

Conference Program

Thank you to our 2018 Primary Care Clinic Day Planning Committee!

Co-Chairs





Dr. Ruby Alvi
Dr. Paul Philbrook

Committee Members

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Michelle Gregory-Brooks
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Melissa Szilagyi
Jennifer Tran
Dr. Rosy Zafar

Day at a Glance

7:30 - 8:15	Registration/Breakfast/Exhibit Hall
8:15 - 8:30	Opening Remarks Dr. Paul Philbrook and Dr. Kristiana Martiniuk, Co-Chairs, Primary Care Network Mr. Bill MacLeod, Chief Executive Officer, Mississauga Halton LHIN Dr. Mira Backo-Shannon, Vice President, Clinical, Mississauga Halton LHIN
8:30 - 9:15	Advance Care Planning and Health Care Consent: Getting It Right. Why It Matters. Carol Sloan, Acclaim Health
9:15 - 10:00	Making It Easy To Use Technology In Your Practice Dr. Mohamed Alarakhia, eHealth Centre of Excellence
10:00 - 10:30	Break: Exhibit Hall and Networking
10:30 - 11:30	Keynote Address: Managing Patients With Complex Conditions in the Community Dr. Walter Wodchis, University of Toronto, Institute for Better Health
11:30 - 12:15	#Top5AppsForPrimaryCare Dr. Sharon Domb, Sunnybrook Hospital
12:15 - 1:15	Lunch/Exhibit Hall
	12:45 - 1:10 Mindfulness: More Than Meets the Mind , Ted Bober, OMA Physician Health Program 1:10 - 1:20 Rapid Podium Presentation , Dr. Hisham Ali, Dr. Michael Ward, Mustafa Mohamedali, Kazim Mirhadi, Ali Khalfan
1:20 - 2:05	Physician Health and Wellness Dr. Jon S. Novick, OMA Physician Health Program
2:05 - 2:50	If You're Only Going to Read Five Journal Articles, It Should be These Dr. David Kaplan, Health Quality Ontario
2:50 - 3:00	Closing Remarks Dr. Paul Philbrook and Dr. Kristiana Martiniuk, Co-Chairs, Primary Care Network Dr. Mira Backo-Shannon, Vice President, Clinical, Mississauga Halton LHIN

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Program Details

8:15 - 8:30

Opening Remarks

Dr. Paul Philbrook and Dr. Kristiana Martiniuk, Co-Chairs, Primary Care Network, Mr. Bill MacLeod, Chief Executive Officer, Mississauga Halton LHIN, Dr. Mira Backo-Shannon, Vice President, Clinical, Mississauga Halton LHIN

8:30 - 9:15

Advance Care Planning and Health Care Consent: Getting It Right. Why It Matters.

Carol Sloan, Acclaim Health



Carol Sloan is a Palliative Pain & Symptom Management Consultant and Director of the Palliative Care Consultation program at Acclaim Health, which covers the regions of Halton, Peel and Dufferin. Carol is one of the Multidisciplinary Clinical Co-Leads for Palliative Care in the Mississauga Halton LHIN. In addition to her work locally, Carol has been involved with several Provincial initiatives. She worked with the Ministry of Health and the LHINs creating the "Advancing High Quality, High Value Palliative Care in Ontario a Declaration of Partnership and Commitment to Action" document in 2011. She is a member of the expert panel creating the RNAO Best Practice Guideline "End-of-Life Care During the Last Days and Hours." She is also a member of the Hospice Palliative Care Ontario's Health Care Consent and Advance Care Planning Community of Practice Leadership Team. Carol's vision for palliative care is to improve the quality of living while dying.

9:15 - 10:00

Making it easy to use technology in your practice

Dr. Mohamed Alarakhia, eHealth Centre of Excellence



Dr. Mohamed Alarakhia is a family physician at the Centre for Family Medicine Family Health Team, the Director of the eHealth Centre of Excellence (eCE) in Waterloo, Ontario and the Chief Clinical Information Officer at the Waterloo Wellington LHIN. Mohamed's vision for health informatics led to the establishment of the eCE in 2014, which is an organization dedicated to improving the use of information in health care through project management, education, and research. Mohamed has received a number of awards for his involvement in health informatics and information systems; two Association of Family Health Teams of Ontario's Bright Lights Awards, and the inaugural John Snow Cup for Excellence in Family Medicine Research at McMaster University, of which he was a co-recipient. He also serves as an Assistant Clinical Professor at McMaster University and an Adjunct Professor at the University of Waterloo.

10:00 - 10:30

Break: Exhibit Hall and Networking

10:30 - 11:30

Keynote Address: Managing Patients With Complex Conditions in the Community

Dr. Walter Wodchis, University of Toronto, Insitute for Better Health



Dr. Walter Wodchis is a professor at the Institute of Health Policy Management and Evaluation at the University of Toronto and Research Chair in Implementation and Evaluation Science at the Institute for Better Health. He joins this year's Primary Care Clinic Day as the keynote speaker. Dr. Wodchis discusses the health system imperative to implement Patient-Centred Medical Homes and Integrated Care approaches at scale to meet the needs of people with multi-morbidity and complex health conditions. Dr. Wodchis presents the reality of this challenge in Ontario and approaches to evaluate and continuously improve primary care. Learning from evaluation in Ontario and international examples provides a platform to discuss the pathway to successful implementation and achieving better health, better care and experience, and better cost and sustainability outcomes.

11:30 - 12:15

#Top5AppsForPrimaryCare

Dr. Sharon Domb, Sunnybrook Health Sciences Centre



Dr. Sharon Domb is an associate professor and family physician at Sunnybrook Health Sciences Centre. Her current information technology roles include being Physician IT Lead for Sunnybrook Family Practice, and a Peer Leader Consultant with OntarioMD. Aside from her official roles, Sharon's passion is integration and use of technology to enhance productivity – both in the professional and personal contexts. Sharon is a self-proclaimed techie who has been an early adopter of technology in many realms. In her presentation, Sharon focuses on important apps for use in primary care – both clinical and productivity applications, to help users turn the plethora of guidelines and information that we all receive into an organized system that can be searched easily.

12:15 - 1:20

Lunch/Exhibit Hall

12:45 - 1:10 Mindfulness: More Than Meets the Mind (Located in the Trafalgar Hall)

Ted Bober, OMA Physician Health Program

Studies are indicating that mindfulness enhances physician well being and in turn positively affects the quality of care and caring given to others. Mindfulness is much more than a stress reduction tool or learning to be calmer in a storm. Living mindfully is as much about developing or sustaining the qualities, skills and understanding to live with purpose and joy as a physician. The good news is mindfulness is an ability you already possess and can enhance. This session aims to briefly highlight research on mindfulness in medicine, outline a few practical ways to incorporate mindfulness practice into one's professional life and provide an opportunity to try out a few mindful practices.

1:10 - 1:20

Rapid Podium Presentation

ER Physician Attitude Towards Using Epinephrine For Upper Digital Anesthesia

Dr. Hisham Ali, Dr. Michael Ward, Mustafa Mohamedali, Kazim Mirhadi, Ali Khalfan

1:20 - 2:05

Physician Health and Wellness

Dr. Jon S. Novick, Ontario Medical Association, Physician Health Program



Dr. Jon S. Novick received his MD from McGill University in 1997, and trained in Psychiatry at both Brown University in Providence, Rhode Island and Hillside Hospital in Queens, New York. Early in his training, he identified an interest in addiction psychiatry and psychotherapy, and subsequently served as the chief of the concurrent disorders unit at Zucker Hillside Hospital. After moving to Toronto in 2005, he pursued further training in psychoanalysis at the Toronto Psychoanalytic Institute and became a member of the Toronto Society and International Psychoanalytical Association in 2011. He is also a Fellow of the Royal College of Physicians and Surgeons of Canada and a Diplomate of the American Board of Psychiatry and Neurology. Dr. Novick is an Assistant Professor in the Department of Psychiatry at University of Toronto. His academic endeavors have included teaching and providing supervision to junior and senior residents learning psychotherapy, and co-creating a career development curriculum for medical students in his role as the Director, Career Advising System.

2:05 - 2:50

If You're Only Going to Read Five Journal Articles, It Should be These

Dr. David M. Kaplan, Health Quality Ontario



Dr. David M. Kaplan is the Provincial Primary Care Lead at Health Quality Ontario. David received his MD from the University of Toronto in 2001. After finishing his residency in Family & Community Medicine at North York General Hospital, he joined the staff of the Department of Family & Community Medicine. He is an Associate Professor and a member of the Joint Centre for Bioethics. David teaches in the pre-clerkship, clerkship and post-graduate programs. In 2013, he was awarded the inaugural Integrated Medical Education Award from the Faculty of Medicine. He was also awarded the 2013 Innovation Award from the Society of Graduates of the Institute of Health Policy, Management and Evaluation in recognition of his significant contribution to the fields of health policy and health management. From 2010-2016, David held primary care leadership positions at the Central Local Health Integration Network.

2:50 - 3:00

Closing Remarks

Dr. Paul Philbrook and Dr. Kristiana Martiniuk, Co-Chairs, Primary Care Network, Dr. Mira Backo-Shannon, Vice President, Clinical, Mississauga Halton LHIN

Your Primary Care Clinic Day Checklist: A handy tool to ensure you get the most out of Primary Care Clinic Day 2018

Have you picked up your name tag and swag bag upon registration?	Did you meet your Primary Care Network Spoke Representative?
Have you visited every booth and filled out your Exhibitor Passport?	Did you meet your Primary Care Advisor?
Did you fill out the PCCD Evaluation Form?	Did you attend Ted Bober's mindfulness session?
Have you picked up your MainPro Certificate of Attendance?	Have you signed the QIPs attendance sheet?