

CANADIAN NETWORK FOR RESPIRATORY CARE
**VIRTUAL RESPIRATORY CARE &
EDUCATION CONFERENCE**



A PATH TO
HOPE, JOY & WELLNESS

PROGRAM

WEEK 2, NOVEMBER 9 & 10

Program, WEEK 2, Wednesday, November 9th, 2022

CANADIAN NETWORK FOR RESPIRATORY CARE
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NOVEMBER 2-3 / NOVEMBER 9-10, 2022

10:00 – 11:00 am ET

Youth Vaping **Dr. Amit Rotem**

While vaping may be less harmful than inhalation of regular tobacco smoke, it is not without health risks, nor is it considered safe for individuals who are not already consumers of tobacco products. Vaping rates have been increasing since e-cigarettes were introduced to North America, with rates tending to be higher among adolescents, raising concerns about nicotine dependence and impacts on tobacco cigarette smoking rates.

Latest data from the 2019 Canadian Health Survey on Children and Youth showed that vaping rates for 15- to 17-year-olds were nearly four times (21.3%) higher than those of 12- to 14-year-olds (5.4%). Two-thirds (66.1%) of 12- to 17-year-olds who had used both tobacco and e-cigarettes reported trying e-cigarettes first. E-liquids containing nicotine were used by 89.3% of 15- to 19-year-olds who reported vaping in the past 30 days, comparable with older adults. For both younger and older adolescents, having friends who engaged in negative behaviours, having been employed, and having consumed alcohol increased the odds. For 12- to 14-year-olds, attention deficit hyperactivity disorder was a risk factor, whereas having parents who usually knew who they were with and higher relatedness scores were protective. Among older adolescents, being male, being Canadian-born, having lower grades, and using tobacco or cannabis increased the odds of vaping.

Learning Objectives

- Discuss the current rates and trends of youth vaping in Canada
- Explain the risks associated with youth vaping
- Explore strategies to prevent and treat youth vaping



Amit Yosef Rotem MD is a Child and Adolescent Psychiatrist at the Centre for Addiction and Mental Health (CAMH) and Assistant Professor at University of Toronto (UofT). Dr. Rotem graduated medical school at the Faculty of Health Sciences, Ben Gurion University of the Negev, Israel. As a student, he initiated a unique HMOs collaboration to deliver evidence-based services for smoking cessation which became the first Israeli academic Centre for Smoking Prevention and Cessation. During his residency in child and adolescent psychiatry, he developed educational methods to incorporate nicotine addiction into health sciences curricula. Dr. Rotem has graduated three-year fellowship in Addiction Psychiatry, UofT. He is currently affiliated with the Nicotine Dependence Clinic, and Youth Addiction and Concurrent Disorder Service at CAMH, Toronto. Dr. Rotem is covering the services of Youth Urgent Care and Academic Day Hospital (REACH), among others. Dr. Rotem has published clinical studies, reviews, and chapters on youth and adults addictions, nicotine dependence in particular. He is actively involved in teaching medical students and supervising residents and fellows, at the Division of Psychiatry, Faculty of Medicine, UofT.

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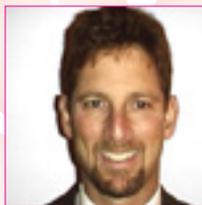
11:00 am – 12:00 pm ET INDUSTRY SYMPOSIUM Chronic Cough Assessment for the CRE



Chronic cough is usually defined as a cough that lasts for more than 8 weeks or longer in an adult. There can be many causes of chronic cough, including medication side effects, asthma, postnasal drip, environmental allergies, and Gastroesophageal reflux disease (GERD). A chronic cough is more than just an annoyance as it can disrupt sleep and leave patients feeling exhausted. Dr. Kaplan will explore ways to diagnose chronic cough and current management strategies.

Learning Objectives

- Define chronic cough
- Learn an algorithmic approach to diagnosing chronic cough
- Review management strategies to some of the causes of chronic cough



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.

12:00 – 1:00 pm ET INDUSTRY SYMPOSIUM Preventing Lung Attacks with all your Heart



We all know the facts about Chronic Obstructive Pulmonary Disease (COPD) exacerbations. COPD exacerbations, especially those leading to hospitalization, are associated with increased mortality. There is a high mortality rate in the weeks following every severe exacerbation. 50% of COPD patients will die within 5 years following an exacerbation requiring hospitalization. Dr. Bhinder will explore ways patients can be managed to keep them out of the hospital.

Learning Objectives

- Discuss how to recognize your patient's burden with COPD
- Explore options to optimize care and quality of life



Sacha Bhinder MD FRCPC studied Microbiology at the University of Toronto and received an Honours Bachelor of Science degree in 2005 and proceeded to the University of Toronto's Faculty of Medicine, graduating with a Doctor of Medicine in 2009.

After completing residency training in Internal Medicine and Adult Respiriology at the University of Toronto in 2014, he established an Adult Respiriology practice in

Scarborough and is a Staff Respiriologist with the Scarborough Health Network and a lecturer for the UofT's Division of Respiriology.

Additionally, he is the Co-Chair of the Medical Education Committee of the three Scarborough Health Network Hospital sites, one of the largest community teaching hospital systems in the province of Ontario, and is also the Interim Corporate Chief of Medicine for the SHN.

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1:00 – 3:00 pm ET

KEYNOTE

Caring for the Caregiver



In this interactive presentation, Marcia will explore the importance of self-care, the definitions of compassion fatigue and burnout, their symptoms, and how to differentiate between the two. The rest of the presentation will explore researched strategies to help with self-care.

Please be prepared to have your camera and microphone on as participants will be placed into breakouts in order to discuss strategies and share with peers. You will engage in several reflective exercises and questions to help build on the material.

Learning Objectives:

- Differentiate between compassion fatigue and burnout
- Demonstrate researched strategies for self-care



Marcia Buhler MA RPsych is a Registered Psychologist and is an Addiction and Mental Health Professional Practice Lead with the Addiction and Mental Health portfolio, Edmonton Zone, Alberta Health Services (AHS). She has worked in various settings and has experience providing psychotherapy with children, families, and adults as well as facilitating groups. She has been providing clinical education to staff for over 10 years with AHS.

3:00 – 3:30 pm ET

BREAK & VISIT EXHIBITS

3:30 – 4:30 pm ET

What does a CRE Need to Know about Sleep?

Even before the pandemic, an estimated 13 million Canadians reported not getting the seven to nine hours of sleep recommended for adults each night. In late 2019, according to an online poll of 1,000 people by Vancouver-based Research Co., 35 per cent of Canadians were suffering from sleep disorders, including troubles falling asleep, staying asleep and waking far earlier in the morning than they wanted. Experts from the Royal Ottawa Institute of Mental Health Research estimate that half the population in Canada now struggles with some sort of sleep-related problem. Fortunately, there is more recognition by government that sleep is crucial to leading a healthy life. In June, Canada's Health Minister Jean-Yves Duclos announced funding of \$3.8 million to support research on sleep health and insomnia. What can a CRE do to help their patients with sleep disorders? Laree Fordyce will explore common sleep disorders and testing.

Learning Objectives

- Discuss normal sleep and sleep disorders
- Explain the levels of sleep testing
- Explore sleep in the paediatric patient



Laree Fordyce MS RPSGT RST CESH CCRP FFAST

currently works as the Director of Sleep Services at Maple Respiratory Group. She has been actively participating in sleep medicine for more than 25 years. She is a Clinical Sleep Educator and has also worked in multiple capacities in sleep technology, throughout her career. She has a passion for teaching and education in Sleep Technology.

Laree has written chapters for the Fundamentals of Sleep Technology Textbook and Workbooks. She has had the privilege of speaking at several international conferences as well as teaching in Colombia and China. She is also the current President of the American Association of Sleep Technologists (AAST).

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4:30 – 5:15 pm ET INDUSTRY SYMPOSIUM COPD: Beyond Breathless

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Triple inhaled therapy for COPD consists of an inhaled corticosteroid (ICS), a long-acting 2-agonist (LABA) and a long-acting muscarinic antagonist (LAMA) taken in combination. Triple therapy is recommended by the Global initiative for Chronic Obstructive Lung Disease (GOLD) for patients who experience recurrent exacerbations despite treatment with either a dual bronchodilator (preferred initial therapy) or LABA/ICS combination (alternative initial therapy). Dr. Chapman will examine COPD exacerbations and the efficacy of triple-therapy treatment.

Learning Objectives

- Examine the impact of exacerbations on long-term COPD outcomes.
- Review the indications for triple therapy in COPD.
- Discuss the clinical trial evidence for the newest inhaled triple therapy regimen for COPD.
- Compare “closed” and “open” triple regimens.



Kenneth R. Chapman MD MSc FRCPC FACP FERS is Director of the Asthma and Airway Centre of the University Health Network, President of the Canadian Network for Respiratory Care, and Director of the Canadian Registry for Alpha-1 Antitrypsin Deficiency. He is Professor of Medicine at the University of Toronto.

Dr. Chapman is an internationally respected researcher in the field of asthma and airway diseases; his publications in the field of asthma and COPD have appeared in the New England Journal of Medicine and the Lancet. The titles of more than 500 publications have been equally varied ranging from “Emergency medical services for outdoor rock music festivals” to “The effect of posture on thoracoabdominal movements during progressive hyperoxic hypercapnia in conscious man”. He chaired Canada’s first Consensus Conference to establish Canadian guidelines for the management of COPD and remains an active participant in guideline development processes for asthma and COPD. In 2014, Dr. Chapman was one of just five respiratory physicians named a Fellow of the European Respiratory Society.

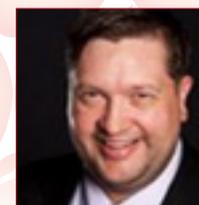
5:15 – 6:30 pm ET NETWORKING SESSION A Path to Hope, Joy & Wellness

A panel of CNRC staff, directors and volunteers will share their tips for finding hope, joy & wellness in this fun, casual networking session. Delegates will be invited to join the panel “on stage” to also share. We can’t meet in person yet but we can still make connections! And there will be prizes!

Panel



Cheryl Connors BA(Hon) is the Executive Director of the Canadian Network for Respiratory Care.



Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE is a Health Promotion Facilitator in the Tobacco, Vaping and Cannabis Program at Alberta Health Services.



Darrel Melvin RRT CRE CTE is a Program Consultant in the Tobacco, Vaping and Cannabis Program at Alberta Health Services.



Shannon LeNormand is the Director of Membership and Event Services at the Canadian Network for Respiratory Care.



Andrea White Markham RRT CRE CTE is the Director of Education for the Canadian Network for Respiratory Care and although “retired” continues to consult on a variety of chronic disease education programming.

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11:00 am – 12:00 pm ET

Lung Transplantation: The Patient Journey

Dr. Alim Hirji will explore which of your patients with lung disease may be suitable for lung transplantation. Learn how to support your patient throughout their lung transplantation journey.

Learning Objectives:

- Identify an appropriate candidate for lung transplantation
- Understand the various phases a patient will experience through the lung transplantation process
- Consider life after lung transplantation



Alim Hirji MD MSc FRCPC is an associate professor and respirologist in the Department of Medicine at the University of Alberta. He received his Doctor of Medicine from McMaster University, completed his internal medicine training at the University of Toronto and his pulmonary medicine fellowship through the University of British Columbia. He completed a fellowship in lung transplantation in

the Toronto Lung Transplant Program and has a Masters in Epidemiology through the London School of Hygiene and Tropical Medicine, UK. He is the current chair of the lung section for the Canadian Society of Transplantation.

12:00 – 2:00 pm ET

KEYNOTE

CBT Persuasion Techniques



Most clinicians trained in Cognitive Behavioural Therapy (CBT) approaches learn the basics of the cognitive model and how to help clients to change their behavior by way of cognitive restructuring. However, most approaches to CBT are woefully lacking in techniques to deal with client resistance. This session teaches attendees how to persuade the client to achieve their own goals and to change their thinking. These direct and indirect persuasion techniques focus on the client's goals and helping the client to get out of their own way toward achieving them.

Learning Objectives

- Define the five factors that make a thought "grow"
- Explain techniques to dramatically increase desirability of thinking
- Create cognitive dissonance that encourages change



Dr. Aldo R. Pucci is President of the National Association of Cognitive-Behavioral Therapists. Dr. Pucci was trained in Rational Behavior Therapy by its originator, internationally acclaimed psychiatrist Maxie C. Maultsby Jr. MD. Dr. Pucci then went on to develop his own form of CBT known as "Rational Living Therapy". He has trained thousands of mental health clinicians and has presented his workshops

and certification seminars on Rational Living Therapy throughout North America. Dr. Pucci's seminars receive rave reviews. He holds the titles of Diplomate in Psychotherapy (The International Academy of Behavioural Medicine, Counseling and Psychotherapy), Diplomate in Cognitive-Behavioral Therapy (NACBT), Certified Medical Hypnotist (Institute of Medical Hypnosis), and Certified Clinical Hypnotherapist (National Board for Hypnotherapy and Hypnotic Anesthesiology). Dr. Pucci is the author of many articles and two books, *The Client's Guide to Cognitive-Behavioral Therapy* and *Feel the Way You Want to Feel...No Matter What!*

2:00 – 2:30 pm ET

BREAK & VISIT EXHIBITS

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2:30 – 3:30 pm ET

Cannabis Legalization: Effects on Addiction and Tobacco Co-use

This talk will discuss the impact of cannabis legalization on cannabis use in Canada. Changes in the prevalence, frequency of and modes of use, and addiction to cannabis will be presented from current cohort data examining the effects of legalization. Changes in exposure to second-hand cannabis smoke, and co-use of tobacco will also be shown. Potential interventions to address the rising needs of those with problematic cannabis use will be discussed.

Learning Objectives

- Describe changes in use of cannabis as associated with legalization
- Explain iatrogenic risks such as addiction and tobacco use associated with legalization and potential interventions to address these risks.



Michael Chaiton *PhD* is a Senior Scientist at the Centre for Addiction and Mental Health, and Associate Professor in Epidemiology at the Dalla Lana School of Public Health, University of Toronto. His work focuses on longitudinal cohort analysis and recruitment and evaluation of the impact of policy on mental health and substance use outcomes. He is co-Director of the Collaborative Specialization in Addiction Studies which trains 40 students a year in interdisciplinary addiction studies at the University of Toronto.

3:30 – 4:30 pm ET

Patient Support Groups: Healthcare's Hidden Gem

A patient support group is defined as “a group of people with common experiences and concerns who provide emotional and moral support for one another”. Support groups fulfill many functions: educating patients/family, sharing the illness experience, providing strength to its members, raising public awareness, and fundraising. This presentation will discuss the value of a support group for people with chronic conditions.

Learning Objectives

- Discuss the need for a Support Group and where to start (what would it look like)
- Discuss the Benefits/ Advantages of a Support Group
- Examine the various formats



COPD Support Group with the Lung Association of NS/PEI.

Pat Popwell RN CRE hails from Cape Breton NS. She is a nurse, Registered Pulmonary Function Technologist, and a Certified Respiratory Educator. She worked in many areas of nursing including the Pulmonary Function Lab and most recently in the Cape Breton Chest Clinic. Pat is a facilitator/mentor with RespTrec and coordinator for both the Cape Breton Pulmonary Fibrosis and Lung Transplant Support Groups. She is also a member of the



Jo-Anne Lambert is proud to be a wife, mother of two children, grandmother of three boys and retired teacher. She was raised in Glace Bay, Nova Scotia. She taught 35 years in Glace Bay schools and retired in 2006. She was diagnosed with COPD in 2008. She became a member of the Lung Support Group in 2019 and received a double lung transplant at Toronto General Hospital in November of that year.



Donna Casford is a 71-year-old widow, retired after 30 years of government employment. She lives in Charlottetown, PE and is a member of the Virtual COPD Support Group of NS/PEI. She was diagnosed with COPD in March 2017 just a year prior to her husband's death. At that time, she recalls that the only impact these diagnoses had on her life was taking a daily puffer – no change in physical activities just sometimes a shortness of breath. Life was great. Being a progressive disease, her life has been dramatically changed in the last couple of years and will continue to bring on new daily challenges for the very simple life activities. She states that knowing she is receiving and has access to the most up-to- date information on COPD through the provincial respiratory educators. One or both are always on our calls. “You can't look back on the life you had but focus on today and be prepared for tomorrow”.

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4:30 – 5:30 pm ET INDUSTRY SYMPOSIUM Influenza and Pneumococcal Pneumonia: More in Common than Apart

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Hospitals across Canada are already seeing a concerning influx of viral respiratory disease. The media has reported surges in cases of children with respiratory illnesses and ominous fall predictions of multiple circulating viruses – RSV, flu, COVID, and pneumonia all contributing to the national crisis in our healthcare system. Dr. Grossman will focus his talk on influenza and pneumonia but will leave lots of time for questions.

Learning Objectives

- Describe the burden of illness caused by influenza
- Identify the potential cardiopulmonary complications of influenza
- Distinguish high dose influenza vaccine from standard dose vaccine especially in the elderly
- Describe the morbidity and mortality risks associated with pneumococcal infection
- Discuss the value of previously released protein conjugate vaccines
- Explain the importance of new protein conjugate vaccines



Ronald F. Grossman MD FRCPC FACP FCCP is Professor of Medicine, University of Toronto and previous Chief of Medicine, Credit Valley Hospital, Mississauga, Ontario, Canada

He has published over 90 articles in a wide number of medical journals including New England Journal of Medicine, American Journal of Respiratory Critical Care Medicine, American Journal of Medicine and Chest. His major research and teaching interests are in respiratory tract infections. He has participated in the creation of Canadian and American guidelines for the management of community-acquired pneumonia, Canadian guidelines for the management of hospital-acquired pneumonia and Canadian and international guidelines for the management of acute exacerbations of chronic obstructive lung disease.

He previously served as the chairman of the National Information Program on Antibiotics (NIPA), a coalition of many medical and public health societies. This coalition was established to encourage the appropriate use of antibiotics among physicians and patients.

He recently was awarded the Murray Kornfeld Memorial Founder's Lectureship by the American College of Chest Physicians.



5:30 – 5:45 pm ET CLOSING REMARKS

Cheryl Connors, Executive Director,
Canadian Network for Respiratory Care