



**Internal Medicine, Pain Management &
Women's Health Update 2016
November 21 – December 7, 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.

Monday November 21, 2016

Lisbon, Portugal

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

Tuesday November 22, 2016

Cadiz, Spain

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

9:00 – 10:00 **Chronic Pain and the Law – From Bedside to Bench**

Dr. Pam Squire & Dr. Owen Williamson

During his first session, Dr. Squire and Dr. Williamson will review the role of the physician in court and how to explain medical findings to the court and how creating simple explanations for some of the common complex findings that are relevant in chronic pain can be difficult. They will also review how malingering is a legal diagnosis, not a medical diagnosis and that a physician can provide possible explanations that may explain differences between the patients self report or examination findings and what has been observed. Throughout the session, they will discuss how care must be taken to use on scientifically valid diagnostic categories and to not use labels that obscure clinician ignorance or frighten patients.

Wednesday November 23, 2016

Tangier, Morocco



Thursday, November 24, 2016

At Sea

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

8:00 – 9:30 **Neuroplasticity, The Frontiers of Neuroscience & MindBody Medicine Workshop – Dr. Tim Cook**

Neuroscience research has now clearly shown that the brain's structure & function changes on a moment to moment basis in response to the environment, behavior and attitudes. Experiential training or brain exercises have shown considerable promise in managing many chronic diseases and in preventing illness. MindBody medicine has emerged as a specialty with considerable supportive research and it is important for practitioners to be able to guide their patients towards evidence-based MindBody practices. This workshop will introduce Mindfulness Based Stress Reduction principles and techniques.

9:30 – 10:30 **Test Your Contraception IQ: Be a Contraceptive Mythbuster!**

Dr. Nicholas Leyland

Dr. Leyland will separate fact from myth with respect to common beliefs about birth control and identify opportunities to change contraceptive practices, reduce failure, and improve satisfaction. He will also discuss how to reassure patients about the relative safety of contraception and help delegates understand the different forms of contraception and their indications at different phases of a woman's life.

10:30 – 11:30 **Interventional Procedures for the Diagnosis and Treatment of Spinal Pain - Dr. Owen Williamson**

Dr. Williamson will discuss the limitations of history, physical examination and non-invasive investigations in the diagnosis of spinal pain along with the use of injections and spinal cord stimulators in the diagnosis and treatment. He will also summarize the evidence for the efficacy, safety and cost-effectiveness of injections and spinal cord stimulators.

Friday, November 25, 2016

Tenerife, Spain

9:00 – 11:00 **Global Medicine: Health Care in Spain**

This lecture will give a snapshot of the most important public health system issues in Spain and review current health advice to travelers in Europe – specifically Spain. There will also be a discussion on the issues of patients with Internal Medicine, Pain Management and Women's Health issues the region.

Please note: This is a lecture by a local presenter from Tenerife onboard the Oceania Marina



Saturday, November 26, 2016

At Sea

- 7:45 – 8:00 Welcome: Day 5** - Your hosts will outline the CME program for the morning.
- 8:00 – 9:00 Management of Abnormal Uterine Bleeding – Dr. Nicolas Leyland**
During this session, Dr. Leyland will discuss the impact of AUB on women and how the understanding of menstrual dysfunction is important for all medical specialists.
- 9:00 – 10:00 Vascular Disease is Inflammation, NOT Just Cholesterol**
Dr. Tim Cook
Heart Attack and stroke remain the most common cause of mortality in North American adults. Sudden death in those who were unaware of their underlying cardiovascular disease (CVD) is the presentation of CVD in up to 25%. It is known that conventional CVD risk calculators misclassify patients frequently and new tools allowing doctors' to identify at-risk patients earlier are available. These are based on a new paradigm of atherosclerosis as a primary inflammatory disease of vascular endothelium. For those with established CVD, maximal treatments (based on LDL lowering) still leave residual risk thought to be due to persistent pro-inflammatory responses. Trials designed to confirm this hypothesis and offer novel treatments are underway.
- 10:00 – 11:00 Motivating Patients to Change - Dr. Owen Williamson**
Dr. Williams will help physicians to identify the stages of change (as they apply to patients with chronic pain), implement motivational interviewing and cognitive behavioral techniques to facilitate change and to identify at least three strategies to maintain changes.
- 11:00 – 12:00 Myofascial Pain: Controversies and Opportunities - Dr. Pam Squire**
Dr. Squire will discuss how myofascial pain (MP) is an under-recognized cause of soft-tissue pain and Chronic MP is often due to specific underlying causes that must be identified and treated for successful recovery. There is evidence that MP causes referred pain and the overlying skin may be hyperalgesia and allodynia, similar to neuropathic pain. Throughout the session, Dr. Squire will discuss current treatment strategies.

Sunday November 27, 2016

At Sea

- 7:45 – 8:00 Welcome: Day 6** - Your hosts will outline the CME program for the day.
- 8:00 – 10:00 Opioid Prescribing in 2016 - Dr. Owen Williamson**
Dr. Williamson will review the CDC Guideline for Prescribing Opioids for Chronic Pain 2016 and discuss the long term opioid therapy and that it should be only considered in the context of a multimodal pain management strategy.



Sunday November 27th Continued...

10:00 – 11:00 Medical Leadership for Women’s Health: Patient Safety Concepts, The Harvard Experience - *Dr. Nicolas Leyland*

Dr. Leyland will review the evolution of the patient safety and quality movement and for the participants to ‘get’ our role as physicians in assuring quality.

11:00 – 12:00 Genomics and Personalized Medicine 101 - *Dr. Tim Cook*

Personalized medicine is founded on the latest genomic analyses that allows the tailoring of health care of individual patients. From nutritional supplements, diet and exercise to the most appropriate medications, chemotherapy and health screening, genomic testing is now available and evidence-based, but under-utilized. In this review, the basic concepts and practices of personalized medicine will be outlined with case examples.

Monday November 28, 2016

Mindelo, Cape Verde

Tuesday November 29, 2016

At Sea

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

8:00 – 9:00 Painful Diabetic Peripheral Neuropathy (PDPN): An Introduction to Diagnosis and Treatment - *Dr. Pam Squire*

Dr. Squire will discuss the common sensory nerves and the functions of each and how to utilize a new, highly effective and inexpensive tool in an innovative fashion to identify painful diabetic neuropathy. She will also outline a treatment plan based on individual patient and disease characteristics.

9:00 – 10:00 Medical Leadership Concepts for Women’s Health: Physician Engagement - *Dr. Nicolas Leyland*

Dr. Leyland will discuss the barriers to physician engagement and the problems with how physicians are compensated and how they are trained. He will also review linear vs. systems thinking and how decision support data can facilitate change in healthcare.

10:00 – 11:30 WORKSHOP: Early Detection & Monitoring of Vascular Disease using High Resolution Carotid Ultrasound - *Dr. Tim Cook*

It has been shown that the thickness of arterial walls (between the intimal and media layers) is closely correlated with arterial health. The earliest indication of vascular disease is increased Intimal-Medial thickness due to deposition of inflammatory cells and substrate. This has also been correlated with endothelial dysfunction. The arterial beds that are most readily assessed for IMT are carotid and femoral and high resolution ultrasound machines that are semi-automated, user-friendly, accurate, safe and portable and are now available. Identification of increased carotid IMT compared with an age, gender and ethnicity matched population, or the finding of carotid plaque is an important indicator of CVD risk and can be used to modify baseline risk from Framingham / Reynold’s calculations. CIMT by ultrasound has several advantages over other vascular imaging tools such as CT or MR angiography.



Wednesday November 30, 2016

At Sea

- 7:45 – 8:00** **Welcome: Day 9** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **Pathophysiology of Persistent Pain Including Low Back Pain**
Dr. Owen Williamson
Dr. Williamson will describe several mechanisms that help explain pain of unexpected duration, intensity or location. He will also list sensory examination findings that help identify different mechanisms of persistent pain and explain possible mechanisms of unexpected pain to patients with chronic low back pain.
- 9:00 – 10:00** **The Standard of Care in Gynecology** - *Dr. Nicolas Leyland*
Dr. Leyland will review the 'Standard of Care in GYN Surgery' and the barriers to adoption of minimally invasive surgery (MIS) techniques. He will also review the deficiencies of contemporary surgical teaching methods and strategies to improve training and to promote MIS in Gynecology.
- 10:00 – 12:00** **Physical Examination of the Patient with Chronic Pain** - *Dr. Pam Squire*
Many physicians are aware of common symptoms of addiction but many are unsure of the physical manifestations. This session will review key common physical signs of addiction and demonstrate how to perform a sensory and physical examination for patients with chronic musculoskeletal pain and neuropathic pain.

Thursday December 1, 2016

At Sea

- 7:45 – 8:00** **Welcome: Day 10**- Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **The Modern Management of Endometriosis** - *Dr. Nicolas Leyland*
During this session, Dr. Leyland will provide a stepwise approach to managing pelvic pain associated with endometriosis with a view to life long management.
- 9:00 – 11:00** **Prescribing Cannabis: Evaluation and Treatment Options**
Dr. Pam Squire
Dr. Squire will describe the current state of cannabis legislation and explain basic cannabinoid pharmacology relevant to prescribing and how to choose patients who may be appropriate for a trial of cannabinoids based on current evidence. She will also cite contraindications, adverse effects, dosages and routes and how to create a treatment plan based on the individual patient and disease characteristics.



Thursday December 1st Continued...

11:00 – 12:00 Integrative Health: A New Medical Paradigm - Dr. Tim Cook

Over 50% of North Americans, and higher percentages of Europeans utilize the services of complementary health professionals, as well as various natural health products. While there is increasing evidence of efficacy and cost-benefits of many of these, there are also concerns about adverse effects of combinations of conventional medications and natural health products and inappropriate expenditures on ineffective therapies. It is important for primary care and specialist physicians to recognize that their patients are engaging in Complimentary Care and to have an open dialogue about it.

Friday December 2, 2016

Recife, Brazil

Saturday December 3, 2016

Salvador, Brazil

7:45 – 8:00 Welcome: Day 12- Your hosts will outline the CME program for the day.

8:00 – 9:00 Emerging Infectious Diseases: Chikungunya & Zika Virus

Dr. Tim Cook

Chikungunya & Zika virus is spreading rapidly in the tropics with transmission and distribution similar to dengue fever. While there is no specific prevention, vaccine or treatment at this time, it is important to be able to counsel our traveling patients on the effective general prevention and personal protection measures as well as to recognize and differentiate these diseases from dengue and other tropical fevers.

9:00 – 10:00 Chronic Gynecological Pain - Dr. Nicolas Leyland

Dr. Leyland will discuss the development of a clinical approach to the assessment of pain in women and present a multifactorial perspective on the development of pain syndromes. He will review the argument for an interdisciplinary approach to pain in women.

10:00 – 11:00 Ultrasound Guided Soft Tissue Injections - Dr. Pam Squire

Using ultrasound is becoming the new standard of care for soft tissue injections due to increased accuracy. Dr. Squire will discuss the evolving evidence for using proliferative agents in certain conditions and dextrose offers a cheap and easily available first option.

11:00 – 12:00 The Presentation and Modern Management of Uterine Fibroids

Dr. Nicolas Leyland

During this session, Dr. Leyland will discuss the newest Canadian CPG for Fibroids and the impact of uterine fibroids on women's health and their quality of life. He will review the evidence based management and alternatives to invasive surgery.



Sunday December 4, 2016

Salvador, Brazil

Monday December 5, 2016

At Sea

7:45 – 8:00 Welcome: Day 14 - Your hosts will outline the CME program for the day.

8:00 – 9:30 How to Write a Medico-Legal Report

Dr. Pam Scurie & Dr. Owen Williamson

During this session, Dr. Squire & Dr. Williamson will review that the role of the physician is to assist the court, not be a patient advocate. It is always best to resist the temptation to offer opinion outside of your area of expertise and there can be significant differences in how physicians and lawyers define causation.

9:30 – 10:30 Cases in Integrative Health: Chronic Back Pain and Depression

Dr. Tim Cook

Back pain and depression are very common presentations for primary care and certain specialist physicians and there is a rigorous evidence base for conventional medical approaches to these. But how rigorous is this evidence? And might there be evidence based complementary approaches that could be as effective, cost-beneficial and less invasive? We will explore the evidence and come to appreciate that both may be combined in a personalized fashion for our patients.

10:30 – 11:30 Improving the Management of Perioperative Pain - *Dr. Nicolas Leyland*

Dr. Leyland will discuss the epidemiology of acute pain and understanding neuropathic pain preoperatively. He will also review the optimization of pain control utilizing multi-modal therapy and the evidence based approaches to pain management optimization.

11:30 – 12:30 Lyme Disease: Acute Management and the Chronic Disease Conundrum

Dr. Tim Cook

During this session, Dr. Cook will discuss Lyme disease and that it is an endemic disease in Canada and North America and is underappreciated and under diagnosed. He will also review that it causes significant morbidity including chronic fatigue, unexplained neurologic, cardiac and rheumatologic symptoms.



Tuesday December 6, 2016

Rio de Janeiro, Brazil

7:45 – 8:00 **Welcome: Day 15** - Your hosts will outline the CME program for the day.

8:00 – 9:00 **Bring Your Cases, Questions in Women's Health: "You Show me Yours and I'll Show You Mine"** - *Dr. Nicolas Leyland*

This session will be an interactive discussion on clinical problems in women's health.

9:00 – 10:00 **Preparing a Traveler: 'Hope for the Best, Plan for the Worst'**

Dr. Tim Cook

Education of travelers is important but behavioral modification to reduce risk of injury, STIs, vector/food/animal borne disease is more important. The judicious use of medications and vaccines will be discussed with case examples.