

# Conference-at-a-Glance: January 28-29, 2022

All sessions\* will be available on-demand until July 31, 2022. All live stream events and live panel discussions will be recorded and available on the [FMS Attendee Hub](#) approximately one week following the event.

## LIVE STREAM EVENTS

Time/Date	JANUARY 28
8:30 – 9:30 a.m.	
9:30 – 10:00 a.m.	<b>OPENING</b> Welcome and Conference Opening
10:00 – 11:00 a.m.	<b>Standing Up for Members</b> Ms. Kimberly Moran (moderator), Dr. Sarah Newbery, Dr. Daniel Pepe and Dr. Ilan Shahin
11:00 – 11:15 a.m.	<b>MORNING BREAK</b>
11:15 a.m. – 12:15 p.m. Concurrent Sessions A	<b>PANEL A – Long Covid: Treating the Lingering Symptoms of COVID-19</b> Dr. Dominik Nowak (moderator), Dr. Angela Cheung, Susie Goulding, Dr. Margaret Herridge and Dr. Ashley Verduyn
	<b>A Practical Approach to Incorporating Medical Cannabis Into Your Practice</b> Dr. Taylor Lougheed
	<b>Insights from OCFP Early Career Award Recipients: What Matters to Me and Why</b> Dr. Art Kushner (moderator), Dr. Ali Damji, Dr. Jennifer Kwan and Dr. Kaitlin Siou
LUNCH 12:15 – 1:15 p.m.	Uncertified Session #1 – 12:30 - 1:00 p.m. (see page 3 for details)
	Group Networking – 12:30 - 1:00 p.m.
1:15 – 2:15 p.m. Concurrent Sessions B	<b>PANEL B – Building Equity, Diversity and Inclusion in Medicine</b> Dr. Ivy Oandasan (moderator), Dr. Aimée-Angélique Bouka, Dr. Sarah Funnell and Dr. Kwadwo Kyeremanteng
	<b>Preventing Domestic Homicides: Lessons Learned From Tragedies</b> Dr. Peter Jaffe
	<b>Breastfeeding Basics: Practical Tips to Support Lactation</b> Dr. Lindsay McColl
2:15 – 2:30 p.m.	<b>AFTERNOON BREAK</b>
2:30 – 3:30 p.m. Concurrent Sessions C	<b>PANEL C – Understanding LGBTQ2S+ Patient Experiences for Safe and Respectful Care</b> Karen B.K. Chan, Cpl. Justin Lalonde and Dr. Carys Massarella
	<b>Climate Crisis as Health Crisis</b> Dr. Samantha Green
	<b>Trauma Informed Care: For Patients and Physicians</b> Dr. Kathryn Cottrell
3:30 – 3:45 p.m.	<b>AFTERNOON BREAK</b>
3:45 – 4:45 p.m.	<b>Humor in Medicine</b> Dr. Glaucomflecken (Dr. Will Flanary)
4:45 – 5:00 p.m.	<b>CLOSING REMARKS</b>
6:00 – 7:30 p.m.	Uncertified Session #2 – Resident's Event (see page 3 for details)

Time/Date	JANUARY 29
8:30 – 9:30 a.m. Concurrent Sessions	Uncertified Session #3 (see page 3 for details)
	Uncertified Session #4 (see page 3 for details)
	Uncertified Session #5 (see page 3 for details)
9:45 – 10:00 a.m.	<b>WELCOME</b>
10:00 – 11:00 a.m.	<b>We Are Not All Perfectly Fine: How Our Personal Narratives Will Lead to Culture Transformation*</b> Dr. Jillian Horton
11:00 – 11:15 a.m.	<b>MORNING BREAK</b>
11:15 a.m. – 12:15 p.m. Concurrent Sessions D	<b>PANEL D – Reducing Stress and Regaining Balance in Work and Life</b> Dr. Marcia Kostenuik (moderator), Dr. Chase Everett McMurren, Dr. Ajmal Razmy and Dr. Patricia Uniac
	<b>Top Five Reasons NOT to Send Someone to the ER</b> Dr. Jason Baker
	<b>The Locuming Life Demystified</b> Dr. Meaghan Labine
	Uncertified Session #6 – 12:30 - 1:00 p.m. (see page 3 for details)
LUNCH 12:15 – 1:15 p.m.	Group Networking – 12:30 - 1:00 p.m.
1:15 – 2:15 p.m. Concurrent Sessions E	<b>PANEL E – Hyperbaric and Aviation Medicine in Wound Care and More</b> Dr. Heather Galbraith (moderator), Dr. Kaleigh Brett, Dr. Ron Linden and Dr. Joelle Thorgrimson
	<b>Pearls For Managing The Most Important Resource In Crises: Yourself</b> Dr. Jesse Guscott
	<b>Update on COVID-19 Therapeutics</b> Dr. David Kaplan and Dr. Kate Miller
	<b>AFTERNOON BREAK</b>
2:15 – 2:30 p.m.	<b>PANEL F – Practical Approaches to Caring for People with Addictions and Experiencing Structural Vulnerabilities</b> Dr. Javed Alloo (moderator), Dr. Alex Anawati, Dr. Naheed Dosani, Dr. Louisa Marion-Bellemare and Dr. Julie Samson
	<b>Drugs of Abuse: The New Kids on the Block (This Ain't Your Grandma's Marijuana)</b> Dr. George Porfris
	<b>Top Tips for Plastic Surgery in Family Practice</b> Dr. Sanjay Azad, Ms. Sarah Hunt and Dr. Jonathon Scully
	<b>AFTERNOON BREAK</b>
3:30 – 3:45 p.m.	<b>AFTERNOON BREAK</b>
3:45 – 4:45 p.m.	<b>Powerful Purpose: Leaders for a Healthy Ontario</b> Dr. Sarah Newbery (moderator), Dr. Jonny Grek, Dr. Onye Nnorom and Dr. Nili Kaplan-Myrth
4:45 – 5:00 p.m.	<b>CLOSING REMARKS</b>

\* Keynote remarks from Dr. Jillian Horton will be available on-demand until April 29, 2022.

Legend: Breaks Concurrent Sessions Plenary Remarks Live Panel Discussions On-Demand Sessions Uncertified Sessions

Track your sessions by checking the boxes

This one-credit-per-hour Group Learning program has been certified by CFPC and participants can earn up to 60 Mainpro+® credits.

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Phone: 1-833-673-1848  
Email: [OCFPsummit@cvent.com](mailto:OCFPsummit@cvent.com)  
Live support & chatbot will be active:  
Jan. 28<sup>th</sup>: 9:00 a.m. - 5:30 p.m. ET  
Jan. 29<sup>th</sup>: 8:00 a.m. - 5:30 p.m. ET

## ON-DEMAND SESSIONS – Panelist Previews

View the relevant sessions in advance of the panel discussions on **January 28**

<b>PANEL A</b>	<b>Post-COVID Condition: Learnings from CANCOV</b> Dr. Angela Cheung	<b>Long COVID: A Patient's Perspective</b> Susie Goulding	<b>Recovery from Post-COVID Condition</b> Dr. Ashley Verduyn
<b>PANEL B</b>	<b>Equity-Focused Diversity and Inclusion</b> Dr. Aimée-Angélique Bouka	<b>Indigenous Perspective on EDI: Moving from Inclusion through Reconciliation to Self-determination</b> Dr. Sarah Funnell	<b>Racism in Healthcare</b> Dr. Kwadwo Kyeremanteng
<b>PANEL C</b>	<b>LGBTQ2S+ Competency: Navigating Common Microaggressions And Transgressions With Skill And Professionalism</b> Karen B.K. Chan	<b>Gender Identity and Transitioning: A Patient's Perspective</b> Cpl. Justin Lalonde	<b>The Transgender Experience</b> Dr. Carys Massarella

View the relevant sessions in advance of the panel discussions on **January 29**

<b>PANEL D</b>	<b>Getting Off the Path to Burnout</b> Dr. Marcia Kostenuik	<b>Making Moments Count</b> Dr. Patricia Uniac	<b>Both/And: Being &amp; Having More Than an MD</b> Dr. Chase Everett McMurren
<b>PANEL D</b>	<b>Recognizing the Interplay between Insomnia, Burnout and Suicide in Healthcare Workers</b> Dr. Ajmal Razmy	<b>PANEL E</b> <b>What the Family Doctor needs to know about Patients who Love Scuba Diving/Bubbles</b> Dr. Kaighley Brett	<b>Wound Care and Hyperbaric Treatments</b> Dr. Ron Linden
<b>PANEL E</b>	<b>What's New in Aviation Medicine?</b> Dr. Joelle Thorgrimson	<b>PANEL F</b> <b>Innovative Approach to Saving Lives: Macro dosing &amp; Early Depot Buprenorphine</b> Dr. Louisa Marion-Bellemare & Dr. Julie Samson	<b>Social Accountability in Medicine</b> Dr. Alex Anawati

## ON-DEMAND SESSIONS

<b>Chronic Pain Guideline: By Primary Care, for Primary Care</b> Dr. Mike Allan	<b>Top Tips for Plastic Surgery in Family Practice</b> Dr. Sanjay Azad, Dr. Sarah Hunt and Dr. Jonathon Scully	<b>Pediatric Obesity</b> Ms. Nicole Bourgeois and Dr. Nirit Bernhard
<b>Common Breast Concerns: Should I be Worried?</b> Dr. Jasreen Cheema	<b>Helping Families Find Mental Wellness in Modern Society by Unplugging and Reconnecting, Pandemic Edition</b> Dr. Michael Cheng	<b>Gender Diverse Youth in Primary Care – Assessment and Initial Management</b> Dr. Patrina Cheung
<b>Mixing and Matching: Layering Psychiatric Medications for Family Physicians</b> Dr. Jon Davine	<b>How to Run an Effective and Efficient Pop-up Vaccine Clinic</b> Dr. Magbule Doko	<b>Embracing the Care of Older Adult Patients</b> Dr. Sid Feldman
<b>Concussions are Still a Thing: The Role of the Primary Care Physician</b> Ms. Judith Gargaro and Dr. David Greenberg	<b>Why Insta-Fame Isn't Just for Celebrities: Social Matters</b> Dr. Ada Gu	<b>Shifting the Conversation: Social Prescribing</b> Ms. Sarah Hobbs and Dr. Jennifer Rayner
<b>Understanding ADHD in Adulthood: Implications from Parenting to Employment to Health Management</b> Dr. Maryna Mammoliti and Mr. Adam Ly	<b>Common CBC Abnormalities In Benign Hematology: What a Family Physician Needs to Know</b> Dr. Siraj Mithoowani	<b>LGBTQ2SI+ Affirming Prenatal Care</b> Dr. Robyn Moxley
<b>Oral Retinoids in Acne</b> Dr. Dominik Nowak	<b>Stop Charting at Night: Discover How to Get Home with Today's Work Completed!</b> Dr. Sarah Smith	<b>After Plan B: Training in the Use of Mifepristone for Medical Abortion</b> Dr. Sarah Warden
<b>Obesity Management in Primary Care WITHOUT a Multi-disciplinary Team</b> Dr. Sean Wharton	<b>IBS: Diagnosis and Management</b> Dr. Talia Zenlea	

Legend:  On-Demand Sessions

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## UNCERTIFIED SESSIONS

The uncertified sessions will be recorded and available until July 31, 2022

<p><b>January 28, 2022</b> 12:30 – 1:00 p.m. Concurrent Sessions</p>
<p>Session #1 <b>Meditation: Compassion with Equanimity</b> Dr. Shailla Vaidya</p>
<p><b>January 28, 2022</b> 6:00 - 7:30 p.m. Resident's Event</p>
<p>Session #2 <b>What We Wish We'd Known: Early Career in Family Medicine Q&amp;A</b></p>
<p><b>January 29, 2022</b> 8:30 – 9:30 a.m. Concurrent Sessions</p>
<p>Session #3 <b>How Financial Literacy Can Help You Combat Burnout</b> Dr. Yatin Chadha</p>
<p>Session #4 <b>Paving the Road to Retirement</b> Dr. John Crosby</p>
<p>Session #5 <b>Insurance and Risk Mitigation: What are the Key Things to Know</b> Dr. Vu Kiet Tran</p>
<p><b>January 29, 2022</b> 12:30 – 1:00 p.m. Concurrent Sessions</p>
<p>Session #6 <b>Mindful Self-Compassion</b> Dr. Bryan MacLeod</p>

Legend: Uncertified Sessions

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**These sessions have not been certified.**

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