



PEARLS IN PRIMARY CARE FOR SPORT MEDICINE PHYSICIANS

May 14, 2019
Westin Bayshore -
Vancouver, BC



THIS IS A PRECONFERENCE COURSE BEING HELD IN CONJUNCTION WITH
THE 2019 CASEM ANNUAL SYMPOSIUM

ABOUT THE COURSE

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.



Learning Objectives

At the end of the course, the learner will:

- Have an update on health maintenance markers that should be kept up to date as per Canadian Guidelines
- Know the schedules for general immunizations and have updates on other vaccinations
- Be aware of special issues and topics concerning women's health needs
- Be aware of current recommendations for jet lag management and sleep recommendations
- Be aware of the most recent cardiac testing guidelines for athletes
- Understand and review some of the mental health problems pertaining to the athletic population and be aware of available resources for athletes
- Be aware of common Dermatological issues with sport teams and to learn simple treatments
- Understand which medicines to include in your medical bag for medical care during team travel

PLANNING COMMITTEE

Cathy Campbell, Chair, MD, CFPC (SEM), Dip. Sport Med

Paul Watson, MD, Dip. Sport Med

Janet McKeown, MD, CFPC, Dip. Sport Med

Erika Persson, MD, FRCPC, Dip. Sport Med

Andrew Marshall, MD, FRCPC, Dip. Sport Med

Lee Schofield, MD, CFPC (SEM), Dip. Sport Med

Taryn Taylor, MD, CFPC (SEM), Dip. Sport Med

MJ Klett, MD, CFPC (SEM), Dip. Sport Med

SCHEDULE

07:30-08:00	Breakfast	
08:00-08:15	Introductions	Cathy Campbell MD
08:15-08:45	Health Maintenance of Athletes	Lee Schofield MD
08:45-09:15	The 5 W's of Immunizations for the Sports Doc	Erika Persson MD
09:15-09:45	Infections in Athletes	Marie-Josée Klett MD
09:45-10:15	Coffee Break	
10:15-10:45	Dermatology	Andrew Marshall MD
10:45-11:15	Panel Discussion and Case Discussion	
11:15-13:15	Exercise and Lunch Break (Buffet Available from 12:30-13:15)	
13:15-13:45	Women's Health Issues in Sport Medicine	Taryn Taylor MD
13:45-14:15	Mental Health	Janet McKeown MD
14:15-14:45	Panel Discussion and Case Discussion	
14:45-15:15	Afternoon Break	
15:15-15:45	Finding a Broken Heart: Cardiovascular Health	Paul Watson MD
15:45-16:15	Sleep and Performance, Jet Lag, Travel	Cathy Campbell MD
16:15-16:45	Panel Discussion and Case Discussion	
16:30	Closing Remarks	

COURSE LOCATION

WESTIN BAYSHORE VANCOUVER CONFERENCE CENTRE
1601 Bayshore Drive
Vancouver, BC V6G 2V4

Meeting Room: Oak Room - 2nd Floor