



Virtual

BRITISH COLUMBIA

RHC Rural Health
CONFERENCE

May 29-30
Sat-Sun

2021

Accredited for up to:
8.5 Mainpro+ / MOC Section 1

Rural Coordination
Centre of BC



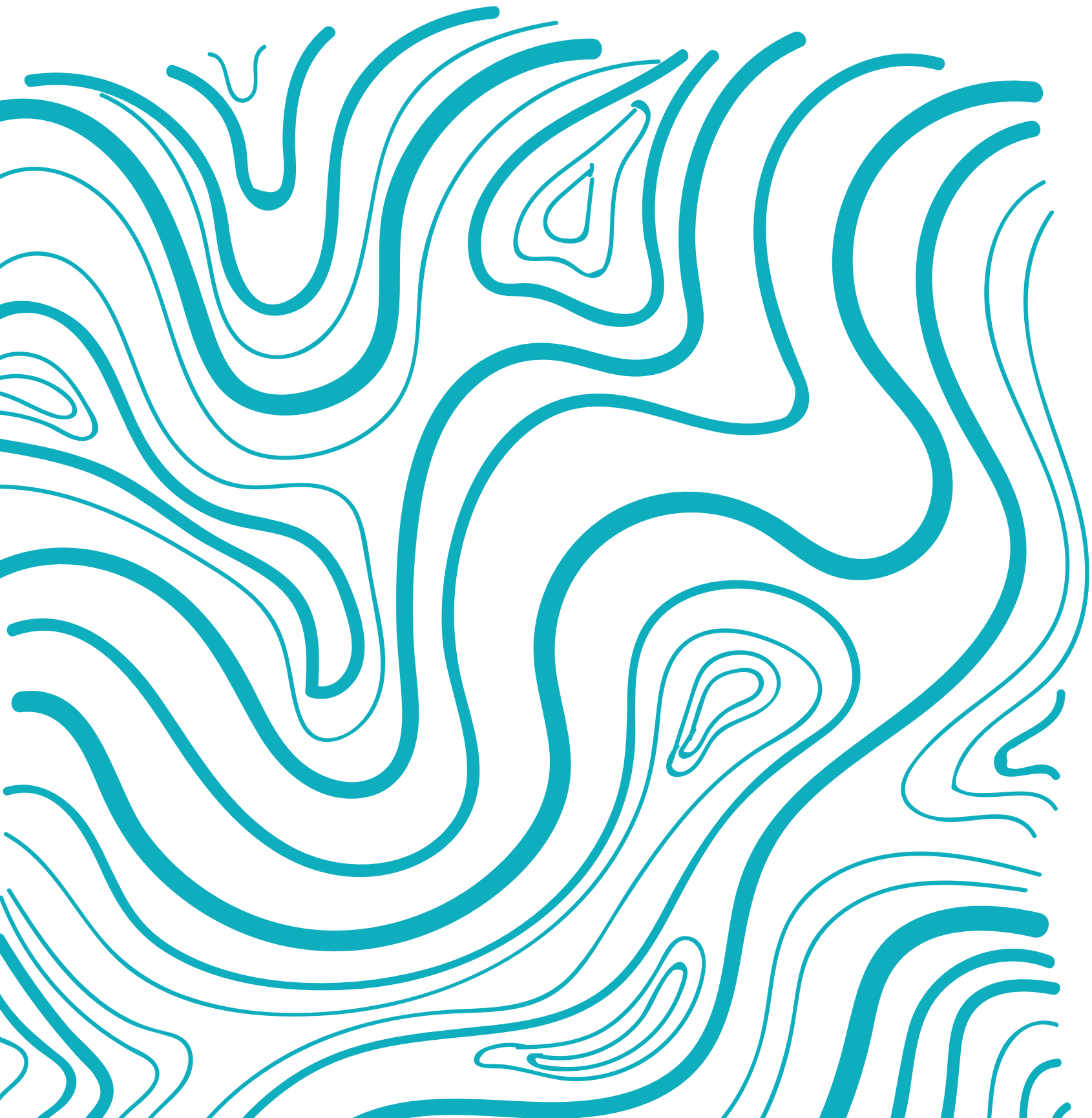
Enhancing rural health through education and advocacy

doctors
of bc



Joint Standing Committee on Rural Issues (JSC)

Rural Medicine



Join us online for this
dynamic and *unique*
Rural Medicine conference.

Conference Highlights:

- Over 25 virtual lectures and workshops to choose from—all geared towards rurally-based practitioners
- Wellness opportunities, like yoga and stretching sessions, a mindfulness workshop, and more!
- Many opportunities to socialize and network with colleagues

The **BC Rural Health Conference** is more than just CME. It's about connecting rurally-based colleagues and fostering community and collaboration.

Acknowledgement

A special thank you to the Joint Standing Committee on Rural Issues (JSC) for their funding contribution and support.

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Joint Standing Committee on Rural Issues (JSC)

Social Events

Rural Booster Shot Social Hour

DATE: May 28 (Fri)

TIME: 19:00-20:00

COST: Free

Open to all medical students and residents, this interactive social will deliver the shot in the arm you need to take on a career in rural medicine.

Hosted by:



rMEET Coffee Break

DATE: May 30 (Sun)

TIME: 9:35-10:00

COST: Free

We invite you to sign up for the rMEET Coffee Break on Sunday morning where physicians within their first 5 years of rural practice will be grouped with more experienced rural physicians for a casual coffee break. We hope this rMEET session will provide an opportunity for some friendly dialogue and connection!



RHC Saturday Night Fun

DATE: May 29 (Sat)

COST: Free

Virtual Cocktail Hour & Mixology Class

17:45-18:30

It's not all work, no play! Join your colleagues for this virtual cocktail class where an international award-winning bartender will teach you how the pros sling drinks. He'll guide you through making two delicious cocktails using simple ingredients. Too tired to make a fancy drink? That's okay! Grab a glass of wine and just tune in to watch the fun. (Heckling is encouraged!)



18:30-19:20

Virtual Magic Extravaganza Show!



Gather your family around the laptop for this wildly interactive virtual magic show! And then be ready to join in on the fun as professional magicians walk you through a magic lesson so you can learn some magic, too. (Bring a deck of cards and some rubber bands to follow along.) Kids young and young-at-heart are welcome to join in and watch the fun!

Presented by the Toronto Magic Company

Saturday MAY 29

0800-0810	RCCbc WELCOME	
0810-0825	First Nations Welcome and Blessing	<i>Elder Connie Paul</i>
0825-0910	PLENARY: LIFEHACK-ER: Unique Bedside Tips and Tricks for ER and Primary Care	<i>Simon Moore</i>
0910-0955	PLENARY: Designing Healthcare Systems for Patient, Public, and Planetary Health	<i>Andrea MacNeill</i>
0955-1015	BREAK WELLNESS ACTIVITY: Morning Stretch Virtual Exhibit Hall	

CONCURRENT SESSION A 1015-1100			2-HOUR SESSIONS 1015-1200		
<p>The Red Eye: Pearls, Prescribing & Pitfalls <i>Simon Moore</i></p>	<p>Making Your Work Days Easier: Using Pathways Tools <i>Tracy Monk</i></p>	<p>Pediatric Viral Exanthems <i>Joseph Lam</i></p>	<p>Racism’s Impact in Health Care: Where do we go from here? <i>Terri Aldred</i></p> <p><i>Max 50 participants</i> <i>Free</i></p>	<p>WORKSHOP: Rural Airway Management in the Time of COVID <i>Ryan Hoskins</i></p> <p><i>Max 24 participants</i> <i>\$25 Fee</i></p>	<p>WORKSHOP: PICC Like a Pro: Ultrasound-guided Peripheral Central Line Insertions <i>Kirk McCarroll</i> <i>Erin Davidson</i></p> <p><i>Max 24 participants</i> <i>\$25 Fee</i></p>
1100-1115 BREAK Virtual Exhibit Hall					
CONCURRENT SESSION B 1115-1200					
<p>The Vortex Airway Approach <i>Paul Mackey</i></p>	<p>Jeopardy: Rapid Answers to Audience-Selected Topics <i>Michael Allan</i></p>	<p>ECG Review for Beginners <i>Adam Thomas</i></p>			

Saturday MAY 29 ...continued

1200-1300 **LUNCH BREAK | Virtual Exhibit Hall**

CONCURRENT SESSION C 1300-1345		2-HOUR WORKSHOP 1300-1500		
<p>The Painful Knee: Assessment, Investigation and Treatment <i>Chris Parfitt</i></p>	<p>Burnout, Mental Illness, and Alcoholism Among Physicians <i>Kenneth Kunz</i></p>	<p>Hitting Chronic Pain Where it Hurts: Innovative Treatments Against an Old Foe <i>Francois Louw</i></p>	<p>Using POCUS for First Trimester Bleeding <i>Virginia Robinson</i></p>	<p>Basic Suturing Techniques <i>Stuart Johnston, Bret Batchelor, Dries Mosterts</i></p> <p><i>Max 18 participants \$25 Fee</i></p> <p><i>* Participants are responsible for procuring their own suturing kits and other supplies. Click here for full list.</i></p>

1345-1400 **BREAK | WELLNESS ACTIVITY: Yoga | Virtual Exhibit Hall**

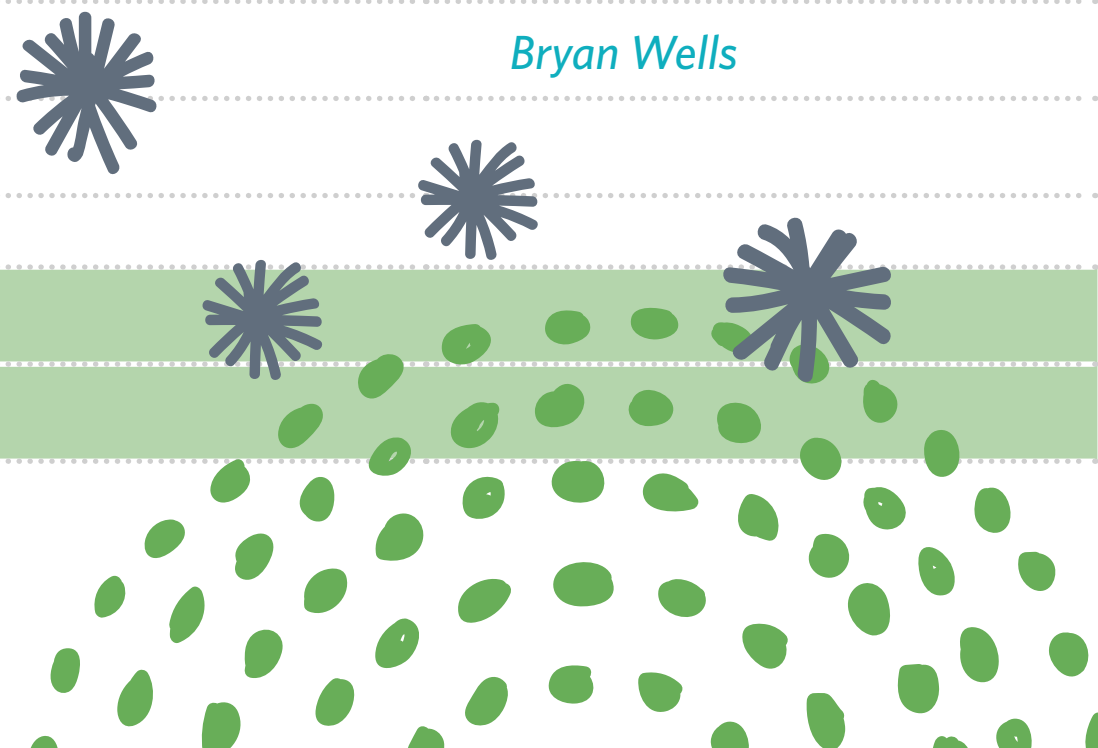
1400-1445 **PLENARY:** Getting Practical about Practice Guidelines *Michael Allan*

1445-1530 **PLENARY:** Trauma Assessment in the Rural Setting *Bryan Wells*

1530 **CLOSING REMARKS | END OF DAY 1**

1745-1830 **VIRTUAL COCKTAIL HOUR + MIXOLOGY CLASS**

1830-1920 **VIRTUAL MAGIC EXTRAVAGANZA SHOW! *FAMILY FRIENDLY EVENT***



Sunday MAY 30

0800-0805 **RCCbc WELCOME**

0805-0850 **PLENARY:** The Cold Hard Facts on Hypothermia

Doug Brown

0850-0935 **PLENARY:** The Vaping Epidemic in Our Youth

Kyle Stevens

0935-1000 **BREAK | rMEET Coffee Break | Virtual Exhibit Hall**

CONCURRENT SESSION D 1000-1045

Advanced ECG Review
Adam Thomas

How to Triage and Manage
Ocular Emergencies
Nawaaz Nathoo

Office Advocacy:
Making the Climate Crisis
Part of Your Practice
Warren Bell

Advance Preparation for
Adverse Patient Outcomes
Using a CBT Approach
Kirstie Overhill & Clara Evans

1045-1100 **BREAK | WELLNESS ACTIVITY: Yoga | Virtual Exhibit Hall**

1100-1145 **PLENARY:** Trauma in the ER

David Evans

1145 **Farewell Remarks and Closing Blessing | LƏK'wƏDƏN  Songhees Traditional Dancers | CONFERENCE ENDS**

POST-CONFERENCE WORKSHOP 1300-1400

Pausing Together for Collective Resilience: A Mindfulness Workshop
Led by: Dr. Rahul Gupta

Explore how mindfulness can enhance individual and collective resilience through grounding us in the qualities of presence, openheartedness, and trust.

Registration Fees

CONFERENCE FEES			
	By March 29	By April 26	After April 26
Physician	\$199	\$239	\$279
Nurse Practitioners	\$199	\$239	\$279
Allied Health Professional <i>Ex: Nurse/RN, Midwife, Paramedic, Physiotherapist, Administrator, Other</i>	\$50	\$50	\$50
Resident	\$50	\$50	\$50
Medical Student	\$50	\$50	\$50

ADD-ON SESSIONS & WORKSHOPS			
	Date	Fee	Limit
PICC Like a Pro	Saturday, May 29	\$25	24
Rural Airway Management	Saturday, May 29	\$25	24
Racism's Impact in Health Care	Saturday, May 29	FREE	24
Basic Suturing Techniques	Saturday, May 29	\$25	18
Mindfulness Workshop	Sunday, May 30	FREE	none

Register Online

events.eply.com/RHC2021

