Join rural physicians and allied health professionals from across BC for:

**Rural Medicine**
- Interactive group sessions and interprofessional learning opportunities
- Hands-on workshops, including intubations, ultrasound, casting, suturing, chest tubes, IUD insertion and more!
- Pre-conference options: The CARE Course, HOUSE OB Course, HOUSE EM Course, CASTED: Emergency, and the Rural Patient Transport Workshop

**Critical Care Medicine**
- Rural Locum Forum — dedicated to locums practicing in rural BC
- Complimentary childcare services available during conference hours
- Complimentary wellness breaks including yoga and stretching sessions, walking tours, massage chair services, and meditation & mini dance breaks!
- Socialize and network with colleagues from across the province and beyond
- More details at rccbc.ca/conferences

**Emergency Medicine**

**Accredited for**
12.5 Mainpro+
12.5 MOC Section 1

**Hosted By**
Rural Coordination Centre of BC
PRE-CONFERENCE

WED MAY 22 - THU MAY 23 0800-1800  The CARE Course  Max 30 Participants  $1550/$200/$100
WED MAY 22 - THU MAY 23 0800-1700  CASTED: Emergency  Max 24 Participants  $1925/$1275/$1625
THU MAY 23 0830-1600  HOUSE OB Course  Max 12 Participants  $1600/$900
FRI MAY 24 0730-1500  HOUSE EM Course  Max 12 Participants  $1600
FRI MAY 24 0800-1330  2019 Rural Locum Forum  $75/$25
FRI MAY 24 1000-1400  Rural Patient Transport: The Road Ahead  Limited Seating  $25
FRI MAY 24 1200-1400  Not Just a Prescription Pad: A Multimodal Approach to Chronic Pain Management  Free

FRIDAY, MAY 24

Visit ubccpd.ca/course/RHC2019 for a full description of sessions and workshops.

1300-1500  REGISTRATION AND EXHIBITS OPEN | MEET & MINGLE WITH REFRESHMENTS
1500-1515  FIRST NATIONS WELCOME  Elder Roberta Price
1515-1615  PLENARY: Disaster Medicine: Bringing Order to Disorder  Michael Flesher
1615-1800  HOT TOPICS: RAPID FIRE SESSION
  OMG that’s a (Poop)-Load of Blood!  Bryan Wells
  Postpartum Hemorrhage: Ahh, More Blood!  Regina Renner
  Obstructive Jaundice: Streamlining Workup and Referral  Don Jenkin
  I Think She’s Dying...She Could Be Septic  Bryan Wells
  Kandahar Combat Hospital: Gleaning from the Devil’s Harvest  Mike Kenyon

1800-1815  BC RURAL HEALTH AWARD PRESENTATIONS
1830-1930  SOCIAL WINE & CHEESE RECEPTION
1900-2000  THE POWER OF RURAL RESEARCH  Facilitated by Tandi Wilkinson and Dietrich Furstenburg

SATURDAY, MAY 25

Visit ubccpd.ca/course/RHC2019 for a full description of sessions and workshops.

0700-0750  BREAKFAST, REGISTRATION & EXHIBITS OPEN | rMEET Breakfast(rural Mingle, Eat, Engage Together)
0700-0745  OPEN MEETING  Supporting Just-in-Time Care in BC: emergency Virtual In-time Support for Technology-enabled Assessments (eVISTA)
0730-0800  RCCbc WELCOME

0800-0855  PLENARY: The Impact of Systemic Racism on Indigenous Health in Canada  Elder Roberta Price, Terri Aldred, Ami Brasseau

0900-0955  Critical Care in the First 30 Minutes  Mario Francispragasam

Virtual Care: Supporting Rural Communities with Telehealth  John Pawlovich
Don’t Miss the Rash that Could Crash  Yana Simice
Post-Arrest: How’s the Brain?  Mike Kenyon
Sustaining Yourself in Rural Practice  Stefan Grzybowsk
Ultrasound Workshop: Sonoanatomy for Nerve Blocks & Central Line Access  Peter Inken

1000-1030  REFRESHMENT BREAK AND EXHIBITS | MEDITATION SESSION

1030-1125  Selection and Interpretation of Thyroid Tests  Clayton Reynolds
Wilderness Medicine  Jel Coward
Pediatric Ophthalmology: Facts, Myths and What Not To Miss  Megan Rees
MaiD: Navigating the Legal Obstacles  Lyle Carlstrom
Anti-Racist Medicine  Ami Brasseau

2-HOUR WORKSHOPS

Ultrasound Workshop: Sonoanatomy for Nerve Blocks & Central Line Access  Mohammad Bardi
IUD Insertion Workshop  Renee Hall
Max 24 Participants

Basic Suturing Techniques and Extensor Tendon Repair  Stuart Johnston
Connie Paul
Max 16 Participants
SATURDAY, MAY 25 ... continued

1130-1300  LUNCH & SOCIAL BREAK | NANAIMO HISTORICAL WALKING TOUR @ 11:45-12:45 | YOGA STRETCH SESSION @ 12:00-12:45

1200-1300  OPEN MEETING  Rural Retention Program Review: Have Your Say  Hosted by RCCbc
            OPEN MEETING  Appointment to Practice & Locum in Rural BC  Hosted by Locums for Rural BC, Northern Health, Island Health

1300-1355  2-HOUR WORKSHOPS
            Weeding Through the Evidence: Health Effects of Cannabis  Lauvette Rieb
            Practical and Easy Approaches to ECGs  Mario Francispragamas
            Wildfire: Nature’s Call to Attention for the Health Harms of Climate Change  Warren Bell
            Palliative Care Pot-Pourri  Danielle Downe
            PSARC: Procedural Sedation & Analgesia in Rural Care  Petrya Davies  Sean Ebert
            Chest Tubes: Using the Seldinger Technique  John Soles  Max 12 Participants
            Unifying Indigenous and Western Practices  Terri Aldred
            Useful Skin Flap Techniques: Advanced Suturing Workshop  Stuart Johnston  Connie Paul

1400-1445  Management of Soft Tissue Injuries  Chris Parfitt
            Approach to the Investigation of Chronic Diarrhea in Adults  Paul Winwood
            Acute Respiratory Failure  John Ronald
            Driving Ms. Daisy: When to Pull a Driver’s License  Mark Fok
            Prescribing Dance: Expanding Your Patient’s Movement Inventory  Edwin Betinol
            Chest Tubes: Using the Seldinger Technique  Workshop Repeats  Max 12 Participants

1500-1530  REFRESHMENT BREAK AND EXHIBITS | MINI DANCE BREAK

1530-1630  PLENARY: How Self-Prescribing Can Bring Joy to Your Clinical Practice  Simon Moore

1630-1730  BC STUDENT, RESIDENT AND PRECEPTOR SOCIAL  Hosted by REAP

1800-2100  SATURDAY NIGHT SOCIAL @ THE FIREHOUSE GRILL
            Join us for a fun evening with your colleagues!
            Tickets: $55  Limited Space  Hosted by RCCbc

SUNDAY, MAY 26

Visit ubccpd.ca/course/RHC2019 for a full description of sessions and workshops.

0730-0800  BREAKFAST, REGISTRATION AND EXHIBITS OPEN  Early Morning Yoga Stretch Session @ 7:30AM

0800-0855  PLENARY: Discussing Substance Use: Interventions that Integrate Trauma-Informed, Gender & Culturally Safe Approaches  Nancy Poole

0900-0955  2-HOUR WORKSHOPS
            Jeopardy Medicine: Audience-driven Topics  Michael Allan
            More than a Pain in the Neck: Cervical Spine Trauma  Peter Metrowich
            Front Line Dermatology Made Easier: 2019 Update  Neil Kitson
            Practical Approaches to Urgent OB/GYN Problems in the Rural Setting  Regina Renner
            Deprescribing in Older Adults: An Approach to the Rational Druggectomy  Mark Fok
            Transformative Dialogue: Unstucking the Stuck Patient  Rahul Gupta
            Intubations: Not JUST about the Tube!  Sean Ebert  Shu Fung Ho
            Management and Casting of Common Fractures  Chris Parfitt

1000-1015  REFRESHMENT BREAK AND EXHIBITS

1015-1110  If You Don’t Inspire, You’ll Expire: Troubleshooting the Distressed Ventilated Patient  Omar Ahmad
            Ophthalmology: Emergency or Non-Emergency?  Nawaz Nathoo
            Current Management of Sports Injuries  David Brooks
            Perspectives on Healing: An Interactive Session  Karin Blouw

1115-1215  PLENARY: How Not to Get Fooled By Medical (Mis)Information  Michael Allan

1215  CONFERENCE ENDS | GRAB ‘N’ GO LUNCH
Add-on Learning

THE CARE COURSE

Wed-Thur, May 22-23
0800-1800
Max 30 participants
Vancouver Island Conference Center
Physician Nurse Paramedic $1550 $200 $100

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.

For more information visit: theCAREcourse.ca or email: info@theCAREcourse.ca

This Group Learning program has been certified for the following CME credits:

Up to 51.0 Mainpro+ / 17 hours for RNs & NPs / 14 Education Credits for Paramedics

CASTED: Emergency

Wed-Thur, May 22-23
0800-1700
Max 24 participants
Vancouver Island Conference Center
Physician Resident Allied Health $1925 $1275 $1625

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)! The course will be valuable to anyone who manages ED patients with acute injuries - from rural to urban. CASTED: Emergency offers numerous clinical pearls on:

- History, physical, and investigations
- Making more accurate diagnoses
- Recognizing ‘red flag’ patients
- Reduction and moulding techniques for numerous fractures and dislocations
- Understanding who needs to see ortho and when

More Information & Registration:
Please visit the CASTED site for more information and to REGISTER ➔ https://casted.ca/registration/?id=3308

This Group Learning program has been certified for the following CME credits: Up to 48.0 Mainpro+ / 16.0 MOC Section 1

HOUSE OB COURSE

Hands-On Ultrasound Education: Obstetrics

Thu, May 23
0830-1600
Max 12 participants
Vancouver Island Conference Center
Physician Resident Midwife $1600 $900 $900

The Hands-On Ultrasound Education Program 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.

This Group Learning program has been certified for the following CME credits: Up to 27.0 Mainpro+ / 9.0 MOC Section 3

HOUSE EM COURSE

Hands-On Ultrasound Education: Acute Care

Fri, May 24
0730-1500
Max 12 participants
Vancouver Island Conference Center
Physician Resident Midwife $1600 $1600

The Hands-On Ultrasound Education Program gives rural physicians the training and confidence to integrate point-of-care ultrasound into their practice. HOUSE EM offers learning in a relaxed environment, with a high instructor to student ratio and scanning on live models to maximize hands-on practice time. This course features the Ultrasound for CORE IP module, including eFAST, cardiac-subxiphoid, AAA, pneumothorax, and first trimester pregnancy. If you are interested in pursuing your CORE Independent Practitioner (IP) status, this course qualifies as a pre-requisite course in the certification process.

This Group Learning program has been certified for the following CME credits: Up to 31.5 Mainpro+ / 10.5 MOC Section 3
RURAL LOCUM FORUM
FRIDAY, May 24 2019  8:00AM - 1:30PM
Vancouver Island Conference Center, Nanaimo BC

The 5th Annual Rural Locum Forum will bring together rural BC locums, recent medical graduates, experienced physicians, and rural leaders to share experiences and ideas for innovation. During this half-day program, discover the advantages of rural locuming, and be part of a unique group of rural health professionals! The event includes a networking lunch with your colleagues and rural communities.

Topics will include:
- RGPLP: How it Works
- First Locum Toolkit
- Program Support for Rural Locums
- ...and much more!

Who Should Attend:
Rural locums, residents, physicians interested in locuming, and representatives from rural communities that frequently host locums.

Accredited for: 4.0 Mainpro+
Physicians: $75  Residents: $25

Registration: You may register for the Rural Locum Forum at the same time as registering for the Rural Health Conference. Alternatively, you may register for RLF separately at:
www.eply.com/RLF2019

RURAL PATIENT TRANSPORT:
The Road Ahead
FRIDAY, May 24  10:00AM - 2:00PM

A half day workshop reviewing current initiatives in transport in rural BC. There will be a panel discussion with representatives from RCCbc, BCEHS, EPOS, and PTN, followed by participant table work. Help identify key issues and provide feedback on a variety of proposed improvements for the BC patient transport system. The goal is to have practical input from practicing rural physicians around which initiatives will make your practice better and support your rural communities and rural patients.

Facilitated by: Dr. Trina Larsen-Soles

Accredited for: 3.0 Mainpro+
Fee: $25

Limited Seating

THE POWER OF RURAL RESEARCH
FRIDAY, May 24  7:00PM - 8:00PM

Come and meet the Rural Scholars and discover how powerful rural research can be in contributing to change. Find out how you could do this too!

Facilitated by:
Drs. Tandi Wilkinson and Dietrich Furstenburg

Accredited for: 1.0 Mainpro+
No Fee | Limited Seating | Refreshments Provided
Indicate your interest when registering

NOT JUST A PRESCRIPTION PAD
A Multimodal Approach to Chronic Pain Management
FRIDAY, May 24  12:00PM - 2:00PM

WorkSafeBC is hosting this workshop that covers the safe prescribing of opioids; tapering, substitution, and exit strategies; and pharmacological and non-pharmacological strategies for the treatment of chronic non-cancer pain.

This workshop is aligned with the College of Physicians and Surgeons of B.C.’s standards for the safe prescribing of opioids.

Facilitated by: Dr. Peter Rothfels & Dr. Launette Rieb

No Fee | Limited Seating | Includes Lunch
Register now at: events.eply.com/NotJustaPrescriptionPad

rMEET Breakfast
rural Mingle, Eat, Engage Together
SATURDAY, May 25  7:00AM - 7:45AM

Are you interested in connecting with someone new at RHC 2019?

We hope to connect residents or physicians in their first 5 years of rural practice with more experienced rural physicians during an informal breakfast meetup on Saturday morning. This networking opportunity will allow for some friendly dialogue and mentorship!

Facilitated by: Dr. Granger Avery

No Fee | Indicate your interest when registering
The City of Nanaimo is a classic West Coast community, offering natural beauty at every turn, and vast recreation potential. Here, you can go from wilderness to city centre in just a few minutes. Whatever your preference, we hope you will take the time to breathe, and enjoy everything Nanaimo has to offer.

RHC offers complimentary:
- Childcare
- Chair Massages
- Yoga Breaks
- Meditation
- Dance Breaks

**SATURDAY NIGHT SOCIAL**
SATURDAY, May 25 @ 6:00PM

Join us for a social evening at the Firehouse Grill, located in Nanaimo’s historic downtown district. Enjoy food, drinks, and the company of your colleagues from around the province and beyond!

**Tickets:** $55
**Students/Residents:** $25

Must purchase tickets in advance. Limited seating. Includes plenty of scrumptious food and an open bar.

**ACCOMMODATIONS**

**Coast Bastion Hotel**
11 Bastion Street, Nanaimo, BC V9R 6E4
Rates start at $137.00 + tax
Book Online: [coa.st/5zai](http://coa.st/5zai)
Call **1.800.663.1144** Group Code: CBI-GFC-18525

Rates available until April 21st, based on availability.
Cancellation Policy: up to 4:00pm two days prior without penalty.

**Best Western Dorchester**
70 Church Street, Nanaimo, BC V9R 5H4
Rates start at $155.00 + tax
Call **1.800.661.2449** Quote: Rural Health Conference

Rates available until April 24th, based on availability.
Cancellation Policy: up to 4:00pm two days prior without penalty.
BC RURAL HEALTH CONFERENCE (RHC)  
MAY 24-26 2019  
Vancouver Island Conference Center, Nanaimo BC

CONTACT DETAILS
○ Dr.  ○ Mr.  ○ Ms.  ○ Other:  ○ Urban  ○ Rural

Last Name  
Given Name(s)

Address

City  
Prov/State  
Postal Code

Telephone  
Fax

Email (required)  
Optional Twitter Handle (username)

CONFERENCE FEES
Save $10 by registering online!  
events.elyl.com/RHC2019

By  
March 18  
March 19 - April 15  
After April 15

○ Physician  
$635  
$685  
$735

○ Allied Health Professional  
☐ Nurse  
☐ NP  
☐ Paramedic  
☐ PT/OT  
☐ Administrator  
☐ Other Allied Health  
$260  
$260  
$260

○ Resident  
○ Student  
$160  
$160  
$160

Please note that there are no daily rates available.
For our planning purposes, please identify which dates you plan to attend:
○ ALL DAYS (May 24-26)  ○ FRI (May 24)  ○ SAT (May 25)  ○ SUN (May 26)

ADD-ON ITEMS

Physician  
Resident  
Nurse  
Paramedic

○ The CARE Course  
$1550  
—  
$200  
$100

○ CASTED: Emergency  
External Registration: casted.ca/registration/?id=3308

○ HOUSE OB Course  
$1600  
$900  
Midwife: $900

○ HOUSE EM Course  
$1600  
$1600  
—  
—

○ Rural Locum Forum  
$75  
$25  
—  
—

○ Transport Workshop  
$25  
$25  
$25  
$25

○ The Power of Rural Research  
☐ I will attend (no fee)

○ rMEET  
(no fee)  
>5 years of practice  
<5 years of practice

SPECIALITY REQUIREMENTS

SPONSORED BY

BCCPD

SPECIALTY REQUIREMENTS:

THE CANADIAN INSTITUTE FOR CHILD AND YOUTH CARE

SATURDAY NIGHT SOCIAL

Physician: $55  
Student/Resident: $25

# of Tickets:

SPOUSAL REGISTRATION

Spousal Registration  ○ $100

Partners and spouses will receive a receipt and name badge to gain access to all conference meals on May 24-26 (excluding the Saturday Social).

Name:

INTERESTED IN CHILD CARE?  ○ YES

Complimentary childcare is available during conference hours on May 24, 25, 26 (Fri-Sun).
If you indicate yes above, you will be emailed additional information about signing up.

CALCULATION

Conference Fee  
$  
The CARE Course  
$  
HOUSE OB Course  
$  
HOUSE EM Course  
$  
Rural Locum Forum  
$  
Transport Workshop  
$  
Saturday Social Tickets  
$  
Spousal Registration  
$  

TOTAL $  

PAYMENT BY FAX OR MAIL

$  
○ VISA  ○ MC

TOTAL AMOUNT

Name of Cardholder

X  
Signature

Expiry Date

Credit Card Number

Do not email this form. No refunds or transfers, unless you cancel in writing by May 3, 2019. A $100 cancellation fee will apply.
Rural Coordination Centre of BC

Enhancing rural health through education and advocacy