



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 proceed the CASEM Annual meeting and cover multiple aspects of caring for your athletes. Often the athletes only see the Sports Medicine Health Professionals for their medical care so it is important for the sports health professional to be aware of all the other indicators of health so that the athlete can be steered towards meeting the other health maintenance objectives. The course will cover many topics from general health maintenance guidelines, to 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 others
- Be aware of special issues and topics within women's health
- 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 the mental health problems specific to the athletic population and be aware of resources to assist you with your athletes
- Be aware of Dermatological problems and infections while on the road with sport teams and to learn simple treatments and know which medicines to include in your medical bag

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