Conference 2021
Practical Pearls
in Long Term Care

This Group Learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by the College's Ontario Chapter

VISION

All Ontarians in Long Term Care will receive excellent care.

REGISTRATION AND PROGRAM GUIDE

CONFERENCE 2021

#PPLTC21

www.oltcc.ca

OLTCC

ONTARIO LONG TERM CARE CLINICIANS

VIRTUAL

CONFERENCE

October 15, 20, 22 & 29, 2021

First 200 Full Conference Registrants will receive a $10 Tim's Card!
First 100 Full Conference Registrants will get a "Swag Bag" delivered to them!



Ontario Long Term Care Clinicians is a not-for-profit organization of Doctors and other clinicians who work in Long-Term Care Facilities.

VALUE STATEMENT

We believe a dedicated, collaborative, inter-professional team with Physician leadership provides the highest quality, comprehensive evidence-based medical care for LTC residents.

VISION:

All Ontarians in Long-Term Care will receive excellent care.

MISSION

1. **Promotes education, advocacy and engagement.**
2. **Provides an annual conference, "Practical Pearls in Long-Term Care".**
3. **Advocates for the residents who are living in LTC facilities through dialogue with the Ministry of Health and Long Term Care and other stakeholders in Long-Term Care.**

PRESIDENT'S INVITATION



If you are a clinician practicing in Long Term care - Physician, Nurse Practitioner, Pharmacist, or other health care professional - "Practical Pearls in LTC 2021 Virtual Conference" has meaningful content for you. Now is a time to reflect, assess, learn and move forward from the COVID-19 pandemic. #PPLTC21 is the largest conference in Canada for LTC clinicians and this year the virtual platform has been adapted to provide you with *an enhanced virtual experience, with built in flexibility and networking opportunities*. A broad range of topics and social events are highlighted by several Keynote Presentations including Dr. Carla Cheatham's "*Thriving Towards Post Traumatic Growth*" and Dr. Jack Kitts, Commissioner of the Ontario LTC Commission "*The Long-Term Commission – Lessons Learned and Recommendations Going Forward*".

We look forward to gathering with you to help ensure excellent care for all who call LTC their home.

See you there!

Sincerely,
Ben Robert, MD, CCFP (COE, PC), MBA
President, Ontario Long Term Care Clinicians

CONFERENCE CO–CHAIRS' INVITATIONS



Dr. Katarina Lakovic



Dr. Sandy Shamon

We invite you to Practical Pearls in LTC 2021 (#PPLTC21), once again being offered virtually! After another difficult year, we are looking forward to bringing LTC clinicians together to reflect on the lessons learned, ways in which we can move towards healing from the trauma and losses we have suffered, and how to continue to improve our skills and knowledge so we can best face the challenges that lie ahead.

Our conference planning committee has worked diligently to put together a strong scientific program with the most up to date topics in LTC medicine. We strived to create a program with a breadth of topics to address your learning needs, focusing not only on the devastating effects of the pandemic, but the many other aspects of the multifaceted and complex care needs of our LTC patients. When you browse our program you will see evidence-based workshop sessions on important clinical topics as well as plenary and panel sessions that reflect our education, advocacy and engagement efforts.

The challenges and learnings gained throughout the pandemic have only solidified our commitment to ensuring that PPLTC reflects both our vision and mission statements. Until we meet again in person, we hope you will join us virtually this fall as we learn and work together to champion quality care for all Ontarians residing in LTC.

Conference Co-Chairs
Katarina Lakovic, MSc, MD, CCFP (COE)



BOARD OF DIRECTORS 2021-2022

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SCIENTIFIC PROGRAM COMMITTEE 2021

CO-CHAIR	Sandy Shamon, MD, CCFP, PC
CO-CHAIR	Katarina Lakovic, MSc, MD, CCFP (COE)

MEMBERS

Anne Hamilton, MD, CCFP, FCFP
Carrie Heer, RN(EC), BScN, MN, NP-PHC
Louis J. Kennedy, MD
Lorand Kristof, MD, MSc, CCFP, AAFP, CAQ, Geriatrics
J. Fred Mather, MD, CCFP, FCFP
Kerstin Mossman, MD, CCFP (COE), FCFP
Corinne Pollard, MN, NP-PHC, CHPCN(C)
Henry Siu, MSc, MD, CCFP (COE)

WHY ATTEND?

THIS IS THE NATION'S LEADING CONFERENCE FOR LTC PHYSICIANS AND OTHER PRIMARY CARE PROVIDERS!

The Vision of Ontario Long Term Care Clinicians is ***all Ontarians in Long Term Care will receive excellent care*****.** OLTCC is the largest organization of Long-Term Care Physicians in Canada. Our membership includes Medical Directors, Nurse Practitioners and Pharmacists.

The ***Mission of OLTCC is to promote education and advocacy***. The Scientific Program Committee presents a program of current and emerging topics related to medical care in Long –Term Care. Evaluations and suggestions from previous conferences guides the creation of the program. Many workshops programs were submitted by colleagues who are truly the front-line experts in clinical Long-Term Care.

Dealing with COVID-19 for over one year—the committee has recognized the need to offer topics and updates on many issues that were once not issues in the past. This conference highlights pertinent information and take-away tools that attendees can utilize immediately in their practices. Hear from top experts and highly-skilled clinicians and give yourself the opportunity to learn and be updated with the most current content! Visit exhibitors and learn more about what they offer and how they support the LTC Physicians and others. Visit the poster presenters and enjoy networking through the meeting hub and virtual connections.

Many of the residents who we care for are approaching end of life. Long-Term Care provides expert care that assures safety, comfort and dignity. Hence, the conference provides sessions on palliative care and advance care planning and many more relative topics.

On behalf of the Scientific Program Committee and OLTCC we invite you to attend Canada's prime conference that promotes expertise and quality in Long-Term Care.

JOIN COLLEAGUES FOR THIS ANNUAL EVENT TO LEARN AND NETWORK

Conference 2021 Practical Pearls in Long Term Care



Thank you to our Virtual Platform Sponsor—2021

THE VIRTUAL PLATFORM

By clicking on the link below the short video will review all the information you need to know about the OnAIR platform. It will review Login information, Setting up your Profile, Core Features, Meeting Hub, Virtual Exhibits, Virtual Poster Presentations, Gamification and Social Networking. All the features that OnAIR offers and the ease of how to maneuver through the program.

When you register you will set up your email that you will use to log into the program each day and you will also create your password. ***Keep both handy and available so your login goes quickly and smoothly for each of the Conference days.***

Before the event starts, log into the portal to ensure you have no issues. The program will not be live, but you will be able to look at some of the features and move through some of platform areas.

There will be live-support available throughout the program, so if you do encounter an issue, they are there to help you through it.

So—let's get started! Click on the link below for the Video. If you cannot access the video for some reason, please reach out to the office at office@oltcc.ca

ATTENDEE EXPLAINER VIDEO

INTERNET & BROWSER SETTINGS

OnAIR has been configured to work on most browsers since early 2021. Please click on the link below to find the information on your browser and the required settings.

Browser Settings for OnAIR Vitrual Events

It is recommended that a desktop computer or a laptop be used for this platform. iPhones and IPads are not recommended.

GAMIFICATION! WIN PRIZES!

WANT A CHANCE TO WIN SOME GREAT PRIZES?

Here's your chance! Every time you attend a Workshop, visit an Exhibitor, visit a Poster, Participate in the Networking, Check out the Meeting Hub—you earn points!

The points are automatically generated and you will be able to see how many points you have on your screen.



During the last break on Friday October 29th, prizes will be distributed. More detailed information on that process will be sent to all attendees.

So, get ready to win! The more you do the more points you get and you have a chance to win some great prizes!

DATES & TIMES

RECORDED PROGRAM

REGISTRATION

CANCELLATION CLAUSE

QUESTIONS

GENERAL INFORMATION

DATES AND TIMES: *Please note that all times are approximate. Any symposiums scheduled are not included in the main conference program—Separate invitations will be sent for those.*

Friday October 15, 2021—3:00 pm—6:30 pm
Wednesday October 20, 2021—3:00 pm—6:30 pm
Friday October 22, 2021—3:00 pm—6:30 pm
Friday October 29, 2021—3:00 pm—6:30 pm

RECORDED PROGRAM

The conference program will be recorded and after each day attendees will receive a link to the recordings which will be live for 90 days after the conference concludes. You must be a registered delegate to receive the links.

REGISTRATION

Registration is online: Register Here

The 1st 100 Full Conference registrants will get a "Swag Bag" delivered directly to you!
The 1st 200 Full Conference registrants will receive a $10.00 Tim Hortons Card—Sponsored by PointClickCare

1. To start the registration process click on the tab that says **"create a new user account".** ***Even if you are a current member***, conference registration is separate from your main file, and it is a stand-alone event each year that does not pull information from previous years. Put in your email address twice and a password twice ***(Please remember this login as you will need this to log into the OnAIR portal for the conference program).***
2. If you are a presenter, the office will provide you with instructions and login information.
3. Mail Options: Please see the registration form on pages 18 and 19.

CANCELLATION CLAUSE

Cancellations are accepted one week before the start of the virtual conference, less a $30 administration fee. Below are the cancellation dates applied to the conference:

1. Cancel on or before **October 8** for the **Full Conference** Registration or Registration for one day of **October 15**
2. Cancel on or before **October 13** for Registration for one day of **October 20**
3. Cancel on or before **October 15** for Registration for one day of **October 22**
4. Cancel on or before **October 22** for Registration for one day of **October 29**

QUESTIONS?

Please contact us at office@oltcc.ca or 905-404-9545



Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY ONE FRIDAY OCTOBER 15 2021

WEDNESDAY OCTOBER 6, 2021

5:00 PM—6:00 PM **PRE-CONFERENCE GSK SPONSORED SYMPOSIUM**

Guideline and Data Driven Approach to Updating Immunization in Older Adults: Deep Dive on Shingles—*See invitation link on page 20*

FRIDAY OCTOBER 15, 2021

1:45 PM—2:45 PM **SPONSORED LILLY SYMPOSIUM**

Overlooking the Lows: Why You're Probably Missing Severe Hypoglycemia in Your Practice and What You Should do About it—*See invitation link on page 20*

PROGRAM

FRIDAY OCTOBER 15, 2021

2:50 PM **CONFERENCE OPENS**

2:50 PM—3:00 PM **OPENING REMARKS**



Ben Robert, MD, CCFP (COE, PC), MBA, President, OLTCC

3:00 PM—4:00 PM **MORE THAN SURVIVAL; THRIVING TOWARD POST-TRAUMATIC GROWTH**



Carla Cheatham, MA, MDiv, PhD, TRT

Professional caregiving is both incredibly rewarding and involves challenges during even the most routine conditions. During a crisis the risks for moral distress, moral injury, and secondary/vicarious trauma are multiplied. The fields of resilience, emotional intelligence and post traumatic growth have much to teach about how to thrive through, rather than merely survive, these times. This presentation will discuss practical, immediately actionable techniques to build healthy skills for the sake of the professional and those for whom they care.

By the end of the session, participants will be able to:

1. Define the risks and symptoms of moral distress, moral injury and trauma during crisis.
2. Explore the research into resilience, emotional intelligence and post-traumatic growth.
3. Analyze practical techniques for putting this information into personal and professional practice.

4:00 PM—4:45 PM **CHOOSE A CONCURRENT WORKSHOP**

15-01—Non-Motor Symptoms in Parkinsons Disease: Focus on Non-Motor Fluctuations

Dr. Galit Kleiner, MD

Learning Objectives

1. Identify and differentiate static non-motor symptoms (NMS) from non-motor fluctuations (NMF).
2. Introduce the Non-motor fluctuation assessment questionnaire (NoMoFA).
3. Discuss strategies to treat non-motor fluctuations.

15-02—Palliative Care in LTC—Models and Practical Tools

Sharon Kaasalainen, RN, PhD

Learning Objectives

1. Describe the role of Palliative Care Models in providing high quality end-of-life care in LTC.
2. Discuss the importance of clinician engagement in providing quality Palliative Care in LTC.
3. Share resources and evidence-based knowledge around enhancing quality of Palliative Care in LTC.

15-03—Why is my Patient Short of Breath and What am I Going to do About it?

Alan Kaplan, MD, CCFP(EM), FCFP

Learning Objectives

1. Review causes of dyspnea.
2. Review the work-up for these patients.
3. Discuss treatment options for some conditions.

Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY ONE FRIDAY OCTOBER 15 2021

DAY TWO WEDNESDAY OCTOBER 20 2021

THE PROGRAM

FRIDAY OCTOBER 15, 2021, *Continued*

4:45 PM—5:15 PM **REFRESHMENT BREAK—Sponsored by PointClickCare**



- Network with Peers.
- Find and meet other attendees through Meeting Hub, or set up a time/date to meet outside of the event.
- Virtually visit and meet Exhibitors in their 3D designed booth—download brochures—listen in on their booth presentations.
- Build up your points! The more places you visit the more points you earn—keep track of the points on your screen. Prizes will be given away on Friday October 29th.

4:45 PM—5:15 PM **MEET AND GREET SOCIAL FOR STUDENTS AND RESIDENTS**

NEW

Open to Students and Residents only and you must register for this event

We invite our medical trainees to join us at this session for an opportunity to meet one another and network with peers in an informal setting.

5:15 PM—6:00 PM **THE ROLE OF FAMILY COUNCILS IN THE LTC SECTOR & ENHANCING RESIDENT CARE**



Samantha Peck, MCATD, HonBA, Executive Director, Family Councils

By the end of the session, attendees will be able to:

1. Explain the impacts of social isolation on residents and families throughout the pandemic.
2. Describe the different roles of essential family caregivers, substitute decision makers, social visitors, and Family Council members & how LTC clinicians can work effectively with each.
3. Identify approaches to implement to better support a residents' caregiving circle and provide person-centered care.

6:00 PM—6:05 PM **CLOSING REMARKS**

Ben Robert, MD, CCFP (COE, PC), MBA, President, OLTCC

6:05 PM—6:30 PM **NETWORKING AND MEETING HUB OPEN FOR ATTENDEES**

WEDNESDAY OCTOBER 20, 2021

2:15 PM—3:00 PM **SPONSORED SANOFI SYMPOSIUM**

Optimizing Recognition and Referral Pathways for Skin Cancers in Long-Term Care—*See invitation link on page 20*

PROGRAM

WEDNESDAY OCTOBER 20, 2021

3:00 PM **CONFERENCE OPENS**



—3:05 PM **OPENING REMARKS**

Katarina Lakovic, MSc, MD, CCFP (COE)
Conference Co-Chair, 2021



0 PM **THE LONG-TERM CARE COMMISSION—LESSONS LEARNED AND RECOMMENDATIONS GOING FORWARD**

Jack Kitts, MD, MBA, Member of the LTC Commission

At the end of the session, attendees will prepare for future pandemics, or similar events and advocate better care for all Ontarians in Long-Term Care.

1. Highlight the major findings of the LTC Commission.
2. Access how the Commission Report will impact LTC.

Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY TWO WEDNESDAY OCTOBER 20 2021

THE PROGRAM

WEDNESDAY OCTOBER 20, 2021, *Continued*

4:00 PM—4:45 PM **CHOOSE A CONCURRENT WORKSHOP**

20-04—Choosing Wisely—Why Less is More in Long-Term Care

Andrea Moser, MD, MSc, CCFP (COE), FCFP, CMD
Jobin Varughese, MD, CCFP (COE), CMD

Learning Objectives

1. Provide an update on using antibiotics wisely.
2. Reduce inappropriate catheter use in LTC.
3. Advise on reducing unnecessary investigations.

20-05—Legal Issues About Consent and Capacity in Long-Term Care—A Case-Based Approach

Jan Goddard, BA, LLB

Learning Objectives

1. Present and share experiences in obtaining consent in LTC.
2. Review determination of capacity and when to seek capacity assessment.
3. Advise on identifying and reporting financial abuse.
4. Recommend management of conflict with substitute decision makers.

20-06—Nurse Practitioner Led Outreach Teams, an Integrated Solution Supporting LTC During the Pandemic and Beyond

Carrie Heer, RN(EC), BScN, MN, NP-PHC; Sheelagh Willett, BScN, MSN, ANP, NP; Kathryn May, BScN, NP-PHC, GNC(C); Moderator & Questions: Katherine McGilton, RN, PhD, FAAN, FCAHS

Learning Objectives

1. Review outbreak challenges and solutions created by NLOT teams across Ontario to support Long-Term Care (LTC) Homes during COVID-19 outbreaks including minimizing the spread.
2. Explore Nurse Led Outreach Team & Nurse Practitioners' roles including quality improvement practices and change ideas that supported LTC homes during COVID-19 outbreaks.
3. Obtain practical insight into the role and value of NLOT and Nurse Practitioners including opportunities for further expansion and implementation into LTC homes in Ontario.

4:45 PM—5:30 PM **REFRESHMENT BREAK**

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4:45 PM—5:30 PM **CAREERS IN LONG-TERM CARE**

PANEL PRESENTATION FOR STUDENTS AND RESIDENTS

Open to Students and Residents only and you must register for this event

NEW

Karen Britto, MD, CCFP
Celeste Fung, BSc, MDCM, CCFP (COE)
Pierre Robichaud, MD, CCFP, HBA (Ivey)

The objectives of the panel presentation are:

1. Explore why clinicians choose to practice in LTC and why this is a rewarding career choice.
2. Provide learners information about how a career in LTC can be combined with various other clinical settings and non-clinical work.
3. Create a platform where learners can engage with and gain career advice from current LTC clinicians who are not in a supervisory role.

Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY TWO WEDNESDAY OCTOBER 20 2021

THE PROGRAM

WEDNESDAY OCTOBER 20, 2021, *Continued*

5:30 PM—6:15 PM **CHOOSE A CONCURRENT WORKSHOP**

20-07—MAID—Update on Legislation and Approaches

Willi Kerenko, MN, NP-PHC, NP-ADULT

Learning Objectives

1. Overview of Bill-C7 including recent amendments.
2. Unique challenges of MAID legislation in Dementia patients.
3. Review of MAID cases in LTC.

20-08—Sex in Long-Term Care: Risks and Rights

Nicole Didyk, MD, MHSc, FRCP(C)
Laura Jamieson, MSc

Learning Objectives

1. Review the potential changes in sexual expression in older adults living with dementia.
2. Learn an approach to determining if sexual expression is problematic, including medication and non-medication options.
3. Explore common challenges and pitfalls in sexual expression in LTC.

20-09—How to Become an Effective Clinical Preceptor in Long-Term Care

Sid Feldman, MD, CCFP (COE), FCFP, CMD
Henry Siu, MSc, MD, CCFP (COE)

Learning Objectives

1. Review current educational standards in LTC and how to identify educational gaps in learners.
2. Describe effective teaching strategies for medical trainees in the LTC setting.
3. Recommend ways to assess competency in LTC knowledge and how to effectively evaluate learners.

6:15 PM—6:20 PM **CLOSING REMARKS**

Katarina Lakovic, MSc, MD, CCFP (COE)

6:20 PM—6:45 PM **NETWORKING AND MEETING HUB OPEN FOR ATTENDEES**



Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY THREE FRIDAY OCTOBER 22 2021

FRIDAY OCTOBER 22, 2021

1:45 PM—2:45 PM **SPONSORED GSK SYMPOSIUM**

Can Simplifying COPD Treatment Improve Patients Quality of Life and Outcomes?

See invitation link on page 20

PROGRAM

FRIDAY OCTOBER 22, 2021

2:45 PM **CONFERENCE OPENS**

2:45 PM—2:50 PM **OPENING REMARKS**

Sandy Shamon, MD, CCFP, PC
Conference Co-Chair, 2021



2:50 PM—3:45 PM **QUALITY INDICATORS FOR CLINICIANS IN LTC**







Andrea Moser, MD, MSc, CCFP (COE), FCFP CMD
Andrew Costa, PhD
Paul Katz, MD, CMD

Learning Objectives

1. Describe the development of LTCH primary care provider (PCP) quality measures.
2. Identify PCP LTCH quality measures.
3. Describe methods to assess PCP quality in LTCH.
4. Identify next steps in the development of a PCP quality score for LTC providers.

3:45 PM—4:30 PM **CHOOSE A CONCURRENT WORKSHOP**

22-10—Can Medical Cannabis Help your Patients?

Vu Kiet Tran, MD, FCFP(EM), MHSc, MBA, CHE, ICD.D

Learning Objectives

1. List common medical conditions where medical cannabis can improve quality of life.
2. Discuss the current literature of medical cannabis for the older patient.
3. List important steps taken prior to initiating medical cannabis in the older population.

22-11—Sleep Disordered Breathing in Long –Term Care

Christina Liak, MD, FRCPC

By the end of this talk you will be able to:

1. Describe how sleep disordered breathing is diagnosed in Ontario.
2. Identify the differences in funding structures for positive pressure devices.
3. Recognize the differences in clinical utility between bilevel ventilation and continuous positive airway pressure.



THE PROGRAM

DAY THREE
FRIDAY
OCTOBER 22
2021

THE PROGRAM

FRIDAY OCTOBER 22, 2021, *Continued*

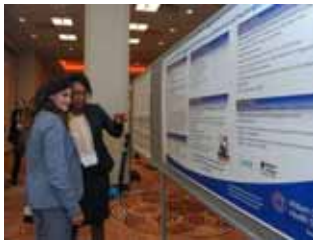
22-12—Innovative Program Development to Enhance Urgent Care Options in Long-Term Care

Jennifer Burgess, RN (EC), MSc, GNC(C)
Hugh Boyd, MD, CCFP (COE)
Kelly Drake, NP, MN, CCN(C)

Participants will

1. Identify how an on-call system between Emergency Department Physicians and LTC Home clinicians can facilitate timely access to specialty consultations and recommendations, many of which can be arranged virtually.
2. Recognize where potential care connections may exist in their own communities and among community service providers.
3. Recognize how alternative care pathways for hospital-level care can be developed and structured for LTC residents.

4:30 PM—5:15 PM REFRESHMENT BREAK & POSTERS



Visit the poster presenters as they present their posters virtually

NEW

Like in-person events, presenters will draw attendees around their poster and present it. Just click on the poster you would like to visit—it is that easy!

- Network with Peers.
- Find and meet other attendees through Meeting Hub, or set up a time/date to meet outside of the event.
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5:15 PM—6:00 PM CHOOSE A CONCURRENT WORKSHOP

22-13—Antibiotics to Avoid in your Patients

Vu Kiet Tran, MD, FCFP(EM), MHSc, MBA, CHE, ICD.D

Learning Objectives

1. List antibiotics that should be avoided in the older patient.
2. List complications of these antibiotics.
3. List alternatives for common infections in this population group.

22-14—Using the Fracture Risk Scale and a Team Approach to Reduce Fracture Risk in LTC

Alexandra Papaioannou, BScN, MD, MSc, FRCP(C), FACP
Sid Feldman, MD, CCFP (COE), FCFP, CMD

Learning Objectives

1. Assess fracture risk using the Fracture Risk Scale.
2. Adopt a team approach to develop and implement a fracture risk-based care plan.
3. Incorporate an evidence-based care plan for fracture prevention.

22-15—Wound Care Management—Part One—Diagnosis

Evelyn Williams, MD, CCFP (COE), FCFP, MHSc
Susan Deering, , MD, MSc, BScH (Biology), FCFP

Participants will be able to:

1. Describe the role of the attending physician/nurse practitioner.
2. Perform a bedside physician examination and objective wound assessment.
3. Diagnose systemic and local causes.

6:00 PM—6:05 PM CLOSING REMARKS

Sandy Shamon, MD, CCFP, PC; Conference Co-Chair, 2021

6:05 PM—6:30 PM NETWORKING AND MEETING HUB OPEN FOR ATTENDEES

Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY FOUR
FRIDAY
OCTOBER 29
2021

FRIDAY OCTOBER 29, 2021

1:45 PM—2:45 PM **SPONSORED BOEHRINGER/LILLY SYMPOSIUM**
Reverse Engineering—*See invitation link on page 20*

PROGRAM

2:45 PM **CONFERENCE OPENS**

2:45 PM—2:50 PM **OPENING REMARKS**
Ben Robert, MD, CCFP (COE, PC), MBA
President, OLTCC



2:50 PM—3:45 PM **10 TOP ARTICLES THAT COULD CHANGE YOUR PRACTICE**
Nathan Stall, MD, FRCPC



1. Examine new evidence on the care of frail older adults in Long-Term Care.
2. Recognize the relevance of the research to one's Long-Term Care practice.
3. Identify effective, targeted interventions from each article that could change one's practice.

3:45 PM—4:30 PM **CHOOSE A CONCURRENT WORKSHOP**

29-16—PROVIDING END-OF-LIFE CARE IN LTC: UNDERSTANDING CONTINUOUS PALLIATIVE SEDATION THERAPY (CPST)

Janice Legere, MD, CCFP (PC)

Learning Objectives

1. Understand the rationale for considering or initiating CPST.
2. Introduce protocols for Continuous Palliative Care Sedation while developing knowledge about the first-line and second-line medications used in CPST.
3. Through case presentations, understand how CPST requires a comprehensive care plan and may require consultation with a Palliative Care specialist.

29-17—Wound Care Management—Part Two—Treatment

Evelyn Williams, MD, CCFP (COE), FCFP, MHSc
Susan Deering, , MD, MSc, BScH (Biology), FCFP

Participants will be able to:

1. Create an interprofessional treatment plan.
2. Prescribe topical treatments to decrease infection and manage moisture.
3. Describe the indications for and benefits of conservative sharp wound debridement for chronic wounds.

29-18—Optimizing COPD Management in LTC During the COVID-19 Pandemic

Alan Kaplan, MD, CCFP (EM), FCFP
Bella Grunfeld, NP-PHC, Nurse Led Outreach Team (NLOT)

Learning Objectives

1. Review best care practices of COPD management to reduce the burden of COPD exacerbations in Long-Term Care.
2. Identify innovative team partnerships to optimize Long-Term Care for people living with chronic lung disease.
3. Examine real world experience around care and management of COPD patients in Long-Term Care during the pandemic.

Conference 2021 Practical Pearls in Long Term Care

THE PROGRAM

DAY FOUR
FRIDAY
OCTOBER 29
2021

PROGRAM

FRIDAY OCTOBER 29, 2021, *Continued*

4:30 PM—5:00 PM **REFRESHMENT BREAK, POSTERS & PRIZE GIVE-AWAYS**



NEW **Visit the poster presenters as they present their posters virtually**

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- Virtually visit and meet Exhibitors in their 3D designed booth—download brochures—listen in on their booth presentations.
- ***Have you got lots of points!*** Top point collectors will be collecting their prizes today!

5:00 PM—5:15 PM **AWARD PRESENTATIONS**



Physician of the Year Award, 2021
Pandemic COVID-19 Special Recognition Award, 2021 NEW
Presenter:
Kerstin Mossman, MD, CCFP (COE), FCFP

5:15 PM—6:00 PM **MORE LESSONS LEARNED FROM COVID-19: FROM RESPONSE TO RECOVERY—PANEL DISCUSSION**







Rhonda Collins, MD, CCFP (COE), FCFP
Ben Robert, MD, CCFP (COE, PC), MBA
Corinne Pollard, MN, NP-PHC, CHPCN(C)

This panel will focus on how isolation/quarantine effected residents, the differences in practice styles (virtual visits versus in-person visits), the mental health impact of the pandemic on our staff and how that translates to care for our residents.

Learning Objectives

1. Describe the impact of isolation on frail older adults and their families.
2. Compare different strategies for providing medical services during outbreaks.
3. Outline the mental health impact of the pandemic on our frontline staff.

6:00 PM—6:05 PM **CLOSING REMARKS**
Ben Robert, MD, CCFP (COE, PC), MBA
President, OLTCC

6:05 PM **CONFERENCE ENDS**

FRIDAY NOVEMBER 5, 2021

3:00 PM—4:00 PM **POST-CONFERENCE AMGEN SPONSORED SYMPOSIUM**

NEW

Details to be released

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HUGH BOYD, MD, CCFP (COE)

Dr. Hugh Boyd is a care of the elderly physician practicing in Hamilton and Guelph. He is employed as the medical director of two nursing homes, the chief of staff of a post-acute hospital, an adjunct assistant clinical professor at McMaster University and the chair of the OMA section on Long-term Care/Care of the Elderly.

KAREN BRITTO, MD CCFP

Dr Karen Britto is a LTC physician working at two Region of Peel long term care homes. In addition, she is also an emergency physician and hospitalist at William Osler Health System. She completed her medical training at the University of Western Ontario and also holds a Masters in Science.

JENNIFER BURGESS, RN(EC), MSC, GNC(C)

Jennifer is an outreach Nurse Practitioner who works with older adults in Long Term Care (LTC) to provide them with advanced clinical assessment and treatment in the most appropriate environment possible. She received her MSc and PHCNP from McMaster University and holds a Canadian Gerontological Nursing Certification.

CARLA CHEATHAM, MA, MDIV, PHD, TRT

Dr. Carla Cheatham began in psychosocial services with an MA in Psychology, certification in trauma therapy, a PhD in Health & Kinesiology, and a decade in hospice and palliative care. Carla speaks internationally on emotional intelligence, resilience, healthy systems, ethics, communication, cultural humility, and trauma-informed care and is an Assistant Professor for the University of Maryland's MS in Palliative Care.

RHONDA COLLINS, BSCN, MD, CCFP (COE), FCFP

Dr. Collins is a Family Physician with a certificate of added competence in Care of the Elderly and Associate Clinical Professor, Department of Family Medicine, McMaster University. She is the Chief Medical Officer with Revera and a Clinical Consultant for the Senior's Mental Health Outreach program. She currently serves as Vice President of the OLTCC Board of Directors.

ANDREW P. COSTA, PHD

Andrew Costa is the Schlegel Research Chair in Clinical Epidemiology & Aging and an Associate Professor in the Department of Health Research Methods, Evidence, and Impact as well as Department of Medicine at McMaster University. He serves as the Scientific Director of the St. Joseph's Centre for Integrated Care and is an Associate Scientific Director of the Canada Longitudinal Study on Aging.

SUSAN DEERING, MD, MSC, BSCH (BIOLOGY), FCFP

Dr. Susan Deering is a family physician who provides primary care and wound care consulting in a long-term care setting where she has been working since 2007. Susan is passionate about giving her patients excellent, wholistic treatment for their wounds, and passing on knowledge and skills to learners.

NICOLE DIDYK, MD, MHSC (ED), FRCP(C)

Dr. Nicole Didyk is a Geriatrician and Internist who has been in practice in Kitchener, Ontario for almost 20 years. After completing her training at McMaster University, she focused on clinical work, teaching medical students, and family life, but recognized that her passion for patient and family education needed an outlet. So, she completed a Master's in Education and started The Wrinkle – a YouTube channel and website dedicated to giving older adults and their families the information they need to navigate aging successfully.

KELLY DRAKE, NP, MN, CCN(C)

Kelly Drake is an adult nurse practitioner who currently works with the centralized care and transition team (CCaTT) and the LTC-CARES program at Hamilton Health Sciences. She received her MN/ACNP from the University of Toronto and has a faculty appointment with the SON at McMaster University as Assistant Clinical Professor.

SID FELDMAN, MD, CCFP (COE), FCFP, CMD

Dr. Sid Feldman is a long-term care physician, Executive Medical Director and Chief of Family and Community Medicine at Baycrest Health Sciences. He is an Associate Professor and Head of the Division of Care of the Elderly, DFCM, Temerty Faculty of Medicine, University of Toronto.

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CELESTE FUNG, BSC, MDCM, CCFP (COE)
Dr. Celeste Fung is a family physician and the Medical Director for St. Patrick's Home of Ottawa. She completed her Residency at the University of Ottawa where she is a Lecturer in the Department of Family Medicine. She is LTC Lead for the provincial eConsult Centre of Excellence.

JAN GODDARD, BA, LLB
Jan Goddard received the 2020 Award of Excellence from the Ontario Bar Association's Trusts and Estates Section. Jan is a frequent speaker on elder law, capacity, guardianship, powers of attorney, substitute decision-making, and estate issues.

BELLA GRUNFELD, NP - PHC
Bella's experience includes administration, policy development, education and working as most responsible provider for marginalized population in primary health care. Her current practice is in geriatrics, with interest in respiratory, cardiovascular, neurological conditions, and palliative care. Bella served on a Central LHIN Specialized Geriatric Services Steering Committee and Working Group and is a member of LTCH Palliative Care Working Group where she contributed in development of Palliative Care Resource Package for LTCH in CLHIN.

CARRIE HEER, RN(EC), BSCN, MN, NP-PHC
Carrie Heer, Nurse Practitioner Coordinator & Clinical Lead, Nurse Led Outreach Team, St. Joseph's Health Centre Guelph. Carrie obtained her Bachelor of Science in Nursing from University of Windsor & Master of Nursing & Advanced Graduate Diploma: Advanced Nursing Practice from Athabasca University. Carrie currently holds the position of Nurse Practitioner Coordinator/Clinical Lead, Waterloo Wellington Nurse Led Outreach Team where she works collaboratively with LTC homes to reduce ED transfers.

LAURA JAMIESON, MSC
Laura is an MSc Global Health and is passionate about seniors' care. As a Program Analyst at the Ontario Federation of Indigenous Friendship Centres, her work includes programs to improve quality of life for elderly Indigenous people. Laura previously researched at Neuroscience Research Australia, co-developing culturally relevant healthy ageing programs.

SHARON KAASALAINEN, RN, PHD
Dr. Kaasalainen is a Professor and holds the inaugural Gladys Sharpe Chair in Nursing at McMaster University. She is an Associate member of the Department of Family Medicine at McMaster and an Honorary Adjunct Professor in the School of Nursing and Midwifery at the University of Technology Sydney. She is a co-lead of the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) program which aims to improve the quality of living and dying for residents and their family/friends in LTC.

ALAN KAPLAN, MD, CCFP(EM), FCFP
Dr. Kaplan is a Family Doctor in York Region who also serves as a community pain consultant and hospitalist. He is the Chairperson of the Family Physician Airways Group of Canada, Senate member of the International Primary Care Respiratory Group and is actively involved with the Lung Health Foundation, Canadian Network for Respiratory Care and College of Family Physicians of Canada. Dr. Kaplan is the vice chair of the Respiratory Effectiveness Group and the medical director of the LHIN Pulmonary Rehabilitation program.

PAUL KATZ, MD, CMD
Dr. Katz is currently the Chair of the Department of Geriatrics at the College of Medicine at Florida State University having previously served as Vice President of Medical Services at the Baycrest Health Centre in Toronto, Dr Katz's research has focused on the role of the physician in the post-acute and long term care setting.

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WILLI KIRENKO, MN, NP-PHC, NP-ADULT

Willi Kirenko is a Nurse Practitioner in independent practice within the Erie St. Clair region of Ontario. She has been an RN for over 40 years and is a graduate with both Primary Health Care (University of Windsor) and Adult (University of Toronto) Nurse Practitioner specialties. In June of 2017 she began her role in improving access to Medical Assistance in Dying (MAID) in the community setting. Passionate about improving access to this personal choice, Willi has also taken a leadership role with training and supporting other MAID assessors and providers. She is a NP member with the Ontario College of Family Physicians MAID Collaborative Mentoring Network, a board member of the Canadian Association of MAID Assessors and Providers (CAMAP) and the moderator for the CAMAP Assessor Forum.

JACK KITTS, MD, MBA

Dr. Jack Kitts received his medical degree from the University of Ottawa in 1980. After a 3-year tour of duty as a medical officer in the Canadian Armed Forces, he specialized in anesthesiology and completed a research fellowship at the University of California, San Francisco. He joined the Department of Anesthesia at the Ottawa Civic Hospital in 1988, where he served as the director of research and medical director of the preoperative assessment clinic prior to his appointment as Chief of the department and Associate Professor at the University of Ottawa, faculty of medicine.

GALIT KLEINER, MD

Dr. Galit Kleiner is the Medical Director of the Jeff and Diane Ross Movement Disorders Clinic at Baycrest Health Sciences and an Assistant Professor of Medicine, Division of Neurology at the University of Toronto. She focuses on treating movement disorders in the geriatric population and her clinical and research interests are focused on optimizing quality of life in those with neurodegenerative conditions.

JANICE LEGERE, MD, CCFP (PC)

Janice Legere completed the Medical Director Course (2018) and joined the OLTCC Board in 2019. A Medical Director since 2009, she also practices Palliative Care in Brantford. She is a McMaster Medical School and Family Medicine graduate, and Adjunct Professor interested in Physician Leadership and the integration of Palliative Care into LTC.

CHRISTINA LIAK, MD, FRCPC

Dr. Liak is an Assistant Professor within the Department of Medicine and the Division of Respirology at Queen's University. Her clinical interests include Respirology, Sleep Medicine, and advanced pleural procedures. She has a strong interest in medical education and is the incoming program director for the Queen's Respirology fellowship program.

KATHRYN MAY, BSCN, NP-PHC, GNC(C)

Kathryn May, a Nurse Practitioner with The Ottawa Hospital is currently working with the Nurse Led Outreach Team to provide enhanced access to care for LTC residents. Kathryn has played an essential role to the design and execution of key program initiatives since 2009. Recent contributions to care include principle direction and clinical support for regional rapid response initiatives during the COVID-19 pandemic.

ANDREA MOSER, MD, MSC, CCFP (COE), FCFP), CMD

Dr Moser is SVP Chief Medical Officer, Sienna Senior Living Canada, Associate Professor, DFCM, UofT, VP of the Canadian Society for Long Term Care Medicine (CSLTCM), board member of American Board of Post Acute and LTC (ABPLM). She is former president of OLTCP and co-developer of the Ontario Medical Director Curriculum.

ALEXANDRA PAPAIOANNOU, BSCN, MD, MSC, FRCP(C), FACP

Dr. Papaioannou is a Professor, Department of Medicine, McMaster University and a Geriatrician at Hamilton Health Sciences, with a joint appointment in the Division of Rheumatology. She is Executive Director of the GERAS Centre and holds a CIHR-Eli Lilly Research Chair. She is the Chair of the Regional Geriatric Program Central. Dr. Papaioannou has authored over 300 peer reviewed publications and holds a number of CIHR grants focusing on knowledge translation.

SAMANTHA PECK, MCATD, HON. BA, EXECUTIVE DIRECTOR | FAMILY COUNCILS

In her 13 years with Family Councils Ontario Sam has supported thousands of family members and long-term care home staff improve their work to achieve the best possible outcomes and meaningful impacts. As Executive Director, she focuses on relationships with stakeholders to carry out activities that support FCO's mission to create positive change within the long-term care sector.

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CORINNE POLLARD, MN, NP-PHC, CHPCN(C)

Corinne has been working at Chatham Kent Health Alliance for the past 35 years. She has worked as a nurse practitioner for 15 of those years in the ED, primary care clinic, complex continuing care and currently as the clinical lead of the Chatham Kent/Sarnia Lambton Nurse Practitioner led Outreach Team to LTC. Corinne and her team collaborate with LTC homes in the area to reduce ED transfers by assessing and assisting to manage symptoms of residents with acute episodic illness or palliative care needs in LTC. During COVID Corinne supported 2 homes in outbreak and a retirement home.

PIERRE ROBICHAUD, MD, CCFP, HBA (IVEY)

Dr. Robichaud is the Medical Director at the John M Parrott Centre LTC home in Napanee, Ontario. He also works as a hospitalist and emergency physician at the Lennox and Addington County General as well as serves as the acute care director. He has a background in business (HBA, Richard Ivey School of Business). After completing medical school at the University of Toronto, he pursued a family medicine residency at the University of Ottawa followed by an enhanced skills fellowship in geriatrics, palliative care and critical care.

HENRY SIU, MSC, MD, CCFP (COE)

Henry Siu is an Associate Professor in the Department of Family Medicine at McMaster University. He is a long-term care attending physician and is the program director for McMaster's care of the elderly enhanced skills program. His research focuses on goals of care and program implementation in long-term care.

NATHAN STALL, MD, FRCPC

Dr. Nathan Stall received his medical degree from Western University and completed his residency in Internal Medicine and fellowship training in Geriatric Medicine at the University of Toronto. He is currently a research fellow at Women's College Research Institute at Women's College Hospital and is completing a PhD in Clinical Epidemiology & Health Care Research at the Institute of Health Policy, Management and Evaluation (IHPME) at the University of Toronto. During the COVID-19 pandemic, he has been actively involved in research modelling long-term care home outbreaks and the factors associated with outbreaks occurring and the spread of COVID-19 throughout homes.

VU KIET TRAN, MD, FCFP(EM), MHSC, MBA, CHE, ICD.D

Dr. Tran is an emergency and family doctor, who also practices at an Attending physician in 2 LTC homes in the GTA.

JOBIN VARUGHESE, MD, CCFP (COE), CMD

Jobin Varughese is a Family Physician with a special interest in Geriatrics. He is an assistant clinical professor with McMaster University. He is a current board director with the Ontario College of Family Physicians and former director of both the OLTCP & OLTCC. He splits his clinical time between comprehensive family medicine and LTC with focus on patient centered-care and palliative medicine.

SHEELAGH WILLETT, BSCN, MSN, ANP

Sheelagh Willett is the team lead for William Osler Nurse Practitioner Led Outreach Team (NLOT) and the Mobile Enhancement Response Team (MEST). She leads a large multidisciplinary team, including 15 Nurse Practitioners to support ED diversion, capacity building and the COVID response in Long Term Care and Congregate settings. Sheelagh has been a Nurse Practitioner for over 15 years, and holds a Bachelor of Nursing Science from Queen's University, as well as a Masters in Nursing, Adult Nurse Practitioner degree for Arizona State University.

EVELYN WILLIAMS, MD, CCFP (COE), FCFP, MHSC

Dr. Evelyn Williams is Past President of OLTCC and Medical Coordinator for the City of Toronto Seniors Services and LTC. She is an associate professor in the Department of Family and Community Medicine, University of Toronto. She chairs the OLTCC Curriculum Committee and is the editor of the OLTCC Medical Director Manual.

CONFERENCE REGISTRATION 2021

Ontario Long Term Care Clinicians

Conference 2021 *Practical Pearls* in Long Term Care

THANK YOU FOR REGISTERING FOR THE 2021 CONFERENCE. PLEASE **COMPLETE BOTH PAGES OF THE REGISTRATION FORM** IN FULL AND READ AND ACCEPT THE CANCELLATION CLAUSE. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE OFFICE AT office@oltcc.ca OR 905-404-9545.

CANCELLATION CLAUSE: Cancellations are accepted one week before the start of the virtual conference, less a $30 administration fee. Below are the cancellation dates applied to the conference:

1. Cancel on or before **October 8** for the **Full Conference** Registration or Registration for one day of **October 15**
2. Cancel on or before **October 13** for Registration for one day of **October 20**
3. Cancel on or before **October 15** for Registration for one day of **October 22**
4. Cancel on or before **October 22** for Registration for one day of **October 29**

Please check that you have read and accepted this cancellation clause:

I HAVE READ AND ACCEPTED THE CANCELLATION CLAUSE: YES _____

REGISTRATION TWO WAYS:

STUDENTS: ***Proof of student status must accompany your registration—by email (office@oltcc.ca)***

@ **Online: Click here to register online! — Quick & easy and only by credit card**

✉ **Mail:** 1288 Ritson Road North, Suite 333, Oshawa, ON L1G 8B2

REGISTRATION FORM

One form per person. Photocopies are accepted.

Status: *Choose one:* O *Medical Director* O *Physician* O *Pharmacist* O *Nurse Practitioner* O *Medical Resident*

*Other*_____

Please circle one: O Dr. O Mr. O Mrs. O Ms.

First Name: _____Last Name: _____

Long Term Care Facility Name: _____

Address: _____

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City: _____ Prov: _____ Postal: _____

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CONFERENCE REGISTRATION 2021

Ontario Long Term Care Clinicians

Conference 2021 *Practical Pearls* in Long Term Care

Please provide your name on this page in order to keep your registration information together.

First Name _____ **Last Name:** _____

WORKSHOP SELECTION

One workshop per time slot: ***Times are approximate***

FRIDAY OCTOBER 15, 2021—4:00 pm to 4:45 pm
1:45 pm: Symposium Attendance: Yes ○ No ○ Maybe ○
◊ 15-01, Non-Motor Symptoms in Parkinsons Disease
◊ 15-02, Palliative Care In LTC—Models & Practical Tools
◊ 15-03, Why is my Patient Short of Breath and What . . .

WEDNESDAY OCTOBER 20, 2021—4:00 pm to 4:45 pm
2:15 pm: Symposium Attendance: Yes ○ No ○ Maybe ○
◊ 20-04, Choosing Wisely, Why Less is More . . .
◊ 20-05, Legal Issues About Consent & Capacity
◊ 20-06, NP led Outreach Teams, An Integrated . . .

WEDNESDAY OCTOBER 20, 2021—5:30 pm to 6:15 pm
◊ 20-07, MAID—Update on Legislation & Approaches
◊ 20-08, Sex in LTC: Risks and Rights
◊ 20-09, How to Become an Effective Clinical Preceptor

FRIDAY OCTOBER 22, 2021—3:45 pm to 4:30 pm
1:45 pm: Symposium Attendance: Yes ○ No ○ Maybe ○
◊ 22-10, Can Medical Cannabis Help Your Patients?
◊ 22-11, Sleep Disordered Breathing in LTC
◊ 22-12, Innovative Program Development to Enhance Urgent . . .

FRIDAY OCTOBER 22, 2021—5:15 pm to 6:00 pm
◊ 22-13, Antibiotics to Avoid in your Patients
◊ 22-14, Using the Fracture Risk Scale and a Team Approach . . .
◊ 22-15, Wound Care Management, Part One

FRIDAY OCTOBER 29, 2021—3:45 pm to 4:30 pm
1:45 pm: Symposium Attendance: Yes ○ No ○ Maybe ○
◊ 29-16, Continuous Palliative Care Sedation
◊ 29-17, Wound Care Management, Part Two
◊ 29-18, Optimizing COPD Management in LTC . . .

REGISTRATION FEES

Choose only the ones that are applicable.
If choosing the Full Conference Package you only choose that one.

FULL VIRTUAL CONFERENCE PACKAGE

Includes October 15, 20, 22 and 29th program

◊ $290.00—Member Early Bird Fee **to October 1**
◊ $340.00—Member Regular **from October 2-15**
◊ $380.00—Non-Member **to October 15**
◊ $120.00—Medical Residents and Students **to Oct 15**
(Proof of Student status is required)

ONE-DAY VIRTUAL CONFERENCE PROGRAM

Please check the day(s) you are registering for

October 15 **October 20** **October 22** **October 29**

◊ $95.00 per day—Member Early Bird Fee **to October 1**
◊ $125.00 per day—Member Regular **from October 2-15**
◊ $150.00 per day—Non-Member **to October 15**
◊ $50.00 per day—Medical Residents and Students **to Oct 15**
(Proof of Student status is required—email office@oltcc.ca)

REGISTRATION FEE TOTAL

If choosing the member fee, ensure you are a current member. To join now, select member fee below

1. Full Conference Package—Fee Selection Chosen: $_____
2. One Day Package: #days _____ x Fee Selection: $_____
3. OLTCC Membership Fee, Physician $ _____
$275.00 (one year) or $500.00 (two years)
4. OLTCC Membership Fee, (NP, PHARM, PA), $_____
$225.00 (one year) or $400.00 (two years)

TOTAL FEES: $ _____

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TOTAL PAYABLE: $ _____

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EXHIBITORS AND SPONSORS, 2021

SPONSORS, 2021—*At Time of Print*

PRE-CONFERENCE SYMPOSIUM—WEDNESDAY OCTOBER 6, 2021
Open to Registered Conference Attendees and OLTCC Members
Get your invitation here: **Sponsors-2021 — OLTCC**
https://www.ca.gsk

SYMPOSIUM—FRIDAY OCTOBER 15, 2021, 2021
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SYMPOSIUM—FRIDAY OCTOBER 29, 2021
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POST-CONFERENCE SYMPOSIUM—NOVEMBER 5, 2021
Open to Registered Conference Attendees and OLTCC Members
https://www.amgen.ca

EDUCATIONAL GRANT
2019, 2020, 2021
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EXHIBITORS, 2021—*At Time of Print*

Attendees! Plan to visit the 3D Virtual Exhibit Booths and find out all about their products and services. Some exhibitors will be also "presenting" in their booth, so be sure to click on the booth you want to visit and the exhibitor will open up the platform so you are talking to them virtually. Download their brochures and—Win Points every time you visit one!

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Eli Lilly Canada Inc.—https://www.lilly.com
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MD Financial Management—https://www.mdm.ca
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Hilton Hotel, Toronto, Ontario, Canada
Friday October 20—Sunday October 23

