



**UNIVERSITY OF  
SASKATCHEWAN**

**DIVISION OF CONTINUING  
PROFESSIONAL LEARNING  
COLLEGE OF MEDICINE**

**7th Annual**

**Peter & Anna Zbeetnoff Memorial  
Drug Therapy  
Decision Making Conference**

**March 12 & 13, 2010**

**Delta Bessborough Hotel  
Saskatoon, Saskatchewan**

**GUEST SPEAKERS**

**Dr. Heather Boon, BScPhm, PhD**

Associate Professor

Leslie Dan Faculty of Pharmacy

University of Toronto

Chair of Health Canada's Expert Advisory Committee  
for Natural Health Products

Toronto, Ontario

**Dr. Douglas L. Gourlay, MD, FRCPC, FASAM**

Director, Pain & Chemical Dependency Division

Wasser Pain Management Centre

Mount Sinai Hospital

Clinical Director of Laboratory Services

Centre for Addiction & Mental Health

Toronto, Ontario

Presented by:

**Division of Continuing  
Professional Learning**  
College of Medicine  
University of Saskatchewan



## TARGET AUDIENCE

The target audience for the conference is family physicians and pharmacists. Other health professionals, including nurse practitioners, are welcome to attend.

The conference is funded by the Peter & Anna Zbeetnoff Memorial Fund established by Dr. Peter Zbeetnoff with the Royal University Hospital Foundation in 1999 to support a Drug Therapy Decision-Making Conference that would provide a meaningful educational experience for physicians and pharmacists. The conference will provide an evidence-based perspective on pharmacotherapeutic initiatives for the benefit of the patient. Thanks to the generosity of Dr. Zbeetnoff, this conference does not receive any support from industry.

## LEARNING OBJECTIVES

Conference participants will be able to: discuss trends in drug therapy, new applications for existing drug therapies from an evidence-based perspective; prescribe medications for specific indications taking into consideration the relative efficacy, safety, and cost of the newer drugs compared to existing therapy; describe strategies for staying current with the evidence; discuss a current social issue in medicine.

thromboembolism. They will also be able to identify situations where vitamin K is required for INR reversal.

### 3. Reaching Goal BP & Lipid Profile

*Dr. Tom Wilson*

Following this workshop the learner will be able to: quote goal blood pressure & lipid profile (or at least know where to look them up); list first line drug therapy for both; develop a plan if the patient does not reach these goals.

### 4. Dementia Pharmacotherapy

*Dr. Jenny Basran*

Participants will discuss: drug causes, prevention, treatment; drugs to avoid that may worsen dementia; strategies to assess response.

### 5. Drug Costs – When the Patient Can't Pay

*Dr. Joan Bobyn*

Participants will discuss: what to do – priorities; low cost alternatives; practical pearls to facilitate EDS (e.g. putting the diagnosis on the script).

### 6. Challenging Pain Management Cases

*Dr. Douglas Gourlay*

## 1115 Interactive Sessions - Repeat of 1030

1200 Lunch - Adam Ballroom

# PROGRAM

Friday, March 12, 2010

Adam Ballroom, Delta Bessborough Hotel

Chairperson: Loren Regier

0730 Registration

0820 **Welcome**

0830 **Managing the Inherited Pain Patient**

*Dr. Douglas Gourlay*

0915 **Five Drugs that You Probably Should be Using Less Often**

*Dr. Derek Jorgenson*

Participants will learn about: five commonly prescribed products that likely should be used less often; safer, more effective, more convenient &/or less expensive options available.

0935 **Questions & Discussion**

1000 Nutrition Break - Convention Foyer

1030 **Interactive Sessions - Case Discussions**

**1. Why Don't People Listen to Me? – An Overview of Adherence**

*Charity Evans*

This session will outline the extent & implications of non-adherence. Participants will discuss factors related to non-adherence, & discuss the role of health care providers in promoting *non*-adherence.

**2. Managing the INR Roller Coaster**

*Allana Reaume*

Participants will discuss: out of range INR? - to change or not to change the Warfarin dose; patient assessment - risk of hemorrhage vs.

Friday Afternoon

Chairperson: Dr. Mark Lees

1250 **Drugs in the Media: Evidence Based Medicine or Fairy Tales for Adults**

*Loren Regier & Dr. Derek Jorgenson*

Participants will discuss: the top drug stories that appeared in the lay media over the last year & the extent to which they were accurate; practical tips for how one can decipher fact from fairy tale when looking at future drug stories in the media.

1320 **"It's 3 a.m. and He's Coughing!!" Managing Cough & Colds in Childhood**

*Dr. Susanna Martin*

Participants will be able to develop a differential diagnosis of cough & understand the basis of current recommendations about the use of cough & cold medications.

**"Short Snappers"**

1340 **Cholesterol 2009 (& 2010): What's Changed?**

*Dr. Tom Wilson*

Following this workshop the learner will be able to: classify patients as low, moderate or high risk; quote the role of ancillary information (family history, hs-CRP) in treating moderate risk patients; cite the "new goals" for all risk groups.

1355 **Should I Take Aspirin?**

*Dr. Tom Wilson*

Following this workshop the learner will be able to: quote the *relative risk reduction* for MI & stroke with aspirin; quote the *relative risk* for major bleeding from aspirin; use these to decide who should take aspirin.

1410 **Questions & Discussion**

1440 Nutrition Break - Convention Foyer

1500 **Interactive Sessions - Case Discussions**

**1. Pharmacological Management of Depression**

*Dr. Marilyn Baetz*

Participants will review: antidepressants & the evidence of one over the other; drugs of choice & logical combinations/add-on therapy.

**2. Managing Constipation in Children**

*Dr. Meredith McKague*

By the end of this session you will be able to: define constipation in children; briefly describe the range of normal stool patterns in children; describe an approach to diagnosis; describe a step-wise approach to management of constipation in children; be familiar with some useful medication options for pediatric constipation.

**3. Common & Not So Common Community Infections – MRSA, Sinusitis & Clostridium difficile**

*Dr. Yvonne Shevchuk*

The focus of the three cases will be appropriate antibiotic therapy. After completion, the participants will be able to: select the most appropriate antibiotic therapy for the selected conditions; identify alternative antibiotic choices; describe common antibiotic side effects & drug interactions.

**4. Pearls & Pitfalls of Intensifying Insulin Therapy in DM2**

*Dr. Terra Arnason*

Learning objectives will be met through cases to highlight: when & how to switch between oral & insulin therapy; effective adjustment & assessment of bolus & basal insulin; quick fixes for common glucose trends.

**5. Sleep Aids**

*Dr. Robert Skomro*

Participants will discuss: approach to the troubled sleeper; how to determine why the person is not sleeping; what to look for; medications, side effects.

**6. Interactive Wound Care Dressings: When They Might be Indicated**

*Donna Flahr*

This session is designed to: help practitioners understand how local wound care can maximize the healing potential in vulnerable populations; assist practitioners to understand the management of venous disease: when the dressing can be the silver bullet; help practitioners limit amputation potential in minimally perfused areas.

1545 **Interactive Sessions - Repeat of 1500**

1630 Adjourn

**Saturday, March 13, 2010**

**Adam Ballroom, Delta Bessborough Hotel**

Chairperson: **Dr. Peter Kapusta**

0730 Continental Breakfast - Convention Foyer

0815 **Do any Natural Health Products Actually Work? Where's the Evidence?**

*Dr. Heather Boon*

This session will: review the safety & efficacy of common natural health products for colds & flu, cardiovascular conditions & mental health; discuss potential adverse events & drug interactions with natural health products; give advice about where to find the best evidence-based information.

0900 **Dermatological Treatments You Might Not Know About but Should**

*Dr. Peter Hull*

This session will discuss treatment options for common dermatological problems, e.g. psoriasis, eczema, acne, rosacea, that you might not be aware of, & what to do when the first line medication doesn't work.

0920 **Top Five Drug-Related Websites that You Should Know About**

*Dr. Mark Lees*

Participants will discuss: where to go on-line to find the drug therapy answers you need at the point of care; staying up to date: how to use RSS feeds and podcasts to have new & relevant information come to you!

0940 **Questions & Discussion**

1005 Nutrition Break - Convention Foyer

1020 **Interactive Sessions – Case Discussions**  
**1. Bisphosphonates in Osteoporosis - Case Discussions**

*Brent Jensen*

Participants will discuss: projecting potential benefit in terms of a patient's fracture risk; individualizing therapy - considerations in drug selection; evaluating patient concerns & current controversies, such as long-term safety (jaw necrosis, atrial fibrillation, atypical fractures, drug holidays); optimizing bone hygiene therapies, such as calcium, vitamin D & lifestyle.

**2. Bridging Anticoagulation**

*Darcy Lamb & Allana Reaume*

Participants will learn about: Warfarin & Heparin use; bridging, for example, when going for surgery; information on SHR & RQHR programs.

**3. HCV**

*Dr. Kurt Williams*

Participants will discuss; diagnosis – what's new; steps in the management & follow-up of HCV.

#### 4. Natural Health Products – Common Confusing Scenarios, Drug Interactions

*Dr. Heather Boon*

This will be interactive case discussions – bring your questions.

#### 5. Compounding Medications Not Problems for Patients with Unique Prescription Needs

*Brenda Yuzdepski*

Participants will discuss: the wide variety of delivery systems available to physicians (more than a spoonful of sugar) to get the medication into their patients; medications no longer on the market that can still be compounded; gluten/casein/color/flavour-free compounding, sterile compounding; customizing dosing – e.g. weaning on or off of certain medications; what products can be compounded.

#### 6. Cases on Drug Therapy Considerations for Cancer Patients at the Primary Care Level

*Dr. Vivian Walker & Dr. Shannan Neubauer*

Participants will learn about: management of side effects such as loss of appetite, weight loss, nausea, stomatitis, proctitis, skin breakdown; which medications are more immunosuppressive.

1105 Relocation Break

#### 1115 New Vaccines & What's on the Horizon

*Dr. Athena McConnell*

Participants will understand: the epidemiology of zoster; the science behind the zoster vaccine; the epidemiology of pneumococcal infections after PCV 7 vaccination; the clinical implications of new pneumococcal conjugate vaccines (PCV 10, PCV 13).

#### 1135 RxFiles – Late Breaking News

*Brent Jensen & Brenda Schuster*

This session will discuss drug therapy developments, both recent & on the horizon, and provide a *heads up* on whether these developments should change your practice.

#### 1210 Questions & Discussion

#### 1230 Closing Remarks

1235 Adjourn

## INTERACTIVE SESSIONS

Please choose **two sessions** from each Friday group and **one** from the Saturday group. If your first choices are not available, you will be notified via e-mail of other options.

**Return this form with your registration form**

#### Friday a.m., 1030 & 1115 (choose two)

- 1. Why Don't People Listen to Me? - An Overview of Adherence - *C. Evans*
- 2. Managing the INR Roller Coaster - *A. Reaume*
- 3. Reaching Goal BP & Lipid Profile - *Dr. T. Wilson*
- 4. Dementia Pharmacotherapy - *Dr. J. Basran*
- 5. Drug Costs - When the Patient Can't Pay - *Dr. J. Bobyn*
- 6. Challenging Pain Management Cases - *Dr. D. Gourlay*

#### Friday p.m., 1500 & 1545 (choose two)

- 1. Pharmacological Management of Depression - *Dr. M. Baetz*
- 2. Managing Constipation in Children - *Dr. M. McKague*
- 3. Common & Not So Common Community Infections - MRSA, Sinusitis & Clostridium difficile - *Dr. Y. Shevchuk*
- 4. Pearls & Pitfalls of Intensifying Insulin Therapy in DM2 - *Dr. T. Arnason*
- 5. Sleep Aids - *Dr. R. Skomro*
- 6. Interactive Wound Care Dressings: When They Might be Indicated - *D. Flahr*

#### Saturday a.m., 1020 (choose one)

- 1. Bisphosphonates in Osteoporosis - Case Discussions - *B. Jensen*
- 2. Bridging Anticoagulation - *D. Lamb & A. Reaume*
- 3. HCV - *Dr. K. Williams*
- 4. Natural Health Products - Common Confusing Scenarios, Drug Interactions - *Dr. H. Boon*
- 5. Compounding Medications Not Problems for Patients with Unique Prescription Needs - *B. Yuzdepski*
- 6. Cases on Drug Therapy Considerations for Cancer Patients at the Primary Care Level - *Dr. V. Walker & Dr. S. Neubauer*

# REGISTRATION FORM - Drug Therapy Decision Making Conference

Dr.	Mr.	Ms	First Name												
			Last Name												
Mailing Address															
City				Prov				Postal Code							
Area Code			Telephone			Area Code			Fax						
E-mail Address															
Chq	VISA	MC	Card Number												
Expiry MM/YY			Signature												

- |                                                                                                                                                                                                           |                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Family Physician<br><input type="checkbox"/> Specialist (specify) _____<br><input type="checkbox"/> Medical Resident (specify) _____<br><input type="checkbox"/> Medical Student | <input type="checkbox"/> Pharmacist<br><input type="checkbox"/> Pharmacy Resident<br><input type="checkbox"/> Nurse Practitioner<br><input type="checkbox"/> Other (specify) _____ |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Mail or fax this form and the interactive sessions form or click here to register on-line.

## REGISTRATION FEES

### Physicians - Full Course

- \$393.75 Before February 26
- \$446.25 February 26 and after

### Other Health Professionals - Full Course

- \$278.25 Before February 26
- \$330.75 February 26 and after

### Residents/Students (medical, pharmacy, nursing) - Full Course

- \$105.00 Flat rate

Fees include 5% GST  
 Registration #: 11927 9313 RT

Fees may be prorated for partial attendance

Registration includes Friday lunch, Saturday continental breakfast, handouts on memory stick, and all educational sessions.

Cheques payable to *Continuing Professional Learning*

Registration will NOT be processed until payment is received.

Send registration **and interactive session** forms to:  
 Continuing Professional Learning  
 Box 60001 RPO University  
 Saskatoon, SK S7N 4J8  
 Fax: (306)966-7673  
 Telephone: (306)966-7795

### **CANCELLATION & REFUND POLICY**

Cancellations must be received in writing by **March 4, 2010**, and will be subject to a \$75.00 administration fee. **Refunds will not be considered on or after March 5, 2010.** The Division of Continuing Professional Learning, College of Medicine, University of Saskatchewan reserves the right to cancel or postpone a course due to insufficient registration or circumstances beyond our control. This course may be cancelled twenty (20) days prior to the course date. Each registrant will be notified by telephone, with written notification and a full refund following. Continuing Professional Learning, College of Medicine is not responsible for any other costs including, but not limited to, airline or hotel penalties.

## GENERAL INFORMATION

### ACCOMMODATIONS

A block of rooms has been reserved at:  
Delta Bessborough Hotel  
601 Spadina Crescent East  
Telephone: (800)268-1133 or (306)244-5521  
Special Convention Rate: \$140.00 (Delta Queen, Double, or Twin) or \$160.00 (Premier King), plus applicable taxes & fees.

Conference rates are available for reservations up to **February 11, 2010**. Please indicate group name Drug Therapy Conference to receive this rate. All room reservations must be guaranteed to a company guarantee, major credit card guarantee, or first night deposit. Should a guaranteed reservation not be cancelled by 4:00 p.m. the day of arrival, the cost of the room for the first night will be charged to the guarantor.

### TELEPHONE

While the conference is in session, you may be reached by calling (306)244-5521. Messages will be forwarded.

### PARKING

The Delta Bessborough Hotel has ample on-site parking for registered hotel guests. The rates are \$10.00 for self-parking or \$14.00 for valet parking. Non-registered attendees may park across the street from the hotel in the Imperial Parking lot at a rate of \$8.00 per day (credit card/coin meters), or in the parkade at Avord Towers (coin meters) at a daily rate of \$7.50. These rates are subject to change.

### PLANNING COMMITTEE

Dr. Joan Bobyn, Dr. Derek Jorgenson, Dr. Peter Kapusta, Dr. Mark Lees, Mavis Procyshyn, Loren Regier, Dr. Rhonda Reiniger, Dr. Lilian Thorpe

### SMA EDUCATION BANK

Up to \$3000.00 of fees for recognized CME activities can be recovered each year by Saskatchewan physicians from the CME fund, which is managed by the Saskatchewan Medical Association.

### DECLARATION OF POTENTIAL CONFLICT OF INTEREST

In keeping with accreditation guidelines, speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest, relating not only to the subject matter of this program but also to any other medical topic.

### STUDY CREDITS

As an organization accredited to sponsor continuing medical education for physicians by the Committee on Accreditation of Canadian Medical Schools Continuing Professional Learning, College of Medicine, University of Saskatchewan, has approved this education program for up to **10 MAINPRO-M1** credits on behalf of the College of Family Physicians of Canada, Saskatchewan College. Reciprocal recognition is provided by the American Medical Association for the Physician's Recognition Award, and by the American Academy of Family Physicians. This educational event is an Accredited Group Learning Activity (Section 1) as defined by the **Maintenance of Certification** Program of the Royal College of Physicians and Surgeons of Canada.

This program has been approved by Continuing Professional Development for Pharmacists (CPDP) for a total of **9.5 Continuing Education Units (CEUs)**.

### CPL WEBSITE

[www.usask.ca/cme](http://www.usask.ca/cme)

## ACKNOWLEDGEMENTS

Peter & Anna Zbeetnoff Memorial Fund



# SASKATCHEWAN FACULTY

Academic Appointments are with the University of Saskatchewan, Saskatoon

**Dr. Terra Arnason**

Assistant Professor  
Department of Medicine  
Division of Endocrinology

**Dr. Marilyn Baetz**

Associate Professor  
Department of Psychiatry

**Dr. Jenny Basran**

Assistant Professor  
Department of Medicine  
Head, Division of Geriatric Medicine

**Dr. Joan Bobyn**

Adjunct Professor  
College of Pharmacy & Nutrition  
Pharmacist/Manager  
Greystone Co-op Pharmacy  
Saskatoon, Saskatchewan

**Charity Evans**

PhD Candidate  
College of Pharmacy & Nutrition

**Donna Flahr**

Equipment & Product Standardization Nurse –  
Skin & Wound  
Saskatoon Health Region

**Dr. Peter Hull**

Professor  
Department of Medicine  
Head, Division of Dermatology

**Brent Jensen**

Clinical Pharmacist  
Saskatoon City Hospital  
The RxFiles Academic  
Detailing Program  
Saskatoon Health Region

**Dr. Derek Jorgenson**

Assistant Professor  
College of Pharmacy & Nutrition

**Darcy Lamb**

Clinical Coordinator Pharmacy Services  
Saskatoon Health Region

**Dr. Mark Lees**

Assistant Professor  
Department of Academic Family Medicine

**Dr. Susanna Martin**

Assistant Professor  
Department of Pediatrics

**Dr. Athena McConnell**

Assistant Professor  
Department of Pediatrics

**Dr. Meredith McKague**

Assistant Professor  
Department of Academic Family Medicine

**Dr. Shannan Neubauer**

Site Manager  
Saskatoon Cancer Centre Pharmacy  
Saskatchewan Cancer Agency  
Saskatoon, SK

**Allana Reaume**

Project Pharmacist  
Anticoagulation Management Service  
Regina Qu'Appelle Health Region

**Loren Regier**

Program Coordinator  
The RxFiles Academic  
Detailing Program  
Saskatoon Health Region

**Brenda Schuster**

Clinical Pharmacist  
The RxFiles Academic  
Detailing Program  
Regina, Saskatchewan

**Dr. Yvonne Shevchuk**

Professor of Pharmacy  
College of Pharmacy & Nutrition

**Dr. Robert Skomro**

Associate Professor  
Department of Medicine  
Division of Respiratory Medicine

**Dr. Vivian Walker**

Clinical Associate  
Saskatoon Cancer Centre

**Dr. Kurt Williams**

Associate Professor  
Department of Medicine  
Head, Division of Infectious Diseases

**Dr. Thomas Wilson**

Professor  
Department of Medicine

**Brenda Yuzdepski**

Pharmacist & Owner  
Medical Arts Pharmacy  
Saskatoon, Saskatchewan

**In Partnership with the Department of Family and Community Medicine, University of Toronto**

## Register Today

### What is PAACT?

- ❖ An educational program for **primary care providers** about the optimal management of common conditions.
- ❖ Programs meet the accreditation criteria of the College of Family Physicians of Canada for **MAINPRO-C** credits.
- ❖ A program that primarily consists of **case-based, small group learning modules**:

### Anti-Infective Program

- (4 MAINPRO C Credits)
- **Half-Day Program**
- **Respiratory Tract Infections**
  - pharyngitis,
  - sinusitis
  - otitis media
  - bronchitis
- **Urinary Tract Infections**

### Anemia Program

- (4 MAINPRO C Credits)
- **Microcytic, Normocytic, Macrocytic**
- **Half-Day Program**

## Enrolment is Limited!

### Program Committee &/or Facilitators

Tessa Laubscher MB ChB CCFP FCFP (Saskatoon, SK) - both  
Yvonne Shevchuk, PharmD (Saskatoon, SK) - antiinfective  
Marianne Gulka BSP (Saskatoon, SK) - anemia  
Loren Regier BSP, BA (Saskatoon, SK)

*"PAACT-Anti-infective Program...provides an example of how appropriate antimicrobial use can be optimized at the community level. It is a sterling demonstration of how creative partnerships, community-based awareness, and local physician leadership can provide the impetus for change."*

*John Conby, MD (Can Fam Phys, Sept. 1998)*

\* \* \* \* \*

### Saskatoon - March 2010

#### ⇒ **ANTI-INFECTIVE - Half Day Seminar**

**When:** Thursday – March 11, 2010  
5:15 PM to 9:45 PM (includes dinner)

**Where:** Saskatoon City Hospital  
(includes Anti-infective Guidelines for Community Acquired Infections 2010 book)

#### ⇒ **ANEMIA - Half Day Seminar**

**When:** Saturday - March 13, 2010  
1 PM to 5:15 PM (includes light lunch)

**Where:** Saskatoon City Hospital  
(includes Anemia Guidelines 2008 book)

### Advance Registration:

**\$110/person per half day**

(seminar, all materials, refreshments, included)

**Medical Students/Residents: \$70/person per half day**

\*\*\*

### To Register:

**FAX (306) 655-7980**

(or phone 306-655-8505)

**We will contact you to confirm registration!**

### Antimicrobial Seminar ½ Day (evening)

Thursday, March 11, 2010 (\$110)

### Anemia Seminar ½ Day (afternoon)

Saturday, March 13, 2010 (\$110)

**Name:**

**Area of Practice:**

**Address:**

**City, Province:**

**Postal Code:**

**Phone:**

**Fax:**

**CCFP Member:**  Yes  No

**Payment:** Cheque  (payable to RxFiles – SHR)

Please charge my: Visa  Mastercard  for \$ \_\_\_\_\_

Account Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

The timing of these PAACT Seminars has been planned to complement the 7<sup>th</sup> Annual Peter and Anna Zbeetnoff Drug Therapy Decision Making Conference, March 12-13, 2010, in Saskatoon.