



Pediatrics Update 2017

Up to 28 CME Hours

Dr. Steven Moss

Essential Updates for General Paediatric Practice:

Position Statements and Practice Points from the Canadian Paediatric Society, with review from the American Academy of Pediatrics.

1. Quick Hits of recent Statements
2. Update on Immunization
3. Preventative Health Care in Infancy
4. Preventative Health Care in Childhood
5. Workshop on the well-infant visit
6. Workshop on the well-child visit
7. Preschool Asthma and Bronchiolitis
8. Community Acquired Pneumonia
9. Workshop on Novel Clinical Practice Tools
10. Workshop on vaccine hesitancy

Dr. John Gannage

Integrative Medicine for Children's Mental Health

1. Scope of the Problem; Epidemiology; Current Standard Treatments
2. Integrative Medicine Overview
3. Gut-Microbiome-Brain Axis
4. Children and Environmental Medicine Part 1
5. Children and Environmental Medicine Part 2
6. Food and Children's Mental Health
7. Oxidative Stress, Methylation Defects and Mitochondrial Dysfunction
8. Nutrient Therapy
9. Tying it Together: Cases
10. Physician Wellness: Practice What We (Should Be) Preaching



I. Rationale:

We are in the midst of a mental health disorder epidemic, with dramatic rise in autism spectrum disorder, ADHD, and other neurodevelopmental disorders of children. The gap in care that exists can be at least partially filled with a broader understanding of nutrition and environmental influences on the developing nervous, immune, digestive and metabolic systems of children.

II. Course Aims and Outcomes:

Aims

For the practicing physician to complement their current care methods with application of nutrition principles, and to consider the emerging theories related to both the gut ecosystem and exogenous environmental factors on neurodevelopment.

Specific Learning Outcomes:

By the end of this course, practitioners will:

- conceptualize integrative medicine in a holistic framework
- recognize the exponential nature of the epidemics at hand, and the gap that exists in effective management
- understand the interrelationships between children, their development, nutrition and the environment.
- understand the importance of history taking from an environmental exposure perspective
- more fully understand the importance of the gut-microbiome-brain axis in general, and specifically for brain development
- understand concepts related to environmental toxic burden: retention, biomagnification, maternal-fetal transfer, the negative synergy of chemicals, the consequences of exposure during critical stages of development, the impact of immature detoxification metabolism, a definition of epigenetics
- describe oxidative stress and mitochondrial dysfunction as key mediators of cellular injury and tissue dysfunction
- understand the basics of methylation, and the key nutrients that support it
- learn about diet therapies of value in mental health disorder management, including the impact of gluten and dairy products



- learn about key nutrients involved in NDD therapeutics, including Vitamin D and Omega 3 fatty acids, the concept of functional deficiency, and doses of antioxidants
- apply an understanding of nutrition and lifestyle factors to their own health, for enhancing physician wellness and prevention

Dr. Benjamin Burko

Practice Management

1. Time Management
 - Describe the benefits to patients, staff and physicians of running an efficient office
 - Explore ideas of efficiency in a pediatrics practice
 - Learn how to create a goal supportive work environment
 - Identify where time is habitually wasted
 - Learn how to Implement effective strategies to minimize the wasting of time
 - Appreciate and have an approach to the science of “project management”:
A most effective means to an end
2. Getting the most out of your EMR
 - Review the importance of the EMR in the management of pediatrics
 - Discuss the pro’s and cons of an EMR
 - Review the Open Source paradigm of “license fee-free” software
 - Discuss the true operational costs of “Free” software
 - Overview of successful EMR implementation
3. Ten ways to earn an extra million or two!
4. Advances in Medical Office management