About the conference

The World Physical Activity Day is celebrated every year on April 6 – come join us in Ottawa as CASEM presents this inaugural, evidence based, full-day symposium on the health benefits of physical activity across a spectrum of chronic diseases.

Our goal, with the help of our specialty medical colleagues, will be to profile through a purely evidence based lens the role exercise/physical activity/movement could play in the prevention, treatment and management of a number of chronic diseases.

For this first conference we are looking at some relatively new areas of research in prescribing activity in oncology, dementia, and mental health, as well as the growing evidence of physical activity benefits in pediatric obesity, OA and cardiac rehab. We will subsequently be developing tools and infographics that physicians can then use to educate their patients.

The development faculty include Dr. Tatiana Jevremovic, Dr. Elisabeth Hobden, Dr. Laura Cruz, and Dr. Jane Thornton. This CASEM conference will be a first of its kind in Canada and we are excited at the opportunity of starting the dialogue as to how physicians can prescribe physical activity as one of the major treatment modalities.

Course Objectives

This course will provide, through an evidence based lens, the rationale for the use of activity and movement as medicine, practical guidance on how to implement and monitor appropriate exercise modalities in clinical practice and what clinical outcomes can be expected when these evidence based, safe and healthy techniques are employed.

Who would benefit from attending this course?

The target audience is the physician, regardless of specialty, who work with patients with chronic diseases – the course will also be of interest to the health care field including Physiotherapists, Sport Chiropractors, Sport Massage Therapists, Occupational Therapists, nurses, psychologists and social workers.
TABLE OF CONTENTS

4  SPEAKERS
5  SCHEDULE
6  SCHEDULE
7  LOCATION

MTM FACULTY

TATIANA JEVREMovic  LAURA CRUZ  ELISABETH HOBDEN  JANE THORNTON
Sindy Hooper was diagnosed with pancreatic cancer in 2013 but has defied the odds and has continued on to complete a number of triathlons and marathons.

“I really like to challenge myself, to push myself, and with everything I’ve been through, I think it’s just a great miracle, first of all, that I’m still alive, and second of all, that I’m healthy enough to be able to do that.”

Sindy Hooper was diagnosed with pancreatic cancer in 2013 but has defied the odds and has continued on to complete a number of triathlons and marathons.
Saturday, April 6, 2019 - Ottawa
Delta Ottawa

Morning Schedule

7:30-8:00  Registration

8:00-8:15  Introduction and Welcome - Dr. Paul Watson & Dr. Gigi Osler

8:15-8:45  "Moving Medicine" – A UK Model - Dr. Kush Joshi
          10 minutes – Q&A and Movement

8:55-9:25  Exercise Guidance after a Cancer Diagnosis - Dr. Kathryn Schmitz
          10 minutes – Q&A and Movement

9:35-10:05 The Health Benefits of Staying Active in Old Age - Dr. Samir Sinha
           10 minutes – Q&A and Movement

10:15-10:35 Health Break and Poster Presentations

10:35-11:05 "Can I Play? Playing it Safe and Making it Fun" - Dr. Claire Leblanc
             10 minutes – Q&A and Movement

11:15-11:50/11:55-12:30 Morning Workshops - Two Timeslots / Three Options

W1) How to Prescribe Exercise for Patients with Cardiac Issue - Dr. Andrew Pipe / Jennifer Reed
W2) How to Prescribe Exercise for Patients with OA - Dr. Laura Cruz
W3) How to Prescribe Exercise for Pregnant Patients - Dr. Karen Fleming

Poster Presentations

Lunch and Guest Speaker - Ms. Sindy Hooper
Afternoon Schedule

13:30-14:00  Mental Health and Physical Activity - **Dr. Marie Claire Bourque**

14:10-14:40  Physician Health and Wellness  **Dr. Caroline Gérim-Lajoie**

14:40-15:00  Health Break and Poster Presentation

15:00-15:25  **Afternoon Workshops** - Physician Health and Well-Being

15:30-15:55  W1) Barre for Beginners

16:00-16:25  - **Dr. Erika Persson**

16:00-16:25  W2) Functional Strength Training

16:00-16:25  - **Dr. Chris Raynor**

16:00-16:25  W3) How to Start Getting Active

16:00-16:25  - **Dr. Renata Frankovich**

16:30-17:00  The power of peer-to-peer healthcare and patient resource co-design

17:00  Closing Remarks

**Register Here!**
Join us at the Delta Hotels by Marriott Ottawa City Centre.

101 Lyon Street North
Ottawa, Ontario
K1R 5T9 Canada

[Delta Ottawa Hotel Website]

Reservations can be made by calling Marriott reservations directly at 1 (888) 236-2427. Callers must identify themselves as being with Canadian Academy of Sport & Exercise Medicine in order to qualify for the group rate. Conference rate will be honored until March 7.

CONFERENCE ROOM RATE: $189.00 plus taxes

Deadline for room reservations:
Thursday, March 7, 2019