

# DAY IN ENDOCRINOLOGY FOR PRIMARY CARE PROVIDERS

by Canadian Endocrine Update

## TARGET AUDIENCE

Family Physicians, Physician Assistants, All Primary Health Care Providers, Family Medicine Residents, Office Nurses, Registered Nurses and Nurse Practitioners.

## LEARNING OBJECTIVES

By attending this activity, through a variety of interactive and informative sessions, participants will be able to:

- Apply advances in drug therapy for diabetes into clinical care.
- Describe advances in transgender medicine.
- Recognize how to evaluate and treat hypercortisolism.
- Identify how to treat osteoporosis and possible complications of therapy.
- Develop clinical skills in the examination of the thyroid and in the evaluation of the patient with diabetes.
- Manage refractory hypertension.
- Evaluate how to manage obesity and metabolic syndrome.
- Evaluate hyper and hyponatremia.

Friday April 13, 2018

Liuna Station

James Street North, Hamilton, ON

[www.fhs.mcmaster.ca/conted/endo.html](http://www.fhs.mcmaster.ca/conted/endo.html)

## MORE INFORMATION

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## REGISTRATION INFORMATION

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# AGENDA

\*Activity subject to change

07:45-08:20	<b>REGISTRATION &amp; BREAKFAST</b>
08:20-08:30	<b>WELCOME &amp; INTRODUCTIONS</b> <b>Aliya Khan, Zubin Punthakee, Natalia McInnes, Stan Van Uum</b>
Moderator:	<b>Istvan (Steve) Szarka</b>
08:30-08:50	<b>How and When to Use New Drugs for Diabetes</b> <b>Steven Sovran</b>
08:50-09:00	Question & Answer
09:00-09:20	<b>Insulin Therapy - Successful Outpatient Management</b> <b>Zubin Punthakee</b>
09:20-09:30	Question & Answer
09:30-09:50	<b>Transgender Medicine - Update on Management</b> <b>Stan Van Uum</b>
09:50-10:00	Question & Answer
10:00-10:20	<b>Challenging Diagnostic Cases</b> <b>Terri Paul</b>
10:20-10:30	Question & Answer
10:30-10:50	<b>MORNING NUTRITION BREAK &amp; VISIT EXHIBITS</b>
10:50-11:10	<b>Hypercortisolism – Investigations and When to Refer</b> <b>William Harper</b>
11:10-11:20	Question & Answer
11:20-11:40	<b>Osteoporosis - How to Treat and Avoid Complications of Therapy</b> <b>Aliya Khan</b>
11:40-11:50	Question & Answer
11:50-12:50	<b>LUNCH &amp; VISIT EXHIBITORS</b>

## WORKSHOP SESSIONS:

12:50-13:20	<b>A</b>	<b>Thyroid Examination: How to Examine the Thyroid and Correlation of Clinical Findings with Ultrasound</b> <b>Muhammed Shrayyef, Aliya Khan, Natalia McInnes, Zubin Punthakee, William Harper</b>
	<b>B</b>	<b>Examination of the patient with Diabetes</b> <b>Stan Van Uum, Manoela Braga, Ally Prebtani, Terri Paul</b>
13:20-13:50		<b>Above Workshops Will Repeat</b>
13:50-14:10		<b>Refractory Hypertension- How to Investigate and Treat</b> <b>Ally Prebtani</b>
14:10-14:20		Question & Answer
14:20-14:40		<b>AFTERNOON NUTRITION BREAK &amp; VISIT EXHIBITS</b>
14:40-15:00		<b>Obesity and Metabolic Syndrome – How and When to Treat</b> <b>Natalia McInnes</b>
15:00-15:10		Question & Answer
15:10-15:30		<b>Hyponatremia and Hypernatremia – Management at Point of Care</b> <b>Manoela Braga</b>
15:30-15:40		Question & Answer
15:40-15:45		<b>CLOSING REMARKS</b> <b>Aliya Khan</b>

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University; Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this activity to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

## LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this activity.
- That may result from the use of technologies, program, products &/or services at this activity.
- That may arise out of, or during this activity.

## CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the activity should you provide CHSE with your email address. Receipts will be provided in your registrant package upon arrival at the activity. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CHSE office.

## CANCELLATION POLICY

The University reserves the right to cancel an activity due to insufficient registration or any circumstances that are beyond our control. Cancellations received before Friday, March 30, 2018 will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.

## ACTIVITY PACKAGES

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

## PLANNING COMMITTEE

### **Aliya Khan, MD, FRCPC, FACP, FACE, Co-Chair**

Professor of Clinical Medicine  
Department of Medicine  
Divisions of Endocrinology and Geriatrics  
Michael G. DeGroot School of Medicine  
McMaster University  
Director, Calcium Disorders Clinic  
St. Joseph's Healthcare

### **Zubin Punthakee, MD, MSc, FRCPC, Co-Chair**

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### **István (Steve) Szarka, B.Eng., M.Eng., MD, MCFP, CCFP, FCFP, MOK, Co-Chair**

Family Physician  
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### **Cheryl Bogie**

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Continuing Health Sciences Education, McMaster University

### **Angela Silla**

Acting CHSE Program Manager  
Continuing Health Sciences Education, McMaster University

## ACCREDITATION STATEMENTS

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro and RCPC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

**5.5** This Group Learning program meets the certification criteria of **The College of Family Physicians of Canada** and has been certified by McMaster University Continuing Health Sciences Education Program for up to **5.5** Mainpro+ credits.

**5.5** This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of **The Royal College of Physicians and Surgeons of Canada** and approved by McMaster University Continuing Health Sciences Education Program for up to **5.5** MOC Section 1 credits.

### **The American Medical Association:**

Through an agreement between The Royal College of Physicians and Surgeons of Canada and The American Medical Association, Physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme)

Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

## FACULTY

### **Steven Sovran, MD, FRCPC**

Assistant Professor  
Department of Medicine  
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McMaster University

### **Zubin Punthakee, MD, Msc, FRCPC**

Associate Professor of Medicine & Pediatrics  
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Equity & Professionalism  
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### **Manoela Braga, MD, FRCPC**

Associate Professor  
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### **Muhammed Shrayyef, MD, ECNU, FACP, FACE**

Diplomat American Board of Internal Medicine & Endocrinology  
Certified Neck Sonologist by American College of Endocrinology  
Assistant Professor of Clinical Medicine  
University of Toronto

## DIRECTIONS

### **LIUNA STATION**

360 James St. North, Hamilton, ON L8L 1H5  
**905-525-2410**  
[www.liunastation.com](http://www.liunastation.com)

### **From the Escarpment**

1. Take Upper Wentworth exit from the 'Linc'.
2. Go NORTH on Upper Wentworth to Fennell.
3. Turn LEFT onto Fennell.
4. Turn RIGHT onto Upper Wellington & follow this down the escarpment (changes into John Street).
5. Follow John St. to Murray.
6. Continue North past Murray.
7. Turn LEFT into parking lot for Liuna Station.

### **From Niagara Falls**

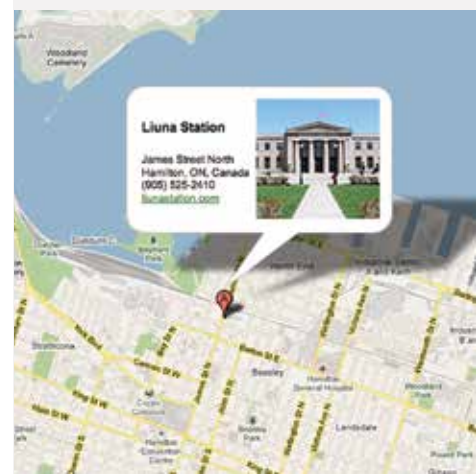
1. QEW Toronto to Burlington St.
2. Follow Burlington St. (using through traffic overpasses) to James St.
3. Turn LEFT on James St. North & Follow to Murray.
4. Turn left onto Murray.
5. Turn LEFT onto John St. N.
6. Turn LEFT into parking lot for Liuna Station.

### **From Brantford**

1. 403 Hamilton / Toronto.
2. Exit on Main St. East.
3. Follow Main St. to John St.
4. Turn LEFT on John St. and continue North to Murray.
5. Continue North past Murray.
6. Turn LEFT into parking lot for Liuna Station.

### **From Toronto**

1. QEW Niagara to 403 Hamilton.
2. Exit on York Blvd.
3. Follow York Blvd. to John St.
4. Turn LEFT on John St. and continue North past Murray.
5. Turn LEFT into parking lot for Liuna Station.



# Registration Form

Day in Endocrinology For Primary Care Providers - Friday April 13, 2018  
Liuna Station, James Street North, Hamilton, ON

**Please note that this is NOT an online registration.**  
This is an electronic PDF form. You can type directly in the spaces provided online using any PDF software.  
You must then print & submit it to us via mail, fax or in person.

## REGISTRATION FEES

	EARLY BIRD to March 29/18	After March 29/18
<b>Physicians</b>	<input type="checkbox"/> \$40	<input type="checkbox"/> \$55
<b>Other Health Professionals</b>	<input type="checkbox"/> \$40	<input type="checkbox"/> \$55
<b>Residents/Students</b>	<input type="checkbox"/> \$40	<input type="checkbox"/> \$55

Dr.  Mr.  Mrs.  Miss.  Ms.

Surname

Given

Profession:  FP  Physicians Assistants  PHCP  Family Medicine Resident  NP-PHC  NP-Adult  NP-Pediatrics  RN  Student  Other

Specify

Royal College Members (only) ID# (for auto upload of MOC credits)

Address

City

Province

Postal Code

Area Code  Phone  -

Area Code

Fax

Cell

**FOR OFFICE USE ONLY**  
Activity Code: ENDO2018

Email \*Your registration cannot be processed without an email address

Payment By:  Visa  M/C  AMEX  Cash  Cheque

Pls make cheque payable to "McMaster University"  
\*\* Registration by cheque cannot be confirmed until payment has been processed.

Amount \$     .

Card Number

Month  Year  Signature

CVD (\*found on the back of card)



## There are 5 ways to REGISTER...

**1. ONLINE:** [www.fhs.mcmaster.ca/conted/calendar.html](http://www.fhs.mcmaster.ca/conted/calendar.html)

**2. BY PHONE** Call 905-525-9140 ext 22671

**3. IN PERSON** Bring your completed registration form to the Continuing Health Sciences Education  
100 Main Street West, 5th Floor, Room 5004  
Hamilton, ON L8P 1H6  
Monday to Friday between the hours of 9:30 am - 4:00 pm

**4. BY FAX** Fax a completed registration form 905-572-7099

**5. BY MAIL** Send your completed registration form to:  
Continuing Health Sciences Education Program  
1280 Main St. West, DBHSC, Room 5004, Hamilton, ON L8S 4K1

### SPECIAL DIETARY REQUIREMENTS/DIETARY RESTRICTIONS:

For those with special dietary needs some accommodation may be available:

Vegetarian: \_\_\_\_\_  Allergies: \_\_\_\_\_  Other: \_\_\_\_\_

(Please note: special meal requests may require an additional fee. Contact our office for details)

**MEAL PACKAGES FOR GUESTS** may be purchased. Contact the CHSE coordinator for more information.

**PLEASE IDENTIFY ANY ACCESSIBILITY NEEDS:** \_\_\_\_\_

**CHILDREN ARE NOT PERMITTED** in the live activity setting as it distracts from the learners.

**PHOTOGRAPHY:** Candid photos will be taken at the activity. Your registration implies your permission for these photos to be used for promotional material. Individuals in photographs will not be identified.

If you require **PERSONAL SUPPORT** at this activity, the health aid provider must register in advance at the general public rate.

## FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

The information on this form is collected under the authority of the McMaster University Act, 1976. The information will be used for administrative purposes, including: your registration in the course; preparation of course materials for your use and to notify you of other courses or pertinent information. Financial information will be used to process applicable fees and will be retained for future reference. This information is protected and is being collected pursuant to section 39(2) and section 42 of the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). Questions regarding the collection or use of this personal information should be directed to the University Secretary, Gilmour Hall, Room 210 McMaster University.