Practical Orthopedics:
What To Do…. When To Refer

May 13 & 14, 2016
Hilton Garden Inn, Saskatoon

Session topics include:
• Fractures in Children
• Paediatric Orthopaedic Problems
• Trauma
• Joint Injections
• Thoracolumbar Spine Fractures
• Low Back Pain: Red Flags
• Hip and Knee Arthritis
• Common Shoulder Problems
* there are 8 plenary sessions and 12 concurrent sessions

Register until April 11, 2016
to receive discounted rates.

Register Here:
www.usask.ca/cmelearning

Earn Continuing Professional Development credits and add to your professional portfolio.

Conference Info: Pam Seib, Administrative Support, Continuing Medical Education
pam.seib@usask.ca  306.966.7787
Register online: www.usask.ca/cmelearning
# Conference Schedule

## Friday Morning Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>07:30</td>
<td>Registration and Breakfast</td>
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<tr>
<td>08:00</td>
<td>Welcome Remarks—Dr. Mark Ernst and Dr. Anthony King</td>
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<tr>
<td>08:10</td>
<td><strong>Plenary:</strong> “Fractures in Children: What Not to Miss”—Dr. Anne Dzus</td>
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<td>Participants will be able to</td>
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<tr>
<td></td>
<td>• Identify the important clinical and imaging features of pediatric fractures</td>
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<td>• Provide initial management and appropriate referral</td>
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<td>08:40</td>
<td><strong>“Common Pediatric Orthopedic Problems”—Dr. Anne Dzus</strong></td>
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<td>Participants will be able to</td>
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<td></td>
<td>• Identify and manage common pediatric orthopedic problems</td>
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<td></td>
<td>• Determine which of these require referral</td>
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<tr>
<td>09:15</td>
<td><strong>“Orthopedic Infections”—Dr. Jans van der Merwe</strong></td>
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<td>Participants will be able to</td>
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<tr>
<td></td>
<td>• Diagnose orthopedic infections using clinical, laboratory and imaging modalities</td>
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<td>• Provide appropriate management and determine when to refer</td>
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<tr>
<td>09:45</td>
<td>Questions/Discussion</td>
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<td>10:00</td>
<td>Refreshment Break / Exhibits—Garden North</td>
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<td>10:15</td>
<td>Concurrent Sessions: Case Discussions</td>
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<td>1. <strong>“Assessment of the Newborn Hip”—Dr. Anne Dzus</strong></td>
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<td>Participants will be able to</td>
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<td></td>
<td>• Identify developmental conditions associated with a newborn’s dislocated hip</td>
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<td>• Select the appropriate diagnostic methods for accurate assessments</td>
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<td>2. <strong>“Examination of Knee and Shoulder”—Dr. David Kim</strong></td>
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<td>Participants will be able to</td>
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<td></td>
<td>• Apply current clinical techniques in examining knee and shoulder both in the office and the emergency room</td>
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<td>3. <strong>“Foot and Heel Pain and Flat Feet”—Dr. Lee Kolla</strong></td>
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<td></td>
<td>• Outline common causes and appropriate management of various foot orthopedic problems</td>
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<td>4. <strong>“Casting – Lower Extremities”—Shaunda Sembalerus and Cameron Longphee</strong></td>
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<td>Participants will be able to</td>
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<td>• Apply common techniques in lower extremity casting, including the ankle</td>
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<tr>
<td>11:00</td>
<td>Relocation Break</td>
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<td>11:15</td>
<td>Concurrent Sessions: (Repeat of 10:15)</td>
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<tr>
<td>12:00</td>
<td>Lunch and Exhibits – Garden North</td>
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**Conference Schedule**

**Friday Afternoon Sessions**

**12:45** Plenary: (Short Presentations)

*“Achilles Rupture”—Dr. Lee Kolla*
Participants will be able to:
- Apply current approaches to recognize and manage Achilles tendon ruptures

**13:00**  *“Distal and Proximal Bicep Ruptures”—Dr. Tanner Dunlop-Gurney*

Participants will be able to:
- Recognize both proximal and distal biceps tendon rupture using practical clinical tools
- Appropriately manage and refer when necessary

**13:15**  *“Assessing and Diagnosing Hip Fractures”—Dr. Tousief Hussain*
Participants will be able to:
- Utilize clinical and imaging tools to assess hip fractures

**13:25**  *“Open Fractures: Initial Management Prior to Orthopedic Treatment”—Dr. Tousief Hussain*

Participants will be able to:
- Recognize and provide immediate initial management of open fractures prior to referral

**13:35** Questions / Discussion

**13:45** Relocation Break

**14:00** Concurrent Sessions:

1. *“Joint Injections”—Dr. David Kim*

Participants will be able to:
- Select appropriate patients for injection therapy
- Develop and apply clinical skills necessary in common joint injections

2. *“Ankle Injuries”—Dr. Lee Kolla*

Participants will be able to:
- Accurately diagnose and manage common ankle injuries

3. *“Recent Developments in Non-Surgical Treatments of Arthritis”—Dr. Jans van der Merwe*

Participants will be able to:
- Apply current non-surgical treatments of arthritis including medications, injections and therapies

4. *“Casting - Upper Extremities”—Shaunda Sembalerus and Cameron Longphee*

Participants will be able to:
- Apply clinical skills in casting techniques of the upper extremity

**14:45** Refreshment Break / Exhibits – Garden North

**15:00** Concurrent Sessions (Repeat of 1400)

**15:45** Relocation Break

**16:00** Plenary:

*“Common Shoulder Problems”—Dr. Mark Ernst*

Participants will be able to:
- Be familiar with recognizing and managing common shoulder problems encountered in primary care
- Order appropriate imaging and know which problems require referral

**16:25**  *“Femoral Acetabular Labral Tears”—Dr. Jordan Buchko*

Participants will be able to:
- Apply principles of diagnosis to assess and manage femoral acetabular labral tears

**16:45** Questions / Discussion

**17:00** Adjourn
### Saturday Morning Sessions

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<th>Time</th>
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<tr>
<td>07:30</td>
<td>Registration / Breakfast</td>
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| 08:00 | Plenary:  
**“Thoracolumbar Spine Fractures”**—Dr. Michael Spiess  
Participants will be able to:  
- Identify the clinical and imaging features of spine fractures  
- Appropriately manage these fractures and determine which require referral |
| 08:30 | “When To Refer Hip and Knee Arthritis”—Dr. Anthony King  
Participants will be able to:  
- Determine when to refer these patients and at what level of urgency  
- Assist patients to prepare for surgery |
| 09:00 | Questions / Discussion |
| 09:15 | Relocation Break |
| 09:30 | Concurrent Sessions:  
1. **“Reducing Joint Dislocations”**—Dr. Jordan Buchko  
Participants will be able to:  
- Recognize the clinical features of common joint dislocations  
- Order appropriate imaging  
- Determine which dislocations can be managed at the primary care level  
- Select appropriate and safe reduction techniques  
2. **“Wrist and Scaphoid Fractures”**—Dr. David Sauder  
Participants will be able to:  
- Articulate the clinical, imaging and management aspects of common wrist and scaphoid fractures  
3. **“Hand Injuries”**—Dr. Chris Thompson  
Participants will be able to:  
- Recognize clinical features of common hand injuries  
- Provide appropriate management and referral  
4. **“C-spine Fractures”**—Dr. Woo  
Participants will be able to:  
- Identify the clinical and imaging features of C-spine fractures  
- Apply the initial management principles and stabilization  
- Make appropriate referrals |
| 10:15 | Refreshment Break/Exhibits—Garden North |
| 10:30 | Concurrent Sessions—(Repeat of 09:30 sessions) |
| 11:15 | Relocation Break |
| 11:30 | Plenary: (Short Presentations)  
**“Patella Instability: Management and When to Refer”**—Dr. Mario Taillon  
Participants will be able to:  
- Describe the patho-anatomy, clinical features and appropriate imaging of patellar instability  
- Initiate management and appropriate referral |
| 11:45 | “Recognizing Compartment Syndrome”—Trauma: Dr. Andrew Urmson  
Participants will be able to:  
- Recognize compartment syndrome in the traumatized patient  
- Provide initial management and initiate referral when necessary |
Conference Schedule

12:00  “AC Separations”—Dr. Jordan Buchko
Participants will be able to:
• Recognize, classify and provide management of AC separations
• Provide appropriate referral

12:15  “Low Back Pain: Red Flags”—Dr. Ken Yong-Hing
Participants will be able to:
• Differentiate common mechanical low back pain from sinister causes that require referral

12:30  Discussion and Closing Remarks

Conference Registration and Rates

Discounted Rates until April 1st, 2016
$550.00 plus GST   Physicians
$350.00 plus GST   Other Health Professionals

Regular Rates—April 2, 2016 and beyond
$625.00 plus GST   Physicians
$425.00 plus GST   Other Health Professionals

Full-Time Medical Student/Resident or Health Sciences Student
$175.00 plus GST   (Must be able to provide proof of current full-time student status.)

Register at www.usask.ca/cmelearning

Hotel Accommodations

Hilton Garden Inn, Saskatoon
A block of hotel guest rooms will be held at the Hilton Garden Inn until April 12, 2016.
Rates are $159 per night, subject to applicable taxes and a 3% Destination Marketing Program Fee. Each additional adult per guestroom will be charged an additional $10 per night.
Surface or heated underground parking will be $15.00 per vehicle, per day. Parking rates are subject to change without notice.
Hotel guests should contact the Hotel at 306-244-2311, or toll-free at 1-877-STAY-HGI
Check In/Check Out: The hotel's check in time is after 3 p.m. and check out is by 12 noon. Guests arriving prior to 3 pm will be accommodated as rooms become available. The front desk can arrange to check baggage for those arriving early when rooms are not available.
The College of Family Physicians of Canada
Mainpro (Maintenance of Proficiency) is the College of Family Physicians of Canada (CFPC) program designed to support and promote continuing professional development for family physicians. Physicians participating in Mainpro demonstrate a commitment to lifelong learning through completion and documentation of personal CPD. Practical Orthopedics 2016 has been accredited by the Division of Continuing Medical Education, College of Medicine, University of Saskatchewan, for up to 10.5 Mainpro-M1 credits.

The Royal College of Physicians and Surgeons of Canada
Practical Orthopedics 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 10.5 MOC Section 1 credit hours.

American Medical Association
Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

Other Healthcare Professionals
Participation in this conference may be included as part of the continuing education and competence programs established by individual professional associations.