

## FRIDAY, MAY 13

1300-1500	REGISTRATION OPENS   EXHIBITS OPEN   MEET & MINGLE WITH REFRESHMENTS	EAST BALLROOM
1500-1530	FIRST NATIONS WELCOME <i>Elder Grace Greyeyes and Penticton Indian Band</i>	SALON CD
1530-1645	<b>A CELEBRATION OF RURAL HEALTH: Celebrating Rural Health Innovations</b> Monthly Community Workshops Promoting Health and Social Wellbeing <i>Natasha Goldsbury &amp; Margaret Crossley</i> Salmon Arm Secondary (SAS) Wellness Centre <i>Richard Currie &amp; Monica Kriese</i> Simpcw First Nation Health Board: True Community Consultation <i>Shelley Lampreau &amp; Marie Matthew</i> Rural Virtual Simulations <i>Caroline Shooner &amp; Xin Mei Liu</i>	SALON CD
1645-1730	BC RURAL HEALTH AWARDS PRESENTATION	↓ TIME WINERY
1800-2000	WELCOME RECEPTION	

## SATURDAY, MAY 14

0700-0750	REGISTRATION & EXHIBITS OPEN	EAST BALLROOM
0700-0750	BREAKFAST	EAST BALLROOM
0755-0800	RCCbc WELCOME & HOUSEKEEPING REMARKS — Ray Markham & Nicole Ebert	SALON CD
0800-0855	PLENARY: No Fat Shame: How Weight Bias Highlights the Worst of our Practice and What to Do About It <i>Ali Zentner</i>	SALON CD

				2-HOUR WORKSHOPS		
SALON CD	SALON B	ZINFANDEL	CABERNET	CHARDONNAY	MERLOT	SALON A
The "Other" Pediatric Dermatology Conditions Seen in the ED <i>Allison Gregory</i>	Key Aspects of the Serious Illness Conversation <i>Brian Forzley</i>	Interstitial Lung Ultrasound: Should Chest X-Rays Belong in a Museum? <i>Jonathan Wallace</i>	Practical Approaches to Deprescribing <i>Mark Lawrie</i>	Co-Regulation: Fostering Collective Resilience Through Mindfulness <i>Rahul Gupta</i>	Basic Suturing Workshop <i>Bret Batchelor Stuart Johnston</i>  <i>*Pre-registration required.</i>	Hands-On Hacks for Eye Exams in Both the Office and the ED  <i>Heather O'Donnell</i>  <i>*Pre-registration required.</i>
1000-1030	REFRESHMENT BREAK & EXHIBITS YOGA, BREATHWORK & MEDITATION SESSION		EAST BALLROOM WEST LAWN			
1030-1125						
Trauma Tips and Tricks <i>Matt Petrie</i>	A Practical Approach to Shoulder Pain <i>Derek Plausinis</i>	How to Survive as a Locum: Tips and Supports for Success <i>Zeke Steve</i>	Transitioning OAT Patients from Acute Care to the Community <i>Aseem Grover</i>			

1125-1230	LUNCH BREAK	EAST BALLROOM
1200-1230	YOGA, BREATHWORK & MEDITATION SESSION	WEST LAWN
1140-1225	OPEN MEETING RHSRnbc: Enhancing rural resilience against climate change and ecosystem disruption	SALON A
1140-1225	OPEN MEETING BC Emergency Medicine Network Listening Session: Patient engagement in creating patient discharge sheets and supporting simulation practice across BC	SALON B

# SATURDAY, MAY 14 ... continued

1230-1325

2-HOUR WORKSHOPS

SALON CD	SALON A	SALON B	ZINFANDEL	CHARDONNAY	CABERNET	MERLOT
Ketamine in the Rural ER <i>Jonathan Wallace</i>	Diagnosis and Management of Carpal Tunnel <i>Niall Davidson</i>	Beyond The Cervix: Office Gyne Pearls <i>Andrew Kotaska</i>	Identifying and Managing Cases of Child Abuse in Rural Communities <i>Kirsten Miller</i>	Indigenous Patient-Led CPD Journey: A Dialogue on Where We've Been and Where We're Going  <i>Elder C. Schweizer Harley Eagle Terri Aldred</i>	How to Say No with Joy  <i>Shireen Mansouri Tandi Wilkinson</i>	Advanced Minor Surgical Procedures for Rural Practitioners  <i>Bret Batchelor Stuart Johnston</i>
Urinary Incontinence in Older Adults <i>Martha Spencer Mary Kjørven</i>	ED Care of the Un-Sick <i>David Esler</i>	POCUS for the Office: Short Cases, Big Saves <i>Virginia Robinson</i>	Protecting Your Financial Future with Insurance Planning <i>Hali Stus</i>			*Pre-registration required.

1330-1425

1430-1525 **PLENARY: Paranoia & Conspiracy During COVID-19: Practical Strategies for Effective Communication**  
*Heather Fulton* **SALON CD**

1525-1600 **COFFEE BREAK | END OF DAY** **EAST BALLROOM**  
 1530-1800 **OPEN MEETING REAL-TIME VIRTUAL SUPPORT — IN PERSON!** **HOODED MERGANSER**  
 1600-1700 **BC STUDENT, RESIDENT AND PRECEPTOR SOCIAL** Private Event Hosted by REAP **W. BALLROOM FOYER**  
 1600-2100 **SATURDAY EVENING SOCIAL EVENTS** See the program agenda for a full list of the evening activities.

# SUNDAY, MAY 15

0700-0800 **REGISTRATION & EXHIBITS OPEN** **EAST BALLROOM**  
 0700-0800 **BREAKFAST** **EAST BALLROOM**  
 0715-0745 **STRETCH AND MOVEMENT SESSION** **WEST LAWN**

0800-0900 **RAPID FIRE SESSION:**  
 Parkinson's Disease Management Made Easy *Niall Davidson*  
 Management and Injection of Trigger Fingers *Stuart Johnston*  
 PCOS Made Easy *Andrew Kotaska* **SALON CD**

0905-1000

2-HOUR WORKSHOPS

SALON CD	SALON B	ZINFANDEL	CHARDONNAY	CABERNET	MERLOT	SALON A
Management of the Most Common Eye Complaints <i>Heather O'Donnell</i>	Female Sexual Function in the Midlife — Let's Talk About It! <i>Kelsey Mills</i>	Rheumatology Pearls <i>Michelle Teo</i>	DAAM! Drug Assisted Airway Management: A Rural Perspective <i>Sean Ebert</i>	Developing Your Own Rural Simulation Tools <i>John Soles Kara Purdue</i>	Caring to Care: Health Humanities, Cultural Humility, Storytelling, and Physician Wellness in Rural BC  <i>Kung JaaDee Sarah de Leeuw Darian Stahl</i>	Casting Techniques for the Treatment of Common Fractures  <i>Chris Parfitt</i>
Savvy Management of the Elderly ED Patient <i>David Esler</i>	Gender Diverse Youth <i>Rachel Boulding</i>	Rural Abstract Presentations <i>C. Blewett &amp; S. Skinner N. Verma M. McGregor</i>	Chronic Pain in Rural Practice: Tips and Tricks <i>Sean Ebert</i>	The Snake Bite Patient: Don't be Rattled! <i>Robert Offer</i>		*Pre-registration required.

1115-1200 **CLOSING PLENARY: Beyond Morphine & Duct Tape: What's in the Perfect First Aid Kit for the Rural Doc?**  
*Nicole Ebert, Stuart Johnston, John Soles* **SALON CD**

1200 **CLOSING REMARKS | CONFERENCE ENDS** **SALON CD**