blewett Sallie Skinner	
	Abstract #2: ED Efficiency: Identifying Barriers to Efficient Physician Workflow in the Emergency Department and Strategies to Overcome Them <ul style="list-style-type: none"> Appreciate common barriers to physician workflow efficiency in the emergency department Reflect on strategies to improve physician efficiency in the Emergency Department 	Narain Verma	
	Abstract #3: The Human Health Effects of Unconventional Natural Gas Development: A systematic review of epidemiologic and biomonitoring studies <ul style="list-style-type: none"> Understand what UNGD is, and where it takes place Understand human health concerns related to UNGD Understand what we have learned from published epidemiologic and biomonitoring research on the chemical effects of UNGD and health outcomes 	Margaret McGregor	
1425-1430	5-MINUTE TRAVEL BREAK		
1115-1200	CLOSING PLENARY: Beyond Morphine and Duct Tape: What's in the Perfect First Aid Kit for the Rural Doc? <ul style="list-style-type: none"> What to consider when designing a purpose-built first aid kit Consider various scenarios that might need to be responded to Reflect on what participants would personally include in their ideal kit, according to their skill level, and the circumstances they anticipate Have opportunity to inspect some sample first aid kits Anyone attending the final session receives a free first aid kit to take home! 	Nicole Ebert Stuart Johnston John Soles	SALON CD
1200	CLOSING REMARKS CONFERENCE ENDS <ul style="list-style-type: none"> Did you submit your exhibitor passport? Stick around for the prize draw — you must be in attendance to win! Be sure to submit your completed evaluation forms and grab a first aid kit to take home. Pick up a GRAB 'N' GO LUNCH on your way out. Safe travels home! 