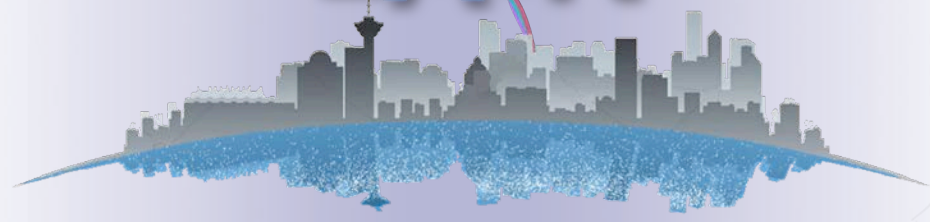


CANADIAN NETWORK FOR RESPIRATORY CARE



**WELCOME
BACK**



**NATIONAL RESPIRATORY CARE &
EDUCATION CONFERENCE**

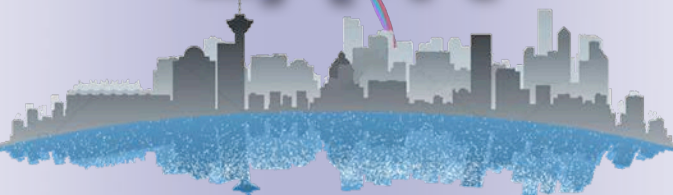
November 16-18th, 2023, Hyatt Regency Vancouver, BC

PROGRAM

CANADIAN NETWORK FOR RESPIRATORY CARE



**WELCOME
BACK**



**NATIONAL RESPIRATORY CARE &
EDUCATION CONFERENCE**

November 16-18th, 2023, Hyatt Regency Vancouver, BC

PROGRAM

Thursday, November 16th, 2023

12:30 – 4:30 pm

MOTIVATIONAL INTERVIEWING (MI):

Practice Makes Better

CREs and CTEs frequently work with individuals who are ambivalent about adopting healthy behaviour. Motivational interviewing (MI) is a communication skill that is used to facilitate the resolution of ambivalence. Research has shown that while providers may believe that they are successfully using MI, observer scores demonstrate that this is not always the case. This pre-conference workshop has been developed for educators who wish to advance their ability to use MI to support clients through the continuum of changing behaviour.

During the workshop, you will be given the opportunity to hone your MI skills in small group settings and with Standardized Patients.

Activities will include:

- Reflection before action
 - Discussion on key MI skills
- Practice of your MI skills by counselling Standardized Patients
- Reflection during action
 - Observing peers counsel Standardized Patients
- Reflection after action
 - Participation in debrief sessions
 - Discussion of key MI strategies
 - Identification of next steps

Standardized patients are trained to replicate clinical encounters consistently and realistically. Interacting with standardized patients will allow you to use your MI skills, receive direct feedback, and reflect on how to make changes to your practice.

Each small group will be facilitated by an experienced educator.

Learning Objectives:

- Demonstrate the Spirit of MI to resist the righting reflex through interaction with a standardized patient.
- Model interviewing skills through engaging, focusing, evoking, and planning.
- Demonstrate the appropriate use of both MI skills and the spirit.



Andrea White Markham RRT CRE CTE has almost 50 years-experience as a respiratory therapist. Andrea is mostly retired and selects to share her knowledge and experiences when the opportunity is one that excites or challenges her. As a respiratory therapist, Andrea has worked in almost every area of the field and most areas of Canada.



Kathy Hayward BSP CDE CRE CTE has recently retired from the Calgary COPD & Asthma Program. The CREs and CTEs in the Calgary COPD & Asthma Program work in outpatient respiratory clinics, educating other health professionals, in group tobacco cessation classes, and in community clinics – collaborating with family physicians and other professionals. Kathy finds her most interesting discussions with clients are about things outside mainstream health care – what people are doing with treatments and how they make decisions between appointments.



Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE has been a Respiratory Therapist for over 20 years, currently working with Alberta Health Services, with the Tobacco Vaping and Cannabis Program as a Health Promotion Facilitator. Throughout his professional career, he has dedicated much of his time and energy to the field of education both for patients and other healthcare providers. Aaron trained at Mayo Clinic as a Tobacco Treatment Specialist. He completed a Master of Education in behavioural education from Memorial University. Aaron was highly active as a subject matter expert and writer in the development and implementation of the Certified Tobacco Educator credential and is the Director of Tobacco Programs for the Canadian Network for Respiratory Care (CNRC).



Rosa Dragonetti MSc RP CTE is currently the Project Director of Addictions Education and Research at CAMH in INTREPID Lab. She has an academic appointment as Assistant Professor (Status Only) at the University of Toronto, Department of Community and Family Medicine. She is a Registered Psychotherapist with over 20 years of experience in addictions and mental health and provides supervision to clinical students and staff as well as research staff. Rosa plays a key role in developing a strategy for education and programming initiatives including the TEACH project (a Certificate program in Tobacco Cessation Counselling for healthcare professionals).

4:45 – 5:45 pm

Welcome Reception

5:45 – 6:30 pm

Climate Change and Lung Health

We will continue to see an increased impact on lung health, as the effects of climate change continue to worsen. These impacts include:

- Increased Air Pollution
- Extreme Weather Events
- Changing Allergen Patterns
- Increase Vector-Borne Diseases
- Displacement & Forced Migration
- Reduced Air Quality Indoors

More frequent and severe weather events, including heatwaves, wildfires, and hurricanes, can release harmful particulates and irritants into the air, making it difficult for people with respiratory conditions to breathe. Wildfires, for example, release fine particulate matter and toxic gases that can have serious health effects. Higher temperatures can increase the formation of ground-level ozone and particulate matter. These pollutants can exacerbate asthma & COPD. Warmer temperatures can also promote the production of pollen.

Dr. Carlsten will explore how climate change is contributing to worsening impacts on lung health.

Learning Objectives:

- Explain how climate change impacts common inhaled exposures.
- Elaborate how inhalants increased by climate change threaten respiratory health.
- Describe what we can do to attenuate these risks.



Christopher Carlsten MD MPH as a clinician-scientist, leads a team of healthcare professionals, scientists, staff, and trainees who work across the translational spectrum to promote lung health. Dr. Carlsten's Air Pollution Exposure Lab (APEL) focuses on how air pollution affects our lungs and immune system in a public health context. APEL's focus is on human exposure studies to understand how common air pollutants threaten our airways, how individual and group factors can heighten that risk, and how interventions can forestall such harmful effects. The Legacy for Airway Health (LAH) leverages these insights via integrated knowledge translation and stakeholder engagement to refine approaches that reduce health impacts in Canada and beyond. Dr. Carlsten's leadership roles in LAH and the broader Centre for Lung Health facilitate an integrated approach to advancing the goals of his faculty and the broader community by bridging divides of a conceptual, geographic, scientific, or political nature.

6:30 – 7:15 pm

INDUSTRY SYMPOSIUM

Elevated Risk of Herpes Zoster in Respiratory Care

Sponsored by **GSK**

Many Canadian adults at-risk of developing vaccine preventable diseases (VPDs) remain unvaccinated and therefore are at risk of the painful, debilitating consequences of VPDs such as Herpes Zoster (HZ). Patients with COPD, asthma, and other comorbidities are at elevated risk of developing HZ and may experience exaggerated presentation of HZ when an episode occurs. Multiple environmental factors play a role in a clinician's capacity to recommend immunizations across the multiple care teams involved in respiratory care. During this talk, our speakers will lead a practical discussion on how to identify patients at risk of developing HZ who are eligible for immunization (i.e., due to age, comorbidities, etc.), practical clinical tools to support patient counselling (including latest data on persistence of protection), as well as methods of improving communication along the respiratory care patient pathway to ensure patients do not miss their opportunity to be protected.

Learning Objectives

- Identify risk factors for herpes zoster in patients who are eligible for vaccination due to immunocompromised status or age.
- Summarize recent clinical data on the efficacy and safety of immunization including long-term persistence data.
- Discuss clinical decision making, practical skills to support patient counselling, and available recommendations for the prevention of shingles in COPD and asthma patients who remain at high-risk.
- Explore best practice sharing on how to optimize the conversation around vaccination between care teams.

7:15 - 7:30 pm COFFEE & DESSERT BREAK

7:30 – 8:15 pm

Change the Inhaler and Save the World!! Really?

With the growing concern for climate change and its impact on health, more healthcare professionals are looking at the environmental footprint of medical practices. There has been a lot of attention given to the topic of inhalers and whether prescribers should be considering environmentally-conscious inhaler prescribing. Dr. Kaplan will explore the carbon footprint of inhalers and their environmental impact.

Learning Objectives

- Discuss the impact of climate change on respiratory health.
- Review the legislations aimed at respiratory medication (propellants).
- Explore pMDIs and their place in greenhouse gas emissions.
- Discuss what we can (and should) do as clinicians to make a difference.



Alan Kaplan MD CCFP(EM) FCFP is a family physician with a special interest in respiratory medicine. He is the Chair of the Family Physician Airways Group of Canada and the Communities of Practice in Respiratory Medicine for the College of Family Physicians of Canada. He is the lead physician for the Pulmonary Rehabilitation clinics in his LHIN (Local Health Integration Network). He is a senate member of the International Primary Care Respiratory Group. He is the past-Chairperson of the Respiratory Section of the College of Family Physicians of Canada and a Member of Past Canadian Consensus Guidelines for Asthma, COPD and Sinusitis. Dr. Kaplan is Co-Chair, Health Quality Ontario COPD Community Management Standards committee. He is the international editor for Nature's Primary Care Respiratory Journal as well as the Italian Journal of Primary Care. Dr. Kaplan is married with four children and four dogs and is an ardent baseball player.

PROGRAM

Friday, November 17th, 2023

8 :00 – 8:45 am **BREAKFAST SYMPOSIUM**

Respiratory Round-up

Sponsored by 

The COVID-19 pandemic has underscored the importance of understanding and managing respiratory diseases, but it is not the only threat. Respiratory syncytial virus (RSV) and Pneumococcal disease continue to pose significant challenges to public health.

Learning Objectives

- Review up to date epidemiology of COVID-19, RSV and Pneumococcal disease in Canadian adults.
- Review the risk factors for COVID-19, RSV and pneumococcal pneumonia among adults and pathogen interactions.
- Discuss the new NACI recommendations for COVID-19 and pneumococcal conjugate vaccines.
- Identify populations at risk and treatment criteria for antiviral treatment in COVID-19 patients and immunization strategies for the prevention of COVID-19 and pneumococcal pneumonia.



Vivien Brown MDCM CCFP FCFP NCMP is a family physician and author in Toronto. Educated at McGill University, she currently is appointed to the Department of Family & Community Medicine at the University of Toronto, holding the rank of Assistant Professor. An award winner for teaching on many levels, her major interests are in health promotion and prevention for women, and continuing medical education, Adult Immunization and Vaccine Preventable Illness. The College of Family Physicians of Ontario named Dr Brown “Physician of the Year for the Region of Toronto”, awarded November 2012. Canada She is the Past President of the Federation of Medical Women of Canada and is immediate past Vice President for North America for the Medical Women's International Association. Recently she was named one of Canada's most influential women by the organization Women of Influence, for her work on advocacy on HPV vaccine for Canadians.

In March 2017, she was honored to present HPV initiatives in Canada at the UN meetings for the Commission on the Status of Women. In 2018 she was honored with the Media Award from the North American Menopause Society for her work in Women's Health. She also received the May Cohen Award from the Federation of Medical Women of Canada for her work in Women's Health.

Her most recent book, “*The New Woman's Guide to Healthy Aging*” was recently published to rave reviews.

9:00 – 9:15 am **WELCOME & OPENING REMARKS**

9:15 – 10:15 am **KEYNOTE**

The Quest For Purpose: A Self-Discovery Process to Find It and Live It!

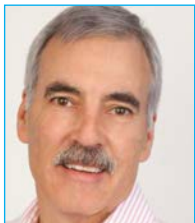
**Embark on a Remarkable Journey Towards Purpose:
“The Quest for Purpose.”**

Ignite your passion and amplify your purpose! Imagine a world where each breath resonates with purpose, where you impact lives profoundly. Join Dr. Ken Keis, for an unforgettable experience at this year’s conference. As the author of “The Quest for Purpose,” Dr. Keis’ mission is clear: empower you to discover and infuse purpose into every aspect of life, leadership, and work.

We’re not just talking about a keynote; we’re on a transformative quest. Unearth your interests, explore ambitions, and embrace inspiration.

Through heartfelt conversations, expect an environment that’s more than a presentation—it’s a positive dialogue leaving you uplifted.

Join Dr. Keis on this journey. Bridge intention and action, thrive, lead, and inspire.



Ken Keis PHD is a foremost global authority on behavioural assessment strategies and processes, and an expert in leadership, purpose, and wellness.

A champion of personal and professional development, Dr. Keis has personally conducted over 3,000 presentations and 10,000 hours of coaching and consulting. He is a highly sought-after author, speaker, trainer, and podcast guest, having authored over 4 million words of content, including 500 articles, 4 books, and a dozen assessments. His notable books include *Why Aren’t You More Like Me?*, *Deliberate Leadership*, and *The Quest for Purpose*.

Dr. Keis was the host of the “Secrets of Success™ with Dr. Ken Keis” podcast, with over 300 episodes that engage audiences worldwide. His work focuses on assisting individuals and organizations to Live, Lead, and Work on Purpose and has touched many lives through his engagement in various fields, including personality understanding, leadership styles, stress management, self-mastery, and decision-making. Outside of his professional life, Dr. Keis is committed to his community. He has held multiple leadership positions in local community groups and has actively participated in youth events and mentorship initiatives. In 2023, Ken was honoured with the 4-H Canada Distinguished Alumni Award in recognition of his outstanding leadership and contributions to his communities, country, and the world.

For the past 34 years, he has served as the President and CEO of Consulting Resource Group International, Inc. (CRG), a firm that has catered to thousands of companies, associations, industry groups, and leaders in over 30 countries. CRG is recognized globally for its excellence, named one of the top three Leadership Development firms and one of the Top Ten Coaching Processes globally by HR.com Lead 500 Awards.

From his humble beginnings as a dairy farmer, to his achievements as a globally recognized expert in professional development, Ken Keis is an example of how one can overcome personal obstacles, such as dyslexia, and make substantial contributions to global industries and societies. His story, expertise, and commitment to purpose-driven work make him an exemplary role model for aspiring professionals in any field.

10:15 – 10:45 am **REFRESHMENT BREAK & VISIT EXHIBITS**

10:45 am – 12:00 pm **WORKSHOP**

What Do You Really Value? Learn What Motivates Self and Others!

Dr. Ken Keis

Ignite Success: Uncover Your Core Values!

Ready to understand your driving forces? Join us on a journey that transforms your self-awareness and decision-making.

Introducing “What Do You Really Value?” — an edifying session revealing the importance of your core values. In a world where measurements rule, personal values often stay hidden. This can lead to confusion and misalignment in choices.

Let’s change that.

Discover breakthrough research on values’ role in success. Understand how values boost performance and reduce stress. “What Do You Really Value?” is all about you — your journey, growth, and contributions. Engage and learn as we explore together.

Here’s what’s in store:

- **Dive into research explaining values’ impact on stress and performance.**
- **Identify core values shaping your decisions.**
- **Align current choices with significant values.**
- **Craft an action plan rooted in your core values.**

Join us for self-discovery and transformation.

12:00 – 12:45 pm **LUNCH**

12:45 – 1:15 pm **INDUSTRY SYMPOSIUM**

CREs and the Heart of COPD

Sponsored by **AstraZeneca** 

- Discuss the burden of COPD and the Cardiopulmonary consequences of COPD exacerbations.
- Uncover ways to identify a patient at risk of exacerbations, who is in need of follow-up.
- Explore the evolution of the 2023 Canadian COPD guidelines, with updates in pharmacotherapy recommendations.



Stephanie Kwong BSC RRT is a Clinical Science Liaison with AstraZeneca working in medical and scientific affairs covering West Quebec, Ottawa, and New Brunswick. Prior to working with AstraZeneca, Stephanie was a critical care RT for 12 years with the Montreal Children's Hospital (PICU, NICU, ER, Wards and newborn resuscitation room). Stephanie also worked as a clinical research coordinator focusing on cystic fibrosis paediatric studies. Stephanie completed her degree in anatomy and cell biology at McGill University in 2003 and finished her degree in respiratory and anaesthesia technology at Vanier college in 2007.



Rodney Naylor BA RRT is a Respiratory Clinical Science Liaison working in Scientific and Medical Affairs with AstraZeneca Canada. Rod has been in the pharma industry in various roles since the early 2000's. Prior to that Rod worked for 10 years at Hamilton Health Sciences as a Staff Respiratory Therapist, Team Leader, Hyperbaric Therapist and Clinical Instructor. Rod also worked in sleep medicine and home oxygen for a couple of years managing a local service. Rod completed his diploma in Respiratory Therapy in 1990 followed by a BA in Economics at Western University.

1:15 – 1:45 pm

INDUSTRY SYMPOSIUM

**A Breath of Fresh Air for Asthma:
Biologics, Consensus Guidance and
When to Refer to a Specialist**

Sponsored by **AstraZeneca** 

- Review biologics that are currently used in the management of severe asthma.
- Describe the Delphi Consensus Guidance on severe asthma, and how this could change practice.
- Discuss when your asthma patient should be referred to a specialist.



Kai Carlsen PCP RRT is a Clinical Science Liaison with AstraZeneca working in medical and scientific affairs. Prior to working in his current role, he spent the better part of a decade working as a paramedic in numerous capacities (correctional facility, ambulance, hospital triage), and then completed his Bachelor of Health Science in Respiratory Therapy, where he worked predominantly in critical care (ICU, CVICU, ED, CCU). Kai also has experience working critical care flight medicine as a Respiratory Therapist in the Canadian Arctic, mostly with neonatal and pediatric patients. His focus with the company is on Asthma of all severities, and Chronic Obstructive Pulmonary Disease.

Stephanie Kwong BSC RRT

Breathing Life into Inhaler Education: A CRE's Perspective

In theory, the use of each inhalation device seems relatively straightforward, as it only comprises a limited number of steps. However, due to the plethora of devices, considerable confusion among patients and healthcare professionals exists about their use. As CRE's we understand just how critical medication technique and adherence are to our patients' quality of life and disease management. We recognize how crucial it is to match the inhalation device with the characteristics and wishes of an individual patient. The respiratory market was competitive before the pandemic started, and it has become even more challenging over the past 1.5 years. This has increased the pressure on CREs to know everything and anything related to lung health including the latest treatment options, while balancing very busy clinics and continuous changes to guidelines.

This interactive, hands-on workshop will focus on the core competencies and key messages on client education for new medications, including single inhaler triple therapy (SITT), biologics, along with older therapies. Following Canadian Guidelines, we will review where these new therapies fall on the Continuum of Care. Utilizing placebos, participants will have the opportunity to handle all the available devices on the market and engage with the facilitator so they will feel confident in education and assisting patients to choose the right device upon returning to their clinics. At the conclusion of the workshop a Q&A session will be held.



Learning Objectives

- Review the role of the inhaler in optimizing the management of Asthma and COPD, consideration v technique (critical errors), dosing, and inspiratory flow.
- Explain the different inhalers available, have the skills necessary to demonstrate proper device technique to patients, and to understand the importance of adherence and compliance.
- Discuss the latest evidence supporting the use of single inhaler triple therapy (SITT)

Ellen Fleming-Michaud RRT CRE has over 20 years of experience in both acute, critical, and primary care settings.

Ellen is passionate about lung health and a strong advocate for her clients. Ellen has a diverse background and has provided Asthma & COPD education, spirometry testing, smoking cessation counselling, and pulmonary rehab maintenance services to patients living in rural, remote areas of Renfrew County.

Ellen is currently the Interim Lung Health Coordinator with ConnectWell Community Health. Although she is currently not participating in direct patient care, she brings her years of experience, wealth of knowledge, and passion, to mentor her colleagues while working on expanding the program.

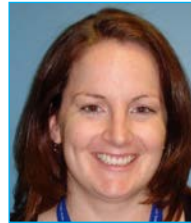
“They Say They’re Exercising, But Are They Really?” Measuring Fitness in Small Office Settings (And Even Virtually!)

We all know that exercise is a critical component in COPD self-management. Unfortunately, the number of spots available for pulmonary rehab fall well short of the number of number of spots required to meet the needs of those with COPD in Canada. CREs are often limited to encouraging our COPD population to exercise at home, or perhaps at a local gym or community-based exercise program and trusting that our COPD population is diligently following our advice and getting their exercise.

How do we know our COPD population is exercising? How do we know our COPD population is improving with exercise?

The Gold Standard exercise measurement for COPD continues to be the 6 Minute Walk Test (6 MWT). While the test has standardized guidelines and is easy to perform, finding enough space to complete this test is a challenge, especially for those CREs tucked into a small office space at the back of the clinic.

Angie and Elyssa, from the St. Mary’s General Hospital Activation Program, will share with you the fitness measurements that they collect before and after Activation Program participation. They will also briefly look at the many other measurements that could be considered based on your program space and program needs. These measurements can be done in small spaces, require minimal equipment, and require minimal training to conduct. Be prepared to move! Workshop participants will have the opportunity to measure their own fitness levels. We will test ourselves in person, but you will also learn how testing can be done virtually! We will then take the measurement results and briefly discuss how this information is used to encourage exercise needs including intensity (BORG scale) and types (Aerobic vs Strengthening).



Angie Shaw RRT CRE has been an RRT since 2000 and a Certified Respiratory Educator since 2005. She has presented to her CNRC colleagues for several years. Angie started her CRE career in Alberta, working with the Calgary COPD and Asthma Team before moving to St. Mary’s General Hospital in Kitchener, Ontario, where she has coordinated the Activation program since 2007. Activation is a brief self-management education and exercise program for people with lung disease.



Elyssa Mountain RKin CRE is a new educator, receiving her certification in November 2022. Elyssa became a Registered Kinesiologist in 2015. She is experienced in getting people moving, having worked in Back to Work programming, and now in the Activation Program. She uses her behaviour

Learning Objectives

- Review the importance and impact of Aerobic, Muscle Strengthening and Flexibility exercise for those with lung disease.
- Demonstrate exercise testing to assess Aerobic endurance, muscle strength and flexibility, how to compare results to normative values, and how to use the results to motivate change.



“When They Say Quitting is Killing Me, Maybe They’re Right”: Managing Medication during Smoking Cessation

As educators counselling tobacco cessation, we work with our clients to problem solve barriers to success, e.g., withdrawal symptoms, cravings. But, for some of our clients, the change in serum concentrations of their medication, or other products, during the quit attempt cause resurgence of illness, cause side effects with symptoms that mimic withdrawal. At times, these effects can be unbearable and doom the quit attempt to fail. As an educator, knowing what agents need to be adjusted and what recommendations are required, can provide another layer of support on a successful journey to smoke free living.

In this workshop you will be reintroduced to the effects of tobacco smoke on metabolism and its effect on the metabolism of pharmacotherapies and other substances through a brief presentation. This will be followed by an interactive case-based exploration of the effect of smoking cessation on individuals who are taking medications to manage their chronic health issues.

Learning Objectives

- Identify the common medications that are affected by tobacco smoke.
- Identify the day-to-day substances affected by tobacco smoke.
- Recognize the symptoms that may occur due to changes in serum levels with smoking cessation.
- Recommend a change in therapy for individuals who plan to quit smoking, resume smoking or have recently begun to smoke.
- Develop next steps for your workplace to manage pharmacotherapy during smoking cessation or resumption.



Jamil Ramji BSP ACPR PharmD CTE is a pharmacist and health promotion facilitator with Alberta Health Services' provincial Tobacco Vaping and Cannabis Program. Based in Edmonton AB, Jamil's clinical pharmacy experience ranges from hospital to primary care and community practice settings, assisting clients with their tobacco cessation goals that align with their journey in the healthcare system. With support from the Alberta Medical Association and College of Family Physicians of Canada, Jamil coordinated the development and publication of the 2018 Simplified Guidelines for Prescribing Medical Cannabinoids in Primary Care and it's accompanying systematic review in the peer-reviewed medical journal, Canadian Family Physician. Delivering workshops that build capacity for Alberta's healthcare professionals and their clients helps inform Jamil's work in healthy public policy, promoting public health recommendations that facilitate prevention, harm reduction, and sustainable behaviour change interventions. To expand reach of health promotion activities with diverse populations, Jamil serves as Board Member for His Highness the Aga Khan Health Board for Canada, guiding interdisciplinary teams across Canada to deliver sustainable evidence-based programming and increase access to health services that maximize the health potential of a faith-based community.



Andrea White Markham RRT CRE CTE has almost 50 years-experience as a respiratory therapist. Andrea is mostly retired and selects to share her knowledge and experiences when the opportunity is one that excites or challenges her. As a respiratory therapist, Andrea has worked in almost every area of the field and most areas of Canada.

As a CRE, Andrea has developed and delivered a number of programs to prepare respiratory health professionals to challenge the CNRC exam, including the Michener Institute's Asthma Education program, the first such program in Canada. As a CTE, she was involved in the development and delivery of the CNRC Foundational Health Education and Tobacco Education workbooks and programs. She continues to promote cardio-respiratory health through her volunteer work with the CNRC as the Director, Education on the Board of Directors; RTSO Community RT Committee & Leadership Committee, and CSRT as a reviewer for the CJRT. Her volunteer work also includes supporting the work of the Madoc Foodbank and sitting on the Board of Directors of the Central Hastings Support Network that aims at developing lasting solutions to poverty for our catchment area.

Under the Covers: Sleep's Vital Role in Both the Development & Management of Respiratory Disease

We've been told that poorly controlled asthma can lead to poor sleep quality leading to reduced quality of life. There is emerging research indicating that this relationship is bidirectional. Provocative research suggests that poor sleep quality can lead to the development of asthma. Come discuss the association and implications for educational interventions.

During this interactive workshop, the learner will interact with information discussing how sleep deprivation affects lung and immune function. Information will be shared through didactic presentation and discussion of cases. Participants will be encouraged to share their thoughts, questions, and experiences. The workshop will culminate with next steps for CREs and CTEs related to facilitating good sleeping routines for their clients.

Learning Objectives

By participating in the discussion, the participant will be able to:

- Identify how poor sleep can be a contributing factor to suboptimal asthma control.
- Recognize the bidirectional association of sleep and asthma prevalence and symptoms.
- Discuss the impact of sleep on COPD and COPD on sleep.
- Recognize the impact of sleep on vaccine effectiveness.



Melva Bellefontaine RRT CRE has more than 40 years' experience in coordinating the development and delivery of respiratory educational programs for health care professionals and patients living with chronic respiratory disease. She is a published author and past guest presenter on healthcare education, training, and communications at both regional and national forums and conferences. With a Bachelor of Education degree combined with her experience as a respiratory educator her passion has always been to improve and challenge the status quo in how we deliver patient education to families. "Lifelong learning is about listening closely to patients and learning how to be a better educator".

COPD Management: It's Not Just the Drugs!

This informative and interactive workshop will focus on non-pharmacological management of COPD, including two often forgotten topics: Oscillating Positive Expiratory Pressure (OPEP) devices and managing Alpha-1 Antitrypsin Deficiency.

Participants will review traditional non pharmacologic treatments and be introduced to Oscillating Positive Expiratory Pressure (OPEP) devices, an innovative and evidence-based treatment option for COPD patients. The topic of how to find these resources in your community and the principles behind OPEP devices, their mechanism of action, and the physiological benefits they offer in managing COPD symptoms. Interactive demonstrations and case studies will be used to reinforce understanding and provide practical insights on the integration of OPEP devices within COPD management plans.

We will also delve into the identification, diagnosis, and therapeutic considerations for individuals with Alpha-1 Antitrypsin Deficiency. Specific emphasis will be placed on personalized treatment approaches, lifestyle modifications, and patient education techniques essential for effective management.

Throughout the workshop, participants will have ample opportunities to network, exchange experiences, and explore potential collaborations. Attendees will leave the workshop with a comprehensive understanding of non-pharmacological interventions for COPD management, including the utilization of OPEP devices and strategies to address Alpha-1 Antitrypsin Deficiency.

Learning Objectives

- Develop confidence in assessing patient suitability for OPEP devices, device usage, and monitoring therapy outcomes.
- Explore strategies to identify and manage Alpha-1 Antitrypsin Deficiency.
- Develop awareness of the current non-pharmacologic resources in your community.



Kathy Hayward BSP CDE CRE CTE has spent many years working in the community pharmacy field and most recently with the Calgary COPD & Asthma Program within Primary Care Network offices and an Outpatient Respiratory Clinic at Peter Lougheed Hospital in Calgary. She found that becoming a CRE was the most important professional growth activity she participated in to further her understanding of how people and families understand their health conditions, treatment, and self-management strategies they are in control of. Currently she works part time with Calgary Coop Pharmacy helping to coordinate biologic therapy and CRE/CTE education for patients using resources within the system.

Graduating from the University of Saskatchewan she worked in Saskatchewan and Alberta. She lives in Calgary and enjoys the outdoor activities and having her family with 3 grandchildren close by. Watching children develop and learn is one of the most interesting process a health care professional can observe, and it helps us think about whether the person we are working with gets what we are talking about. Having good material is important but the collaborative therapeutic relationship is what makes change work for the person.

She enjoys providing continuing education opportunities for health care professionals on developments in Respiratory Care areas . The opportunity to work more closely with the specialists in the outpatient clinic was very rewarding.



Cindy Slack RRT CRE CTE is an Education Consultant with the Calgary COPD & Asthma Program (CCAP) for Alberta Health Services. She also works casually for the Tobacco, Vaping and Cannabis Program as a Health Promotion Facilitator, providing Quit Core group sessions with clients to help support reducing or quitting tobacco and vaping. She facilitates applied tobacco intervention and foundational health education for other healthcare professionals wanting to obtain their CRE and CTE designations.

Cindy graduated from Respiratory Therapy in Winnipeg and has worked in acute care in Vancouver and Toronto. In Calgary, she has worked in the operating room, pulmonary function labs and as a research coordinator for Respiratory clinical trials. Cindy has 16 years of experience working in specialty outpatient clinics with respirologists, community clinics, and family physician clinics offering health promotion, self-management with behavioural change and chronic disease management for clients with asthma, COPD, and tobacco reduction. She has been a core committee team member of the Medicine Strategic Clinical Network and co-author of the role of the respiratory therapy profession in primary care. She offers tobacco reduction presentations to pulmonary fellows and medical students.

Cindy completed her degree in BHSc in 2023 at TRU, where she focused on leadership, teamwork in organizations, project management, organization development and change, issues in healthcare, and health policy. Cindy finds that being an educator allows her to collaborate with other healthcare professionals to offer mentorship and share her knowledge to help our clients live their best lives.

WORKSHOP

Why Failing to Find the Why and Fix the Why is Why We Fail: Unmasking the Complex Connection Between Mental Health and Achieving Health Goals

While addressing the chronic respiratory health needs of clients is straightforward and provides good outcomes for both the educator and client, this is not always the case when clients are faced with comorbidities related to mental health. Recognizing the intricate relationship between our clients' mental health and their ability to achieve health goals is essential to the delivery of tailored education and support.

This workshop aims to provide healthcare practitioners with a comprehensive exploration of the often-overlooked connection between mental health and physical health outcomes/positive behaviour change experience gained through real-world cases. By participating in a wide-ranging open discussion that seek to answer the following questions:

- What is the interplay between mental health disorders and respiratory health?
- How do we utilize a chronic disease management approach to facilitate improving the health of the whole patient?
- How do we uncover the 'why' behind patients' struggles and address the root causes driving behaviour?
- What are key strategies to help clients 'where they are'?

Learning Objectives:

- Discover the importance of taking a holistic approach integrating mental and physical health considerations in the creation of effective self-management plans.
- Develop practical strategies for addressing the mental health component of patient care.



Ken Burns RPH BScPharm CDE CRE CTE is a pharmacist working at the Complex Care Diabetes Centre (CCDC) at Health Sciences North in Sudbury. The CCDC is one of several programs in Ontario to help people living with diabetes and multiple comorbidities. The program serves the population from Sudbury to the James Bay coast and the northern Ontario population and has one of the highest rates of respiratory disease and smoking in the country. Ken also works in outreach at the Wikwemikong Reserve on Manitoulin Island, assessing and case managing complex patients in underserved areas.

Ken became interested in respiratory care when he saw that many of his diabetes clients were also smoking and had respiratory disease and realized the common factor was his client's health behaviours. Ken was one of the authors of the Pfizer CATALYST smoking cessation pharmacist training program. He was very involved in the development of CNRC's Certified Tobacco Educator program. He is the past Chair of the Ontario Pharmacists Association Board of Directors. Ken has participated and worked as a trainer and faculty for the Institute for Healthcare Communication - Canada. Ken has participated and worked as a trainer and faculty for the Institute for Healthcare Communication - Canada. This has added to the clinical process from gathering more fulsome information from the patient to creating a format of assessment through recommendations to follow-up that not only engages the patient in decisions but considers health behaviours as a driving component of outcomes.



Andrea White Markham RRT CRE CTE has almost 50 years-experience as a respiratory therapist. Andrea is mostly retired and selects to share her knowledge and experiences when the opportunity is one that excites or challenges her. As a respiratory therapist, Andrea has worked in almost every area of the field and most areas of Canada.

As a CRE, Andrea has developed and delivered a number of programs to prepare respiratory health professionals to challenge the CNRC exam, including the Michener Institute's Asthma Education program, the first such program in Canada. As a CTE, she was involved in the development and delivery of the CNRC Foundational Health Education and Tobacco Education workbooks and programs. She continues to promote cardio-respiratory health through her volunteer work with the CNRC as the Director, Education on the Board of Directors; RTSO Community RT Committee & Leadership Committee, and CSRT as a reviewer for the CJRT. Her volunteer work also includes supporting the work of the Madoc Foodbank and sitting on the Board of Directors of the Central Hastings Support Network that aims at developing lasting solutions to poverty for our catchment area.

3:30 – 4:45 pm

203

WORKSHOP

Canada Café Mentor Session: A Facilitated Coffee Talk with Experienced CREs

Back due to popularity in 2019!

It's not easy being a CRE. It is even harder when you are new to the role and are limited in your ability to connect with mentors.

This workshop will provide you with an opportunity to attend a facilitated coffee talk and mingle with educators from St. Mary's General Hospital in Kitchener, ON. They will share experiences, strategies, case discussions, and best tips and tricks. The workshop will assist respiratory educators in making connections. See it as an in-person Timed-Right Discussion. Participants will have the opportunity to seek guidance on challenges they are having in their roles.

Who should attend?

This is for new educators, and those who identify as mentors. Come share your queries, knowledge, and experience! Celebrate the W's!



Amy Massie RRT CRE has worked in the Kitchener-Waterloo, Guelph area for 23 years. She divides her time between the onsite Airway Clinic at St. Mary's and various primary care partnerships including The Guelph CHC, University of Waterloo Health Services, Langs CHC.

Amy has partnered with the Lung Association/Lung Health Foundation on various Asthma, COPD, and Spirometry education programming for Healthcare Professionals, and the public.



Adrienne Racher BSC RRT CRE has been practicing for over 25 years in Ontario and Alberta. She has been providing Asthma and COPD education as a CRE in the hospital and primary care settings since 2012. She enjoys spending time with her friends and family and especially watching from the sidelines as her daughter plays ringette and soccer.

Paediatric Asthma Guidelines Update: Diagnostic, Management and Education Considerations for Children under the Age of 6 Years

As a chronic inflammatory airways disease, asthma is the leading cause of Emergency Department visits and hospitalizations for the preschool age group. It is also the number one cause of school absenteeism with an enormous economic impact on the healthcare system, and lost workdays for parents. Prior to the “Canadian Thoracic Society (CTS) 2012 guideline update: Diagnosis and management of asthma in preschoolers, children and adults”, there was a lack of evidence-based guidance for asthma care in the preschool population. In 2021, CTS updated this guideline with changes to both diagnostic and asthma control criteria, asthma management, and the inclusion of recommended asthma education for each patient visit.

This workshop will focus on a review of current guidelines and resources for the diagnosis and management, both pharmacological and non-pharmacological, of asthma in preschoolers and young children, from a multidisciplinary paediatric asthma clinic perspective. Participants will increase their knowledge and skills in assessing paediatric asthma control, asthma management guidance for children and families, risk factors associated with severe exacerbation. They will also practice filling out asthma action plans for their patients.

Following a brief review of current guidelines, interactive cases will be used to apply the knowledge to specific clinical scenarios. Participants will use education tools and resources provided by facilitators to create an evidence-based, age-appropriate asthma action plan, and, to understand the difference between yellow zone management in children versus adults. The session will conclude with Q&A, allowing for reflection on participants' real-life experiences, related questions, and networking.

Learning Objectives:

- Describe current evidenced based pediatric asthma diagnosis and management strategies.
- Practice completing age appropriate pediatric asthma action plans.
- Discuss paediatric asthma control and risk for future exacerbations.
- Clarify indications for step wise escalation of asthma management plans.



Ingrid Baerg BSN RN CAE works at the BC Children's Hospital Asthma Clinic and Severe Asthma Clinic. Ingrid has been a CAE since 2001 and in 2003 participated in establishing a nurse-run asthma education clinic at BC Children's Hospital, Vancouver, BC. In 2009, the Asthma Program was initiated and currently includes an interdisciplinary team comprised of a Nurse Practitioner, CAE nurses, paediatricians, respirologists, paediatric allergists, and respiratory therapists who provide timely diagnosis, management strategies, and family-centred education. Ingrid participated in the 2015 Collaboration with Child Health BC and Guidelines and Protocol Advisory Committee to develop and disseminate guidelines, clinical support tools, including fillable Asthma Action plans, as well as an asthma education video to help support community healthcare providers. Ingrid completed her nursing diploma at Vancouver General hospital in 1983 and her Bachelor of Science in Nursing (with honours) at University of Victoria, BC in 2003. Ingrid has worked at BC Children's hospital since 1989 with a gap of 2 ½ years teaching English in Japan.



Minna Miller DNP MSN BA RN NP(F) FAANP has been a nurse practitioner at BC Children's Hospital Asthma Clinic for the past 10 years providing asthma diagnosis, management, and education for over 700 patients and their families each year. She teaches asthma-related workshops and seminars for NP students across the three BC Universities and regularly presents on the topic at local and international conferences. She has recently been invited to author a book of paediatric asthma by Springer Publishers. Dr. Miller holds a Doctor of Nursing Practice (Highest Honors) from Western University of Health Sciences, where she also completed a Post-Masters Family Nurse Practitioner Certificate (Honours). She has a Master of Science in Nursing (MSN) from UBC, and a Nursing degree from Grant McEwan University (Edmonton, AB). She is Affiliate Faculty at McMaster University Canadian Centre for Advanced Practice Nursing Research and is Adjunct Professor at UBC and Thompson River University Schools of Nursing. She is the recipient of the Excellence in Nursing Leadership Award by the Nurses and Nurse Practitioners of BC Association and has been recognized as a PHSA Health Care Hero. Minna chairs the Research and Quality Improvement Committee for the PHSA NP Department, is the Project Coordinator and Researcher for the International Council of Nurses NP Network and its Academy of Research and Enterprise. During her 37-year nursing career she has worked in Finland, Saudi Arabia, USA, and Canada.

PROGRAM

Saturday, November 18th, 2023

BREAKFAST SYMPOSIUM

8:00 – 8:45 am

Who Saved Alex Alveolus? A Multi-Disciplinary Approach to COPD Management

Sponsored by 

COPD (Chronic Obstructive Pulmonary Disease) remains one of the leading causes of death in Canada. This multidisciplinary panel, comprised of a respirologist, an endocrinologist, and a cardiologist, will explore how to enhance COPD management and improve patient outcomes.

Learning Objectives:

- Identify patients at risk of COPD exacerbations to enable efficient treatment optimization.
- Recognize the significant cardiovascular morbidity and mortality associated with COPD.
- Evaluate the respiratory and systemic effects of inhaled corticosteroids when selecting treatment.



Pearce Wilcox MD FRCPC is a Respirologist at St. Paul's Hospital and Professor of Medicine at the University of British Columbia (UBC). He graduated from Medical School at Queen's University, Kingston, Ontario in 1980, did his Internal Medicine Residency at the University of Western Ontario from 1980-83 and his Fellowship in Respirology at UBC in 1983-86. He is also certified by the American Board of Internal Medicine.

Dr. Wilcox is the Medical Director of the Providence Health Care Pulmonary Function Laboratory at St. Paul's Hospital and a Co-Director of the Scleroderma Respiratory Clinic. He is the Medical Director for the UBC Adult Cystic Fibrosis Program based at St. Paul's Hospital. He is associated with the James Hogg Research Centre at St. Paul's Hospital and the UBC Institute of Heart and Lung Health. He is a member of the Canadian Thoracic Society Executive Committee, currently Past President. His research interests include clinical research in cystic fibrosis as well as pulmonary manifestations of connective tissue disorders.



Sabrina Gill MD MPH FRCPC is an endocrinologist. She earned her bachelor's degree in Pharmaceutical Sciences, followed by her medical degree, at the University of British Columbia (UBC). After completing her Internal Medicine training at the University of Alberta and subspecialty training in Endocrinology and Metabolism at UBC, Dr. Gill continued her postdoctoral research training in Women's Health at the Reproductive Endocrine Unit at Massachusetts General Hospital in Boston.

Dr. Gill also completed a Master of Public Health degree in Clinical Epidemiology at the Harvard School of Public Health. Currently, Dr. Gill is an Endocrinologist at St. Paul's Hospital and a Clinical Associate Professor in the UBC Faculty of Medicine.



Krishnan Ramanathan MB CHB FRACP FRCPC is a cardiologist who graduated from University of Otago Medical School, in Dunedin, New Zealand. He completed his training in Cardiology at Green-Lane Hospital in Auckland, New Zealand before travelling to North America where he gained experience in Interventional cardiology and clinical research.

Dr. Ramanathan is working as a Clinical Assistant Professor at Providence Health Care (St. Paul's Hospital). He is specialized in Cardiology and his research interests are Cardiology, Cardiac Intensive Care, Acute Coronary Syndrome, Atrial Fibrillation, Diabetes and Ethnicity, and Cardiovascular Health.



9:00 – 10:00 am



Trauma: It's in the Air!

Join Dr. Christine (Christy) Gibson, known on social media as TikTokTraumaDoc, to learn about toxic stress – how trauma responses show up in our minds and bodies.

We know this, as we navigate the new realities of burnout, pressure, and dysregulated patients.

Dr. Gibson will teach you how to befriend your nervous system through practical tools for self-regulation.

Learning Objectives

- Explore how burnout and trauma are impacting our selves and our patients.
- Describe the reflex response in our bodies that happens when we encounter stress.
- Explore Dr. Stephen Porges' Polyvagal Theory, both a high-activity response of tension and a low-activity response of dissociation.
- Discuss practical tools for when we find ourselves out of the "window of tolerance".



Christine Gibson MD is a family physician, trauma therapist, and author of *The Modern Trauma Toolkit* (with Hachette Go). She's also on social media as TikTokTraumaDoc with >130k followers on TikTok. She has a Master's in medical education and is halfway through a doctorate and has been involved in academics and education - creating Calgary's fellowship in Health Equity. She runs an international non-profit Global Famlymed Foundation and a new company to train professionals how to manage workplace trauma -- Safer Spaces Training (and a non-profit The Belong Foundation).

A physician in the middle of a pandemic, one who survived the earthquakes in Nepal, Christy realized the mounting rates of trauma. Seeing these showing up but not being recognized, she felt compelled to share what she knew about healing skills. So, she started creating on TikTok in January of 2021. People listened, not just because she shared tools they could use, but also because she looked at it from a systems lens. How trauma shows up in bodies, in families, and in communities.

"It took me so many years to recognize trauma underlies so much of physical and mental ill health that I saw. It took more years to learn why this happens in individuals and families and communities, especially those placed at risk in their social positions. It's now time to share what can be done at all these levels – to provide some hope and a solution focus. Without hope, trauma intensifies."

Dr. Gibson

10:00 – 10:30 am

T2 Biologics: It's Not Just About Asthma!

Dr. Kim will explore the fascinating world of T2 Biologics, a class of therapeutic agents that have been revolutionizing the treatment landscape for various immune and inflammatory conditions. While T2 Biologics have primarily been associated with asthma, this discussion will shed light on their broader applications. Dr. Kim will delve into various conditions, such as EGPA (Eosinophilic Granulomatosis with Polyangiitis), urticaria, nasal polyps, atopic dermatitis, HES (Hypereosinophilic Syndrome), and eosinophilic esophagitis, demonstrating how these remarkable drugs are offering hope to patients beyond the realm of respiratory health.

Learning Objectives

- Discover the role of T2 Biologics in the treatment of the following immune and inflammatory conditions:
 - EGPA, a rare autoimmune disease characterized by eosinophilic inflammation and vasculitis.
 - Urticaria, a condition marked by chronic hives and severe itching.
 - Nasal polyps, a common condition associated with chronic rhinosinusitis.
 - Atopic dermatitis, a chronic skin condition that causes itching, inflammation, and rash.
 - HES, a rare disorder characterized by elevated levels of eosinophils.
 - Eosinophilic esophagitis, a condition that affects the esophagus and can lead to difficulties in swallowing.



Harold Kim MD FRCP has been in private practice in Kitchener for over twenty years. He has an appointment at McMaster as an Assistant Clinical Professor and at the University of Western Ontario (UWO) as an Adjunct Professor.

He graduated with his MD from UWO and completed Internal Medicine and Allergy training at UWO. His clinical interests include allergic conditions including asthma, allergic rhinitis, food allergy, atopic dermatitis, drug allergy and sinusitis. Although clinical research has been an interest in Dr. Kim, his "extra-practice" activities include participating in the Canadian Asthma Guidelines and Canadian Rhinitis Guidelines and the Canadian Immunotherapy Guidelines. Dr. Kim is the past president of the Canadian Society of Allergy and Clinical Immunology and the Canadian Network for Respiratory Care. Dr. Kim is happily married with five daughters.

10:30 – 11:00 am

REFRESHMENT BREAK & VISIT EXHIBITS

301**Allergy Hot Topics**

Join Dr. Harold Kim for an engaging and interactive workshop exploring hot topics in allergy care. Dr. Kim will cover a range of topics, including food allergy, eczema, environmental allergies, insect allergy desensitization, sublingual immunotherapy.

Connect with fellow educators to exchange ideas, experiences, and best practices. Bring your questions! Be prepared to discuss your challenging allergy cases.

Learning Objectives

- Discuss evidence for current management strategies and therapies for common allergies seen in practice.
- Explore updates on food and insect allergy desensitization therapies and the latest research on prevention.
- Explain recent advances in allergy immunotherapy, including sublingual and subcutaneous options, and explore their applications in practice.



Harold Kim MD FRCP has been in private practice in Kitchener for over twenty years. He has an appointment at McMaster as an Assistant Clinical Professor and at the University of Western Ontario (UWO) as an Adjunct Professor.

He graduated with his MD from UWO and completed Internal Medicine and Allergy training at UWO. His clinical interests include allergic conditions including asthma, allergic rhinitis, food allergy, atopic dermatitis, drug allergy and sinusitis. Although clinical research has been an interest in Dr. Kim, his “extra-practice” activities include participating in the Canadian Asthma Guidelines and Canadian Rhinitis Guidelines and the Canadian Immunotherapy Guidelines. Dr. Kim is the past president of the Canadian Society of Allergy and Clinical Immunology and the Canadian Network for Respiratory Care. Dr. Kim is happily married with five daughters.

302**Pulmonary Rehab: A Patient's Journey**

COVID presented many challenges for our patients with lung disease. The educator and pulmonary rehab team at ConnectWell Community Health in eastern Ontario pivoted early in the pandemic to offer their pulmonary rehab classes virtually. The program proved to be extremely successful, and the team realized virtual PR has a place beyond the pandemic.

Participants will learn about all aspects of pulmonary rehabilitation, including the definition and components of pulmonary rehabilitation, including exercise training, education, and psychosocial support. The facilitators will share their experiences and success around implementation of their virtual PR program at ConnectWell. Participants will:

- Hear real-life testimonials from patients who have benefited from virtual pulmonary rehabilitation, understanding its impact on their health and well-being.
- Follow the step-by-step process of a virtual pulmonary rehabilitation program, from patient enrollment to progress monitoring and adaptation.
- Explore the measures taken to safeguard patient data and comply with privacy regulations in virtual PR programs.

By the end of the workshop, attendees will be able to discuss Virtual PR, its benefits, implementation strategies and potential for improving the quality of life for individuals with chronic respiratory conditions.

Learning Objectives

- Discuss the importance of pulmonary rehabilitation in managing respiratory conditions.
- Identify the challenges and limitations of traditional, on-site pulmonary rehabilitation programs, such as limited accessibility, travel burden, and the impact during pandemics.
- Explore the benefits of virtual pulmonary rehabilitation programs, including increased accessibility, flexibility, safety, continuous monitoring, and cost-effectiveness.
- Examine the technology used in Virtual PR, such as telemedicine platforms, mobile applications, and wearable devices.
- Describe strategies for ensuring patient engagement. Participants will discover methods to keep patients engaged in the virtual PR program, such as gamification, social support, and rewards.
- Participants will familiarize themselves with the various technologies used in virtual pulmonary rehabilitation, such as telemedicine platforms, mobile applications, and wearable devices.

303

Dysfunctional Breathing (DB) and Asthma

Valerie Filteau BScPhysio CRE graduated from the University of Ottawa with a Bachelor's degree in sciences – Physiotherapy. She has over 19 years' experience working in cardiac and pulmonary rehabilitation in outpatient programs at the University of Ottawa Heart Institute, the Montfort Hospital and more recently in the community as part of ConnectWell Lung Health Education & Rehabilitation Program. Her work experience involves providing rehabilitation assessment, exercise classes and education offered in a variety of formats including in-person, phone and virtual.



Matthew Burns RKin MSc CRE is a Registered Kinesiologist and holds a Master's of Science in Cardiopulmonary Physiology from the University of Guelph. He has developed a passion for assisting individuals living with chronic lung disease through working in community based pulmonary rehabilitation and lung health education programs. After beginning his career serving the Brant and Norfolk County region of southern Ontario, he has spent the past two years serving a portion of eastern Ontario, including the Renfrew, Lanark, Leeds, and Grenville counties.

In addition to offering traditional community based pulmonary rehabilitation programming, his recent work has been focused on improving access and delivery of pulmonary rehabilitation services to clients living in rural areas. Additionally, Matthew works as a Certified Respiratory Educator in clinical settings, providing spirometry assessments and lung health education to improve overall quality of life of those living with chronic lung diseases.

DB is often mistaken as asthma since it has similar symptoms and triggers. However, DB is a different condition and usually does not fully respond to asthma treatment. DB can occur in patients with or without asthma. DB can occur even when asthma is well-controlled.

With treatment, Dysfunctional Breathing (DB) can improve, and patients can return to normal activities. Successful DB recovery occurs when symptoms, underlying conditions, and triggers are all addressed.

Dysfunctional breathing describes a broad spectrum of "breathlessness". Generalized breathing protocols do not fit everyone, and these people need individualized tailor-made program. However, there are general principles that apply to many people. In this workshop we will review these simple principles, so educators have more knowledge around this area.

This interactive workshop, Kathy will share tools developed and currently trialling within her practice.

Learning Objectives

- **Recognize the importance of breathing well and the impact to improve health and well-being.**
- **Demonstrate simple, hands-on techniques to use with patients when you have limited time.**



Kathy Courtney RRT RCPT(p) CRE CTE is a respiratory educator for the Community Paediatric Asthma Service in Calgary and Clinical Coordinator of the Alberta Childhood Asthma Pathway.

"Breathing is complex, and there are many things that can affect the way we breathe. My clinical practice has explored many aspects of breathing dysfunction. With my never-ending thirst for knowledge and honing my skills – I would love to share what I have learned, and our team has developed so educators have another tool in their toolbox to help them with their patients".

Unlocking Health and Well-being: Harnessing CBT Techniques for Goal Achievement

Cognitive Behavioural Therapy (CBT) is a powerful therapeutic approach that can be used to assist individuals in overcoming barriers, changing behaviours, and achieving sustainable health improvement. In this workshop, participants will learn how to integrate CBT techniques into their practice to support clients in making lasting changes to their health-related behaviours and attitudes.

Learning Objectives

- Define the core principles of Cognitive Behavioural Therapy (CBT) and how they can be applied to health and wellness settings.
- Recognize the connection between thoughts, feelings, and behaviours in the context of health-related goals.
- Develop skills for assessing a client's specific health and wellness needs.
- Identify common cognitive and emotional patterns that may hinder progress toward health goals.
- Recognize and challenge common cognitive distortions related to health, such as all-or-nothing thinking, catastrophizing, and self-criticism.
- Discuss how to teach clients how to reframe negative thought patterns into more constructive and motivating beliefs.



Rosa Dragonetti MSc RP CTE is currently the Project Director of Addictions Education and Research at CAMH in INTREPID Lab. She has an academic appointment as Assistant Professor (Status Only) at the University of Toronto, Department of Community and Family Medicine. She is a Registered Psychotherapist with over 20 years of experience in addictions and mental health and provides supervision to clinical students and staff as well as research staff. Rosa plays a key role in developing a strategy for education and programming initiatives including the TEACH project (a Certificate program in Tobacco Cessation Counselling for healthcare professionals).

Rosa also supports training for other implementation initiatives such as the STOP program, the largest provincial smoking cessation program. Rosa has delivered many workshops across Canada and internationally on various topics including motivational interviewing and cognitive behavioural therapy. She became part of the Motivational Interviewing Network of Trainers (MINT) in the early 2000s. Rosa has co-authored several journal articles and book chapters. Her areas of interest include health behaviour change, motivational interviewing, e-learning, and supporting research initiatives in the area of technology-enabled collaborative care.

INDUSTRY SYMPOSIUM

A New Shot at Respiratory Prevention: RSV and Older Adults

Sponsored by **GSK**

Respiratory Syncytial Virus (RSV) is a common respiratory pathogen that can lead to severe illness in older adults. In recent years, there have been significant advancements in RSV prevention, including the development of vaccines specifically targeting this vulnerable population. This talk will explore the current landscape of RSV in older adults, focusing on the burden of disease, latest research, and opportunities for prevention to protect older adults from this infection.

Learning Objectives

- Describe the need for respiratory syncytial virus (RSV) infection prevention in older adults.
- Discuss the clinical presentation, diagnosis, testing and current standard of care for RSV infection.
- Summarize new clinical evidence supporting RSV vaccination and current vaccine technologies to address age-related decline in immunity (ARDI).
- Recommend and/or implement RSV vaccination for appropriate adult patients at risk of severe outcomes for RSV.



Rita Witmann BScN MD began her career in healthcare as a registered nurse, working in critical care. She obtained her BScN at the University of Victoria before entering medical school at UBC. She graduated there in 1993, and then went on to complete a rotating internship, residency in internal medicine, and fellowship in Respiriology at UBC. She has been in practice at Langley Memorial Hospital since 1999 and until January 2019 was on call for Internal Medicine and Critical Care. She continues to work full-time as a community Respiriologist and is the Medical Director for the Home Oxygen Program in the Fraser Health Authority, as well as the Medical Director for the PFT lab at Langley Memorial Hospital. Her office practice still includes cardiology patients, and all that comes with a community General Respiriology practice. Her interests outside of medicine include gardening and cycling having just completed a 200 km bicycle trek over 2 days to assist in fund raising for the BC Lung Association.

1:30 – 1:45 pm A. LES MCDONALD AWARDS

1:45 – 2:15 pm POSTER PRESENTATIONS

2:15 – 3:15 pm Generation Unfiltered: Tackling Youth Tobacco, Vaping, and Cannabis Challenges

In recent years, the rise of tobacco, vaping, and cannabis use among the youth has presented a significant public health challenge. Healthcare professionals play a crucial role in addressing and mitigating the impact of these substances on young people. Dr. Selby will delve into the trends, risks, and strategies for prevention and intervention, equipping educators with the knowledge and tools to better serve their young clients.

Attendees will gain the knowledge and tools necessary to support young patients in making healthier choices and accessing the appropriate resources for a better and substance-free future.

Learning Objectives:

- Examine the prevalence and trends of youth tobacco, vaping, and cannabis use.
- Recognize the factors contributing to the increased popularity of these substances among young people.
- Explore the physical and mental health risks and potential long-term consequences associated of early substance use on adolescent development and well-being.
- Identify vulnerable populations that are at higher risk of substance use.
 - Explore how cultural, socioeconomic, and environmental factors can influence vulnerability.
- Discover strategies for evidence-based prevention and intervention techniques for healthcare professionals.
 - Familiarize healthcare professionals with available resources, both for themselves and their patients.
 - Learn how to connect young patients and their families with community organizations and support networks.
- Discuss the importance of a multidisciplinary approach in addressing youth substance use.



Peter Selby MBBS CCFP(AM) FCFP MHS_c DFASAM is a Senior Scientist and Senior Medical Consultant at the Centre for Addiction and Mental Health (CAMH). He is the Vice-Chair, Research and GIBLON Professor in Family Medicine Research, a University Named Professorship at the University of Toronto. His research focuses on innovative methods to understand and treat addictive behaviours and their comorbidities. He uses technology to combine clinical medicine and public health methods to scale up and test health interventions. His cohort of >360,000 treated smokers in Ontario is an example of this. He has received grant funding totaling over 100 million dollars from CIHR, NIH, and Ministry of Health and has published >200 peer reviewed publications. His most recent program of research utilizes a Learning Health Systems approach to investigate how technology equitable collaborative care can enhance the delivery of evidence-based interventions to the patient while providing a more satisfying experience of care for patients and providers across systems

3:15 – 3:45 pm REFRESHMENT BREAK & VISIT EXHIBITS

3:45 – 4:05 pm

Clearing the Air: Current Approaches to Tobacco Cessation

Are you surprised that the approaches to cessation have evolved since 2008? Of course not! Canadian guidelines for cessation have not changed over the last 15 years, but best practice has. In this talk, we will explore the current best practice and how we can best support our clients on their journey.

Learning Objectives

- Describe the current best practice pharmacotherapy in tobacco cessation.
- Compare the current best practice evidence versus the current Canadian cessation recommendation.
- Discuss the potential challenges of the discrepancies between best practice and current guidelines.



Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE has been a Respiratory Therapist for over 20 years, currently working with Alberta Health Services, with the Tobacco Vaping and Cannabis Program as a Health Promotion Facilitator. Throughout his professional career, he has dedicated much of his time and energy to the field of education both for patients and other healthcare providers. Aaron trained at Mayo Clinic as a Tobacco Treatment Specialist. He completed a Master of Education in behavioural education from Memorial University. Aaron was highly active as a subject matter expert and writer in the development and implementation of the Certified Tobacco Educator credential and is the Director of Tobacco Programs for the Canadian Network for Respiratory Care (CNRC). He sits on the Certification Management committee and the Exam Development Committee for the Canadian Network for Respiratory Care, actively participating in CRE and CTE curriculum development and the creation and assessment of psychometrics and evaluations for credentialing. He is a passionate supporter of Motivational Interviewing and has been actively practicing and teaching it for over 12 years. Aaron spent a great deal of time providing one on one client patient education with over 10,000 clinical patient hours over the past 18 years.

4:05 – 4:45 pm

Tobacco, Vaping & Cannabis: Navigating the Hazy Maze of Choices and Consequences

This interactive panel discussion will provide an opportunity to further explore the challenges educators experience in helping their clients' tobacco, vaping, and cannabis use cessation. Through an interactive format, our moderator will invite attendees to ask questions, engage in meaningful discussions, and gain comprehensive insights from our esteemed, multidisciplinary panel of cannabis, tobacco & vaping experts into the ever-evolving landscape of tobacco, vaping, and cannabis.

Learning Objectives:

- Describe the potential health risks associated with tobacco, vaping, and cannabis use, including both short-term and long-term consequences.
- Explore the social and psychological factors influencing choices related to tobacco, vaping, and cannabis, including peer pressure, addiction, and mental health implications.
- Evaluate harm reduction strategies.

Panel:



Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE has been a Respiratory Therapist for over 20 years, currently working with Alberta Health Services, with the Tobacco Vaping and Cannabis Program as a Health Promotion Facilitator. Throughout his professional career, he has dedicated much of his time and energy to the field of education both for patients and other healthcare providers.



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Moderator:



Kathy Hayward BSP CDE CRE CTE has spent many years working in the community pharmacy field and most recently with the Calgary COPD & Asthma Program within Primary Care Network offices and an Outpatient Respiratory Clinic at Peter Lougheed Hospital in Calgary. She found that becoming a CRE was the most important professional growth activity she participated in to further her understanding of how people and families understand their health conditions, treatment, and self-management strategies they are in control of. Currently she works part time with Calgary Coop Pharmacy helping to coordinate biologic therapy and CRE/CTE education for patients using resources within the system.

4:45 – 5:00 pm

Closing Remarks