

4th Annual Mental Health Update for Primary Care: Suicide

February 27, 2015

The Ottawa Hospital, Civic Campus, Amphitheatre



Course Description

The University of Ottawa, Office of Continuing Professional Development (CPD) and the Department of Psychiatry are proud to present this 1-day course designed to provide family physicians and other primary health care professionals with relevant and up-to-date information about practical Mental Health topics. This conference will also allow participants to meet, dialogue and network with mental health specialists through plenary sessions and interactive short presentations.

For further information, please contact the Office of CPD:

Tel: 613-761-4480 ext: 1 | Fax: 613-761-5262 | Email: cpd@toh.on.ca

Brochure and online registration available: www.med.uottawa.ca/cpd



https://twitter.com/CME_uOttawa

Mental Health Update

Planning Committee

The Office of CPD extends special thanks to the following physicians who participated in the planning of this event:

- Dr. Andrew Wiens, Chair, Psychiatry
- Dr. Simon Hatcher, Psychiatry
- Dr. Gloria Manzig, Family Medicine
- Dr. Laura Muldoon, Family Medicine
- Dr. Eoghan O'Shea, Family Medicine
- Dr. Nicole Shadbolt, Family Medicine
- Dr. Jakov Shlik, Psychiatry

Overall Learning Objectives

- Assess suicidal ideation
- Recognize the effect of risky behaviour and suicide on caregivers
- Treat depression as a means to lower the risk of suicide
- Locate and evaluate mental health resources in the Ottawa area

Accreditation

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada for 6.75 credits. This program has also been accredited by the College of Family Physicians of Canada for up to 6.75 Mainpro-M1 credits. This program has been reviewed and approved by the University of Ottawa, Office of Continuing Professional Development.

Liability

The University of Ottawa, Office of Continuing Professional Development (CPD) assumes no liability for any claims, personal injury or damage:

- to any individual attending this conference;
- that may result from the use of technologies, program, products and/or services at this conference;
- that may arise out of, or during this conference.

Course Presentations

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

Freedom of Information and Privacy Act

This information is protected and is being collected pursuant to the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). By registering with the University of Ottawa for its program or courses, you agree to the information. The University of Ottawa is committed to maintaining and protecting the confidentiality and privacy of your personal information. Only authorized employees, whose official duties so require, are allowed to view your information.

Course Cancellation Policy

The University of Ottawa, CPD reserves the right to cancel courses. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for courses cancelled by the University of Ottawa, CPD will be refunded; however the University of Ottawa, CPD will not be liable for any loss, damages or other expenses that such cancellation may cause.

Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

Mark your calendar!

Jan 23-24

7th Annual Ottawa Conference: State of the Art Clinical Approaches to Smoking Cessation
The Westin Ottawa

Feb 6-7

2015 National Capital Conference on Emergency Medicine (NCCEM)
The Westin Ottawa

Feb 13

7th Annual Update in Cardiology
The Ottawa Hospital, Civic Campus Amphitheatre

Apr 29 - May 1

64th Annual Refresher Course for Family Physicians
Ottawa Conference and Event Centre

May 30

National Capital General Surgery Symposium
Ottawa, Ontario

7:15AM - 8:00AM	Breakfast and Registration	
8:00AM - 8:15AM	Welcome and Introductory Comments	
8:15AM - 9:00AM	What to Do if Someone has Attempted Suicide or Died from Suicide <ul style="list-style-type: none"> • Devise strategies for communicating with a patient who has harmed themselves; • Discuss what to do when a patient has harmed themselves; • Discuss what to do when your patient has committed suicide. 	Dr. Simon Hatcher
9:00AM - 10:00AM	What to Do if Someone Says they Want to Kill Themselves: Child & Adolescent, Adult and Geriatric <ul style="list-style-type: none"> • Ask the questions that will help you to assess risk; • Discuss local support and available resources. 	Dr. Clare Gray Dr. Mark Kaluziński Dr. Anne Hennessy
10:00AM - 10:15AM	Resource Rapid Fire: What's Available in the National Capital? <ul style="list-style-type: none"> • Locate and summarize resources available in Ottawa for patients; • Locate and summarize resources available in Ottawa for health care professionals. <p>RRF #1 Bereaved Families of Ontario - Ottawa Region - Presented by Ms. Deborah Krogan RRF #2 Community Suicide Prevention Network of Ottawa - Presented by Andrea Poncia</p>	
10:15AM - 10:30AM	Refreshment and Networking Break	
10:30AM - 11:15AM	Psychotherapeutic Strategies When You Only Have a Few Minutes with a Depressed Patient <ul style="list-style-type: none"> • Describe some practical psychotherapeutic strategies to try with a depressed patient; • Locate and evaluate practical resources you can use in dealing with a depressed patient. 	Dr. Jeanne Talbot
11:15AM - 12:00PM	Treating the Elderly Depressed (and Suicidal) Patient <ul style="list-style-type: none"> • Recognize depression in elderly persons; • Evaluate and recommend the best options from available treatments; • Explain modifications for medical co-morbidities and end-of life. 	Dr. Andrea Stewart
12:00PM - 12:15PM	Resource Rapid Fire: What's Available in the National Capital? <ul style="list-style-type: none"> • Locate and summarize resources available in Ottawa for patients; • Locate and summarize resources available in Ottawa for health care professionals. <p>RRF #3 Canadian Coalition for Seniors' Mental Health - Presented by Ms. Bonnie Schroeder RRF #4 EmentalHealth.ca - Presented by Dr. Michael Cheng</p>	
12:15PM - 1:00PM	Networking Lunch	
1:00PM - 1:45PM	What to Do if a Parent Says Their Child is Self-Harming <ul style="list-style-type: none"> • Describe the spectrum of self-harm; • Review and discuss difficult issues with parents; • Locate and recommend resources available to parents and families of a child who self-harms. 	Dr. Kathi Pajer
1:45PM - 2:45PM	Rational Approach to Selection of Antidepressants: Children, Adolescents and Adults <ul style="list-style-type: none"> • Describe some guidelines for antidepressant use in the treatment of mood and anxiety disorders; • Recognize the decision-making points for dosing, switching, augmenting and combining antidepressants; • List some risks of prescribing antidepressants. 	Dr. Kathi Pajer Dr. Doug Green
2:45PM - 3:00PM	Resource Rapid Fire: What's Available in the National Capital? <ul style="list-style-type: none"> • Locate and summarize resources available in Ottawa for patients; • Locate and summarize resources available in Ottawa for health care professionals. <p>RRF #5 Parents Lifelines of Eastern Ontario - Presented by Natalie Markoff RRF #6 Distress Centre of Ottawa and Region - Presented by Leslie Scott</p>	
3:00PM - 3:20PM	Refreshment Break	
3:20PM - 4:20PM	Mental Health Care Services in Ottawa: Finding what you Need <ul style="list-style-type: none"> • Describe what services are and are not available in Ottawa; • Discuss new approaches to delivering mental health care services. 	Dr. Kathy Gillis Dr. Simon Hatcher Dr. Kathi Pajer Mr. Kevin Barclay
4:20PM - 4:30PM	Evaluation and Adjournment	

Register Online Today!
www.med.uottawa.ca/cme

Mental Health Update

Friday, February 27, 2015

The Ottawa Hospital, Civic Campus, Amphitheatre

**Mandatory Field*

*First Name: _____ *Last Name: _____

*Address: _____

*City: _____ *Province: _____ *Postal Code: _____

*Email: _____

*Home Telephone: _____ *Fax: _____

**Proof of Student status will be required upon check in at the registration desk.

***A letter from your Program Director verifying Resident status will be required upon check in at the registration desk in order to receive the discounted registration rate.

- Physician
- Other Health Professional
- Resident***
- Student**

Registration Information

- ◆ No registration form will be processed without the full registration fee included.
- ◆ Post-dated cheques are not accepted.
- ◆ Continental breakfast, refreshment breaks and lunch are included in the registration fees.
- ◆ Refunds less \$75 administrative charge will be issued for cancellations received in writing by **January 16, 2015**. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event date.

FEES

Early Bird Deadline: January 16, 2015	ONLINE Early Bird Rate	ONLINE Regular Rate	Fax, Mail or Onsite Rate
Physician	\$240.00	\$250.00	\$260.00
Other Health Professional	\$190.00	\$200.00	\$210.00
Resident***	\$190.00	\$200.00	\$210.00
Student**	\$25.00	\$25.00	\$25.00

All registrations that are faxed or mailed to the Office of CPD will automatically be charged the Fax Mail registration fee. No exceptions.

Contact Information

EMAIL: cpd@toh.on.ca | TEL: 613-761-4480 ext: 1
FAX: 613-761-5262 | www.med.uottawa.ca/cpd

METHODS OF PAYMENT

Credit Card: Visa MasterCard American Express Cheque

Card Number: _____ Expiry Date: ____ / ____

Name on the Card: _____

Fax: 613-761-5262

Mail: Please make cheques payable to "University of Ottawa, CPD", Loeb Research Bldg, 725 Parkdale Avenue; Room 158 Ottawa, ON K1Y 4E9