

# Pediatric Update

## Inside and Out:

*Focus on Adolescent Mental Health & Pediatric Dermatology*



**Saturday, April 28<sup>th</sup>, 2018**

**Ottawa Conference and Event Centre**

### **Overview:**

*The Pediatric Update course provides an opportunity for health care providers to learn about relevant and recent developments in the care of children and youth. This one day course is designed to provide knowledge updates and an opportunity to interact with pediatric experts.*

### **Target Audience:**

*This Course is designed for Pediatricians, Family Physicians, Nurse Practitioners, Nurses, Learners and other Health Care providers interested in Child Health.*

### **Overall Learning Objectives:**

After attending this course, participants will be able to:

1. *Assess and manage several common and challenging pediatric consults*
2. *Use up-to-date and evidence-informed strategies to manage these medical problems*
3. *Identify which patients can be managed by a consultant pediatrician and which patients require subspecialist consultation*
4. *Counsel parents and patients effectively regarding these medical problems*

### **To Register:**

Contact the CME Office, Dana Ducette

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Phone: 613-737-2285

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#### -Agenda-

7:45 am	<b>Breakfast and Registration</b>
8:00 am	<b>Opening Remarks – Chair: Dr. David Huot</b>
8:15 – 9:00	<p><b>Self-Harm and Non-Suicidal Self Injury</b> <i>Dr. Hazen Gandy</i></p> <p>After attending the session, participants will be able to;</p> <ol style="list-style-type: none"> <li>Summarize the prevalence of self-injury/self-harm in the population.</li> <li>Specify practical techniques that can be used in the primary health care and community practitioners office.</li> <li>Recognize when to refer a patient.</li> </ol>
9:00 – 9:15	<b>Q&amp;A with Dr. Hazen Gandy</b>
9:15-10:00	<p><b>Youth Substance Use Disorder: Moving Towards An Integrated Approach”</b> <i>Dr. Sinthuja Suntharalingam</i></p> <p>After attending the session, participants will be able to;</p> <ol style="list-style-type: none"> <li>Discuss the prevalence in our community.</li> <li>List the risk factors for adolescent addictions and substance use.</li> <li>Recognize the clinical signs and symptoms in a teen who is struggling with addictions.</li> <li>Develop management strategies which can be started in a community physician's office.</li> </ol>
10:00 – 10:15	<b>Q&amp;A with Dr. Sinthuja Suntharalingam</b>
10:15-10:30	<b>Nutrition Break</b>
10:30 – 11:00	<p><b>“Where the Heck Can I Refer this Patient?” Finding Mental Health Services and Supports for Children and Youth in Eastern Ontario</b> <i>Dr. Michael Cheng, Cynthia Dawson and Ghyslaine Paquette</i></p> <p>After attending the session, participants will be able to;</p> <ol style="list-style-type: none"> <li>List community resources in Eastern Ontario to help children, youth and families presenting with mental health difficulties in the community office.</li> <li>Identify CME based resources for community physicians (and other primary care providers) such as CHEO Project ECHO.</li> </ol>
11:00-11:15	<b>Q&amp;A with Dr. Michael Cheng, Cynthia Dawson and Ghyslaine Paquette</b>

11:15 – 12:00	<p><b>Technology Addiction and Cyber Bullying</b>  <i>Dr. Michael Cheng</i></p> <p><i>Objectives: Through attending this session participants will be able to:</i></p> <ol style="list-style-type: none"> <li><i>Describe risk factors for technology dependence and cyberbullying.</i></li> <li><i>Recognize the significance that tech dependence and cyber bullying has on our adolescent population.</i></li> </ol>
12:00-12:15	<b>Q&amp;A with Dr. Michael Cheng</b>
12:15-1:00	<b>Lunch Break</b>
1:00-1:45	<p><b>“The waiting is the hardest part”: Practical interim management for common Adolescent Medicine consults</b>  <i>Dr. Amy Robinson</i></p> <p><i>After attending the session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li><i>List three common Adolescent Medicine consults: Eating Disorders, Gender Diversity, and Sexual Health</i></li> <li><i>Demonstrate practical management strategies, including relevant resources for both professionals and families, while awaiting consultation for programs with long wait lists</i></li> </ol>
1:45-2:00	<b>Q&amp;A with Dr. Amy Robinson</b>
2:00-2:30	<p><b>12 Questions Answered About Eczema: Update and review</b>  <i>Dr. Genevieve Gavigan</i></p> <p><i>After attending the session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li><i>Be aware of practical non-pharmacological and pharmacological treatment options for eczema</i></li> <li><i>List a differential diagnosis for eczema/atopic dermatitis</i></li> <li><i>Understand new treatment options being used in the management of eczema.</i></li> </ol>
2:30-2:45	<b>Q&amp;A with Dr. Genevieve Gavigan</b>
2:45-3:00	<b>Break</b>
3:00-3:45	<p><b>10 Best Practices For Acne: Overview of treatment for the pediatric patient</b>  <i>Dr. Genevieve Gavigan</i></p> <p><i>After attending the session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li><i>Understand the basic principles of treatment for acne.</i></li> <li><i>Recommend an initial treatment plan for a patient presenting with acne.</i></li> <li><i>Familiar with providing practical patient education on topical and systemic acne treatment</i></li> <li><i>Determine when to refer a patient to the dermatologist.</i></li> </ol>
3:45-4:00	<b>Q&amp;A with Dr. Genevieve Gavigan</b>
4:00	<b>Closing Remarks</b>

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**Saturday, April 28<sup>th</sup>, 2018**

**Ottawa Conference and Event Centre (200 Coventry Road)**

## Registration Form

First Name:		Last Name:	
Mailing Address:			
City:		Prov:	Postal Code:
Telephone #:		Profession:	
E-mail Address:			
<input type="checkbox"/> Yes, I would like to receive information about future Department of Pediatrics (University of Ottawa, Faculty of Medicine) Continuing Medical Education courses, events and Grand Rounds.			
<b>EARLY BIRD: \$190</b> <b>REGISTRATION FEE: \$200 (starting Monday, April 2<sup>nd</sup>)</b>			
<input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Cheque (please make payable to: <u>Department of Pediatrics - CME</u> )			
Card Number:		Expiration Date:	CCV#
Name on Card:			
Cardholder's signature/Initials:			
<b>Please advise us of any dietary restrictions or special considerations:</b>			
<b>Please return to:</b> Dana Ducette, Coordinator Office of Continuing Medical Education Children's Hospital of Eastern Ontario 401 Smyth Road, Room #W1505, Ottawa, ON K1H 8L1  <b><u>E-mail: dducette@cheo.on.ca</u></b> Tel: (613) 737-2285 Fax: (613) 738-4886			

