



Cardiology & Office Psychiatry Update 2016 July 17-24, 2016

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Sunday, July 17, 2016

Vancouver, BC

2:30 – 3:00 **Conference Registration**

Monday, July 18, 2016

At Sea

8:00 – 9:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a turning point technology demonstration day.

9:00 – 10:00 **Top Ten Achievements in Cardiology: How Did We Get to 2016?**

Dr. Brad Dibble

During his first session, Dr. Dibble will review the key milestones that have changed the management of cardiac patients and how the achievements have often consisted of collaboration between researchers, clinicians and industry. He will also review how many standard diagnostic tools and therapies were achieved by accident or met with resistance, while others required years of dedicated work to one single goal.

10:00 – 11:00 **All About Anxiety: Update on Diagnosis and Treatment**

Dr. Marjorie Robb

Dr. Robb will review the stepped care in treating anxiety including Pharmacologic treatments and Psychotherapy treatments. During this session, she will describe the steps in medication management of anxiety disorders.

11:00 – 12:00 **Wealth Mangement 1**

1:30 – 2:30 **New Frontiers in Heart Failure Management – Dr. Anil Gupta**

Dr. Gupta will review the clinical diagnosis of heart failure and discuss current treatment options. He will also review how to recognize the signs and symptoms and how to apply treatment guidelines to patients including titration of medications. Throughout the session, Dr. Gupta will discuss how to empower patients in their own management strategies.

2:30 – 3:30 **Wealth Mangement 2**

Tuesday, July 19, 2016

Icy Straight Point, AK

7:45 – 8:00 **Welcome: Day 2** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **An Update on HTN and Dyslipidemia** - *Dr. Anil Gupta*
Dr. Gupta will review the new diagnostic criteria for hypertension and the new Canadian guidelines and why they differ from US guidelines. He will also discuss the rationale behind new BP treatment targets and how they apply to along with the new treatment options for dyslipidemia.

9:00 – 10:00 **Dealing With Depression: Update on Diagnosis and Treatment**
Dr. Marjorie Robb
During this session, Dr. Robb will review diagnostic issues – the points and pitfalls along with updates on pharmacologic and non-pharmacologic treatments. She will also discuss how to deal with complex presentations and the use of technology such as iCBT to improve access to treatment.

10:00 – 11:00 **State of the Art: An Update on Atrial Fibrillation and Anticoagulation**
Dr. Brad Dibble
Dr. Dibble will discuss how the number one goal in dealing with atrial fibrillation is to determine stroke risk and who needs anticoagulation. He will review rate vs. rhythm control and how it is often simply a matter of what's needed for symptom relief. During the session, Dr. Dibble will also discuss the various options for anticoagulation.

11:00 – 12:00 **Acceptance, Change and the Borderline Patient: Advances in Understanding Borderline Personality Disorder (BPD)** - *Dr. Marjorie Robb*
BPD is treatable, and early intervention can be very helpful. Dr. Robb will discuss how trauma and attachment considerations are essential to consider and the cluster of problems of persons with BPD can be helped by an organized approach. She will also describe the benefits and limitations of medications for BPD patients.

12:00 – 1:00 **Wealth Mangement 3**

Wednesday, July 20, 2016

Hubbard Glacier (Cruising)

7:45 – 8:00 **Welcome: Day 3** - Your hosts will outline the CME program for the day.

8:00 – 9:00 **Post-MI Management: What Happens After Discharge**
Dr. Brad Dibble
In-hospital management of MI patients has changed significantly in the last 20 years and it is important for primary care physicians to be aware of contemporary management so that they know what to watch for after discharge and when to contact a Cardiologist for advice or for concurrent care. Dr. Dibble will also review how anti-platelet agents are important post-MI and PCI and it is important to know when they hand be held and when they shouldn't be interrupted.

Thursday, July 21, 2016

Juneau, AK

8:00 – 10:00 Global Medicine: Native Medicine in Alaska: People and Plants

Linda Kruger, PhD

During this session, there will be a discussion on how native healing differs from Western Allopathic Medicine and the role of healing plants along with specific plants in native healing. The presenter will also review how cultural factors can affect the presentation and management of illness and explore the concept of “cultural resonance” in an effort to improve the health care of native peoples.

Friday, July 22, 2016

Ketchikan, AK

7:45 – 8:00 Welcome: Day 5 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 Diagnostic Test for Assessment of Chest Pain - Dr. Anil Gupta

Dr. Gupta will discuss the pre-test and post-test likelihood of coronary disease in patients with chest pain and along with the indications and process for stress tests. He will also review the role of cardiac CT for assessment of coronary artery disease and establish a protocol for deciding which test to order in which patient.

9:00 – 10:00 Fundamentals of Trauma Treatment and Trauma-Informed Care in Primary Practice - Dr. Marjorie Robb

During this session, Dr. Robb will discuss the epidemiology and cost of trauma along with the effects of trauma on the brain. She will discuss ways to help regulate the emotional brain and how to make sense of complex trauma presentations along with an update on treatment options.

10:00 – 11:00 Cardiac Jeopardy - Dr. Anil Gupta

Dr. Gupta will review a potpourri of topics including guidelines on hypertension, atrial fibrillation and dyslipidemia.

11:00 – 12:00 Cardiology Wrap-Up: What will the Future Bring? - Dr. Brad Dibble

Coming full circle where the first talk addressed how we got to 2016, this session will touch on various areas of research and study that will shape the next century of cardiovascular medicine.

Saturday, July 23, 2016

At Sea

7:45 – 8:00 Welcome: Day 6 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 Navigating ADHD – Identification and Management Across the Lifespan

Dr. Marjorie Robb

Dr. Robb will discuss diagnosing ADHD across the lifespan as well as the personal and social burden of adult ADHD. She will also review rational decision processes in using ADHD medication interventions and monitoring as well as non-pharmacologic interventions.



Saturday July 23rd Continued...

9:00 – 10:00 Global Warming and Climate Change: What the Physician Needs to Know - *Dr. Brad Dibble & Dr. Anil Gupta*

Dr. Dibble & Dr. Gupta will review the present status of global warming and climate change and the health impacts that climate change has on patients. He will discuss change that can be made to adapt and mitigate the problem.

10:00 – 11:00 Mindfulness and Self-Compassion - *Dr. Marjorie Robb*

During this session, Dr. Robb will review the medical and psychological benefits of mindfulness practice as well as specific benefits to physicians of mindfulness practice.

11:00 – 12:00 Bring Your Challenging Cases and Questions

Dr. Brad Dibble & Dr. Anil Gupta

Other sessions within the curriculum help to cover some of the most common cardiac issues that physicians deal with. This session will allow physicians to raise questions about less common but still important topics that are seen in the office.