For the Love of Learning

Connecting, Growing & Advancing Respiratory Care

Wednesday, November 25
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Program

Wednesday, November 25 Asthma and Allergy

TIME * All times EST	TITLE	SPEAKER
2-3:00 pm	What's New in GINA	Alan Kaplan MD CCFP (EM) FCFP



is a family physician in York Region, Ontario, with a clinical focus on respiratory care, particularly asthma and chronic obstructive pulmonary disease (COPD). He chairs the Family Physician Airways Group of Canada and is a member of the Global Initiative for Asthma (GINA) Science Committee. He has contributed to Canadian guidelines on asthma and COPD and previously chaired the Respiratory Medicine Section of the College of Family Physicians of Canada.

The 2026 Global Initiative for Asthma (GINA) update expands anti-inflammatory reliever options and introduces new guidance for managing asthma exacerbations. This session will highlight what these changes mean for respiratory educators, from explaining inhaler options to helping patients update their asthma action plans after a flare-up.

Learning Objectives

- Describe the expanded anti-inflammatory reliever options for adults, adolescents and children aged 6–11 years.
- Review Asthma diagnostic pathway
- Identify key changes in how GINA recommends chronic asthma management including treatments other than ICS/LABA
- Review inhaler technique and importance of shaking prior
- Review the importance of OCS stewardship

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Program

Wednesday, November 25 Asthma and Allergy

TIME * All times EST	TITLE	SPEAKER
5-6:00 pm	**From Asthma Biology to Biologics: Type 2 Inflammation Therapies** Asthma can look different from one person to the next, and the inflammation behind it can vary too. This session explores common inflammatory phenotypes, with a focus on Type 2 (T2) asthma. Participants will learn how immune cells and cytokines contribute to airway inflammation and how that inflammation can lead to changes in the airways and asthma flare-ups. **Learning Objectives** • Describe the heterogeneity of asthma, including common inflammatory phenotypes, with a focus on Type 2 (T2) asthma. • Identify the key biological components of T2 asthma, including relevant cytokines, immune cells, and airway structures involved in inflammation. • Explain the role of Type 2 inflammation in driving airway changes and asthma exacerbations.	**Melanie Kjarskgaard** MSc RRT CRE  is the research coordinator at St. Joseph's Healthcare Hamilton with affiliation to the Firestone Institute for Respiratory Health. Melanie has a Master's of Science in medical sciences with a recent appointment as Assistant Professor (Part-time) in the Department of Medicine, Division of Respirology at McMaster University. For the last 20 years she has worked in a translational airway research program with an expertise in evaluating biologics in the treatment of severe complex airway diseases.

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Program

Wednesday, November 25 Asthma and Allergy

TIME * All times EST	TITLE	SPEAKER
7-8:00 pm	**What's New in Allergy?** **Desensitization and Emerging Treatments**	**Harold Kim** MD FRCPC

Dr. Harold Kim will provide an overview of recent developments in allergy care, with a focus on desensitization and emerging treatments. The session will consider what these developments may mean for patients and the healthcare professionals who support them.

Learning Objectives

- Discuss a number of advances in allergy and immunology
- Review some side effects with commonly used allergy medication
- Describe the current guidelines on the management of mild to moderate asthma



is an allergist and clinical immunologist with a community practice in Kitchener, Ontario, and academic appointments at Western University and McMaster University. His clinical interests include food allergy, asthma and allergic rhinitis. He has contributed to Canadian guidelines on asthma and allergen immunotherapy and is a past president of both the Canadian Network for Respiratory Care (CNRC) and the Canadian Society of Allergy and Clinical Immunology (CSACI). In 2024, he received the CSACI Jerry Dolovich Award for excellence in clinical care, teaching, research and leadership.

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Thursday, November 26 Foundational Health Education

TIME	TITLE	SPEAKER
* All times EST		
9-10:00 am	**What Vaccines do your Patients Need?**	**Alan Kaplan** MD CCFP (EM) FCFP

This session explores how age, health conditions and vaccination history shape recommendations for influenza, COVID-19, pneumococcal and RSV vaccines. Respiratory educators will learn how to discuss vaccination with patients living with chronic respiratory disease, address common concerns and help patients find out which vaccines they're eligible for and where to get them.

Learning Objectives

- Identify which influenza, COVID-19, pneumococcal and RSV vaccines may be recommended based on a patient's age, health conditions and vaccination history.
- Explain the benefits of vaccination to patients living with chronic respiratory disease and respond to common questions and concerns.
- Help patients determine their next steps by checking provincial or territorial eligibility and identifying where they can receive recommended vaccines.



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Thursday, November 26 Foundational Health Education

TIME	TITLE	SPEAKER
* All times EST		
11am-12:00pm	**Better Together: Interprofessional Respiratory Care the Best Care and Evidence**	**Madonna Ferrone** RRT CRE



is the Chief Operating Officer of Director of Asthma Research Group Inc/Best Care with an interest in chronic disease management, research and evaluation initiatives, and health system transformation. Madonna leads the Best Care program with expansion to over 400 sites across Ontario, Quebec, and British Columbia, working collaboratively with over 2300 primary care physicians and Nurse Practitioners with a focus on program fidelity, quality assurance, real world implementation of international and national guidelines. Madonna is a Registered Respiratory Therapist, Certified Respiratory Educator (CRE) and cardiac educator, Project Management training at University of Toronto, TEACH (CAMH) trained smoking cessation, and Lean training.

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Using the Best Care COPD program as an example, Madonna Ferrone will explore how CRE-led teams support people living with COPD and cardiovascular disease. The session will review the evidence behind the program and show how teams coordinate patient education, self-management support and follow-up in primary care.

Learning Objectives

- Describe the roles of Certified Respiratory Educators in the Best Care COPD program.
- Summarize key findings from the program's evaluation, including patient quality of life, COPD exacerbations and use of urgent care.
- Identify ways to improve coordination of patient education, self-management support or follow-up within their own team.

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Thursday, November 26 Foundational Health Education

TIME	TITLE	SPEAKER
* All times EST		
12:15-1:00 pm	**Optimizing COPD Management: Understanding the Evolving Role of Single-Inhaler Triple Therapy**	**Mathieu Saint-Pierre** MD FRCP(C) FRCPC

This session reviews how emerging evidence has shaped COPD management and where gaps in care remain in Canada. Participants will examine the evidence for stepping up to single-inhaler triple therapy, including its impact on symptoms, exacerbations and treatment burden. The session will also explore how evolving treatment options may help tailor care to individual patient needs.

Learning Objectives

- Reflect on the significant progress made in COPD management over recent years and how emerging evidence has reshaped treatment expectations and standards of care.
- Assess the current state of COPD management in Canada, including remaining gaps, unmet needs, and opportunities for further optimization.
- Examine the evidence supporting escalation to single-inhaler triple therapy and its impact on symptoms, exacerbations, treatment burden, and patient outcomes.
- Discuss how evolving and novel SITT options in Canada may help support a more personalized approach to COPD care.



is a bilingual respirologist and clinician-researcher at Hôpital Montfort in Ottawa, where he has practised since 2016 and serves as Research Director for the Department of Medicine. He earned his medical degree from the Université de Montréal, completed his residency in internal medicine at the University of Ottawa, and pursued subspecialty training in respirology at Queen's University. He holds Royal College certification in both internal medicine and respirology.

Dr. Saint-Pierre is a member of the University of Ottawa's Faculty of Medicine, where he teaches medical students and residents. His research interests include obstructive lung disease, interstitial lung disease, and respiratory physiology. He has published research articles and abstracts in peer-reviewed medical journals.

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Thursday, November 26 Foundational Health Education

TIME	TITLE
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3-4:00 pm	**From Theory to Practice: A Reflective Approach to Patient Education**

Using a reflective approach during simulated sessions with an educator and a patient, this session will demonstrate education and behaviour change theories in action.

Learning Objectives

- Recognize the benefit of reflection in action, during action and after action
- Link communication, educational & behavioural theories and models to patient interactions
- Discuss the outcome of using select constructs in patient interaction
- Identify potential strategies to incorporate into your practice

SPEAKERS



Amy Massie RRT CRE is a Registered Respiratory Therapist and Certified Respiratory Educator who has worked in the Kitchener-Waterloo, Guelph area for 25 years.

She divides her time between the onsite Airway Clinic at Waterloo Regional Health Network and various primary care partnerships including The Guelph CHC, and the University of Waterloo Health Services.

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



Angie Shaw RRT CRE has been a Registered Respiratory Therapist since 2000 and a Certified Respiratory Educator since 2005. She began her career as a respiratory educator with the Calgary COPD and Asthma Team. In 2007, she began coordinating the Activation Program at St. Mary's General Hospital in Kitchener, Ontario, where she helped people living with lung disease build self-management skills through education and exercise. She has presented at CNRC conferences on practical strategies for supporting health behaviour change



Andrea White Markham RRT CRE has more than 50 years of experience in respiratory care across Canada. She helped develop and deliver the Michener Institute's Asthma Education program, the first of its kind in Canada, and contributed to CNRC's Foundational Health Education and Tobacco Education programs. Her work has also included developing a complex COPD program for primary care and serving on CNRC's Board of Directors

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Thursday, November 26 Foundational Health Education

TIME	TITLE	SPEAKER
* All times EST		
4-5:00 pm	**Learning Theory: Not Just for the Exam!**	**Aaron Ladd** BMR RRT FCSRT MEd CTTS CRE CTE

Why does an explanation click for one patient but leave another unsure what to do next? This session introduces educational models and theories that help explain how adults learn. Respiratory and tobacco educators will explore how to build on what patients already know, connect new information to their goals, and give them opportunities to practise skills they can use at home.

Learning Objectives

- Describe key principles of adult learning and their relevance to patient education.
- Compare the application of each of the four main learning theories
- Select teaching strategies that match a patient's learning needs and goals in respiratory or tobacco education



has been a respiratory therapist for close to 20 years, during which time he has dedicated much of his time and energy to working with clients in tobacco cessation. Aaron trained at Mayo Clinic as a Tobacco Treatment Specialist and completed his Master of Education in behavioural education from Memorial University. He was highly active as asubject matter expert 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). Aaron was also one of the trainers for the pilot programs for the Certified Tobacco Educator course. He was a 2015 recipient of the A Les McDonald Award for Innovation & Excellence in Respiratory Care & Education.

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