



CACPR Spring 2019 Annual Meeting and Symposium

June 14 – 15, 2019

University of Saskatchewan – Saskatoon, Saskatchewan

Program Learning Objectives

Upon completion of the conference, participants should be able to:

- Provide individualized and innovative cardiac rehabilitation and chronic disease management interventions with a specific focus on meeting the needs of clients with multiple chronic conditions, clients in rural and remote communities, and clients of First Nations and Métis heritage.
- Engage and consult with other programs and health care providers to share best practices for chronic disease management.
- Identify common and emerging interventions across chronic disease management programs, including common approaches in the delivery of pulmonary and cardiac rehab.
- Apply innovative system wide strategies to enhance behaviour change skills for front line health care providers.

Program

Thursday, June 13, 2019 – Pre-Conference Session		
9:00	Pipe Ceremony Gilbert Kewistep BISW, MASW	Royal University Hospital – Cultural Room
14:00	Residential School Experience – A Personal Journey Gilbert Kewistep BISW, MASW Originally from the Yellowquill First Nation, he now works as a FNMHS Cultural Advisory and Regional Health Support Worker. Join Gilbert Kewistep who will share a very powerful presentation on his own experience in residential school that allows participants to better understand the daily challenges and struggles that have impacted so many of our families and communities. Participants will also gain an understanding of the Indian Residential School History.	Gordon Oakes Red Bear Centre

Friday, June 14, 2019		
7:30 – 8:30	Cardiology Rounds – An Update on Cardiovascular Rehabilitation and Cardiovascular Disease Prevention Dr. Colin Yeung Please note that this session is not a part of the accredited program and requires its own registration. If you are interested, please RSVP .	Royal University Hospital – East Lecture Theatre

Friday, June 14, 2019		
8:00 – 8:45	Registration Check-In and Breakfast	E Wing Atrium
8:45 – 8:50	Opening Remarks Dylan Chipperfield, Dr. Colin Yeung, Dr. Corey Tomczak <i>CACPR 2019 Annual Meeting and Symposium Co-Chairs</i>	University of Saskatchewan – Health Sciences Building Room #1130

8:50 – 9:05	<p>Opening Remarks from the Federation of Sovereign Indigenous Nations Morley Watson <i>1st Vice Chief Federation of Sovereign Indigenous Nations</i></p>	University of Saskatchewan – Health Sciences Building Room #1130
9:05 – 10:05	<p>Patient Directed Care Offered in the Space Between Western and Traditional Medicines Rick Favel <i>Rick Favel is a Traditional Knowledge Keeper, All Nations’ Healing Hospital, Saskatchewan Health Authority, Regina /Five Hills Qu’Appelle Tribal Council.</i></p> <p>Gail Boehme <i>Gail Boehme is the Program and Executive Director of the All Nations Healing Hospital and File Hills Qu’Appelle Health Services.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Demonstrate to the audience the success of the application of public policy in the health care environment where it is applied and administered using First Nation policy approaches. • Share with the audience the successes and the opportunities of culturally relevant community led initiatives which collaborate with traditional healing approaches and are incorporated into service deliver. 	University of Saskatchewan – Health Sciences Building Room #1130
10:05 – 10:20	Morning Break	E Wing Atrium
10:20 – 10:50	<p>Air Quality and Health Messaging Within Indigenous Communities Kai Kaufman <i>Kai Kaufman, BKin, MSc is currently a research coordinator within the Physical Activity Promotion and Chronic Disease Prevention Unit and the Indigenous Studies in Kinesiology Program at the University of British Columbia.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Review the need for increasing air quality monitoring within Indigenous communities throughout Canada. • Assess the importance of incorporating Indigenous perspectives and worldviews within the Air Quality Health Index messaging. 	University of Saskatchewan – Health Sciences Building Room #1130
10:50 – 11:50	BREAKOUT	
Session 1-A	<p>Ethical Health Promotion and Research in the Era of Truth and Reconciliation Dr. Jon McGavock <i>Jonathan McGavock, PhD, is a CIHR Applied Health Chair in Resilience and Obesity in Children. He is also an Associate Professor in the</i></p>	University of Saskatchewan – Health Sciences Building Room #1130

	<p><i>Department of Pediatrics and Child Health in the Faculty of Health Sciences at the University of Manitoba.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Review the history of health research partnerships with Indigenous communities in Canada. • Describe the historical treaty relationship between the government of Canada and First Nations and how it should be used to develop a research project with communities or patient partners. • Using evidence from a current national team grant, provide examples of best practice for university-community partnerships. • Examine the evidence for the impact of ethical partnerships with Indigenous communities on outcomes of experimental trials. 	
Session 1-B	<p>Debate: Use of Healthy Eating Trackers</p> <p>Dr. Jessica Lieffers <i>Jessica Lieffers is a Registered Dietitian and Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan. Dr. Lieffers’ doctoral research was in the area of electronic tools for nutrition behavior change at the University of Waterloo and her current research focuses on nutrition and dental health.</i></p> <p>Dr. Allison Cammer <i>Allison Cammer is an Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan. Allison has been a Registered Dietitian for 20 years and currently conducts research in older adults, nutrition, and dementia.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • List the functions and features of electronic diet tracking apps. • Recognize the strengths and limitations associated with using diet tracking apps. • Explain the considerations and recommendations when using diet tracking apps with clients. 	University of Saskatchewan – Health Sciences Building Room #1150
11:50 – 13:00	Lunch	E Wing Atrium
12:00 – 12:30 (CST)	CACPR Annual General Meeting	University of Saskatchewan – Health Sciences Building Room #1150

13:00 – 14:00	<p>COPD – 2019 Update Dr. Darcy Marciniuk <i>Darcy D. Marciniuk, MD, FRCPC, FCCP, FCAHS is a Professor of Medicine and Associate Vice-President Research at the University of Saskatchewan.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Appreciate the current burden and realities of COPD. • Understand recent evidence for the optimal use of pharmacologic therapies, and pulmonary rehabilitation. • Recognize effective interventions and strategies, including pharmacologic, non-pharmacologic and health care system practices, to improve the care and outcomes for patients suffering from COPD. 	University of Saskatchewan – Health Sciences Building Room #1150
14:05 – 15:05 <i>Plenary</i>	<p>Heart Failure: HFpEF and HFrEF– Differences From the Exercise Physiologist Perspective Dr. Mark Haykowsky <i>Mark Haykowsky is a Professor and Moritz Chair in Geriatrics in the College of Nursing and Health Innovation at The University of Texas at Arlington.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Understand the acute hemodynamic responses to exercise in HFrEF and HFpEF patients. • To gain an appreciation of the mechanisms responsible for the improvement in peak aerobic power with exercise training in HFrEF and HFpEF patients. 	University of Saskatchewan – Health Sciences Building Room #1150
15:05 – 15:20	Break	E Wing Atrium
15:20 – 16:30	<p>Time to HIIT the Weights for Heart Failure Patients Dr. Peter Brubaker <i>Peter H. Brubaker, PhD, is a Professor and Chair of the Department of Health and Exercise Science at Wake Forest University in Winston-Salem, North Carolina.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • To appreciate the unique pathophysiology of HF patients and how this impacts their acute and chronic responses to exercise. • To understand the “traditional” FITT approach to prescribing exercise in HF patients as recommended by most professional organizations. • To gain an appreciation and potential applications of emerging strategies for prescribing exercise in HF (HFrEF and HFpEF); including high intensity interval training (HIIT) and resistance training. 	University of Saskatchewan – Health Sciences Building Room #1150

18:00	CACPR Social and Dinner This is a ticketed event.	University of Saskatchewan - Palliser Gardens
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Saturday, June 15, 2019		
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6:30	Fun Run and Walk Meet at the University of Saskatchewan College of Kinesiology Physical Activity Complex (PAC).	Physical Activity Complex – 87 Campus Drive
7:45 – 8:25	Breakfast	E Wing Atrium
8:25 – 8:30	Welcome	University of Saskatchewan – Health Sciences Building Room #1130
8:30 – 9:30	Meet Me in the Middle – Getting to the Heart of Change Dwayne Cameron <i>Dwayne Cameron, Addictions Dip. BA, has over 30 years of clinical counselling experience specializing in the Addictions and Mental Health field. Dwayne has worked in a variety of clinical settings over the years and became a senior educator with the Chronic Disease Management team.</i> Dr. Bryan Acton <i>Bryan Acton is a registered doctoral psychologist currently working as the Senior Psychologist in the Department of Clinical Health Psychology and the Chief of the Doctoral Residency for the Saskatoon Area of the Saskatchewan Health Authority.</i> Learning Objectives <ul style="list-style-type: none"> Attendees will be able to identify two or more key approaches that empower themselves and clients who are struggling in the change process. Participants will be more aware of their potential behaviours that create barriers to change for clients and next steps towards change with clients. 	University of Saskatchewan – Health Sciences Building Room #1130
9:30 – 10:15	BREAKOUT	
Session 2-A	Diabetes Management Update with a Focus on Engaging First Nation and Métis Individuals in Diabetes Self-Management Dr. Tessa Laubscher	University of Saskatchewan – Health Sciences

	<p><i>Tessa Laubscher, MBChB, CCFP, FCFP currently works as a diabetes specialist in Saskatoon, and is active in other initiatives including medical education, and provincial quality improvement programs related to diabetes, chronic disease management and evidence-based therapeutics.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Identify determinants that interfere with Aboriginal people’s ability to effectively implement diabetes self-management. • Reflect on ways to incorporate patient-centered and culturally safe diabetes care for First Nations and Métis individuals living with diabetes. 	Building Room #1130
Session 2-B	<p>Integrating Individualized Exercise Prescriptions in a Community-Based and Indigenous-Led Healthy Lifestyle Intervention Henry Lai</p> <p><i>Henry Lai, MSc is a certified exercise physiologist working in the field of physical activity promotion, and is an aspiring cardiologist in community-based medicine. Over the past 7 years, Henry has worked with Indigenous youth in various health and wellness initiatives on UBC campus.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Describe the cultural importance of community-based and Indigenous-led approaches in health and wellness research with Indigenous communities. • Apply culturally relevant and safe methods of physical activity promotion that will allow for the co-creation of culturally appropriate exercise interventions at the community level. • Describe the cultural significance of sharing circles in knowledge transfer/sharing practices valued by diverse Indigenous communities in Canada. 	University of Saskatchewan – Health Sciences Building Room #1150
10:15 – 10:30	Morning Break	E Wing Atrium
10:30 – 11:30 <i>Plenary</i>	<p>Gender Differences in Cardiovascular Disease – Implications for Disease Management and Cardiac Rehab Dr. Martha Gulati</p> <p><i>Martha Gulati, MD, MS, FACC, FAHA is a Professor of Medicine and the chief of cardiology at the University of Arizona, Phoenix.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Address the persistent sex-specific gaps found in guidelines, recommendations and prevention of cardiovascular disease strategies for women, and recognize diagnostic and therapeutic adherence. 	University of Saskatchewan – Health Sciences Building Room #1130

	<ul style="list-style-type: none"> • Understand the differences in coronary artery disease patterns in women and its impact on prognosis. • Recognize sex-specific risk factors that affect women that should be part of risk assessment of women. • Describe recommendations for specialized care for women to prevent and treat cardiovascular disease. 	
11:30 – 12:00	<p>Health Equity: A Critical Element of Optimizing Care and Self-Management Erin Beckwell <i>Erin Beckwell, BSW, MSW, RSW is a social worker who has spent her career working in areas of health, education, and community development. Her current role is Knowledge Translation Specialist with the Saskatchewan Health Authority.</i></p> <p>Learning Objectives Describe the core principles of health equity as they relate to accessibility and appropriateness of programs and services, care experiences, and health outcomes. Identify opportunities and strategies for applying these principles in their program and/or direct practice.</p>	University of Saskatchewan – Health Sciences Building Room #1150
12:00 – 13:00	Lunch	E Wing Atrium
13:00 – 14:00 <i>Plenary</i>	<p>Implementing a Department Wide Approach to Self-Management Support for Health Care Providers Leslie Worth <i>Leslie Worth, B.Sc. N. is the Senior Manager at LiveWell Chronic Disease Management at the Royal University Hospital. Her nursing experience includes ICU/CCU, Paediatrics, Diabetes Education, and Cardiac Rehabilitation.</i></p> <p>Robin Miller <i>Robin Miller is a proud Michif woman from Thompson, Manitoba. She is passionate about Indigenous Wellness and the importance of culture. Robin is a RD, CDE and coordinates Indigenous Self-Management Programs for the SHA.</i></p> <p>Lea Polkinghorne <i>Lea Polkinghorne, B. Sc., has been working as a Registered Dietitian for the Saskatchewan Health Authority for the past 11 years in various roles with her most recent work being a Community Dietitian in Rosthern, Saskatchewan.</i></p> <p>Learning Objectives <ul style="list-style-type: none"> • Participants will gain an understanding of the importance of enhancing self-management support skills to support our clients with behaviour change. </p>	University of Saskatchewan – Health Sciences Building Room #1130

	<ul style="list-style-type: none"> • Participants will be provided the model currently being implemented and evaluated in the LiveWell Chronic Disease Management Program. • Participants will gain first-hand experience and lessons learned from clinicians in the LiveWell Chronic Disease Management Program. 	
14:00 – 14:45 BREAKOUT		
Session 3-A	<p>Panel Q and A: A Day in the Life of a Multi-morbidity Chronic Disease Management Professional Facilitated by Doug Robertson</p> <p>Trent Litzenberger <i>Trent Litzenberger, BScPT, BSPE, CRE, is the Vice President, Community Care/ Director of RESPTREC for The Lung Association in Saskatchewan.</i></p> <p>Caroline Hinz <i>Caroline Hinz graduated from the U of S Nursing program in 1987. She has worked in many areas of health care in rural Saskatchewan including long term care, acute care, public health and chronic disease management.</i></p> <p>Lea Polkinghorne <i>Lea Polkinghorne, B. Sc., has been working as a Registered Dietitian for the Saskatchewan Health Authority for the past 11 years in various roles with her most recent work being a Community Dietitian in Rosthern, Saskatchewan.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Identify challenges faced by clients living with multiple comorbidities. • Identify how multiple comorbidities affect health behavior. • Implement strategies to engage clients with multiple comorbidities in self-management behaviors, in meaningful ways. 	University of Saskatchewan – Health Sciences Building Room #1130
Session 3-B	<p>Exercise Implications for Clients with Chronic Pain Dr. Susan Tupper <i>Susan Tupper, PT, PhD is the Strategy Consultant for Pain Quality Improvement for the Saskatchewan Health Authority (SHA). She is a licensed physical therapist with a PhD in Community Health and Epidemiology and a post-doctoral fellowship in Pediatrics.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Describe the role of exercise in a comprehensive framework for pain management. 	University of Saskatchewan – Health Sciences Building Room #1150

	<ul style="list-style-type: none"> Describe exercise induced hypoalgesia (EIH) and the effects of exercise on the nervous system that influence pain. Describe a research program to support exercise participation in people with chronic pain. 	
14:45 – 15:00	Health Break	E Wing Atrium
15:00 – 16:00 BREAKOUT		
Session 4-A	<p>To Screen or Not To Screen? That Should <u>Not</u> Be the Question Dr. Sarah Hillis, Erica Yarmovich, Ann Murphy, Leslie Worth, and Jackie Boschman Presenters: Dr. Dawn Phillips, Jackie Boschman, Ann Murphy, and Tristan Etcheverry</p> <p>Ann Murphy <i>Ann Murphy is a Cardiac Nurse Clinician working with clients and families in the Saskatoon Cardiac program for the last 13 years.</i></p> <p>Tristan Etcheverry <i>Tristan Etcheverry, Bsc Kin, is an ACSM Certified Clinical Exercise Physiologist and Certified Respiratory Educator. He is the Manager in Chronic Disease Management overseeing the LiveWell Exercise Programs.</i></p> <p>Dawn Phillips <i>Dawn Phillips is a clinical health psychologist and a clinical assistant professor in the Department of Psychiatry at the University of Saskatchewan College of Medicine.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> To highlight the importance of screening for psychological distress in Chronic Disease Management (CDM). To provide a rationale for the use of mental health screening measures with every client. To share the challenges and successes of screening participants in Saskatoon LiveWell CDM Programs and address questions/concerns regarding implementation. 	University of Saskatchewan – Health Sciences Building Room #1130
Session 4-B	<p>Poor Medication Adherence in Cardiac Rehabilitation – Crisis or Scapegoat? Dr. David Blackburn <i>David Blackburn is a Professor and Chair in Patient Adherence in the College of Pharmacy and Nutrition at the University of Saskatchewan.</i></p> <p>Learning Objectives</p>	University of Saskatchewan – Health Sciences Building Room #1150

	<ul style="list-style-type: none"> • Define medication adherence from different perspectives. • Evaluate the association between poor medication adherence and adverse outcomes. • Discuss putative risk factors for poor medication adherence. • Reflect on the importance of medication adherence in your practice. 	
16:00 – 16:45	<p>Patient Panel – Use of Wearables and Trackers for Chronic Disease Self-Management Dr. W. James Fenton <i>Wilson James Fenton, MD, FRCPC (General Internal Medicine – Retired), is a participant in the CARG Cardiac Rehabilitation program in Saskatoon and the Chair of the CARG Hospital Visitation program.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Retrieve the Medical ID within the Health App on a locked iPhone. • See how patients use a FitBit device and app, spreadsheet and other apps to monitor consistency in cardiac rehabilitation efforts. <p>MediSafe: A Free and Effective Medication Management App for Patients Gordon Desbrisay <i>Gordon DesBrisay is Vice-Dean Academic and Associate Professor of History in the College of Arts and Science at the University of Saskatchewan. Gordon had a heart attack in September of 2018, is a grateful participant in the LiveWell Cardio program at the Saskatoon Field House.</i></p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Know what MediSafe is and what it does. • Judge whether this app might be helpful for themselves or their patients. 	University of Saskatchewan – Health Sciences Building Room #1130
16:45 – 17:00	Closing Remarks and Prayer	Health Sciences Building Room #1130

Accreditation Statement

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada and accredited by the Division of Continuing Medical Education, College of Medicine, University of Saskatchewan for up to **12.25** MOC credit hours.

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