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~ PROGRAM ~

FEATURING  
KEYNOTE GUEST SPEAKER

**DR. MARCIA KOSTENUIK**

MD, FCFP, BSC

CMA WELLNESS CONNECTION;  
MEDICAL PSYCHOTHERAPY ASSOCIATION OF  
CANADA (MDPAC), OCFP PEER GUIDE

“GETTING OFF THE PATH TO BURNOUT”

**Other Plenary Sessions:**

The Word on GERD - Dr. A. Neville

Diverticulitis: Tricks for 'Tics - Dr. A. Caycedo

Tumour Localization: What's Best for Breast - Drs. K. Bukhanov, T. Cil,  
E. Mitic and H. Voogjarv

Trauma: Should They Stay or Should They Go? - Dr. G. Gomez

Difficult Colleague - Dr. J. Novick

Periop Meds Management: Know When to Hold 'Em - Dr. J. Ernst

ON-SQIN Update: Smoothing - Dr. T. Jackson

Case Study: The Difficult Abdominal Closure - Dr. N. Parry

Case Study: The Difficult Gallbladder - Dr. K. Bertens

Case Study: The Difficult Stoma - Dr. G. Ma

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# Ontario Association of General Surgeons

(OMA Section on General Surgery)

VIRTUAL  
27th Annual Meeting  
November 5-6, 2021

Registration Deadline: Nov. 6

Target Audience:

General Surgeons and

General Surgery Fellows/ Residents/ Physician Assistants



# VIRTUAL OAGS 27th Annual Meeting Program: November 5-6, 2021

## 7:30 AM EXHIBIT HALL & NETWORKING

**Session Chair: Dr. Tim Jackson, OAGS President**  
**Co-Chair: Dr. Jennifer Macmillan, Annual Mtg Committee Chair**

8:30 am Welcome & Orientation

8:40 am **"The Word on GERD"**

**Speaker: Dr. Amy Neville (approx. 20min + 5min Q&A)**  
**Learning Objective:** After this session, the participant will be able to prepare: 1) treatment and management options for patients presenting with heartburn symptoms; 2) approach to dyspepsia; 3) next steps after abnormal upper endoscopy

9:10 am **"Diverticulitis: Tricks for 'Tics'"**

**Speaker: Dr. Antonio Caycedo (approx. 20min + 5min Q&A)**  
**Learning Objective:** After this session, the participant will be able to identify the latest antibiotic approaches and/or surgical options for different stages of diverticulitis.

9:40 am **"Panel: Tumour Localization - What's Best for Breast"**  
(20min Tips and 15min joint Q&A)

**Speakers: Drs. K. Bukhanov, T. Cil, H. Voogjarv and J. Poling**  
**Learning Objective:** After this session, the participant will be able to contrast the newer localization methods of breast lesions (i.e. radioactive/magnetic seed) from urban academic and community perspectives.

## 10:15 AM EXHIBIT HALL & NETWORKING

10:35 am **"Trauma: Should they stay or should they go?"**

**Speaker: Dr. David Gomez (approx. 20 min + 5min Q&A)**  
**Learning Objective:** After this session, the participant will be able differentiate options for the management of abdominal trauma at non-trauma centres.

11:05 am **"Difficult Colleague"**

**Speaker: Dr. Jon Novick - OMA PHP (approx. 20 min + 5min Q&A)**  
**Learning Objective:** After this session, the participant will be able to 1. Understand the context of Difficult Behaviors; 2. Review ways to address Difficult Behaviors in colleagues; 3. Appreciate the importance of early intervention.

11:35 am **"Periop Meds Management: Know when to hold 'em'"**

**Speaker: Dr. Jaclyn Ernst (approx. 20 min + 5min Q&A)**  
**Learning Objective:** After this session, the participant will be able to determine a patient centered, evidence based approach to identifying which commonly prescribed medications can be safely continued or discontinued in the perioperative period. The focus will be on cardiovascular medications, medications affecting hemostasis and endocrine medications (meds for diabetes / steroids).

12:05 pm **"ON-SQIN Update: Smoothing"**

**Speaker: Dr. Tim Jackson (approx. 10 min)**  
**Learning Objective:** After this session, the participant will be able to interpret the concept of smoothing - matching patient admissions to availability of beds/resources; based on data, the learner will understand how to better plan ahead for anticipated busy/slow days and book resources accordingly.

## 12:20 PM BUSINESS MEETING & PRESENTATION

◆ **Special Presentation: Dr. Julian Daza Vargas (12:20-12:20pm)**

**Business Session Chair: Dr. Kevin Lefebvre, OAGS VP**

**Note: This session is open to both OAGS and Section members. No charge.**  
**Learning Objective:** After this session, the participant will be able to interpret relative impact on their practice and develop strategies to combat Covid surgical backlog.

- I. INTRODUCTION (12:25pm)
- II. OAGS HOUSEKEEPING (12:25pm-12:45pm)
  - a) Motion to approve agenda
  - b) Motion to approve previous minutes
  - c) OAGS Election
  - d) OAGS Treasury Report/Motion - J. Macmillan
- III. RESIDENT UPDATE - T. McKechnie (12:45pm-12:50pm)
- IV. OAGS President's Report - T. Jackson (12:50pm-1pm)
- V. OMA Section Chair Report/relativity/backlog (1pm-1:10pm)
- VI. OTHER BUSINESS (1:10pm-1:20pm)
  - a) Open discussion; b) Next Meeting - Nov. 11-12, 2022
- VII. Motion to Adjourn (1:20pm)

## 1:20 PM EXHIBIT HALL & NETWORKING

1:40 pm **"Challenging Case Study: The Difficult Abdominal Closure"**  
(approx. 20 min each + 10min joint discussion/Q&A)

**Lead: Dr. Neil Parry**  
**Learning Objective:** At the end of this session, the participant will be able to use tips for difficult abdominal closure such as using native tissue to increase domain, Bogota bag, etc. via case presentation/group discussion.

2:15 pm **"Challenging Case Study: The Difficult Stoma"**  
(approx. 20 min each + 10min joint discussion/Q&A)

**Lead: Dr. Grace Ma**  
**Learning Objective:** After this session, the participant will be able to explain management techniques for a difficult stoma (i.e. thick abdomen, tearing, distracting, narrowing...) via case presentation/group discussion.

2:50 pm **"Challenging Case Study: The Difficult Gallbladder"**  
(approx. 20 min each + 10min joint discussion/Q&A)

**Lead: Dr. Kim Bertens**  
**Learning Objective:** After this session, the participant will be able to determine: A) How to anticipate a difficult gallbladder before operating; B) Tips & tricks for operative management of a difficult gallbladder; C) Safe and definitive "bail out" maneuvers.

3:25 pm **Annual OAGS KeyNote Lecture:**  
**"Getting Off the Path to Burnout"**  
(approx. 40min+ 20min Q&A)

**Speaker: Dr. Marcia Kostenuik - CMA Wellness Connection**  
**Learning Objective:** After this session, the participant will be able to distinguish:  
1. How to recognize early signs of physician burnout; 2. How to recognize personal risk factors and system issues that increase the risk of burnout; 3. How to use strategies to monitor and reduce stress, set healthier work limits, develop true resilience, and create better work-life balance to reduce the risk of burnout.

4:30 pm **"Doctor's Lounge: Burnout Guided Workshop" (optional)**

**Lead: Dr. Marcia Kostenuik (approx. 30min)**  
**Learning Objective:** After this session, the participant will be able to dramatize methods and use practical skills and tips to help facilitate mindfulness, meditation, stress reduction and burnout prevention.

## 5:00 PM EXHIBIT HALL & NETWORKING

Note: See website for Sponsored Sessions schedule.

## Overall Learning Objectives

By the end of the conference the participant will be able to:

- 1) describe nonoperative management strategies for common clinical scenarios encountered by the practicing general surgeon including dyspepsia/GERD, and diverticulitis.
- 2) contrast various options for localization of nonpalpable breast lesions
- 3) discuss some indications for referral/transfer of the stable trauma patient to a specialized trauma centre to optimize patient outcomes
- 4) demonstrate rational and safe management of patient medications in the perioperative time for the patient undergoing a surgical or endoscopic procedure
- 5) describe strategies to effectively address the difficult colleague in the workplace, and the surgical backlog/increasing wait times for essential surgeries that has arisen in part due to the COVID-19 pandemic

## PRESIDENT'S MESSAGE



Dr. Tim Jackson

The Ontario Association of General Surgeons was established to promote the interests of all of the general surgeons in our province, whether they practice in a major urban area or a rural community. We endeavour to fulfill this goal with strong representation in the political arena of the OMA and advising in the best interests of our members. We also endeavour to fulfill this goal by establishing a relevant educational meeting. The annual general meeting, now in its 27th year, has always been an opportunity to bring practical, useful and up to date knowledge to our members, as well as keeping

you informed of the political situation and negotiations. This year will be no different, as the organizing committee has assembled an excellent variety of speakers which you will not want to miss. Hope you can join us!

## REGISTRATION WEBSITE

<https://qrgo.page.link/9PrTz>



## REGISTRATION

### Target Audience:

General Surgeons, Fellows, Residents, Physician Assistants  
Members & Non-Members

### Registration Deadline: November 6

If you plan to attend our virtual meeting, you must register on our Annual Meeting Registration Website above - regardless of membership status.

### Members:

Current OAGS members can register FOR FREE! Members received a promotion code via email in September. Please enter this code before you complete your online registration to avoid paying again. If you did not receive a code, you may still have to renew your dues. If uncertain of status or having difficulty using the promo code or registering in general, contact the OAGS office: [info@oags.org](mailto:info@oags.org) / 705-745-5621. **NOTE: The deadline to use remaining Covid credits from last fiscal is DECEMBER 31, 2021. Refer to recent invoice.**

### How to Register

◆ **Online:** <https://pheedloop.com/oags2021/site/home/>

### How to Pay:

◆ **Credit/PayPal/Stripe** - Major credit cards accepted online.

◆ **Cheque** - Make payable to "OAGS" and mail to:  
OAGS - P.O. Box 192, Stn. Main, Peterborough, Ontario K9J 6Y8 or...

◆ **Credit/Phone** - Call 705-745-5621 / 1-877-717-7765

*NOTE: PayPal/Stripe are secure methods for your credit card transactions. You DO NOT need to create an account and can make a one-time payment only. We reserve the right to refund payment if you do not fulfill the membership criteria. Email confirmation will be sent to you. Tax deductible receipts will be sent AFTER fiscal year-end.*

## MEETING ADMISSION FEES

### No Late Fees This Year!

◆ **FREE - Current OAGS Member**

*(after 2021 fiscal dues are paid; must be RCPSC certified and living/practising in Ontario)*

◆ **\$450 - Non-Member - General Surgeon**  
(active/inactive/out-of-prov.)

◆ **\$ 60 - Non-Member - General Surgery Resident/Fellow**

◆ **\$200 - Non-Member - Allied Health /Physician Assistant**

◆ **FREE - Med Student**

(2 per program- must be referred by an OAGS member)

## MEMBERSHIP DUES (JAN-DEC, 2021)

*Become a Member and Register for the meeting at the same time!*

◆ **\$395 - GS Active/Associate\***

◆ **\$200 - GS Inactive /Semi-Retired\***

◆ **\$ 50 - GS Resident/Fellow\***

\* Member Prerequisites:

Certified by RCPSC (or equivalent - refer to board)

Practising/living in Ontario in good standing

Enrolled in a post graduate General Surgery program within Ontario



## PROGRAM & EDUCATION COMMITTEE

### Dr. Jennifer Macmillan (Committee Chair)

Drs. L. Bui, T. Jackson, Dr. K. Lefebvre, H. Moloo,  
S. Rieder, A.Smith, J.A.Van Koughnett

## GUEST SPEAKERS

**Dr. Kimberly Bertens, MD, FRCSC**  
Faculty, Dept. of Surgery, General Surgeon, U of Ottawa; The Ottawa Hospital

**Dr. Karina Bukhanov, MD, FRCPC**  
Assistant Professor, Radiologist, Mount Sinai Hospital; University of Toronto

**Dr. Antonio Caycedo, MD, FRCSC**  
Associate Professor, Queen's University; Attending Staff, Kingston Health Sciences Centre

**Dr. Tulin Cil, MD, FRCSC, MEd**  
Associate Professor, UofT; University Health Network - PMH

**Dr. Julian Daza Vargas, MD**  
GS PGY2, UofT

**Dr. Brittany Dingley, MD, FRCSC**  
The Ottawa Hospital

**Dr. Jaelyn Ernst, MD, FRCPC, Dipl of ABOM**  
Assistant Professor, Western University; LHSC, Victoria Hospital

**Dr. David Gomez, MD, FRCSC**  
Assistant Professor General Surgery, University of Toronto; St. Michael's Hospital - Unity Health

**Dr. Tim Jackson, MD, FRCSC**  
Associate Prof. of Surgery, UofToronto; HQO Provincial Surgical Lead, UHN-TWH; OAGS President

**Dr. Marcia Kostenuik, MD, FCFP, BSc**  
CMA Wellness Connection; Medical Psychotherapy Association of Canada (MDPAC), OCFP Peer Guide

**Marc Kraichati**  
Early Career Education Specialist; MD Financial Management

**Dr. Kevin Lefebvre, MD, FRCSC**  
Medical Program Dir., Surgical Services Stratford General Hospital  
Div. of General Surgery, Stratford, ON

**Dr. Grace Ma, MSc, MD, FRCSC, FACS**  
Assistant Professor, NOSM: Health Sciences North

**Dr. Marisa Louridas, MD, FRCSC**  
Assistant Professor, UofToronto; UHN - St. Michael's Hospital

**Dr. Jennifer Macmillan, MD, FRCSC**  
General Surgeon, Muskoka Algonquin Healthcare; OAGS Program & Education Committee Chair, OAGS Treasurer

**Dr. Morgan McWilliam, MD, FRCSC**  
Div. of General Surgery, Stratford General Hospital

**Dr. Tyler McKechnie, MD**  
General Surgery PGY2, McMaster U; OAGS Resident Representative

**Dr. Amy Neville, MD, FRCSC**  
Assistant Professor, U of Ottawa; The Ottawa Hospital - Civic Campus

**Dr. Jon Novick, MDCM, FRCPC, MRO**  
Assistant Professor, Psychiatrist, Associate Medical Director, Addiction, OMA PHP, OMA Physician Health Program; University of Toronto

**Dr. Neil Parry, MD, BSc, FRCSC**  
Assoc. Prof., Dept. of Surgery and Dept. of Medicine, Western University  
Div. General Surgery, Victoria Hospital  
London, ON

**Dr. Justin Poling, MD, FRCSC**  
Div. of General Surgery, **Sioux Lookout Meno Ya Win Hlth Ctre**

**Dr. Janelle Rekman, MD, MAEd, FRCSC**  
Renfrew Victoria Hospital; University of Ottawa

**Dr. Scott Rieder, MD, FRCSC**  
Kingston General Hospital; Div. General Surgery, Queen's University

**Dr. Harry Voogjarv, MD, FRCSC**  
Assistant Chief of Staff, VP of Medicine, Timmins and District Hospital



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