

Practical Orthopedics 2016: “What to Do, When to Refer”

May 13 & 14, 2016

Hilton Garden Inn, Saskatoon

Conference Schedule *(subject to revision)*

Friday Morning Sessions

0730 Registration and Breakfast
(Garden Ballroom)

0800 Welcome Remarks – Dr. Mark Ernst and Dr. Anthony King
(Garden Ballroom)

0810 Plenary:
(Garden Ballroom)
“Fractures in Children: What Not to Miss” – Dr. Anne Dzus
Participants will be able to:

- Identify the important clinical and imaging features of pediatric fractures
- Provide initial management and appropriate referral

0840 *“Common Pediatric Orthopedic Problems” – Dr. Anne Dzus*
Participants will be able to:

- Identify and manage common pediatric orthopedic problems
- Determine which of these require referral

0915 *“Orthopedic Infections” – Dr. Jans van der Merwe*
Participants will be able to:

- Diagnose orthopedic infections using clinical, laboratory and imaging modalities
- Provide appropriate management and determine when to refer

0945 Questions/Discussion

1000 Refreshment Break / Exhibits – Garden North

1015 Concurrent Sessions:

- 1. *“Assessment of the Newborn Hip” – Dr. Anne Dzus***
(Garden South)
Participants will be able to:
 - Identify developmental conditions associated with a newborn’s dislocated hip
 - Select the appropriate diagnostic methods for accurate assessments
- 2. *“Examination of Knee and Shoulder” – Dr. David Kim***
(Garden Centre)

Participants will be able to:

- Apply current clinical techniques in examining knee and shoulder both in the office and the emergency room

3. “Common Causes of Foot Pain in Adults” – Dr. Lee Kolla

(Estevan Room- lower level)

Participants will be able to:

- Assess and offer appropriate management of common foot problems

4. “Casting – Lower Extremities” – Shaunda Sembalerus and Dr. Paul Kulyk

(Prince Albert Room-second floor)

Participants will be able to:

- Demonstrate proper application of plaster casts and splints to lower extremities including basic molding techniques
- Discuss the principles, pearls, and pitfalls of lower extremity casting

1100 Relocation Break

1115 Concurrent Sessions (Repeat of 1015 Sessions)

1200 Lunch and Exhibits – Garden North

Friday Afternoon Sessions

1245 Plenary: (Short Presentations)

(Garden Ballroom)

“Achilles Tendon Ruptures” – Dr. Lee Kolla

Participants will be able to:

- Clinically assess for suspected Achilles tendon rupture
- Describe appropriate initial management of acute Achilles tendon ruptures

1300 *“Distal and Proximal Bicep Ruptures” – Dr. Tanner Dunlop*

Participants will be able to:

- Recognize both proximal and distal biceps tendon rupture using practical clinical tools
- Appropriately manage and refer when necessary

1315 *“Assessing and Diagnosing Hip Fractures” – Dr. Tousief Hussain*

- Utilize clinical and imaging tools to assess hip fractures

1325 *“Open Fractures: Initial Management Prior to Orthopedic Treatment” – Dr. Tousief Hussain*

Participants will be able to:

- Recognize and provide immediate initial management of open fractures prior to referral

1335 Questions / Discussion

1345 Relocation Break

1400 Concurrent Sessions:

1. ***“Joint Injections”*** – Dr. David Kim
(Garden Centre)

Participants will be able to:

- Select appropriate patients for injection therapy
- Develop and apply clinical skills necessary in common joint injections

2. ***“Common Causes of Ankle Pain in Adults”*** – Dr. Lee Kolla
(Garden South)

Participants will be able to:

- Assess and offer appropriate management of common ankle problems

3. ***“Recent Developments in Non-Surgical Treatments of Arthritis”*** – Dr. Jans van der Merwe
(Estevan Room-lower level)

Participants will be able to:

- Apply current non-surgical treatments of arthritis including medications, injections and therapies

4. ***“Casting - Upper Extremities”*** – Shaunda Sembalerus and Dr. Tanner Dunlop
(Prince Albert Room-second floor)

Participants will be able to:

- Apply clinical skills in casting techniques of the upper extremity

1445 Refreshment Break / Exhibits – Garden North

1500 Concurrent Sessions (Repeat of 1400 Sessions)

1545 Relocation Break

1600 Plenary:

(Garden Ballroom)

“Assessment and Management of Common Shoulder Conditions” – Dr. Mark Ernst

Participants will be able to:

- Be familiar with recognizing and managing common shoulder problems encountered in primary care
- Order appropriate imaging and know which problems require referral

1625 *“Hip Pain in the Young Adult”* – Dr. Jordan Buchko

Participants will be able to:

- Recognize and diagnose common young adult hip problems:
 - Trochanteric bursitis
 - Labral tears
 - Femoroacetabular impingement
- Determine when to refer for surgical intervention

1645 Questions / Discussion

1700 Adjournment

Saturday Morning Sessions

0730 Registration / Breakfast
(Garden Ballroom)

0800 Plenary:

(Garden Ballroom)

“Thoracic and Lumbar Spine Fractures” – Dr. Michael Spiess

Participants will be able to:

- Identify clinical, biomechanical and imaging features of common thoracic and lumbar spine fractures
- Appropriately manage these fractures and determine which require referral

0830 *“When to Refer Hip and Knee Arthritic Patients” – Dr. Anthony King*

Participants will be able to:

- Determine when to refer hip and knee arthritic patients to an orthopedic surgeon
- Discuss basic treatment options for hip and knee arthritic patients
- Determine how to help prepare patients for hip or knee replacements

0900 Questions / Discussion

0915 Relocation Break

0930 Concurrent Sessions:

1. *“Reducing Joint Dislocations” – Dr. Jordan Buchko*

(Garden Centre)

Participants will be able to:

- Recognize the clinical features of common joint dislocations and appropriate imaging
- Determine which dislocations can be managed at the primary care level and select appropriate and safe reduction techniques.

2. *“Scaphoid Fractures and Common Wrist Conditions” – Dr. David Sauder*

(Garden South)

Participants will be able to:

- Assess and treat scaphoid fractures
- Identify common wrist conditions

3. *“Hand Injuries ” – Dr. Chris Thomson*

(Estevan Room – lower level)

Participants will be able to:

- Recognize clinical features of common hand injuries
- Provide appropriate management and referral

- 4. “C-spine Fractures” – Dr. Allan Woo**
(Prince Albert Room- second floor)
Participants will be able to:
- Identify the clinical and imaging features of C-spine fractures
 - Apply the initial management principles and stabilization
 - Make appropriate referrals
- 1015 Refreshment Break / Exhibits – Garden North**
- 1030 Concurrent Sessions – (Repeat of 0930 Sessions)**
- 1115 Relocation Break**
- 1130 Plenary: (Short Presentations)**
(Garden Ballroom)
“Patella Instability: Management and When to Refer” – Dr. Mario Taillon
Participants will be able to:
- Describe the patho-anatomy, clinical features and appropriate imaging of patellar instability
 - Initiate management and appropriate referral
- 1145 “Recognizing Compartment Syndrome– Trauma”- Dr. Andrew Urmson**
Participants will be able to:
- Recognize, classify and manage AC joint injuries
 - Appropriately refer patients for surgical management of AC joint injuries
- 1200 “AC Joint Injuries” – Dr. Jordan Buchko**
Participants will be able to:
- Recognize, classify and provide management of AC separations
 - Provide appropriate referral
- 1215 “Low Back Pain: Red Flags” – Dr. Ken Yong-Hing**
Participants will be able to:
- Differentiate common mechanical Low Back Pain from sinister causes that require referral
- 1230 Discussion and Closing Remarks**