42nd Annual Obstetrics & Gynaecology Memorial Program

October 17 & 18, 2019
8:00 AM - 4:00 PM
Delta Kingston Waterfront

IN MEMORIAM

J.A. Carmichael
A.O. Daicar
L.R. Clow
K.N. Fenwick
R.W. Garrett
M. Lavell
J.P. Litchfield
J.A. Low
P.A. Mcleod
K.G. Millar
G.W. Mylks
L.N. O’Connor
W.N. Piercy
E.M. Robertson
A.R.B. Williamson
I. Wood

PLANNING COMMITTEE

Olga Bougie, MD, FRCS, MPH, Asst. Prof., Dept. of Medicine, Div. of Obstetrics & Gynaecology, Queen’s Univ.

Alison Gorringe, RM, Midwife, KGH, Community Midwives of Kingston

Aileen Gray, MD, CCFP, Family Physician, Kingston Family Health Team, Asst. Prof., Family Medicine, Queen’s Univ.

Romy Nitsch, MD, MHSc, FRCSC, Asst. Prof., Dept. of Obstetrics & Gynaecology, Queen’s Univ.

Graeme Smith, MD, FRCSC, Head & Prof., Dept. of Obstetrics & Gynaecology; Prof. Dept. of Biomedical & Molecular Sciences & Imaging Services, Queen’s Univ.

Richard van Wylick, MD, FRCPC, Assoc. Prof., Pediatrics, Assoc. Dean of CPD, Queen’s Univ.

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WIFI CONNECTION
Network: Delta Kingston Waterfront
password: DXWH0126
Anita Kuriya, MD, FRCSC, FACC, FACOG, Associate Professor, Department of Obstetrics and Gynaecology, and Oncology, Queen’s University

At the end of this session, the participant will be able to:
- Identify what investigation not to order and what to avoid in women with suspicion of gynecological malignancy
- Identify what tests/investigations can be ordered by OBGYN/GP when suspicion of gynecological malignancy before treatment.
- Describe what is new with gynecological cancers; Endometrial, Ovarian, Cervix, and Vulvar cancers
- Develop a multidisciplinary approach to chronic pelvic pain
- Compare pros/cons of different approaches
- Evaluate surgical options for apical suspension at the time of hysterectomy;
- Compare complication and durability profiles of native tissue vs augmented repairs in pelvic prolapse surgery.

Vault Suspension at the Time of Hysterectomy
Rosana Geoffrion, MD, M.D.C.M., FRCSC, Associate Professor, Division of Gynaecologic Specialties, Obstetrics and Gynaecology, St. Paul’s Hospital, Vancouver
At the end of this session, the participant will be able to:
- Recognize pelvic floor symptoms unrelated to pelvic organ prolapse and know when not to operate.
- Review surgical options for apical suspension at the time of hysterectomy.
- Compare complication and durability profiles of native tissue vs augmented repairs in pelvic prolapse surgery.

Lunch & Networking

Updates in Menopause
Robert L. Reid, MD, FRCSC, FACOG, Professor Emeritus, Department of Obstetrics and Gynaecology, Queen’s University
At the end of this session, the participant will be able to:
- Counsel women about the latest information of benefits and risks of menopausal hormone therapy
- Evaluate and prescribe appropriate therapy for women seeking relief of vasomotor symptoms

Use of Tranexamic Acid in Gynaecologic Surgery
Andrew Zakhar, MD, FRCSC, Fellow - Advanced Gynaecologic Surgery, Obstetrics and Gynaecology, University of Toronto; Mount Sinai Hospital
At the end of this session, the learner will be able to:
- Review the history, pharmacology, and mechanism of action of tranexamic acid
- Highlight the use of tranexamic acids uses in surgery and availability evidence in gynaecology.
- Propose future direction for research

Contraception Update
Megan Schneideman, CARE FELLOW, Obstetrics and Gynaecology, Queen’s University
At the end of this session, the participant will be able to:
- Review progestin-only contraceptive methods available in Canada
- Address common myths & misconceptions around these methods
- Improve comfort & confidence when counselling patients regarding progestin-only methods of contraception

Evolution of Hysterectomy Where we are in 2019?
Brigid Nee, MD, FRCSC, Assistant Professor, Obstetrics and Gynaecology, Queen’s University
At the end of this session, the participant will be able to:
- Identify the role of electrosurgical hysterectomy and tissue removal systems in the surgical treatment of uterine disorders.
- Review some practical tips for hysterectomy

First Workshop Rotation

A: Challenging Cases in Contraception/Paediadrics
Sophie Gibson, MD, FRCSC, Fellow in Pediatric & Adolescent Gynaecology (Past CARE Fellow), Obstetrics and Gynaecology, Children’s Hospital of Eastern Ontario (CHEO)

Mary Anne Jamieson, MD, FRCSC, Associate Professor, Department of Obstetrics and Gynaecology, Interim Chair, Division of Reproductive Endocrinology & Infertility, Department of Pediatrics, Queen’s University

Megan Schneideman, CARE FELLOW, Obstetrics and Gynaecology, Queen’s University

Ashley Waddington, MD, FRCSC, MPA, Assistant Professor, Department of Obstetrics and Gynaecology, Queen’s University

At the end of this session, the participant will be able to:
- Efficiently identify optimal contraception and prescribe confidently.
- Incorporate medical or psychosocial factors into ideal contraception choice.
- Determine if and when investigations (or referral) are necessary for the teen with heavy menses & choose optimal treatment.

B: There’s More Than One Way to Get it Right - Tips/Tricks for Managing the Most Difficult Steps of a Hysterectomy
Andrew Zakhar, MD, FRCSC, Fellow - Advanced Gynaecologic Surgery, Obstetrics and Gynaecology, University of Toronto; Mount Sinai Hospital
At the end of this session, the participant will be able to:
- Identify the most commonly challenging steps of a hysterectomy
- Describe strategies to approach these challenges
- Compare pros/cons of different approaches

C: Endometriosis & Chronic Pelvic Pain
Brigid Nee, MD, FRCSC, Assistant Professor, Obstetrics and Gynaecology, Queen’s University
At the end of this session, the participant will be able to:
- Develop an approach to endometriosis
- Distinguish the role of endometriosis in chronic pelvic pain
- Indentify and treat myofascial pelvic pain
- Develop a multidisciplinary approach to chronic pelvic pain

D: Answers to All Your Gynaecologic Oncology Questions
Amita Agarwal, MD, FRCSC, Assistant Professor, Gynaecologic Oncology, Obstetrics and Gynaecology, Queen’s University

George Gray, MD, FRCSC, Gynecologic Oncology Fellow, Dept. of OB/GYN, Univ. Ottawa

At the end of this session, the participant will be able to:
- Describe what is new with gynecological cancers; Endometrial, Ovarian, Cervix, and Vulvar cancers
- Distinguish when to refer or consult to gynecologic oncology
- Identify what tests/Investigations can be ordered by OB/GYN/ GP when suspicion of gynecological malignancy before referral
- Recognize what investigation not to order and what to avoid in women with suspicion of gynecological malignancy

Second Workshop Rotation

Program Adjourned
FRIDAY’S AGENDA

8:00 AM Registration & Continental Breakfast

8:30 AM Exercise in Pregnancy
Margie Davenport, PhD, Associate Professor, Faculty of Kinesiology, University of Alberta Program for Pregnancy and Postpartum Health Faculty of Kinesiology, Sport, and Recreation Women and Children's Health Research Institute Alberta Diabetes Institute
At the end of this session, the participant will be able to:
- Recognize the role of prenatal exercise in the prevention of pregnancy complications including hypertensive disorders of pregnancy
- Determine the appropriate program of exercise for pregnant women based on the SOGC/CSEP 2019 Canadian Guideline for Physical Activity throughout Pregnancy.

9:00 AM Prevention of Preterm Birth
Jon Barrett, MBChB, FRCCOG, Professor, MFM, Obstetrics and Gynaecology, University of Toronto, Sunnybrook Health Sciences Centre
At the end of this session, the participant will be able to:
- Review Evidence on Preterm Birth Prediction in Twins and Singleton
- Review Evidence on PTB Prevention in Twins and Singleton
- Review Evidence on Population Screening for PTB
- Suggest Implementation Program in Ontario Networks

9:30 AM Management of Pregnancy Subsequent to Stillbirth
Megan Fockler, RN, MPH, Advanced Practice Nurse, Women and Babies Program Education Coordinator, Pregnancy and Infant Loss (PALU) Network, Sunnybrook Health Sciences Centre, Adjunct Lecturer, Lawrence S. Bloomberg Faculty of Nursing, University of Toronto.
At the end of the session, the participant will be able to:
- Describe etiologies of stillbirth, considerations for diagnosis at the time of stillbirth, and medical considerations in the subsequent pregnancy
- Identify the unique care needs of women experiencing pregnancy subsequent to stillbirth
- Summarize adaptable innovative strategies for implementing woman-centred and family-centred supports for this population.

10:15 AM Nutrition Break

10:30 AM Marijuana Use in Pregnancy
Courtney Green, PhD, Manager, Medical Research and Guidelines, Society of Obstetricians and Gynaecologists of Canada (SOGC)
At the end of this session, the participant will be able to:
- Describe the effects of cannabis on pregnancy and pregnancy outcome
- Provide women with evidence-based messaging about cannabis use during pregnancy

11:00 AM Should I Order That? Choosing Wisely and Resource Stewardship
Leslie Pig, MD, MSc, FRCCSC, Assistant Professor, MFM, Obstetrics and Gynaecology, University of Toronto, Sunnybrook Health Sciences Centre
At the end of the session, the participant will be able to:
- Define healthcare appropriateness and the concept of resource stewardship
- Discuss interventions, including Choosing Wisely, to reduce over utilization
- Discuss Choosing Wisely list development for SOGC
- Discuss the role of medical education to improve healthcare appropriateness

11:30 AM Management of Second Stage Labour
Julie Tessier, MD, FRCCSC, Assistant Professor, Department of Obstetrics and Gynaecology, Queen’s University.
At the end of the session, the participant will be able to:
- Describe what is considered normal and abnormal duration of the second stage of labour.
- Identify factors that prolong the second stage of labour.
- List strategies to minimize prolonged second stage.

12:00 PM Lunch & Networking

1:00 PM Cholestasis in Pregnancy
Jana Hall, MD, MSc, POY - Clinician Investigator Program, Obstetrics and Gynaecology, Queen’s University
At the end of this session, the participant will be able to:
- Identify cholestasis (presentation, epidemiology)
- Develop an understanding of the body of literature contributing to current practice
- Recognize ICP patients at risk for adverse outcomes
- Review current practice

1:30 PM Health Care Provider Wellness & Resilience
Lisa Honey, MD, FRCCSC, Physician Advisor, Practice Improvement, CMPA
At the end of this session, the participant will be able to:
- Describe the main causes of burnout
- Identify what helps to mitigate some of the common causes of burnout
- Describe ways to help health care providers heal following an adverse event

2:00 PM Nutrition Break

2:15 PM First Workshop Rotation
A: Obstetrics Q & A
Jon Barrett, MBChB, FRCCOG, Professor, MFM, Obstetrics and Gynaecology, University of Toronto, Sunnybrook Health Sciences Centre
Julie Tessier, MD, FRCCSC, Assistant Professor, Department of Obstetrics and Gynaecology, Queen’s University.
At the end of this session, the participant will be able to update on any questions by obstetrical generalist and subspecialists.

B: Exercise in Pregnancy
Margie Davenport, PhD, Associate Professor, Faculty of Kinesiology, University of Alberta Program for Pregnancy and Postpartum Health Faculty of Kinesiology, Sport, and Recreation Women and Children's Health Research Institute Alberta Diabetes Institute
Tracey Smith-Bayak, Owner, Conquer Fitness Education, Kingston, ON; 2019/2020 Canfitpro National Fitness Advisory Panel Member, PES, PES, CFMT, PCA, Quiet Assessor U.K
- Recognize screening tools for prenatal exercise.
- Identify contraindications to exercise in pregnant women.
- Describe safety precautions, reasons to stop exercise and potential modifications of physical activity to encourage a physically active pregnancy.
- Review the physiological adaptations to exercise to inform personalized exercise prescription for pregnant women.
- Acquire insight into how personal trainers & allied healthcare professionals are using the New 2019 Guidelines for PA.
- Describe how screening tools are a critical form of communication with physicians/hospital providers and learn how communication between patient, caregiver and the fitness professional could be optimized.
- Acquire & assess the top 3 postnatal fitness training priorities/concerns.
- Explore, discuss and practice targeted solutions for each.

C: Substance Use in Pregnancy
Laura Cadoret, MD, MSc, FRCCSC, Associate Professor, MFM, Obstetrics and Gynaecology, Queen’s University
Adam Newman, MD, CCPAM(AM), CCSAM, Family Practice Obstetrics, Harm Reduction & Addiction Medicine; Assistant Professor, Departments of Family Medicine and Public Health, Queen’s University.
Lynn Newton, RN (EC), BScN, MSc, IBCLC, CNeoN(C), NP – Pediatrics (Neonatal), Women and Children’s Programs, Kingston General Hospital, Kingston Health Sciences Centre
Amanda Brown, BSc, RNC, Behaviour Psychology, Counsellor, Individual, Support Worker: THRIVE: Kingston Community Health Centre, Jennifer Beaver, MScSW, RSW; Social Worker, High Risk Obstetrics, Sexual Assault and Domestic Violence, Kingston Health Sciences Centre, Kingston General Hospital Site
- Identify opioid misuse in people who are pregnant
- Define in-patient appropriate terms, the negative effects of opioid use in pregnancy
- Acquire contact information for locally available resources for treatment of pregnant people who are misusing opioids
- Appraise his/her own opioid prescribing habits for pregnant and postpartum people.

3:00 PM Second Workshop Rotation

3:45 PM Program Close