



Practical Approaches to Obesity Management

Wednesday, November 7, 2018
Four Points by Sheraton, Kingston, ON

PROGRAM AGENDA

12:00	Registration & Lunch
12:30	Introduction & Case <i>David Barber, MD, CCFP Asst. Prof., Dept. of Family Medicine, Queen's Univ.</i>
12:40	"Why Blame Has No Place in Medicine" <i>Yoni Freedhoff, MD, CCFP, Medical Dir., Bariatric Medical Institute; Assoc. Prof., Dept. of Family Medicine, Faculty of Medicine, Univ. of Ottawa</i> At the end of this session, the participant will be able to: <ul style="list-style-type: none"> • recognize that obesity, like the vast majority of chronic non-communicable diseases, can be treated and/or prevented by way of behaviours, but that it would seem we only moralize about our patients' "failings" with obesity • define weight bias in health care and provide examples of how this might impact on patient care • identify ways that we as physicians can advocate for our patients with obesity on a grander scale than simply the patients sitting in front of us.
1:20	Approach to History <i>Robyn Houlden, MD, FRCPC Prof., Dept. of Medicine, Div. of Endocrinology & Metabolism, Queen's Univ.</i> At the end of this session the participant will be able to: <ul style="list-style-type: none"> • Effectively initiate an obesity discussion • Obtain a weight history • Perform an obesity-focused review of systems
1:40	Managing Diet in Obesity <i>Ryan Stallard, RD, CBE, SCOPE, Certified Bariatric Educator, Medical Obesity Management Bariatric Surgery, Bariatric Centre of Excellence (BCoE), Hotel Dieu Hospital, Kingston Health Sciences Centre</i> At the end of this session, the participant will be able to: <ul style="list-style-type: none"> • Review evidence of diet in long-term weight management • Discuss practical strategies for addressing diet in treatment-seeking patients living with obesity
2:10	Weight Management Medications <i>Robert Dent, MDCM FRCP(C) Founder of the Weight Management Clinic, Ottawa Hospital, Assoc. Prof. Internal Medicine & Div. of Endocrinology, Univ. of Ottawa</i> This talk is designed to answer these questions: <ul style="list-style-type: none"> • When do I use weight management medications? • How do they work? • What are the precautions and side effects? • What potential barriers do I need to check on to ensure optimal benefit?
2:35	Exercise Break & Booth Time <i>Alyssa Muchmore, BPHE, BScN, Athletics & Recreation Centre, Queen's University</i>
3:00	Physical Activity <i>Stephanie Flood, MSc. Physical Activity Counselling Instructor at SKHS, Co-Chair of the Exercise is Medicine Canada, Queen's Univ. Louise de Lannoy, 4th year PhD. Candidate, Dr. Robert Ross Group, Queen's Univ., Co-Chair of the Exercise is Medicine Canada, Queen's Univ.</i> At the end of this session, the participant will be able to: <ul style="list-style-type: none"> • Recall research evidence that suggests physical activity is an effective obesity management strategy • Describe practical strategies for discussing physical activity with patients.
3:25	Psychological Aspects of Weight Management <i>Hannah Marchand, Ph.D., C.Psych, Hotel Dieu Hospital Bariatric Centre of Excellence, Kingston</i> At the end of this session, the participant will be able to: <ul style="list-style-type: none"> • Describe the role that specific mental health conditions play in obesity • Identify how maladaptive thoughts and health behaviours influence weight management
3:50	Surgical Management <i>Boris Zevin, MD, PhD, FRCSC Asst. Prof. & Medical Education Scholar, Dept. of Surgery, Queen's Univ.</i> At the end of this session, the participant will be able to: <ul style="list-style-type: none"> • Describe the types of bariatric procedures currently performed in Ontario • List the effects of bariatric surgery on obesity related co-morbidities • Recognize the risks and complications of contemporary bariatric procedures • Outline the pathway for bariatric surgery from referral to operation
4:30	Program Close

Planning Committee

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This program has received an educational grant or in-kind support from:

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