

Time	Session	Speaker	
12:00pm	REGISTRATION DESK OPENS \ EXHIBIT AREA OPENS	FOOD & REFRESHMENTS AVAILABLE IN THE EXHIBIT AREA	
1:55pm	First Nations Welcome	Cultural Ambassadors from the Squamish Lil'wat Cultural Centre Alex Wells, First Nations Traditional Hoop Dancing	SEA TO SKY A
2:20pm	PRESENTATION OF THE BC RURAL HEALTH AWARDS		
2:45pm	JSC Programs & Supports <ul style="list-style-type: none"> Highlight the programs and supports available to rural physicians through the Rural Practice Subsidiary Agreement (RSA) and governed by Joint Standing Committee on Rural Issues (JSC) Build awareness on how rural physicians can engage with the JSC about these Programs & Supports 	James Card, MD Kevin Brown	
3:05pm	Imminent Birth in the ER <ul style="list-style-type: none"> Describe risk factors for preterm birth and signs of imminent birth Examine resources for supporting emergency birth in sites that do not offer planned birth 	Jennifer Kask, MD	
3:25pm	Prescribing Hope: Tips for Effective Depression Management <ul style="list-style-type: none"> Describe practical tools and resources to integrate the bio-psycho-social-spiritual model for the diagnosis and treatment of depression Tailor antidepressant selection to individual patient profiles for moderate to severe depression Describe non-pharmacologic options for the management of depression 	Rachel Grimminck, MD	
3:45pm	10-MIN STRETCH BREAK		
3:55pm	In-Office Obstetric Ultrasound Imaging <ul style="list-style-type: none"> Explore the benefits and costs of available handheld ultrasound probes Review office OBGYN cases: IUD, fetal position, and CRL for dating 	Virginia Robinson, MD	SEA TO SKY A
4:15pm	Skin Biopsies: Why & When <ul style="list-style-type: none"> Discuss why office skin biopsies improve patient care and reduce treatment times Review how to perform a quick punch biopsy in the office Examine when to do excision biopsies, what part of the lesion should you biopsy, and when to refer 	Mike Makin, MD Stuart Johnston, MD	
4:35pm	Pediatric Bronchiolitis: Less is Best <ul style="list-style-type: none"> Describe the presentation of bronchiolitis (and how clinicians can know that it's not something else) Discuss RSV, the most likely pathogen causing acute bronchiolitis Review evidence-based treatments for bronchiolitis and the expected clinical course 	Kirsten Miller, MD	
4:55pm	END OF DAY 1	Remember to hand in your Friday Evaluation Form and collect your gift!	

5:00-8:00pm	WELCOME RECEPTION Supported by FNHA, SRPC, and RCCbc Join us for an evening of relaxing, socializing and entertainment. Open to all registered delegates. Please wear your RHC name badge to this event (drink ticket can be found in the back of your name badge).	GRAND FOYER
5:30-8:00pm	KIDS MOVIE NIGHT! Drop the kids off at our supervised movie night, which includes popcorn, snacks, and a family film favorite. Ideal for kids aged 3-12, but all ages are welcome. Parents must sign in and sign out their children at the door.	FITZSIMMONS

Time	Session	Speaker	
7:00am	REGISTRATION DESK OPENS \ EXHIBIT AREA OPENS	HOT BREAKFAST AVAILABLE IN GRAND FOYER with SEATING IN SEA TO SKY A	
7:00am	MORNING RUN: Meet at the Conference Centre for an early morning trail run	GRAND FOYER	
7:00am	OPEN MEETING: The University of Sydney: Experience of an Australian rural researcher using a strength-based approach to healthcare in rural communities	WEDGEMOUNT ROOM	
7:00am	OPEN MEETING: Rural Maternity Networking Breakfast	SPEARHEAD ROOM	
8:00am	Treatment of Genitourinary Syndrome of Menopause is Evolving...Are you up to date? <ul style="list-style-type: none">Understand the pathophysiology and symptom complex of GSMReview the different options for treatmentFeel comfortable treating all of your patients with GSM	Kelsey Mills, MD	SEA TO SKY A
8:20am	Palliative Sedation: An Uncommon Practice and How to Do It Well <ul style="list-style-type: none">Discuss when to consider palliative sedationReview the new BC Palliative Sedation ProtocolReview the nuts and bolts of doing it well	Sarah Broder, MD	
8:40am	10-MIN TRAVEL BUFFER	COFFEE AVAILABLE IN THE EXHIBIT AREA (Grab a beverage before heading to the Lower Level!)	
8:50am	Introduction to Dermoscopy for Family Physicians *95 Minute Workshop \ Pre-registration required <ul style="list-style-type: none">Deliver an overview of dermoscopy basicsReview the use of dermoscopy for recognition of melanomaReview the use of dermoscopy for recognition of basal cell and squamous cell cancers	Shane Barclay, MD Mike Makin, MD Alex Farrugia, MD	GARIBOLDI B
8:50am	Persistent Pain: A Practical Interdisciplinary Approach (Repeats @ 10:55am) <ul style="list-style-type: none">Understand key interdisciplinary aspects of managing patients with persistent painLearn a systematic approach to resource managementTake home practical tools and resources to incorporate into practice	Sue Reid Schellinck, OT Madeleine Eames, MSW, RSW Sean Ebert, MD	SPEARHEAD
8:50am	Itching Across the Ages: Common Causes and Treatment for Pruritus <ul style="list-style-type: none">Review common causes and treatment for pruritus based on ageReview workup and management of pruritus without clear cause in the elderly	Allison Gregory, MD	FITZSIMMONS
8:50am	Passing the Ball: A Review of Clinical Handover and Preparation for Interfacility Transport in the Rural and Remote Setting <ul style="list-style-type: none">Case-based review of transport handover and packagingDiscuss general considerations for patient packaging and handoverDiscuss specific considerations for packaging as they relate to air versus ground transport	Floyd Besserer, MD	HARMONY B
8:50am	Phenobarbital for Alcohol Withdrawal Management <ul style="list-style-type: none">Review the pharmacology and pharmacokinetics of phenobarbital as it related to management of EtOH withdrawalDiscuss advantages and disadvantages of phenobarbital vs. benzodiazepinesExamine contraindications to phenobarbital, risks, and monitoring	Evan Ailon, MD	HARMONY A

Time	Session	Speaker	
8:50am	Imposter Syndrome in Rural Medicine <ul style="list-style-type: none"> Define imposter syndrome in the rural context Discuss case examples: new to practice, rural ED, career transitions Review how imposter syndrome impacts retention and resilience 	Ezekial Steve, MD	WEDGE MOUNT
9:35am	5-MIN TRAVEL BUFFER		
9:40am	Double Trouble: Pediatric Sepsis in Emerg and Challenging Pediatric Behaviors in the Office <ul style="list-style-type: none"> Review the clinical presentation of pediatric sepsis Discuss practical management strategies of suspected pediatric sepsis using current guidelines Review the differential diagnosis for challenging behaviours and emotional dysregulation in children 	Sean Duke, MD Melissa Paquette, MD Jenny Retallack, MD	HARMONY A
9:40am	Menopause Management for the Rural Physician <ul style="list-style-type: none"> Review current hormonal and non-hormonal treatment for menopausal symptoms Examine how to troubleshoot side effects of hormone therapy Review the safety of menopausal hormone therapy 	Kelsey Mills, MD	FITZSIMMONS
9:40am	Beyond Recycling: How to Reduce the Environmental Impact of Day-To-Day Clinical Practice <ul style="list-style-type: none"> Describe the role of the healthcare sector in contributing to climate change and environmental degradation List the four principles of sustainable healthcare provision Incorporate practical examples into clinical practice 	Ilona Hale, MD	HARMONY B
9:40am	Double the Dose or Add a New Med? Practical Titration Tips for Day-to-Day Type 2 Diabetes Management <ul style="list-style-type: none"> Recognize that for many glucose lowering medications, standard or starting doses will generally yield similar HbA1C reductions compared to higher or maximum doses When using GLP1 agonists for type 2 diabetes, contrast the cost of dose titration with demonstrated benefits Identify magnitude of dose response for commonly used diabetes medications 	Aron Nenninger, RPh. PAD	SPEARHEAD
9:40am	To Cut or Not to Cut: Etiology and Long-Term Care of Obstetric Anal Sphincter Injuries (OASIS) <ul style="list-style-type: none"> Describe the perineal anatomy that is compromised in OASIS (Obstetrical Anal Sphincter Injuries) Review the literature of episiotomy and its role in causing or preventing OASIS Discuss rehabilitation of OASIS injuries in the Primary Care Office 	Virginia Robinson, MD Alexzandra Hale, RPT	WEDGE MOUNT
10:25am	30-MIN REFRESHMENT BREAK	SNACKS & REFRESHMENTS SERVED IN THE EXHIBIT AREA / SEA TO SKY BC	
10:25am	YOGA, STRETCH, MOVE!	JOIN US IN THE GRAND FOYER FOR AN ENERGIZING STRETCHING SESSION	
10:55am	Biopsies & Elliptical Excisions Workshop *95 Minute Workshop Pre-registration required <ul style="list-style-type: none"> Learn about elliptical biopsies & excisions - when to use them, how to perform them, what sutures to use and techniques for alignment and closure that minimize scars 	Brett Batchelor, MD Mike Makin, MD Stuart Johnston, MD	GARIBALDI A
10:55am	Etonogestrel Subdermal Implant Insertions Workshop *95 Minute Workshop Pre-registration required <ul style="list-style-type: none"> Describe the Canadian contraceptive landscape and unmet need for contraception Review effective patient selection for the etonogestrel subdermal implant Gain skills in implant insertion and removal techniques 	Renee Hall, MD	GARIBALDI B

Time	Session	Speaker	
10:55am	30 Dermatology Tips in 30 Minutes <ul style="list-style-type: none"> Tips on diagnosis and management of common and some not-so-common dermatologic conditions 	Allison Gregory, MD	HARMONY B
10:55am	Persistent Pain: A Practical Interdisciplinary Approach <ul style="list-style-type: none"> Understand key interdisciplinary aspects of managing patients with persistent pain Learn a systematic approach to resource management Take home practical tools and resources to incorporate into practice 	Sue Reid Schellinck, OT Madeleine Eames, MSW, RSW Sean Ebert, MD	SPEARHEAD
10:55am	Adult ADHD: Bridging the Gap in Diagnosis and Treatment in Primary Care <ul style="list-style-type: none"> List practical tools & assessment strategies to facilitate diagnosis of adult ADHD, including differentiation from other health conditions Describe evidence-based pharmacological and non-pharmacological interventions for adult ADHD Review supports for surviving rural emergencies for new to practice locums 	Rachel Grimminck, MD	FITZSIMMONS
10:55am	Buprenorphine/Naloxone Inductions for Treatment of Opioid Dependence <ul style="list-style-type: none"> Learn how to start suboxone using different strategies (traditional induction, rapid microinduction, macroinduction) Examine the pros and cons of each method and when to use each Briefly discuss maintenance of suboxone and transition/maintenance of sublocade 	Evan Ailon, MD	HARMONY A
10:55am	Using Technology to Improve Access to Primary Care in Remote Australian First Nations Communities <ul style="list-style-type: none"> Explore how different digital tools can be integrated to support access to comprehensive primary care in Remote Australian Communities Understand remote provider and first nation community preferences for using technology to support access to care in Australia Understand the role of Australian Aboriginal Health Practitioners in supporting technology application in remote communities 	Tim Shaw, PhD	WEDGE MOUNT
11:40am	5-MIN TRAVEL BUFFER COFFEE AVAILABLE IN THE VALLEY FOYER (LOWER LEVEL)		
11:45am	An Update on Osteoporosis in the Elderly <ul style="list-style-type: none"> Review the new clinical practice guideline released by Osteoporosis Canada Examine both lifestyle and pharmacotherapy options for prevention of fragility fractures Review risk factors for identifying patients who may be candidates for anabolic therapy 	Josh Budlovsky, MD	FITZSIMMONS
11:45am	Evidence-Based Medical Management of Excess Weight <ul style="list-style-type: none"> Review and apply the evidence on medical management of excess weight Recognize weight bias in your practice and take steps to address it 	Denise Jaworsky, MD	HARMONY A
11:45am	Mechanical Ventilation in the Rural ED: The Essentials <ul style="list-style-type: none"> Consider the goals of intubation and review ventilation parameters and modes of ventilation Discuss the 3 types of lung physiology to consider when using mechanical ventilation Review an approach to desaturation in the ventilated patient Apply this knowledge to clinical cases 	Kirk McCarroll, MD	HARMONY B
11:45am	Hematuria: Common Causes and Approaches <ul style="list-style-type: none"> Develop an understanding of the common and important causes of hematuria (infections, trauma, stones, tumours) Develop a diagnostic approach to the patient with gross or microscopic hematuria, including reasons for referral Develop an understanding of treatments for the major causes of hematuria 	Connor Forbes, MD	SPEARHEAD

Time	Session	Speaker	
11:45am	Copper Pots, Cedar Baskets, and Untying Colonial Knots: Working together toward cultural safety and humility in health care <ul style="list-style-type: none"> Describe how UBC's Indigenous Patient-Led CPD program works in relationship and with Elder leadership in a western medical school Apply the cedar basket/copper pot framework to building cultural safety in rural health care practice Explore possibilities for "untying colonial knots" in your day-to-day life and practice 	Elder Cheryl Schweizer Alisa Harrison, PhD	WEDGE MOUNT
12:30pm	75-MIN LUNCH BREAK HOT LUNCH AVAILABLE IN GRAND FOYER with SEATING IN SEA TO SKY A		
12:45pm	OPEN MEETING: JSC Jeopardy – Tips and Tricks for Rural Programs	FITZSIMMONS ROOM	
12:45pm	OPEN MEETING: Pathways to Rural Scholarship	WEDGE MOUNT ROOM	
12:45pm	OPEN MEETING: Ways of the Past that Lead to the Future	SPEARHEAD ROOM	
1:40pm	EARLY BIRD PRIZE DRAW	SEA TO SKY A	
1:45pm	Management of Lifelong Cardiovascular & Metabolic Health Risks after a Complicated Pregnancy <ul style="list-style-type: none"> Recognize adverse pregnancy outcomes associated with short and long-term cardiovascular risk Appropriately screen women in primary care for pregnancy related cardiovascular risk factors and offer management and risk reduction over the life-span 	Jennifer Kask, MD	SEA TO SKY A
2:05pm	Innovations in the Treatment of Benign Prostate Hyperplasia <ul style="list-style-type: none"> Review the categories of treatment options in BPH Develop an understanding of the patient-centered approach to treatment of BPH Discuss the evidence and availability of novel minimally invasive therapies for BPH in British Columbia 	Connor Forbes, MD	SEA TO SKY A
2:25pm	More than PEG 3350: Constipation in the Primary Care Office <ul style="list-style-type: none"> Review the impact that functional constipation has on pelvic floor symptoms Provide interventions for management of functional constipation in the primary care office 	Alexzandra Hale, RPT	SEA TO SKY A
2:45pm	5-MIN STRETCH BREAK COFFEE AVAILABLE IN THE EXHIBIT AREA / SEA TO SKY BC		
2:50pm	What Happened to Fatty Liver? <ul style="list-style-type: none"> Recognize the changing nomenclature around steatotic liver disease Review non-invasive risk stratification tools Understand key components of the treatment of steatotic liver disease 	Denise Jaworsky, MD	SEA TO SKY A
3:10pm	Serious Illness Conversations: The 3 "W"s <ul style="list-style-type: none"> Discuss WHY serious illness conversations are important Review WHO may need one Discuss WHAT is involved 	Sarah Broder, MD	SEA TO SKY A
3:30pm	END OF DAY 2 Remember to hand in your Saturday Evaluation Form and collect your gift!		

SATURDAY SOCIAL EVENTS

RURAL LOCUM GATHERING

3:30pm – 4:30pm \ Grand Foyer \ Pre-registration required

Join us at this exclusive event for rural BC locums, recent medical graduates, experienced physicians and rural leaders. Share your experiences and explore opportunities to locum across rural BC!

Light snacks & exclusive welcome gift provided. Event is sold out but check with the reg desk for last-minute ticket availability.

SALISH STROLL: GUIDED FOREST WALK

4:00pm – 5:15pm \ Tickets: \$20 \ See reg desk for ticket availability

Join us on the Salish Stroll, a peaceful ethnobotanical walk, with a Cultural Ambassador who will weave a story of First Nations history and culture along the route.

Meet at 3:40pm in by the Registration Desk to walk as a group to the Squamish Lil'wat Cultural Centre (approx. 15-minute walk).

BC STUDENT, RESIDENT AND PRECEPTOR MEETING & SOCIAL EVENT

4:30pm – 5:30pm \ Lower Level - Valley Foyer \ Private Event — Hosted by REAP



SIP, SAVOUR & SOCIALIZE @ BRICKWORKS

6:30pm – close \ Tickets: \$130 \ See reg desk for ticket availability

Join us for an amazing evening featuring a craft gin tasting, followed by a Westcoast inspired sit-down dinner. You won't want to miss this special experience at one of Whistler's hidden gems.

Gin tasting and appetizers from 6:30 – 7:30pm.
Dinner starts at 7:30pm

SATURDAY SOIRÉE @ THE CELLAR BY ARAXI

6:30pm – close \ Tickets: \$150 \ See reg desk for ticket availability

Don't miss your opportunity to eat at one of Whistler's most acclaimed restaurants. You'll be treated to a delectable 3-course dinner with regional wines and good company! Come experience Araxi's international reputation for excellence in food, wine, and hospitality.

Arrive at 6:30pm for a welcome glass of champagne.
Dinner starts at 7:00pm.

CHECK OUT OUR RURAL ABSTRACT POSTERS on the LOWER LEVEL!

Time	Session	Speaker	
7:30am	MORNING RUN: Meet at the Conference Centre for an early morning trail run	GRAND FOYER	
8:00am	REGISTRATION DESK OPENS EXHIBIT AREA OPENS	BREAKFAST AVAILABLE IN GRAND FOYER with SEATING IN SEA TO SKY A	
9:00am	Poetic Medicine <ul style="list-style-type: none"> Discover or revisit close reading as a way to nurture your natural curiosity and quench your thirst for beauty, contemplation, and reflection Through the collective close reading of a poem followed by a brief creative writing/drawing exercise, we will create an opportunity for authentic connection with our peers, and gain appreciation for our shared humanity No talent for reading, writing or drawing required! Just a willingness to be present and participate 	Caroline Shooner, MD	HARMONY A
9:00am	Diagnosing and Treating Common Ocular Infections <ul style="list-style-type: none"> Broadly survey ophthalmic infections Diagnose infectious and non-infectious conjunctivitis Differentiate low risk infections from rapidly blinding eye disease 	Heather O'Donnell, MD	HARMONY B
9:00am	Cultural Safety and Humility in Rural Practice: Key Concepts and Best Practices <ul style="list-style-type: none"> Overview of terminology and foundational key concepts of Indigenous Cultural Safety and Humility Discuss how to implement recommendations from foundation standards provincially like the CPSBC Cultural Safety practice standards and the HSO Cultural Safety and Anti-Indigenous Racism Practice Standards into your practice Provide updates on various Indigenous specific cultural safety initiatives including various ways to get involved, educational opportunities, and where to go to find more information 	Terri Aldred, MD	WEDGE MOUNT
9:00am	Ask a Specialist Anything! Internal Medicine & Rheumatology * Limited Seating! <p>Let's discuss your most burning internal medicine questions! Just some of the topics we can review:</p> <ul style="list-style-type: none"> Optimizing diabetic management with all the new meds out there. Goal-directed medical therapy for heart failure: how do I diagnose HFpEF? Approaches to picking the best hypertensive meds Which puffers types should I use (and why) for my asthma and COPD patients? <p>Let's discuss your most burning rheumatology questions! Just some of the topics we can review:</p> <ul style="list-style-type: none"> Premenopausal women never get gout (well, almost never). Any new/persistent pain in the head and neck in people over 65 - consider GCA Back pain is so common! What red flags warrant further investigation? How to obtain rheumatology assistance in rural settings — traveling rheumatology clinics (TCS) schedule, RACE, telemedicine. 	Evan Ailon, MD Kam Shojania, MD	GARIBALDI B GARIBALDI A
9:00am	Acute Knee Injuries: Using the Clinical Care Pathways for Management of Acute Injuries <ul style="list-style-type: none"> Learning to use the acute knee injury pathway (AKIP) through clinical scenarios and hands on practice Increased comfort with evaluating and treating acute knee injuries Increased physician exam skills for acute knee injuries Tools to evaluate and treat acute knee injuries Coordinating care with physical therapists for patients with acute knee injuries 	Karin Kausky, MD Lauren Copping, MPT	SPEARHEAD
9:00am	Interpreting ECGs in the ED <ul style="list-style-type: none"> Recognition of common ECG patterns, including artifact and incorrect electrode positioning Better understanding of management options for patients presenting with abnormal ECGs Discussion of novel diagnostic and therapeutic options, as well as recent advances in wearable technologies and artificial intelligence/machine learning interpretation 	Brett Heilbron, MD	FITZSIMMONS

Time	Session	Speaker	
10:00am	15-MIN TRAVEL BUFFER	COFFEE & REFREHMENTS AVAILABLE IN THE EXHIBIT AREA / SEA TO SKY BC	
10:15am	Polymyalgia Rheumatica: A practical approach <ul style="list-style-type: none">Discuss how to make a diagnosis of PMR while avoiding pitfallsReview the evidence of steroid sparing agentsAnswer FAQs on PMR	Kam Shojania, MD	SEA TO SKY A
10:35am	Smooth Out the First Shift: Preparing to locum in a new rural ED <ul style="list-style-type: none">Discuss key community features to orient yourself on a new locumDevelop a checklist to use before working in an unfamiliar emergency room	Ezekial Steve, MD	
10:55am	RTVS: A Paradigm Shift in Medical Culture <ul style="list-style-type: none">Understand the need for psychologically safe clinical support for rural providersUnderstand how paradigm shift can aid with recruitment and retentionExperience a call with RTVS	Matt Petrie, MD	
11:15am	10-MIN STRETCH BREAK		
11:25am	Parkinson's: What's New and Where to Start? <ul style="list-style-type: none">Discuss when you should suspect Parkinson's diseaseExamine how to work-up a new diagnosis and start treatmentReview how to manage the non-motor complications of the disease	Josh Budlovsky, MD	SEA TO SKY A
11:45am	The Kids Are Not All Right: Medical Learning in COVID <ul style="list-style-type: none">Contextualize the experience of medical learners and their experiences during and post-COVID-19Discuss resident burnout and sequelae	Caitlin Blewett, MD	
12:05pm	Identifying the Red Flags of Eye Trauma <ul style="list-style-type: none">Classify the red flags of eye traumaReview exam techniques to identify the flagsIdentify safe tools in the family practice office to support removal of corneal foreign bodies	Heather O'Donnell, MD	
12:25pm	Closing Remarks \ Grand Prize Draw		
12:45pm	END OF DAY 3 — END OF CONFERENCE	GRAB 'N' GO LUNCH AVAILABLE ON YOUR WAY OUT!	

Don't forget to complete and hand in your evaluation forms.

THANK YOU FOR JOINING US IN WHISTLER!

SAFE TRAVELS HOME — WE HOPE TO SEE YOU NEXT YEAR IN PRINCE GEORGE.