Overall Learning Objectives

Identify and manage common and important medical conditions in children and youth using up to date and evidence-based strategies

Session Learning Objectives

Panel Discussion
Choosing Wisely – Dr. Tom Kovesi, Dr. Ahmed Nasr, & Dr. Sunita Nayar-Kingwell
After attending this session, participants will be able to:
- Describe the rationale behind the CW initiative in Canada.
- Evaluate and integrate CW initiatives for selected pediatric topics.

Practice Changers
Pediatric Palliative Care Update - Dr. Chris Vadeboncoeur
After attending this session, participants will be able to:
- Describe different approaches to feeding in children with life limiting illnesses throughout the disease process and at end of life.
- Describe challenges in supporting children and their families in decision making in a medical community which is rapidly advancing.

TREKK: TRanslating Emergency Knowledge for Kids - Dr. Sarah Reid
After attending this session, participants will be able to:
- Describe the Translating Emergency Knowledge for Kids (TREKK) knowledge mobilization initiative.
- Use TREKK resources to optimize the care of acutely ill and injured children in a community setting.

Pharmacy Resources for the Community Pediatric Provider - Danica Irwin
After attending this session, participants will be able to:
- Identify useful pediatric pharmacy resources for use in a community pediatric setting.

Congenital CMV - It's More Common Than You Think! - Dr. Jason Brophy & Dr. Jessica Dunn
After attending this session, participants will be able to:
  • Review the clinical presentation, potential complications, and benefits of treatment for congenital CMV.
  • Describe the joint Ontario Infant Hearing Program and Newborn Screening Ontario initiative to improve hearing & developmental outcomes for children in Ontario.

Antimicrobial Stewardship Through Cases - Dr. Nicole Le Saux
After attending this session, participants will be able to:
  • Describe the importance of antibiotic stewardship.
  • Apply the concepts of antibiotic stewardship to the treatment of common childhood infections.

Rheumatology "Screening Labs" in Primary Practice – What’s Useful, What’s Not? - Dr. Roman Jurencak
After attending this session, participants will be able to:
  • Review various laboratory investigations available when to assess a child with MSK symptoms.
  • Identify appropriate investigations to aid in diagnosis of a child with an underlying rheumatological condition.

Seminars
FRIDAY

“Clinical Aspects of Substance Abuse in Adolescents in the Age of Legalized Marijuana” – Dr. Samuel Chang
After attending this seminar participants will be able to;
  • Provide an overview of treatment strategies for Adolescents with Substance Abuse issues
  • Apply treatment concepts in a clinical setting
  • Recognize when to refer to a specialist

It Could Happen to You Emergencies in Your Office 3.0 - Dr. Rick Gerein & Dr. Allan Shefrin
After attending this session, participants will be able to:
  • Apply the pediatric assessment triangle
  • Establish management priorities when an emergency occurs in your office.
  • Use PALS concepts to stabilize and initiate transfer of a sick child in your office.

Interpretation of Growth Charts: When to Worry? - Dr. Ellen Goldbloom
After attending this session, participants will be able to:
  • Describe typical variations seen in pediatric growth curves.
  • Assess when changing patterns on the growth curve may represent underlying medical conditions.
  • Recognize when to refer to a pediatric specialist.

The Changing Landscape of School-Based Mental Health Services – Ms. Karen Kealey (Educator) & Ms. Erin Trudel-Best, MA, C. Psyc. Associate
After this session, participants will be able to:
  • Describe a multi-tiered approach to addressing mental health and well-being in schools.
  • Provide an overview of school-based mental health services, including a system-wide focus on Social & Emotional Learning in an Ottawa school board.
  • Discuss the ways in which the school board is working to enhance students’ self-regulation, emotion, and interpersonal skills.

“Paediatric Sports Medicine Update: Injuries and Issues in the Occasional to the Competitive Young Athlete"
- Dr. Sasha Carson
After attending this session, participants will be able to:
  • Identify common musculoskeletal complaints and injuries associated with physical activities and sports in the paediatric and adolescent population.
  • Review and discuss current diagnostic and treatment modalities for paediatric sports injuries.
  • Identify those diagnoses requiring specialty referral and/or surgical management.
Seminars
SATURDAY

Rheumatologic MSK Exam (focus on Arthritis, Enthesitis and Tendinitis) - Dr. Roman Jurencak
After attending this session, participants will be able to:
- Review the systematic musculoskeletal examination in the pediatric patient.
- Identify key physical examination findings that may indicate underlying rheumatic disease.

Fetal Alcohol Spectrum Disorder (FASD) - Dr. Melissa Carter
After attending this session, participants will be able to:
- Review the diagnostic criteria for FASD.
- Discuss the diagnostic challenges of FASD in the clinic.
- Assess dysmorphic features associated with fetal alcohol exposure.

ABC’s & 123’s: Common Speech Referrals – Ms. Roxane Bélanger and Ms. Marie-Anne Gougeon
After attending this session, participants will be able to:
- Recognize key communication milestones and red flags for early identification of a speech and language delay.
- Recognize clinical presentations of common communication delays including late-talking, apraxia, stuttering and bilingualism.
- Utilize FWCCU online screening tool available to Ottawa practitioners.

"Stuck in the middle with you": An Approach to the Treatment of Mild-to-Moderate Eating Disorders – Dr. Amy Robinson
After attending this session, participants will be able to:
- Evaluate the importance of screening for disordered eating in children and youth
- Review most recent statistics on prevalence and outcome data of adolescent eating disorders
- Identify how to support a patient struggling with disordered eating behaviours, including highlighting relevant resources for clinicians

Visual Diagnosis: Epileptic and Non-Epileptic Events - Dr. Erick Sell
After attending this session, participants will be able to:
- Identify useful clinical cues when distinguishing epileptic vs non-epileptic events.
- Discuss the general diagnostic and therapeutic approach of non-epileptic events.
- Identify common paediatric non-epileptic events and their clinical characteristics.

When Little Sheep Don’t Sleep: Sleep Difficulties in Children - Dr. Hilary Myron
After attending this session, participants will be able to:
- Identify disorders of sleep in children (e.g. OSA, night terrors, insomnia).
- Undertake an age-appropriate history and physical to support the diagnosis of sleep disorders in children.
- Recognize red-flag symptoms related to sleep difficulties and some management strategies.

Chronic Abdominal Pain - Dr. Janice Barkey
After attending this session, participants will be able to:
- Describe the important historical and physical examination features to assess when seeing a child with chronic abdominal pain.
- Outline an approach to the management of a children presenting chronic abdominal pain.
“What’s in Your Urine?: Diagnosis and Management of Pediatric Hematuria and Proteinuria” - Dr. Gabrielle Weiler
After attending this session, participants will be able to:
- Interpret urinalysis and microscopy.
- Be able to list, diagnose and manage common reasons for hematuria and proteinuria in the pediatrics population.
- Recognize “red flags” in pediatric hematuria and/or proteinuria that should prompt a consult to nephrology.

Social Pediatrics for the Busy Clinician - Dr. Sarah Waterston
After attending this session, participants will be able to:
- Define Social Pediatrics and the Health Advocate Role
- Describe the Health Advocacy Continuum and how it relates to their practice
- Evaluate the social determinants of health of patients during a clinical encounter and apply strategies for practicing Social Pediatrics and Health Advocacy in a busy clinical setting

Dermatology: Visual Diagnosis - Dr. Nordau Kanigsberg
After attending this session, participants will be able to:
- Identify skin conditions that are commonly misdiagnosed in the primary care office
- Initiate treatment for these rashes
- Appropriately refer to the dermatologist

Plenaries

Victor Marchessault Memorial Lecture -“The Effects of Media, Gaming and Screen Usage on Children” – Dr. Samuel Chang
Through attending this seminar participants will be able to;
- Identify the treatment approach for this presentation
- Describe the risk factors of problem gamers and users

Immunization Update – Dr. Anne Pham-Huy
After attending this session, participants will be able to:
- Discuss recent developments in childhood immunizations
- Counsel patients and their families regarding these recent developments

Top Pediatric Articles of the Year - Dr. Marc Zucker
After attending this session, participants will be able to:
- Discuss a selection of this year’s pediatric medical literature.
- Use this literature to practice evidence-based medicine while treating children in a primary care setting

Clinical Practice Guideline Update - Dr. Nick Dust
After attending this session, participants will be able to:
- Describe recent pediatric evidence-based practices and guidelines applicable to primary care practitioners
- Access pediatric resources (journals, internet websites, CPS) where guidelines can be found