

## **Pearls in Primary Care for Sport Medicine Physicians**

**14 May, 2019, Westin Bayshore, Vancouver**

This course is targeted at the physician and sport medicine health care professional. This one day course will precede the CASEM Annual meeting and cover multiple aspects of caring for your athletes. Often, athletes will utilize their Sports Medicine Health Professional for all of their medical care and it is important for these professionals to be aware of, and up to date with all the indicators of health maintenance, to steer the athlete to overall good health outcomes. The course will cover many topics including general health maintenance guidelines, management of sleep and jet lag, the latest cardiac screening recommendations, immunizations, women's health issues etc.

*[Find the preliminary program and registration here.](#)*

## **Exercise Prescription in Health Care Workshop**

**6:00-8:30pm**

**14 May, 2019, Westin Bayshore, Vancouver**

Physical activity is an important and historically underutilized form of medicine. Movement and exercise are critical for people's best health and are effective as prevention and treatment in chronic disease. This 2.5-hour workshop will discuss all aspects of physical activity in health, how to most effectively engage your patients in less sedentary and more physically active lifestyles, and how to provide individualized exercise prescription. *This Group Learning program has been certified by the College of Family Physicians of Canada for up to 2 Mainpro+ credits.* *[Find the preliminary program and registration here.](#)*

## **CASEM Emergency Sidelines Course**

**15 May, 2019, Westin Bayshore, Vancouver**

Targeted to the sport medicine physician, this one day fully hands-on workshop is aimed at providing the skills to assess, treat and manage sideline emergencies: participants will be instructed in the assessment and management of c-spine (from various extraction points); cardiac management and AED use; resuscitation and management of airways and we have listened to past participants and have included a more extensive hands-on session on splinting and bleeding. Due to the hands on nature of the course, participation is limited. Participants are advised to wear comfortable clothes including pants that can be rolled up, or shorts to ensure full involvement in these practical sessions.

*[Find the preliminary program and registration here.](#)*

## **CASEM Summer Endurance Sport Medicine Course**

**15 May, 2019, Westin Bayshore, Vancouver**

This course is intended for physicians specializing in sports medicine as well as physiotherapists, athletic therapists, nurses and other health care professionals with an interest in endurance medicine and active patients. The course will provide both workshop sessions and didactic lectures to provide the learner with the clinical expertise to manage the medical needs of endurance athletes.

Delegates not attending the Endurance course may still attend Gary Robbins' Q&A with a donation to Protect our winters (addressing climate change) : [bit.ly/Garydonate](http://bit.ly/Garydonate)

***This Group Learning program has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 7 Mainpro+ credits.***

*[Find the preliminary program and registration here.](#)*

## **Anti-Doping Workshop**

**6:30pm - 8:30pm**

**15 May, 2019, Westin Bayshore, Vancouver**

Chaired by Dr. Andrew Marshall. It is said that “Doping is a hindrance to sports ethics and a threat to the health of athletes” – CASEM will provide a comprehensive 2 hour session on all you need to know about doping in your role as a sport medicine physician. Experts will be on hand from CCES and experienced team physicians will provide their insight and own experiences. [Preliminary Program now available! Register now.](#)

## **CASEM Pediatric Sport Medicine Conference**

**19 May, 2019, Westin Bayshore, Vancouver**

Targeted at the physician and sport medicine health care professional, this one day clinical course will cover multiple aspects of caring for the youth athlete and active pediatric aged patients. At the end of the course, the learner will:

- Understand the unique aspects of pediatric aged athletes, including factors influencing treatment, return to play and injury prevention.
- Become more familiar and comfortable when managing common injuries in the growing youth athlete
- Enhance individual physical exam skills for youth MSK injury in the clinical setting
- Better understand issues in pediatric sports nutrition and supplementation
- Have increased knowledge of the current state of youth concussion including management, and prevention.

[Preliminary Program now available! Register now.](#)

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