

GETTING PRACTICAL FOR  
A BETTER PRACTICE



PRACTICAL EVIDENCE  
FOR INFORMED PRACTICE CONFERENCE



OCTOBER 21-22, 2016 | DOUBLE TREE BY HILTON WEST EDMONTON  
[WWW.ACFP.CA](http://WWW.ACFP.CA) | [INFO@ACFP.CA](mailto:INFO@ACFP.CA) | 780-488-2395



ALBERTA COLLEGE of  
FAMILY PHYSICIANS

## WELCOME FROM THE CHAIR

On behalf of the PEIP Planning Committee and the Alberta College of Family Physicians, I wish to welcome you to our fifth annual Practical Evidence for Informed Practice (PEIP) Conference. We hope you will find the event a fantastic forum for evidence-based discovery and discussion of clinically relevant primary care topics.

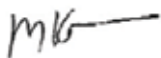
We again have an amazing group of speakers who will educate on a variety of primary care health issues. Look around—many of your colleagues, future colleagues, and other health care practitioners are interested in using the best evidence to enrich their clinical practice. We hope this conference engages your critical thinking and informs your decision making when discussing diagnostic tests, interventions, or prognosis with your patients, and we hope you take away practical information to implement in your daily practice to the betterment of your patients.

In response to the demand from our provincial and national colleagues, we have introduced a live-streaming Webcast option to PEIP this year; over 80 individuals and five clinics have signed up from coast to coast. And in an effort to further minimize our environmental footprint, we encourage you to please complete your evaluations online. As an incentive, we are drawing 10 lucky winners from the evaluations completed online to win a number of gift cards, with our top prize being a \$250 pre-paid Visa card. The feedback that you provide us in the evaluation helps us to shape future conferences and choose the topics presented.

Finally, please join your PEIP faculty and Planning Committee members, and the ACFP staff, for the Friday night reception following the last session of the day.

Once again, welcome and thank you for attending the fifth annual PEIP Conference.

Enjoy the conference and happy learning!



Mike Kolber, BSc, MD, CCFP, MSc  
Chair, Practical Evidence for Informed Practice Conference 2016

## MESSAGE FROM THE ACFP PRESIDENT

On behalf of the ACFP Board of Directors, I would like to welcome you to our fifth annual Practical Evidence for Informed Practice conference. We are so pleased to offer this brand of learning—quick-paced, witty and entertaining, practical, and driven by evidence and a purpose to be better. This brand has been derived and developed by the leadership from the Evidence Based Team—a team the ACFP has proudly collaborated with since 2009.

The ACFP is also very proud to offer the PEIP conference to the entire primary care team. The Conference and its thought-provoking content has been the catalyst for a great many conversations that have challenged teams, both in their own beliefs and ways of practise, but ultimately has inspired them to adapt to changes in medical evidence and patient and community needs.

As many of you can attest, the PEIP conference has continued to grow year after year in attendance. The continued popularity of the event has challenged the ACFP to experiment with the use of technology, very fitting given Dr. Jackson's session. For the first time, we are live Webcasting the PEIP conference. Including Webcast participants, the conference has exceeded expectations with an attendance of more than 500 participants. We have participants from as far as New Brunswick, Newfoundland, and the Yukon and five clinics taking in the Webcast in their respective locations. Thank you for taking the time to learn with us.

The PEIP conference would not be where it is today without the vision, passion, and dedication of conference chair, Dr. Mike Kolber and our Planning Committee. They have committed to working tirelessly in the development of a program that is practice-changing and immediately applicable. I would also like to thank the ACFP staff team who make the conference happen and run flawlessly. Finally I must thank the exceptional speakers who have made the time to share their expertise.

Have a great conference,



John Chmelicek MD, CCFP, FAAFP, FAWM  
President, Alberta College of Family Physicians

## ABOUT THE PRACTICAL EVIDENCE FOR INFORMED PRACTICE CONFERENCE



Led by the expert team that brings you Tools for Practice, the Practical Evidence for Informed Practice Conference brings together clinical leaders to speak on the latest findings that can affect your practice and how you treat your patients. This multi-disciplinary event focuses on relevant, evidence-based, and thought-provoking topics in health care. The interactive forum includes focused reviews that combine evidence, experience, and patient values.

### OBJECTIVES

- To raise awareness for this discipline of practice and research in order to further educate family physicians and allied health care providers on how they practice,
- To present a fully certified CPD event focused on evidence based medicine/drug therapy for ACFP members and other allied health care providers in Alberta,
- To present a positive and well received CPD event experience in order to build brand awareness and equity to continue the event on an annual basis.

### REIMBURSEMENT

This event is eligible for reimbursement under the Alberta Medical Association's (AMA) Continuing Medical Education (CME) reimbursement program. If you are an AMA member, and provided you haven't already used your annual CME allotment for other events, you may submit a claim to the AMA for registration fees and expenses.

### CERTIFICATION

This Group Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 12.75 Mainpro+ credits.

Note: Mainpro+ certification for the PEIP conference includes regular programming and The Force Awakens pre-conference workshop. Regular programming equates to up to 9.25 Mainpro+ credits.

### PRE-CONFERENCE WORKSHOPS

#### The Force Awakens

Mainpro+ certification for the PEIP conference includes this pre-conference workshop.

#### Excellent or Excrement

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 7.0 Mainpro+ credits.

## SCHEDULE AT A GLANCE

FRIDAY, OCTOBER 21		
TIME	SESSION	PRESENTER(S)
12:30	Registration + Refreshments	
13:15	Welcome + Introductions	Mike Kolber
13:30	What's New, What's True, What's Poo	Mike Allan Mike Kolber Tina Korownyk Adrienne Lindblad
13:50	Osteoporosis: How not to be a bonehead when it comes to treatment and monitoring	James McCormack
14:10	I Would Never Order That Lab Test: Lab use and misuse in Alberta	Trefor Higgins
14:30	Questions + Answers	
14:50	Refreshment Break	
15:10	CSI for CKD: Unravelling the myths surrounding kidney disease	Scott Klarenbach
15:30	Doses for Heart Failure Drugs: Collateral damage of shooting for target doses	James McCormack
15:50	Questions + Answers	
16:10	We All Have One: Evidence-based review of opioids for the treatment of chronic, non-malignant pain and strategies to consider for stopping	Loren Regier
16:30	Everybody Wants One: Potential benefits and pitfalls in imaging patients with back pain, PLUS: Medications that actually help back pain, step forward! (Not so fast, acetaminophen)	Mike Allan
16:50	Questions + Answers	
17:15	Reception	

### FRIDAY NIGHT SOCIAL

Join us! Unwind at the end of the day and enjoy some light appetizers while you collaborate and network with your fellow peers.

17:15–18:30 PM in the Foyer.



SATURDAY, OCTOBER 22		
TIME	SESSION	PRESENTER(S)
07:15	Breakfast	
08:15	Introductions	Mike Kolber
08:25	What's New, What's True, What's Poo	Mike Allan Mike Kolber Tina Korownyk Adrienne Lindblad
08:45	A Refresher of the Treatment of Dementia (as we forgot the evidence)	Mike Allan
09:05	Spend 5 Minutes to Save 10: Medical apps for clinical practice	Wes Jackson
09:25	Questions + Answers	
09:45	Refreshment Break	
10:05	Plate Sizes, Step Counters, Gastric Sleeves: Getting the skinny on obesity	Tina Korownyk
10:25	The Myth is in the Media: Countering media misconceptions of medicine	Mike Allan Mike Kolber Tina Korownyk Adrienne Lindblad Tony Nickonchuk
10:55	Questions + Answers	
11:20	Fight the Flow: Approach to peri-menopausal bleeding	Carmen Gingles
11:40	Don't Stress the Urgently Needed Incontinence Evidence	Sandra Baydock
12:00	Questions + Answers	
12:20	Lunch	
13:20	Super Answers for Villainous Skin Bugs: Making informed antibiotic choices for MRSA skin infections	Sarah Forgie
13:40	Pro-biotics or Amateur-biotics? Evidence surrounding probiotics and gastrointestinal diseases	Tony Nickonchuk
14:00	When Evidence and Policy Diverge: Exploring evidence pertaining to influenza and pneumonia prevention	Mike Kolber
14:20	Questions + Answers	
14:40	Wrap Up	

## FRIDAY, OCTOBER 21

### What's New, What's True, and What's Poo?

*Mike Allan, Mike Kolber, Tina Korownyk, Adrienne Lindblad*

- Review recent research relevant to primary care and discuss whether its implications are practice changing or should be ignored.

### Osteoporosis: How not to be a bonehead when it comes to treatment and monitoring

*James McCormack*

- Review who should be screened with BMD and when should a repeat BMD ever be considered,
- Review evidence for common osteoporosis therapies, including anticipated benefits and harms,
- Discuss when bisphosphonates can/should be stopped.

### I Would Never Order That Lab Test: Lab use and misuse in Alberta

*Trefor Higgins*

- Identify lab tests that are frequently ordered with little return,
- Discuss lab tests that should not be repeated or cause more confusion and/or referrals without helping the patient,
- Provide practical suggestions for optimization of lab ordering in the future.

### CSI for CKD: Unravelling the myths surrounding kidney disease

*Scott Klarenbach*

- Review the diagnostic approach to patients with suspected renal impairment, including explaining variability around creatinine/GFR and ACR (or microalbuminuria-creatinine) and what the best approach to measurement is,
- Review ACE/ARB use,
- Provide direction on what other interventions are recommended and the evidence behind these recommendations.

### Doses for Heart Failure Drugs: Collateral damage of shooting for target doses

*James McCormack*

- Describe the best available evidence regarding dose targets for the commonly used medications in heart failure and explain the limitations of the evidence,
- Describe the best approach to starting medications in a person with heart failure, and what the goals and monitoring requirements are.

### We All Have One: Evidence-based review of opioids for the treatment of chronic, non-malignant pain and strategies to consider for stopping

*Loren Regier*

- Outline the actual benefits of opioids in non-malignant pain,
- Who to try and wean off opioids and the predictors for success (or failure),
- Highlight the evidence for various strategies aimed at addressing problematic opioid use.

### Everybody Wants One—Potential benefits and pitfalls in imaging patients with back pain, PLUS: Medications that actually help back pain, step forward! (Not so fast, acetaminophen)

*Mike Allan*

- Review quick tips on Choosing Wisely to not image, including the benefits and harms of imaging,
- Discuss the incidence of abnormal radiological findings that have limited clinical significance,
- Review the evidence on non-narcotic medication choices in treating back pain.

## SATURDAY, OCTOBER 22

### What's New, What's True, What's Poo

*Mike Allan, Mike Kolber, Tina Korownyk, Adrienne Lindblad*

- Review recent research relevant to primary care and discuss whether its implications are practice changing or should be ignored.

### A Refresher of the Treatment of Dementia (as we forgot the evidence)

*Mike Allan*

- Give an evidence-based review of cholinesterase inhibitors (or other medications) for patients in differing levels of dementia,
- Discuss drugs to avoid in dementia patients,
- Review any reasonable evidence pertaining to potential stopping rules and anticipated benefits (and harms) for those with advanced dementia.

### Spend 5 Minutes to Save 10: Medical apps for clinical practice

*Wes Jackson*

- Highlight the most commonly used medical apps and their functionality, and less commonly used (but exceptional) apps for primary care providers,
- Highlight medical apps that will save practitioners time,
- Demonstrate the use of these apps using a realistic case study.

### Plate Sizes, Step Counters, Gastric Sleeves: Getting the skinny on obesity

*Tina Korownyk*

- Summarize evidence-based interventions for those with medically significant obesity, including diets, medications, and surgeries,
- Summarize the evidence around the positive health benefits of physical activity, even at a moderate level,
- Summarize simple office tools to diagnose obesity.

### The Myth is in the Media: Countering media misconceptions of medicine

*Mike Allan, Mike Kolber, Tina Korownyk, Adrienne Lindblad, Tony Nickonchuk*

- Review and discuss the evidence pertaining to commonly held patient myths.

## Fight the Flow: Approach to peri-menopausal bleeding

*Carmen Gingles*

- Outline what is normal bleeding and abnormal bleeding in the peri-menopause,
- Review potential tests that may be helpful in sorting out bleeding around menopause and when to do,
- Review who requires biopsy, how reliable biopsy is for ruling out cancer (sensitivity and specificity), and if there is any difference between primary care and gynaecology doing it.

## Don't Stress the Urgently Needed Incontinence Evidence

*Sandra Baydock*

- Review office-based diagnosis of the common causes of incontinence,
- Review diagnostic tests to consider in the work-up of different incontinence patients,
- Give an evidence-based review of the treatment of incontinence.

## Super Answers for Villainous Skin Bugs: Making informed antibiotic choices for MRSA skin infections

*Sarah Forgie*

- Discuss who to screen for MRSA and who to treat (including local prevalence and risk factors for MRSA),
- Discuss whether all cellulitis require sulpha in the era of MRSA,
- Outline evidence-based management strategies of recurrent boils.

## Pro-biotics or Amateur-biotics? Evidence surrounding probiotics and gastrointestinal diseases

*Tony Nickonchuk*

- Discuss the evidence pertaining to probiotics in the treatment or prevention of common GI conditions, including C diff, IBS, and IBD,
- Discuss the potential harms of probiotics,
- Provide some examples (and costs) of commercially available products.

## When Evidence and Policy Diverge: Exploring evidence pertaining to influenza and pneumonia prevention

*Mike Kolber*

- Review the effectiveness of the two vaccines in normal populations and high-risk groups (e.g. elderly),
- Review recent changes to the pneumococcal vaccine and the evidence behind vaccines,
- Outline drug therapy and other interventions for prevention of influenza transmission.

## CONFERENCE PRESENTERS

### G. Michael Allan, MD, CCFP

*Professor & Director of Evidence-Based Medicine, Department of Family Medicine, University of Alberta*

Director, Evidence & Continuing Professional Development Program, Alberta College of Family Physicians

Mike has been in practice for approximately 16 years and presently works at the Northeast Community Health Centre in Edmonton. He has given over 200 presentations and published more than 100 articles. He is a Professor in the Department of Family Medicine at the University of Alberta and the Director of the ACFP's Evidence and CPD Program.

Mike also participates in a weekly medical podcast on iTunes, roadshows, academic detailing visits, and writes Tools for Practice for the ACFP and the Canadian Family Physician journal.

Mike is happily married and has two teenaged daughters.

### Sandra Baydock, MD, FRCSC

*Associate Clinical Professor, Department of Obstetrics and Gynaecology, University of Alberta*

Sandra Baydock studied medicine at the University of Manitoba and her Obstetrics & Gynecology residency at the University of Alberta. She then attended Dalhousie University in Halifax to complete a two-year fellowship in Urogynecology and Female Pelvic Reconstruction. She is currently an Associate Clinical Professor at the University of Alberta and in private practice out of the Grey Nuns Hospital.

### Sarah Forgie, MA MEd

*Professor, Department of Pediatrics, Division of Infectious Diseases, Stollery Children's Hospital and University of Alberta*

Vice-Provost (Learning Initiatives), University of Alberta

Sarah received a BSc in Microbiology and Immunology from the University of Toronto, and completed her MD and specialty training at the University of Manitoba. She joined the University of Alberta in the Department of Pediatrics in 2003 where she is currently a Professor in the Division of Infectious Diseases. She has been awarded many teaching awards including the 3M National Teaching Fellowship in 2012, and she recently completed a Master's in Education from the University of Alberta.

Sarah's research focuses on innovative medical education interventions and infection prevention. She has also performed many administrative duties including being the Site Medical Lead for Infection Prevention and Control at the Stollery Children's Hospital for over a decade, and in the fall of 2015, she was appointed Vice-Provost (Learning Initiatives) at the University of Alberta.

### Carmen Gingles, MD, CCFP

*Family Doctor, Heritage Medical Clinic*

Assistant Clinical Professor, Department of Family Medicine, University of Alberta

Carmen graduated from the University of Alberta in 1996 and has been a family physician in south Edmonton for 18 years. Her practice is focused on women and children, where she also actively teaches students and residents.

A busy mom to three teenagers, Carmen's hobbies include playing soccer and floor hockey.

## Trefor Higgins, MSc, FCACB

*Director of Clinical Chemistry, DynaLIFEDx; Clinical Professor, Department of Laboratory Medicine and Pathology, University of Alberta*

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Trefor Higgins was born in the United Kingdom and has studied at universities in Canada and the United Kingdom. He is currently Director of Clinical Chemistry at DynaLIFEDx in Edmonton, Alberta, Canada. He has published over 200 papers and has written several book chapters mainly on HbA1c and hemoglobinopathy investigation, and has spoken on every continent.

Trefor is a Clinical Professor in the Department of Laboratory Medicine and Pathology at the University of Alberta and is involved in teaching residents, fellows, and undergraduates. In 2005 he was elected a Fellow by Special Distinction of the Canadian Academy of Clinical Biochemistry. In 2005, he was awarded the Canadian Society of Clinical Chemistry International Visitor Award to lecture in Argentina and in 2009 to lecture in Uruguay. In 2005, 2012, and 2015 he was awarded the Teacher of the Year award in the General Pathology residents training program of the Department of Laboratory Medicine and Pathology of the University of Alberta.

In 2008 he was awarded the Canadian Society of Clinical Chemists Excellence in Education Award and, in 2015, Trefor was awarded the CSCC award for outstanding contribution to clinical chemistry which is highest honour of the Canadian Society of Clinical Chemists.

## Wesley Jackson, MD, CCFP, FCFP

*Associate Professor, Department of Family Medicine, Cumming School of Medicine, University of Calgary*

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Dr. Jackson, the author of Dr. Gadget in Alberta Doctor's Digest, is an Associate Professor in the Department of Family Medicine at the Cumming School of Medicine, University of Calgary who has been practicing as a family physician, first in rural Alberta, then in Calgary for more than 30 years.

His keen interest in the application of technology to medicine led to his use of electronic medical records in 1984, early adoption of various forms of mobile technology over the years and more recently the development of a mobile app. He has been a member of several provincial committees associated with the evolution of information technology. He has presented at local, provincial, and national conferences on the use of technology in medicine. He continues to be interested in how mobile technology may improve patient care as well as health care provider education and teaching at the point of care.

## Scott Klarenbach, MD, MSc, FRCPC

*Professor, Department of Family Medicine, University of Alberta, Director and Chair, Kidney Health Research Group*

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Dr. Scott Klarenbach is a nephrologist and Professor in the Department of Medicine at the University of Alberta. He received his medical training at the University of Alberta, and completed his MSc in Health Economics at the University of York, United Kingdom. His research interests include health outcomes and health economics research, and he has conducted numerous economic evaluations and health technology assessments for both chronic and acute conditions.

He is currently Chair of the Canadian Society of Nephrology Clinical Practice Guideline Committee and Chair of the Alberta Expert Committee on Drug Evaluation and Therapeutics, and serves on the Canadian Organ Replacement Registry Board and the Canadian Task Force on Preventative Health Care.

## Michael R. Kolber, BSc, MD, CCFP, MSc

*Associate Professor, Department of Family Medicine, University of Alberta*

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Mike is an Associate Professor in the Department of Family Medicine at the University of Alberta. He practices in Peace River, Alberta using his additional skills training in gastroenterology.

He contributes to Tools for Practice, medical podcasts, CPD Roadshows, and academic detailing within the province, and enjoys presenting at local, provincial, national, and international events.

Mike also chairs the annual Endoscopy Skills Day for Practicing Endoscopists conference.

He is passionate about sports, coaches lacrosse and hockey, and enjoys the outdoors with his wife and three great kids.

## Christina Korownyk, MD, CCFP

*Associate Professor, Department of Family Medicine, University of Alberta*

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Tina is an Associate Professor in the Department of Family Medicine at the University of Alberta. She has worked as a Family Physician for the past 10 years, primarily in Edmonton at the Northeast Community Health Centre. Tina is actively involved in the development of Tools for Practice, CPD Roadshows, and academic detailing visits with the Evidence program.

She is also involved in graduate and undergraduate medical education at the University of Alberta. Her research interests include practical questions relating to the improvement of primary care.

Tina is happily married with four fantastic kids and enjoys most things outdoors.

## Adrienne J Lindblad, BSP, PharmD, ACPR

*Knowledge Translation & Evidence Coordinator, Alberta College of Family Physicians, Associate Clinical Professor, Department of Family Medicine, University of Alberta*

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Adrienne completed her pharmacy degree from the University of Saskatchewan, her hospital pharmacy residency in Halifax, and her Doctor of Pharmacy from the University of Toronto. Throughout her career, she has been heavily involved in teaching and mentoring, and has received numerous awards for her work, including the Canadian Society of Hospital Pharmacists' "Teaching, Learning and Education Award". Adrienne is currently involved with a number of educational initiatives, including the Tools for Practice articles, Roadshow presentations, and Best Practice Support Visits. She is passionate about evidence-based medicine and translating evidence into practice.

Adrienne's other jobs include chasing after her 3 young kids, and trying to find time to run and study taekwondo.

## James McCormack, BSc Pharm, PharmD

*Professor, Faculty of Pharmaceutical Sciences, University of British Columbia*

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James received his undergraduate pharmacy degree from the University of British Columbia in 1982, completed a hospital pharmacy residency program at Lion's Gate Hospital in North Vancouver in 1984, and received his doctorate in pharmacy (PharmD) in 1986 from the Medical University of South Carolina in Charleston, SC.

Over the past 25 years, James has presented over 400 seminars and 100 publications within the fields of evidence-based medicine, rational drug therapy, and shared-informed decision making. His research focus is in knowledge translation and critical appraisal.

Currently, James co-hosts one of the most popular family medicine podcasts in the world: Best Science (BS) Medicine podcast.

**Tony Nickonchuk, BSc Pharm**  
*Clinical Pharmacist, Alberta Health Services*

Tony practices pharmacy in Peace River as a clinical pharmacist at the Peace River Hospital. He rotates with one other pharmacist between direct clinical care on the acute care ward and remote support for regional facilities. He is also site lead for the pharmacy team there.

Outside of work he is a busy dad of three kids under 10, all three being active in sports, dancing, and piano. In his infinitesimal free time, he's an avid follower of politics.

**Loren Regier, BSP, BA**  
*Co-Director, Academic Detailing Service, Centre for Effective Practice; Program Coordinator, RxFiles Academic Detailing, Saskatoon Health Region*

Loren serves as Program Coordinator for RxFiles Academic Detailing in Saskatoon (1997-present), and Co-director for the Centre for Effective Practice Academic Detailing in Ontario (2015-present). He received his Bachelor of Science in Pharmacy degree from the University of Saskatchewan in 1988, completed a hospital pharmacy residency in 1989, and worked as a hospital pharmacist thereafter.

His interests focus primarily on the communication of evidence to inform medical practice. One of his clinical interests is in the area of chronic pain management, and he serves as a consultant pharmacist with the FIT for Active Living Program where he consults with clients and clinicians regarding drug therapy decision making.

**COMPLETE YOUR EVALUATION ONLINE FOR A CHANCE TO WIN!**

Conference and session evaluations play an important role in the program development. Here we glean information for future topics and presenters. Make sure you share your thoughts with us so we can build an even better program for you next year.

Complete your evaluations at:

<https://www.surveymonkey.com/r/PEIP2016Fri>

<https://www.surveymonkey.com/r/PEIP2016Sat>

Complete your evaluation online for a chance to win one of 10 prizes: \$250 Visa card (one available); \$100 Visa gift card (two available); and a \$25.00 gourmet coffee card (seven available).



**DISCLOSURES**

◊ = Planning Committee Members (presenter)

**SPEAKER NAME/DETAILS**

Sandra Baydock	I have received speaking fees from a commercial organization (Novartis, Pfizer, Astellas), and a grant or an honorarium from a commercial organization (Novartis, Pfizer, Astellas).
Carmen Gingles ◊	I have received a grant or honorarium from a commercial organization (Bayer).
Trefor Higgins	I have received a grant or honorarium from a commercial organization (Bio-Rad Laboratories).

**NOTHING TO DECLARE**

G. Michael Allan ◊	Michael R. Kolber ◊	James McCormack
Sarah Forgie	Christina Korownyk ◊	Tony Nickonchuk ◊
Wesley Jackson	Adrienne J Lindblad ◊	Loren Regier
Scott Klarenbach		