

FRIDAY, APRIL 22, 2016 continued

- 10:50 to 11:40 a.m. **Changing How We Think About Practice (brief reports)**
- **Working Towards a Better Future: What is Going on in Pediatric Diabetes Research in NS**
Teresa Pinto, MD
 - **A Caregiver's Plight: Balancing the Demands of Childhood Diabetes and Family Needs in a Food-Insecure Household**
Catherine Cox
 - **Identification and Management of Patients with Chronic Kidney Disease: What's New?**
Cheryl Stevenson-Gillis, RN
- 11:40 to 12:30 p.m. **Smoothing the (Sometimes) Rough Waters of Diabetes Management—Distress in Children, Adolescents, Adults, and Families**
Elizabeth McLaughlin, PhD, Karen O'Brien, and Katie Birnie
- 12:30 to 1:15 p.m. **Lunch**
- 1:15 to 2:00 p.m. **25th Anniversary Keynote**
Providing Appropriate Care to an Aging Population: What the Diabetes Community Needs to Know
Laurie Mallery, MD
- 2:00 to 2:20 p.m. **Changing How We Think About Practice (brief reports)**
- **Moving Our Long-Term Guidelines Upstream**
Tina Witherall, Pdt
- 2:20 to 2:50 p.m. **Explaining New Drugs to Your Patients**
Tom Ransom, MD
- 2:50 to 3:00 p.m. **Wrap up and Evaluation**

Thank you for attending and participating in this provincial workshop.

The DCPNS would like to acknowledge and thank our Platinum sponsors **Novo Nordisk Canada Inc** and **Janssen**; Gold sponsors **Animas Canada/LifeScan Canada, AstraZeneca Canada Inc., Eli Lilly Canada Inc.,** and **Sanofi Diabetes**; and Silver sponsors **Abbot Diabetes Care, BD Medical, Insulet Canada, Medtronic, Roche,** and **Valeant** for their financial contributions and ongoing support.

25th Partnerships, Quality, and Innovation (since 1991)
Diabetes Care Program
of Nova Scotia



CHANGING TIMES... CHANGING PRACTICE

April 21 & 22, 2016

Lord Nelson Hotel & Suites – Halifax, NS



This program was supported in part by educational grants provided by:



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Gold Sponsors

**Welcome to the DCPNS Spring 2016 Conference
Changing Times... Changing Practice**

Objectives:

- To gain insight into the changing health care landscape in NS, and the role of diabetes care providers within
- To understand our various patient populations and the use of local data as a driver of change
- To explore current management practices with an eye to change in the future
- To network and learn from others about the innovations that drive change
- To position ourselves as change agents in diabetes care

THURSDAY, APRIL 21, 2016

11:45 to 12:45 p.m.	Registration/Light Lunch/Industry Displays	5:00 to 6:00 p.m.
12:45 p.m.	Welcome/Opening Remarks	6:00 to 6:30 p.m.
12:50 to 1:40 p.m.	25th Anniversary Keynote The Changing Health Care System— The Nova Scotia Perspective <i>Lynne Harrigan, MD</i>	6:30 to 8:45 p.m.
1:45 to 2:30 p.m.	Driving Change With Data (brief reports) <ul style="list-style-type: none"> • Nova Scotia Diabetes Statistics Report 2016: A Sneak Peek <i>Jennifer Payne, PhD</i> • Change is “Afoot”: Lower Extremity Amputations in Nova Scotia From 1996/97 to 2012/13 <i>Pam Talbot, MSc</i> • Working with A1Cs— Patient Self-Adjustment of Insulin: Combining Perspectives <i>Carrie Haggett, RN</i> 	6:30 to 7:10 p.m.
2:30 to 2:50 p.m.	Break	7:10 to 8:20 p.m.
2:50 to 3:40 p.m.	Interactions of Sleep, Sedentary Behaviour, and Physical Activity: Taking a New Comprehensive Approach to Lifestyle Behaviour Change <i>Jonathon Fowles, PhD and Chris Shields, PhD</i>	8:20 to 8:45 p.m.
3:40 to 5:00 p.m.	Changing How We Think About Practice (brief reports) <ul style="list-style-type: none"> • EDIC: What We Have Learned <i>Arati Moksashi, MD</i> • Preventing Type 2 Diabetes <i>Tom Ransom, MD</i> • What’s Happening in Adult Diabetes Research in Nova Scotia <i>Michele Chappell, RN</i> • Screening for Diabetes in the First Trimester: Why and How? <i>Jillian Coolen, MD</i> 	8:45 p.m.

**THURSDAY, APRIL 21, 2016
EVENING PROGRAM**

Break/ Dinner (served at 5:15 p.m.)
Celebrating our 25th Anniversary— Award Presentations <i>Emcee: Beth Cummings, MD</i>
Evening Symposium: Helping People Learn and Change
“GO” Engage People in Learning: 3 Ways to Help Learning Stick <i>Gerard Murphy</i>
Supporting Behaviour Change:
Exploring Non-Traditional Methods and Models of Healthcare Delivery and the Role of Client-Centered Practice <i>Shannan Grant, PhD</i>
Live Well! Bien Vivre! : Health Coaching for Patient Engagement and Self-Management of Diabetes <i>Isabel Savoie, MA</i>
Panel Discussion & Questions from the Audience
Wrap-up and Evaluations

FRIDAY, APRIL 22, 2016

Registration/Breakfast with Our Industry Partners
25th Anniversary Keynote Managing Type 2 Diabetes in 2016: Changing Times... Changing Practice <i>Meng Tan, MD</i>
Advancing the Inter-professional Team Approach for the Management of Diabetes: Diabetes and Oral Health <i>Martin Gillis, DDS</i>
Changing How We Think About Practice (brief reports) <ul style="list-style-type: none"> • Group Medical Visits: Exploring the Options and Evidence in Diabetes Care <i>Stephanie Wood, MA</i> • Transition Project Progress— How Far Have We Come? <i>Natalie Sullivan, BSW</i>
Break

ACKNOWLEDGEMENTS

Special thanks to our guest speakers who offered their expertise and practical insights.

Guest Speakers

Lynne Harrigan, MD FRCPC	Vice President of Medicine, NSHA, Halifax, NS
Jonathon Fowles, PhD CSEP-CEP CSCS	Director, Centre of Lifestyle Studies, Acadia University, Wolfville, NS
Chris Shields, PhD	Professor, Kinesiology, Acadia University, Wolfville, NS
Arati Mokashi, MD FRCPC	Assistant Professor Dalhousie University; Division of Pediatrics, IWK Health Centre, Halifax, NS
Tom Ransom, MD FRCPC	Endocrinologist, Division of Endocrinology, QEII, Halifax, NS
Michele Chappell, RN BScN CDE CCPR	Endocrinology Research, QEII, Halifax, NS
Jillian Coolen, MD FRCSC	Maternal Fetal Medicine Specialist, Department of Obstetrics & Gynecology, IWK Health Centre, Halifax, NS
Gerard Murphy	Barefoot Facilitation Inc, Halifax, NS
Shannan Grant, Pdt MSc PhD	Assistant Professor, Department of Applied Human Nutrition, Mount Saint Vincent University, Halifax, NS
Isabel Savoie, MA CCC	Manager Community Health, Canadian Diabetes Association, Fredericton, NB
Meng Tan, MD FRCPC	Professor of Internal Medicine, University of Michigan, Ann Arbor, MI
Martin Gillis, DDS MAEd FACD FIDC FPFA	Registrar, Provincial Dental Board of Nova Scotia, Halifax, NS
Stephanie Wood, BA BScRec MA CTRS	Project Coordinator with Primary Health Care, NSHA
Teresa Pinto, MD FRCPC	Assistant Professor Dalhousie University; Division of Pediatrics, IWK Health Centre, Halifax, NS
Catherine Cox, BSc MPH	Senior Medical Student (3rd year), Dalhousie University Faculty of Medicine, Halifax, NS
Cheryl Stevenson-Gillis, RN BScN	Consultant, Nova Scotia Renal Program, Halifax, NS
Elizabeth McLaughlin, PhD	Psychologist, Pediatric Health Psychology Service, IWK Health Centre, Halifax, NS
Karen O'Brien, PhD Candidate	Psychology Resident, QEII Health Sciences Centre, Halifax, NS
Katie Birnie, PhD Candidate	Psychology Resident, IWK Health Centre, Halifax, NS
Laurie Mallery, MD FRCPC	Professor, Dalhousie University; Division of Geriatric Medicine, QEII HSC, Halifax, NS
DCPNS staff (speakers)	Jennifer Payne, PhD; Pam Talbot, MSc; Carrie Haggett, RN BScN CDE; Natalie Sullivan, BSW; Tina Witherall, Pdt MAEd

DCPNS SPECIAL ACKNOWLEDGEMENT AWARDS

The awards will be presented throughout the 2016 spring conference.

*The DCPNS **Special Acknowledgement Awards** are presented to individuals who have given tirelessly to the DCPNS and diabetes through commitments such as Board/Advisory Council and committee/working group activities.*

These contributions have ensured that the work of the DCPNS is grounded in reality, informed by best practice, and reflective of the Nova Scotia context. It is through these awards that we recognize leadership, commitment, and passion for improving the lives of those living with, affected by, or at risk of developing diabetes.

LIFETIME ACHIEVEMENT

Individuals who have provided a strong and vibrant vision as well as guidance throughout the life of the DCPNS.

2 awards to be presented

DEDICATED LEADER

Individuals who have provided significant years of service and support to the DCPNS in an advisory role.

5 awards to be presented

SPECIAL RECOGNITION

Individuals who help to actively shape current and future directions, provide a strong voice for the program, and support operational decisions and ongoing commitments.

4 awards to be presented