Interdisciplinary Headache Conference

June 5 & 6, 2009
(Friday - Saturday noon)

Guest Faculty

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<tr>
<th>Dr. Werner J. Becker</th>
<th>Kathryn Coutts</th>
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<tr>
<td>Professor</td>
<td>Occupational Therapist</td>
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<td>Department of Clinical Neurosciences</td>
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<td>Director, Calgary Headache Assessment</td>
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<tr>
<th>Janice Cathcart</th>
<th>Irene O’Callaghan</th>
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<td>Registered Psychologist</td>
<td>Registered Nurse</td>
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Room B450, Health Sciences Building
University of Saskatchewan
Saskatoon, Saskatchewan
Course Description

The conference will provide an evidence-based update on the interdisciplinary approach to the identification and management of headaches in adults. The format will include plenary sessions, interactive small group workshops, and interdisciplinary case discussions.

The target audience for the conference is physicians, physiotherapists, pharmacists, psychologists, occupational therapists, dentists, exercise therapists, acupuncturists, chiropractors, massage therapists, nurses, and dietitians. Other health professionals are welcome to attend.

Learning Objectives

After attendance at this conference, participants will be able to:

- Describe the role of health professionals in an interdisciplinary approach to the early identification of headaches in adults
- List the various classifications of headaches
- Identify “red flags” for a secondary headache disorder
- Discuss evidence-based treatment options for the management of headaches in adults
- Work with other health care professionals to develop a concept map for interdisciplinary care of headaches.

Program

Friday, June 5, 2009
Chairperson: A.J. Remillard

0730 Registration

0800 Introduction & Welcome – Clicker Pre-test ................................................................. P.M. Davis

0830 Adult Headaches – An Overview .............................................................................. W.J. Becker
  • Causes
  • Classification
  • Differential diagnosis
  • Red flags
  • When to refer

0915 Psychological Factors in Headache Management .................................................... J. Cathcart
  • Understand the role that psychological factors play in the emergence and/or perpetuation of headaches
  • Understand the types of psychological interventions that can be helpful in headache management

0945 Questions and Discussion – W.J. Becker & J. Cathcart

1000 Nutrition Break & Displays

1030 Pharmacotherapeutic Management ........................................................................ W.J. Becker
  • First line symptomatic & prophylactic therapies for migraine & other headache types
  • Choice of therapy depending on headache type
  • How to dose (onset of response can be delayed; guidelines for dosing)
  • Length of therapy & discontinuation
  • Pharmacotherapy of subcategories of headaches including menstrual migraine, medication-induced, treatment-resistance

1115 Physical Management ............................................................................................... R. Bourassa
  • Evidence-based discussion on physical/biomechanical management of adult headaches

1200 Questions & Discussion - W.J. Becker & R. Bourassa

1230 Lunch & Displays

Friday Afternoon
Chairperson: P.M. Davis

1330 Integrative Medicine for Headaches ................................................................. A. Chakravarti, J.A. Schnurr, & L.E.M. Gagne
  • Understanding the philosophy of integrative medicine as an evidence-based discipline
  • Become familiar with the use of diet, botanical medicines, mind body therapies & acupuncture in headache prevention & treatment
1430 Questions & Discussion – A. Chakravarti, J.A. Schnurr, & L.E.M. Gagne

1500 Nutrition Break & Displays

1530 Role of Interdisciplinary Team in Headache Management: Case Presentation ........... W.J. Becker, J. Cathcart, K. Coutts, & I. O’Callaghan

- Demonstrate how the expertise and contributions of each team member can come together to better help patients manage their headaches

1615 Questions & Discussion - W.J. Becker, J. Cathcart, K. Coutts, & I. O’Callaghan

1630 Adjourn

Saturday, June 6, 2009
Chairperson: S. Lovo Grona

0730 Coffee, Refreshments

0815 Interactive Sessions - Case Discussions

1. Integrative Medicine for Headaches: Case Presentations ...... A. Chakravarti, J.A. Schnurr, & L.E.M. Gagne

   - Understand mechanical screening principles to determine possible contributions from the cervical spine & TMJ mechanical systems
   - Become familiar with mechanical treatment options of the TMJ & cervical spine
   - Become familiar with exercise management options

3. Diagnosis & Treatment of Migraines for the Primary Care Practitioner: Case Discussions .... W.J. Becker
   - A practical time-efficient approach to the diagnosis & treatment of migraine (including the use of both symptomatic & prophylactic medications)

   - Patient teaching for triptans (efficacy vs effectiveness, frequency of use – dosing, real differences among the triptans) & other headache medications

5. Helping Patients with Headache Manage Their Medication & Headache Crises - From a Nursing Perspective ................................................................. I. O’Callaghan
   - Patient education with regard to how to take their medications appropriately
   - How to deal with patient headache & medication concerns over the phone
   - Supporting patients by telephone during headache crises

0900 Interactive Sessions – Repeat of 0815

0945 Nutrition Break and Displays

1005 Lifestyle/Self-Management

a) Helping the Patient with Headache with a Lifestyle Assessment ................................................. K. Coutts
   - Understand the key lifestyle factors to assess in headache treatment, & the current recommendations regarding lifestyle changes

b) Self Management Group Workshops ............................................................................................... J. Cathcart
   - Understand the key elements of headache self-management
   - Become familiar with the process by which self-management strategies are taught in the Calgary Headache Assessment & Management Program

1105 Interdisciplinary Case Study ........................................................................................................... M.D. Opdahl
   - Case presentations
   - Work in small groups to determine an interdisciplinary treatment plan for headache management

1205 Wrap-up (Including Clicker Post-Test) .......................................................................................... P.M. Davis

1230 Adjourn
Study Credits

As an organization accredited to sponsor continuing medical education for physicians by the Committee on Accreditation of Continuing Medical Education, Continuing Professional Learning, College of Medicine, University of Saskatchewan, has approved this education program for:

- **10.25 MAINPRO-M1** credits on behalf of the College of Family Physicians of Canada, Saskatchewan College. Reciprocal recognition is provided by the American Medical Association for the Physician’s Recognition Award, and by the American Academy of Family Physicians.
- This event is an Accredited Group Learning Activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

This program has been approved by Continuing Professional Development for Pharmacists (CPDP) for a total of **9 Continuing Education Units (CEUs)**.

This program has been approved by the Chiropractors’ Association of Saskatchewan for **12 Outside Continuing Education (CE) hours**.

Saskatchewan Faculty

Academic appointments listed are with the University of Saskatchewan, Saskatoon

**Richard Bourassa**  
Partner, Bourassa & Associates  
Rehabilitation Centre  
Clinical Associate Professor  
School of Physical Therapy  
Concurrent appointment in the Department of Community Health & Epidemiology  
Part-time Clinical Instructor  
College of Dentistry

**Anita Chakravarti**  
Director of Pain & Integrative Medicine  
Department of Anesthesiology, Perioperative Medicine & Pain Management  
Saskatoon Health Region & College of Medicine  
Clinical Associate Professor  
Department of Anesthesiology, Perioperative Medicine & Pain Management

**Penelope M. Davis**  
Assistant Dean & Director  
Continuing Professional Learning

**Louise E.M. Gagne**  
Clinical Lecturer  
Department of Community Health & Epidemiology

**Murray D. Opdahl**  
Medical Director  
Chronic Pain Centre  
Saskatoon Health Region  
Clinical Assistant Professor  
Department of Academic Family Medicine

**Loren Regier**  
Program Coordinator  
The RxFiles Academic Detailing Program  
Saskatoon Health Region

**Joseph A. Schnurr**  
Clinical Assistant Professor  
Department of Community Health & Epidemiology

Refund Policy

Cancellations must be received in writing by **May 28, 2009**, and will be subject to a $50.00 administration fee. **Refunds will not be considered on or after May 29, 2009.**

University of Saskatchewan Division of Continuing Professional Learning reserves the right to cancel or postpone a course due to insufficient registration or circumstances beyond our control. This course may be cancelled twenty (20) days prior to the course date. Each registrant will be notified by telephone, with written notification and a full refund following. Continuing Professional Learning is not responsible for any other costs including, but not limited to, airline or hotel penalties.
General Information

ACCOMMODATION: Blocks of rooms have been reserved at the following:

Sheraton Cavalier Hotel
612 Spadina Crescent East, S7K 3G9
Telephone: (306) 652-6770
Toll-free: (800) 325-3535
Special Convention Rate: $149.00 queen single/double, plus applicable taxes
Please indicate the group block name of Headache Symposium to receive the rate.
Starwood Hotels & Resorts’ security policy requires that all guests MUST provide picture ID at check-in.

Delta Bessborough Hotel
601 Spadina Crescent East, S7K 3G8
Telephone: (306) 244-5521
Toll-free: (800) 268-1133
Special Convention Rate: Premier Room - $169.00 single/double, plus applicable taxes
Please indicate the group block name of Headache Symposium to receive this rate.

Park Town Hotel
924 Spadina Crescent East, S7K 3H5
Telephone: (306) 244-5564
Toll-free: (800) 667-3999
Special Convention Rate: $100.00 single/double (regular) or $110.00 single/double (business class), plus applicable taxes
Please indicate the group block name of Headache Symposium (Group #6027) to receive this rate.

Conference rates are available for reservations up to May 4. All room reservations must be guaranteed with a major credit card or a deposit equal to one night’s room rate plus taxes. Failure to cancel a guaranteed reservation prior to 4:00 p.m. on the day of arrival or occupy the room will result in a charge of one night’s room and tax levied against the method of guarantee.

PARKING: On Friday during the day, parking in the vicinity of the Health Sciences Building is limited. We suggest wherever possible you get dropped off. One parking option is the Royal University Hospital parking lot – charge is hourly/daily ($12.00/day or $1.00/half hour). Campus pay parking lots are also an option. Lot 1 immediately to the south of Place Riel is the closest to the Health Sciences Building. The rate on Fridays is $1.00/half hour. On Saturdays, the rate is $3.00 per exit. Campus parking meters now require payment on Saturdays as well as weekdays.

PLANNING COMMITTEE:
Co-chairs: Dr. Penny Davis, Stacey Lovo Grona,
Members: Dr. Carol Boyle, Caroline Coghill, Dr. Murray Opdahl, Dr. Bruce McMurtry,
Mavis Procyshyn, Dr. Fred Remillard, Melanie Rozwadowski, Pat Tremaine

DECLARATION OF POTENTIAL CONFLICT OF INTEREST: In keeping with accreditation guidelines, speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest, relating not only to the subject matter of this program but also to any other medical topic.

SMA EDUCATION BANK: Up to $3000.00 of fees for recognized CME activities can be recovered each year by Saskatchewan physicians from the CME Fund, which is managed by the Saskatchewan Medical Association.

Acknowledgements

Unrestricted educational grants from the following are gratefully acknowledged:

SILVER
Merck Frosst Canada Inc.
Pfizer Canada Inc.
Interdisciplinary Headache Conference
June 5 & 6, 2009

Mail this form or click here to register on-line.

Registration Fee:

Health Professionals:
- Full Course: By May 21: $350.00
  May 22 & after: $400.00
- Friday Only: By May 21: $250.00
  May 22 & after: $300.00
- Half Day: By May 21: $125.00
  May 22 & after: $175.00

Residents/Students:
- Full Course: $75.00
- Friday Only: $50.00
- Half Day: $30.00
(Includes Friday lunch, refreshments, flash drive with handouts & all educational sessions)

NOTE: Registration will not be processed until payment has been received.

Total $ ____________________

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Please charge my: Visa ☐ Mastercard ☐ for $ _________

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Registration Application:

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms

(Last Name) ____________________________ (First Name) ____________________________

(Address) ____________________________

(City) ____________________ (Prov.) ____________________ (Postal Code) ____________________

(Phone Number) ____________________ (Fax Number) ____________________

(e-mail) ____________________________

Your confirmation letter will be e-mailed to the above address

Physician: ☐ Family ☐ Specialist (specify) _________
☐ Physiotherapist ☐ Pharmacist
☐ Nurse ☐ Other (specify) _________

Please return this page to:
Continuing Professional Learning
University of Saskatchewan
Box 60001 RPO University
Saskatoon SK S7N 4J8
Telephone: (306) 966-7795
Fax: (306) 966-7673

Interactive Sessions

Interactive Sessions 45 minutes in duration will be offered at 0815 & 0900 on Saturday. If your first choices for sessions are unavailable you will be contacted via e-mail and informed of other options. Please choose two.

1. Integrative Medicine for Headaches: Case Presentations - A. Chakravarti, J.A. Schnurr, & L.E.M. Gagne
2. Biomechanical Management/Regional Conditioning of Cervical Spine & TMJ - R. Bourassa
3. Diagnosis & Treatment of Migraines for the Primary Care Practitioner: Case Discussions - W.J. Becker
5. Helping Patients with Headache Manage their Medication & Headache Crises - A Nursing Perspective - I. O’Callaghan

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