

OBJECTIVES
PRACTICAL PEDIATRICS CONFERENCE
BRAIN AND BEHAVIOUR
WEDNESDAY APRIL 10, 2019

Presenter: Dr. Olabode Akintan and Laurie Horricks

Title: Responding to Patient Agitation in Pediatric Hospital Settings: To Hold Or Not To Hold

Objectives:

- Scholar:
 - Review clinical indications and current best practice for restraint use in pediatrics
- Advocate:
 - Explore and consider relevant legislation as it pertains to pediatric restraint use
- Medical Expert:
 - Review pharmacological restraint options and their side effects
- Communicate:
 - Consider the importance of teamwork, collaboration and communication in safe and effective restraint use
- Collaborate:
 - Explore and adopt personal and team-based prevention strategies to minimize the use of restraints in pediatric settings

Presenter: Dr. Christina McDonald

Title: Pediatric Anxiety and Its Management

Objectives:

- Review the common anxiety disorders in the pediatric population and how they might present in your office
- Practical tips for assessment, including screening tools
- Pharmacological and psychotherapeutic treatments (pills and skills!)
- Discussion about when to refer to psychiatry

Presenter: Dr. Blake Yarascavitch

Title: Spot Diagnosis: contemporary shape shifting

Objectives:

- Medical Expert:
 - Accurately pattern recognize the variety of craniosynostosis deformities
 - Effectively differentiate between deformational plagiocephaly and craniosynostosis
- Collaborator:
 - Understand the time dependent nature of treatment algorithms to ensure early referral and consultation
- Communicator:
 - Effectively counsel families regarding the natural history of deformational plagiocephaly

Presenter: Dr. Laura Purcell

Title: Get ahead of the game: pediatric sport concussion

Objectives:

- Become familiar with the current recommendations for concussion management, including rest, return to school and return to sports/activities
- Learn when to introduce active treatments and when to refer to a concussion expert/multidisciplinary concussion clinic
- Develop strategies to communicate with school personnel and coaches to facilitate return to school and sport
- Become familiar with pediatric concussion resources

Presenter: Dr. Benjamin Klein

Title: Toxic Stress, ACEs, Complex Trauma (or Whatever You Want to Call It): Practical Developmental-Behavioural Assessment and Management

Objectives:

- Medical Expert:
 - Clinical features of developmental-behavioural sequela of toxic stress
 - Management options in children with issues related to toxic stress exposure
- Communicator/collaborator:
 - Optimizing support for children involved with children's aid society

Presenter: Dr. Jodi Rosner and Dr. Matthew Purser

Title: Hypertensive encephalopathy

Objectives:

- Medical expert:
 - Recognition of hypertension in paediatric population
- Health Advocate:
 - Causes of hypertension in paediatrics, recognizing renal pathologies
- Collaborator:
 - Follow up care between tertiary centre and community centre.

Presenter: Dr. Catharine Munn and Jillian Halladay and Nicole Carter

Title: Mindfulness: An Introduction to the Evidence and Practice of Mindfulness and Meditation in Youth

Objectives:

- To review the evidence regarding the efficacy of mindfulness interventions among adolescents and emerging adults
- To engage in some experiential learning of several mindfulness techniques suitable for adolescents and emerging adults
- To discuss ways in which mindfulness and meditation practices can be encouraged and applied in clinical practice

Presenter: Dr. Katie Siu

Title: Headaches, what a pain!

Objectives:

- Scholar:
 - Understand the etiologies of headaches in children
 - Understand the evidence for a variety of common pediatric headache treatments
- Manager:
 - A stepwise approach to investigations of headaches in children