2021 PROGRAM

INFORMATION

journesmontfort@montfort.on.ca
jmottawa.ca
<table>
<thead>
<tr>
<th>HOUR</th>
<th>CONFERENCE</th>
<th>OBJECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12:30 pm to 1 pm</strong></td>
<td><strong>Login period and visit of exhibitors</strong></td>
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| **1 pm to 1:15 pm** | **Word of welcome**  
Dr. Marie-Noëlle Nicole |
| **1:15 pm to 2:15 pm** | **PLENARY SESSION: When Belief Overrides the Evidence: How to Save Dr. Google’s Patients?**  
Olivier Bernard, Le Pharmachien  
- List the opportunities and challenges associated with the growing dissemination of health and scientific information via the web, social networks and mass media;  
- Distinguish effective approaches to dealing with individuals who perpetuate medical and scientific myths;  
- Recognize communication errors that hinder our efforts to influence and convince;  
- Implement better strategies for communicating with individuals who raise doubts or concerns about their health. |
| **2:20 pm to 3:20 pm** | **New Trends in Acute Care**  
Dr. Vérilibe Huard  
- Identify a few recent articles that have the potential to change our emergency room practice;  
- Discuss the integration of changes to our practice as a result of these changes;  
- To articulate the outstanding issues in the current state of knowledge. |
| **2:20 pm to 3:20 pm** | **May Your Diet Be Your First Medicine!**  
Dr. Marie-Eve Bérubé  
- Explore what a plant-based diet is all about;  
- To question the scientific evidence for a plant-based diet;  
- Use the diet as a therapeutic tool in chronic disease management;  
- Describe clinical cases and concrete examples of its impact on patients’ health;  
- Describe the impact of certain animal products on the human body and on the well-being of our planet. |
| **3:20 pm to 3:50 pm** | **Health break and posters tour** |
| **3:20 pm to 3:50 pm** | **The Impact Of Screen Time On Communication!**  
Roxane Belanger  
- To identify the problem of excessive use of screens at a young age;  
- Present screen time guidelines from First Words and the learned societies of paediatrics;  
- Apply winning strategies and screen time limitations with parents and healthcare professionals. |
| **3:50 pm to 4:50 pm** | **How To Integrate Reflective Practice Into Our Busy Lives?**  
Dr. François Rodrigue  
- Demonstrate the importance of reflective practice in health care;  
- To use reflective practice in our busy lives;  
- Explain a reflective practice model through clinical cases;  
- Identify different learning situations. |
| **4:55 pm to 5:55 pm** | **PLENARY SESSION: A Low-Carbon Society: A Health Issue**  
Dr. François Reeves  
- Define the link between cardiovascular health and our environment;  
- Describe current climate change and its consequences on health;  
- Propose adapted treatments for our patients suffering from environmental diseases; |
<p>| <strong>5:55 pm to 6 pm</strong> | <strong>Closing remarks</strong> |</p>
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<td>1:15 pm to 2:15 pm</td>
<td>PLENARY SESSION: COVID: Not Again!</td>
<td>Describe the COVID-19 pandemic situation; Define the short-term and long-term consequences of a COVID-19 infection; Recognize the differences in COVID-19 infection from childhood to old age;</td>
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<td>2:20 pm to 3:20 pm</td>
<td>Disasters: Humanitarian Interventions in Times of Crisis</td>
<td>Describe the organization of health care following a natural disaster or in a conflict situation; Illustrate with real-life cases the modalities and protocols of health intervention in the event of a disaster; Explain the principles and intervention capacities of humanitarian actors.</td>
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<td>3:20 pm to 3:50 pm</td>
<td>Managing Multimorbidity - Patient-Centred Care Plan</td>
<td>Define multimorbidity; Describe the impact of multimorbidity on our health care system; Explain what the Mobile Chronic Disease Management Team service is all about.</td>
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<td>What to Do When There Is A Disagreement Between the Learner and The Supervisor?</td>
<td>Explain the relevance of highlighting and correcting A's cognitive framework for managing disagreements in supervision; Use targeted intervention to manage supervisory disagreements; Identify winning conditions to facilitate this type of intervention in the A-S relationship; Identify the communication and relational challenges associated with a telemedicine consultation; Propose communication strategies applicable to a patient/professional interaction context in telemedicine; To question the communication strategies to be implemented in the practice of telemedicine.</td>
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<td>4:55 pm to 5:55 pm</td>
<td>PLENARY SESSION: Changing Your Life to Save Your Heart</td>
<td>Review the latest news in terms of diet and exercise related to cardiovascular disease; Identify opportunities for diabetes remission; Describe how to achieve remission; Explain the role of the electronic cigarette in smoking cessation.</td>
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Please note that the conferences are given in French only.

The program is subject to change without notice.