

SPEAKERS

Olabode Akintan MD FRCPC MBA

Nicole Carter MSW RSW

Jillian Halladay M.Sc MD FRCP(C)

Laurie Horricks MN NP-paeds

Benjamin Klein MD FRCPC

Christina McDonald MD FRCPC

Catharine Munn M.Sc MD FRCP(C)

Laura Purcell MSc MD FRCPC Dip Sport
Med.

Matthew Purser BSc MD

Jodi Rosner BSc MD FRCPC

Katie Siu MD FRCPC

Blake Yarascavitch MD FRCSC

COMMITTEE MEMBERS

Dr. Kelly Fitzpatrick (Conference Co-Chair)

Dr. Frank O'Toole (Conference Co-Chair)

Hamilton Golf & Country Club
232 Golf Links Road
Ancaster, Ontario
905-648-4471

The club has a strict dress code.
Those wearing denim will be turned away.

The 19th Annual Practical Pediatrics Conference

April 10, 2019



Credits:

*This event has been approved by the Canadian Paediatric Society for a **maximum of 6 credit hours** as 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. The specific opinions and content of this event are not necessarily those of the CPS, and are the responsibility of the organizer(s) alone.*

THEME: BRAIN AND BEHAVIOUR

This year's topics pertain to both to physical and mental health. We will explore the brain's response to injury in the form of concussions or toxic stress. We aim to understand more about "brain pain" in the form of headaches or anxiety. We look to protect our brains and enhance productivity through the use of mindfulness.

PROGRAM OBJECTIVES

- Review clinical indications and current best practice for restraint use.
- Explore common pediatric anxiety disorders, their assessments and treatment options.
- Present the current recommendations for concussion management, including rest, return to school and return to sports/ activities.
- Learn about the diagnosis and impact of toxic stress in childhood.
- Review an approach to tackling a challenging/mysterious case.
- To engage in some experiential learning of several mindfulness techniques suitable for adolescents and emerging adults.
- To understand the etiologies of headaches in children and the evidence for treatment options.

PROGRAM

8:00-8:30	REGISTRATION AND BREAKFAST
8:30-9:30	Responding to Patient Agitation in Pediatric Hospital Settings: To Hold Or Not To Hold Olabode Akintan & Laurie Horricks
9:30-10:30	Pediatric anxiety and its management Christina McDonald
10:30-10:45	Spot Diagnosis: contemporary shape shifting Blake Yarascavitch
10:45-11:45	Get ahead of the game: pediatric sport concussion Laura Purcell
11:45-1:00	LUNCH
1:00-2:00	Toxic Stress, ACEs, Complex Trauma (or whatever you want to call it): Practical Developmental-Behavioural Assessment and Management Benjamin Klein
2:00-2:15	Quick Hit: Hypertensive encephalopathy Jodi Rosner & Matthew Purser
2:15-2:30	COFFEE AND COOKIES
2:30-3:30	Mindfulness: An Introduction to the Evidence and Practice of Mindfulness and Meditation in Youth Catharine Munn & Jillian Halladay & Nicole Carter
3:30-4:30	Headaches, what a pain! Katie Siu
4:30-4:45	WRAP UP AND EVALUATION

FORMAT

The day will be comprised of formal presentations interspersed with shorter Quick Hits and Spot Diagnosis cases to enhance clinical skills, judgment and decision making strategies. Mingling and meeting is strongly encouraged.

We very much want to engage our regional partners and encourage all interested participants to spread the word at their sites.

HOW TO REGISTER

Registration fees include admission for all sessions, breakfast, lunch and coffee breaks.

Early Bird Pricing On or before March 4, 2019 \$160

Regular Pricing After March 4, 2019 \$180

You can register and pay online at:
<http://www.mcmaster-pediatrics.ca>

For further information contact: Program Coordinator Michelle Skrobek Phone: 905-521-2100 ext. 75925 Email: skrobem@mcmaster.ca
