

The Banff Centre
Banff, Alberta
October 10-13, 2018



Annual Meeting 2018

Congrès annuel 2018

In collaboration with



Alberta Chapter
British Columbia Chapter
Manitoba/Saskatchewan Chapter



Preliminary Program

Programme préliminaire



CSIM Office
200-421 Gilmour Street
Ottawa, ON K2P 0R5
613-422-5977
1-855-893-CSIM (2746)
info@csim.ca
www.csim.ca



#CSIM2018

PROGRAM-AT-A-GLANCE

CSIM ANNUAL MEETING October 10-13, 2018 at the Banff Centre, Alberta

Wednesday, October 10	Thursday, October 11	Friday, October 12	Saturday, October 13
0800-1200 Simulation-Based Ultrasound-Guided Procedure Planning Course	0730-0830 Breakfast Top 5 Papers	0800-0900 Breakfast AM Edwards / ACP Lecture	0800-0945 Breakfast GIM Faculty Research Showcase Short Snappers Closing Remarks
1400-1710 Extended Workshops	0900-1130 Concurrent Workshops Mentoring Sessions	0915-1145 Concurrent Workshops Mentoring Sessions	1000-1230 Workshops
1720-1830 Welcome Remarks and Opening Plenary	1145-1315 Lunch Awards Presentations CSIM Osler Lecture	1200-1330 Lunch SIA and NIA Presentations	END
	1330-1430 Short Snappers and Research/QI Poster Competition	1345-1445 Debate	Mark your calendars for the next CSIM Annual Meetings! October 2-5, 2019 in Halifax, NS October 14-17, 2020 in Québec City, QC
	1500-1700 Oral Research/QI Oral Competition Announcement of winners	1515-1715 Ted Giles Clinical Vignettes	
	1715-1845 ACP Doctor's Dilemma® (Medical Jeopardy)	1715-1815 CSIM Annual General Meeting	

Subject to change

WEDNESDAY, OCTOBER 10

0800 – 1200 Simulation-Based Ultrasound-Guided Procedure Planning Course

Pre-registration required, additional fee applies. Open only to meeting registrants, space limited. [Click here to learn more.](#)

1400 – 1710 EXTENDED WORKSHOPS

1. DERMATOLOGY – Chair: Dr. T. Lee-Ann Hawkins

➤ Hidradenitis Suppurativa: Shattering the Silence and Revealing the Science Behind a Devastating Disease – Dr. Susan Poelman

- Diagnose Hidradenitis Suppurativa (HS).
- Become familiar with the pathogenesis behind HS.
- Recognize comorbidities and the need for a multi-disciplinary approach in treating HS.
- Become aware of the latest medical and surgical treatment options along with lifestyle changes that may benefit HS patients.

➤ Cutaneous Manifestations of Diabetes Mellitus – Dr. Susan Poelman

- Recognize that diabetic dermopathy is a marker for retinopathy and nephropathy.
- Know the three commonest cutaneous manifestations in diabetes.
- Develop a basic approach to the patient with a diabetic foot ulcer.

➤ Pyoderma Gangrenosum and Erythroderma: What the Internist Needs to Know – Dr. Lynne Robertson

- Be aware of the different presentations of pyoderma gangrenosum and its systemic disease associations.
- Develop an approach to the diagnosis and management of pyoderma gangrenosum.
- Understand the potential complications of erythroderma in adults and develop an approach to its diagnosis and management.

2. EVIDENCE-GUIDED QI – Dr. Khalid Aziz, Dr. Pamela Mathura

Chair: Dr. Narmin Kassam

Pre-registration required; registration for this session is limited and on a first-come, first-served basis.

- Define quality improvement (QI) and identify the QI cycle.
- Identify the ten steps to developing a QI project.
- Understand how to complete an aim and change form to plan QI activities in your facility/community.

3. CRITICAL CARE – Chair: Dr. Jane McKay

➤ Update on Sepsis – Dr. Scott McKee

- Develop a diagnostic approach to sepsis and understand the role of scoring systems.
- Apply evidence based management strategies for sepsis including vasopressor choice.
- Discuss the role of steroids in sepsis treatment.

➤ Update on Respiratory Failure – Dr. John Ronald

- Differentiate between the different types of respiratory failure.
- Discuss ARDS identification and management in the ICU.
- Discuss weaning strategies in the ICU.
- Explain the role and rationale for different non-invasive ventilation strategies.

➤ Brain Outcomes in the Intensive Care Unit – Dr. Michael Kenyon

- Discuss the importance of brain monitoring in the ICU.
- Review subjective measures of brain monitoring in the ICU.
- Review objective measures of brain function in the ICU.
- Assess data on cognitive function loss after an ICU stay.

Part 1: 1400-1445
Break: 1445-1505
Part 2: 1505-1550
Break: 1550-1610
Part 3: 1610-1655
Panel Q&A: 1655-1710

WEDNESDAY, OCTOBER 10 *continued*

4. COMMON PROBLEMS IN POSTOPERATIVE CARE FOR THE INTERNIST – *Chair: Dr. Lynn Lambert*

- **Perioperative Acute Kidney Injury in Non-Cardiac Surgical Patients** – *Dr. Barry Baylis*
 - Understand the prevalence and clinical importance/impact of AKI in the perioperative patient.
 - Identify practical risk factors for perioperative AKI.
 - Develop an approach to diagnosing and managing AKI.
 - Recognise when to refer to a nephrologist.

- **Diabetes in the Postoperative Patient** – *Dr. Lynn Lambert*
 - Manage diabetes in the neurosurgical patient.
 - Manage diabetes the patient on corticosteroids.
 - Manage diabetes in the patient who is “NPO” for a prolonged period, on enteral feeding or on TPN.

- **Post-operative Anticoagulation** – *Speaker TBA*
 - Know when to re-start anticoagulation in the patient already treated.
 - Address anticoagulation in the post-operative patient with DVT/PE.
 - Address anticoagulation in the neurosurgical/spinal patient.

1720 – 1830 **OPENING REMARKS AND PLENARY** – *Dr. Anita Palepu*

Chair: Dr. Narmin Kassam

THURSDAY, OCTOBER 11

0700 **BREAKFAST OPENS**

0730 – 0830 **TOP FIVE PAPERS** – *Dr. Gabriel Fabreau*

- Identify and summarize the findings of five papers published in 2018 that are highly relevant to internists and general internists in Canada.
- Review the strengths and limitations of the papers using the principles of evidence-based medicine.
- Recognize the implications of these papers for one's own clinical practice.

0830 – 0900 **Travel to Workshops and View the Exhibits**

0900 – 1130 **CONCURRENT MENTORING SESSIONS** (*Sign up at the CSIM registration desk*)

Get one-on-one feedback and advice!

0900 – 1130 **CONCURRENT WORKSHOPS**

One hour session, repeated twice; select one per timeslot OR the Choosing Wisely /QI Implementation Hack-a-Thon and Networking Session (two-part session).

W01. Obesity Management – *Dr. Arya Sharma*

- Gain a better understanding of obesity as a chronic disease.
- Improve the approach to discussing weight with patients with obesity.
- Gain confidence in recommending behavioural, medical and surgical interventions to patients with obesity.

Session 1: 0900-1000
Break: 1000-1030
Session 2: 1030-1130

W02. Opioid Addiction Management – *Dr. Seonaid Nolan*

- Identify the patient with opioid addiction.
- Manage the patient with opioid addiction, including the use of buprenorphine and naloxone.
- Evaluate the current literature on opioid addiction and pain management.

W03. Frailty and Falls Assessment for Internists – Dr. Darryl Rolfson

- Provide a practical approach to frailty and falls.
- Practice the use of common assessment methods for frailty and falls.
- Emphasize the benefits of multimodal interventions.

W04. Practical Aspects of Hypertension: Simple Strategies to Help You and Your Patients Meet Guideline Blood Pressure Targets – Dr. Robert Herman

- Understand the pharmacology of common classes of blood pressure lowering medications and how to use them more effectively.
- Recognize isolated systolic hypertension as a unique entity with specific issues in the elderly and cardiac patients and know which drugs work best and worst.
- Understand the issues surrounding resistant hypertension and recognize common causes before ordering expensive tests and procedures to rule out rare conditions.

W05. Beyond These Walls: Reaching Remote and Rural Populations with High-Quality GIM Care

Dr. Amy Hendricks

- Provide high-quality, non-face-to-face care for individuals living far from the usual practice setting.
- Challenge the assumption of specialty care relying on patient travel and propose less costly alternatives.
- Develop an efficient, rewarding model for a geographically distributed practice designed to meet the needs of patients and other care providers.

W06. Update on Interstitial Lung Disease – Dr. Charlene Fell

- Screen patients for environmental and occupational causes of ILD.
- Develop an approach to diagnose and classify ILD.
- Review updates in anti-fibrotic treatments.

W07. Case Based ECG and Arrhythmia Assessment: Figuring out Flutters and Flake Outs

Dr. Russell Quinn

- Identify important ECG pattern in patients with syncope.
- Understand and treat wide complex tachycardias.
- Know when to worry and when to reassure patients with palpitations.

W08. Update on Diabetes – TBA

- Discuss the role of newer antihyperglycemic therapies in hospital.
- Write an appropriate exercise prescription for a patient living with diabetes.
- Describe highlights of changes in the 2018 Diabetes Canada clinical practice guidelines.

W09. Updates in Chronic Liver Disease – Dr. Bertus Eksteen

- Understand the development of cirrhosis, portal hypertension and hepatocellular carcinoma in patients in whom active virus has been eradicated by current drug treatments.
- Appreciate the role of sarcopenia in cirrhosis, how to intervene, and the role of biomarkers in cirrhosis.
- Recognise primary biliary cirrhosis in non-Caucasian populations.

THURSDAY, OCTOBER 11 *continued*

W10. Choosing Wisely / QI Implementation Hack-a-Thon and Networking Session (*two-part session*)

Dr. Emily Gibson McDonald, Dr. Shannon Ruzycki

Participants will work in small groups to create a proposal to implement a Choosing Wisely initiative for the safe prescribing of opioids, and will share feedback with other groups.

- Critically evaluate Choosing Wisely and QI initiatives.
- Create an implementation plan.
- Anticipate and troubleshoot potential challenges.
- Implement one Choosing Wisely recommendation related to safe opioid prescribing.
- Share feedback and learn from peers on new initiatives and projects in GIM research, Choosing Wisely, QI.

1000 – 1030 Networking Break and View the Exhibits

1145 – 1315 LUNCH and AWARDS PRESENTATIONS and CSIM/ROYAL COLLEGE OSLER LECTURE

Precision Medicine and the General Internist – *Dr. Finlay McAlister*

- Describe precision medicine vs. personalized medicine.
- Review the current status of precision medicine efforts relevant to General Internal Medicine practice.
- Explore the potential benefits and limits of precision medicine in the practice of General Internal Medicine.

1330 – 1430 SHORT SNAPPERS (*concurrent to the poster competition*)

➤ **Postoperative Orthopedic VTE Prophylaxis: ASA Anticoagulation** – *Dr. Tony Wan*

- Summarize the evidence for using ASA for VTE prophylaxis after orthopedic surgeries.
- Review the evidence for using direct oral anticoagulant for VTE prophylaxis after orthopedic surgeries.

➤ **Shorter Duration of Antibiotic Therapy: What is the Latest Evidence?** – *Dr. Curtis Boyington*

- Know which conditions have supporting evidence for “shorter” than standard duration of antibiotic therapy.
- Understand which conditions have little or no evidence to support non-standard duration of antibiotic therapy.
- Recognize that controversy exists in duration of therapy for some conditions.

➤ **Managing Thrombosis in Renal Failure** – *Dr. Ton Wan*

- Determine whether low molecular weight heparin can be used safely in patients with renal failure.
- Determine whether direct oral anticoagulants can be used safely in patients with renal failure.

1330 – 1430 CSIM RESEARCH AND QI POSTER COMPETITION (*concurrent to the short snappers session*)



- Recite updates on current research in the field of general internal medicine
- Apply QI methodology to the care of internal medicine patients

Trainees in IM and GIM present the results of research and QI projects. Posters are available for viewing all day and will be presented to a judging panel from 1330 – 1430. Winners will be announced at 1645.

1430 – 1500 Networking Break and View the Exhibits

1500 – 1700 CSIM RESEARCH AND QI ORAL COMPETITION AND ANNOUNCEMENT OF THE WINNERS

- Recite updates on current research in the field of general internal medicine.
- Apply QI methodology to the care of internal medicine patients.

Trainees in IM and GIM present the results of research and QI projects. Winners announced at the end of the session.

1715 – 1845 ACP DOCTOR'S DILEMMA® – MEDICAL JEOPARDY

The American College of Physicians Doctor's Dilemma® competition is a fast-paced game of medical jeopardy hosted by the Canadian ACP Chapters. Light refreshments provided. Resident teams to pre-register; spaces limited; [click here for details](#).

FRIDAY, OCTOBER 12



CLINICAL POSTERS AVAILABLE FOR VIEWING ALL DAY

0730 BREAKFAST OPENS

0800 – 0900 BREAKFAST and AM EDWARDS / ACP LECTURE: **Indigenous Health** – *Dr. Alika Lafontaine*

0900 – 0915 Travel to Workshops and View the Exhibits

0915 – 1145 CONCURRENT MENTORING SESSIONS (*Sign up at the CSIM registration desk*)

Get one-on-one feedback and advice!

0915 – 1145 CONCURRENT WORKSHOPS

One hour session, repeated twice; select one per timeslot.

Session 1: 0915-1015

Break: 1015-1045

Session 2: 1045-1145

W11. Medical Complications of Living with HIV and ARV Therapy: The Price of Success – *Dr. Janet Gilmour*

- Understand the current state and outcomes of HIV infection in Canada.
- Appreciate the risks and complications of long term ARV therapy.
- Monitor and manage medical conditions for persons living with HIV.

W12. Cannabis: Practical Aspects for the Internist – *Dr. Prabh Lail*

- Manage cannabis withdrawal and cannabis therapy in hospitalized patients.
- Prescribe cannabis safely and effectively for specific disorders.
- Adjust cannabis therapy depending on a patient's response and side effects.

W13. Biomarkers for Diagnosis and Targeted Therapy in Rheumatology – *Dr. Aurore Fifi-Mah*

- Choose the appropriate biomarkers for the diagnosis of rheumatological auto-immune diseases.
- Describe the effect and risks of targeted therapy.
- Review the concept of biosimilars.

W14. Movement Disorders for the Internist – *Dr. Davide Martino*

- Identify the type of tremor in patients with various presentations.
- Determine which investigations are required in the evaluation of patients with new onset ataxic gait.
- Manage restless legs syndrome and know which medications should not be used.

W15. Carpe Docens: Effective Clinical Teaching for Busy Clinicians – *Dr. Bruce Fisher*

- Identify and surmount the challenges to effective clinical learning and teaching.
- Focus and guide clinical learning and competency development.
- Provide quality assessment and effective formative feedback.

W16. Illicit Drug Toxidromes in the Emergency Department: Common and Less Common Presentations

Dr. Kate Colizza

- Recognize common toxidromes and withdrawal syndromes related to illicit substance ingestion.
- Develop an approach to management and monitoring.
- Understand aftercare and treatment for substance use disorder.

W17. Pink, Blue and Everything in Between: An Update on COPD – *Dr. Tara Lohmann*

- Know when to step up, when to step down as per the CTS Guidelines 2017.
- Reduce readmissions of patients with COPD following the INSPIRED COPD Outreach Program.
- Review smoking cessation resources: apps, e-cigarettes, etc.

FRIDAY, OCTOBER 12 *continued*

W18. Practical Considerations for MAiD – Dr. Kim Wiebe

- Understand what criteria are used to determine if a patient is eligible for medical aid in dying.
- Anticipate, troubleshoot and overcome challenges which may be encountered.
- Access resources available to physicians for moral, spiritual and emotional support.
- Outline assessment documentation for one provincial body.

W19. What's New in Acute Kidney Injury – Dr. Debbie Rosenbaum

- Recognize acute kidney injury in outpatient and inpatient settings.
- Review the latest literature on contrast nephropathy.
- Understand the role and timing of dialysis in the critically ill patient.

W20. Competency Based Medical Education (CBME): Implications and Practical Tips for GIM

Dr. Maria Bacchus

- Understand the changes that CBME will have on current Canadian IM training programs.
- Apply direct observation, feedback and coaching models in a time-efficient manner to a variety of GIM teaching settings.
- Apply the concept of entrustment to resident assessment.

1015 – 1045 Networking Break and View the Exhibits

1200 – 1330 LUNCH and SENIOR INVESTIGATOR AWARD and NEW INVESTIGATOR AWARD PRESENTATIONS

1345 – 1445 DEBATE: Perioperative Troponins and BNP's – Dr. Mike Prystajec, Dr. Shannon Ruzycki

- Understand the burden of post-operative myocardial injury.
- Analyze the role of functional assessment and diagnostic imaging in perioperative cardiac risk assessment.
- Critically appraise the literature surrounding cardiac biomarkers for perioperative risk assessment.

1445 – 1515 Networking Break and View the Exhibits

1515 – 1715 Ted Giles Clinical Vignettes – Chair: Dr. Steven Shadowitz

Join us at this dynamic competition as trainees present unusual clinical cases!

- Describe unusual presentations of common diseases and common presentations of rare diseases.
- Become familiar with the characteristics of engaging and educational case presentations.

Help support the Ted Giles Fund. Visit <http://csim.wildapricot.org/donate> to donate (tax receipt available).

1715 – 1815 CSIM Annual General Meeting (CSIM members only)

SATURDAY, OCTOBER 13



CLINICAL POSTERS AVAILABLE FOR VIEWING

0745 BREAKFAST OPENS

0800 – 0945 BREAKFAST and GIM FACULTY RESEARCH SHOWCASE and SHORT SNAPPERS

SHORT SNAPPERS

- **Rational Approach to Work-up of Syncope in the ER** – *Dr. Brian Wirzba*
 - Identify the common causes of undifferentiated syncope.
 - Know the yield of various tests used in the workup of syncope, if the data exists.
 - Know the cost effectiveness of these tests.

- **Update in Migraine Management** – *Speaker TBA*

- **Sepsis Scoring Systems: What is the Evidence?** – *Speaker TBA*

1000 – 1230 WORKSHOPS

Part 1: 1000-1100 Break: 1100-1130 Part 2: 1130-1230
--

1. STROKE SCHOOL – *Dr. Andrew Demchuk*

- **Management and Investigation of Ischemic Stroke by Etiology**
 - Describe the five major etiologies of ischemic stroke.
 - Understand the difference in investigation and short/long stroke prevention management between etiologies.

- **Minor Stroke and TIA: Risk Stratification and Management**
 - Describe how to risk stratify patients with TIA at high and low risk.
 - Understand how vascular imaging is the key to ideally managing minor stroke/high risk TIA patients.

- **Acute Intracerebral Haemorrhage Management**
 - Describe the evidence-based treatments available for acute ICH management.
 - Provide insight into emerging treatment strategies for ICH.

- **Acute Ischemic Stroke Management**
 - Describe how to select patients for IV thrombolysis.
 - Understand how mechanical thrombectomy is transforming the outcomes of major ischemic stroke.
 - Provide strategies to streamline local systems of care to delivery thrombolysis and mechanical thrombectomy as fast as possible from anywhere in Canada.

2. ACUTE CARE FOR THE INTERNIST: NOVEL APPROACHES – *Dr. Brendan Kerr, Dr. Ryan Lenz, Dr. Ben Wilson*

- Recognize the benefit of point-of-care ultrasound for the critically ill patient.
- Apply advanced hemodynamic and respiratory support outside the ICU.
- Administer non-invasive positive pressure ventilation during COPD exacerbation.
- Use novel approaches for critical hyponatremia and hyperkalemia.

3. OBSTETRIC MEDICINE

- **Clots and Blood Thinners in Pregnancy: What the Internist Needs to Know** – *Dr. Gillian Ramsay*
 - Develop an approach to diagnosis and initial management of VTE in pregnancy.
 - Decrease anxiety and palpitations when called for peripartum anticoagulation management.
 - Develop an awareness of patients requiring antepartum VTE prophylaxis.

- **What's New in the 2018 Diabetes in Pregnancy Guidelines** – *Dr. Jill Newstead-Angel*
 - Understand how the new guidelines differ from the old and why these changes are important.
 - Discuss monogenic diabetes in pregnancy and understand why it has been added to this update.

- **Preeclampsia and Hypertension Following Delivery** – *Dr. T. Lee-Ann Hawkins*
 - Develop an approach to recognizing and diagnosing the postpartum patient with hypertension.
 - Understand why preeclampsia can worsen postpartum.
 - Review the management of postpartum hypertension.

4. STRATEGIES THAT WORK FOR EARLY PALLIATION IN CHRONIC DISEASE

Dr. Tara Lohmann, Dr. Jessica Simon, Dr. Michael Slawnych, Dr. Chandra Thomas

- Apply a rational approach to deprescribing medications and advanced interventions in persons with chronic disease in the last years of life.
- Recognize the impact of prognostic uncertainty in delaying the provision of palliative care.
- Employ strategies to overcome barriers in providing a palliative care approach.

See you in Halifax October 2-5, 2019!

Not yet part of CSIM?

[Click here to join!](#)

- Trainees join for FREE
- Reduced CSIM Annual Meeting registration fees
- Apply for [awards and abstracts](#)
- Receive the [Canadian Journal of General Internal Medicine](#) and submit manuscripts
- Apply for funding for [local learning events](#).

Learn more about membership benefits and apply to join at www.csim.ca.

[Current members, click here to pay your dues.](#)