



# 12<sup>th</sup> Annual MacHAND Day of Evaluation and Management of the Upper Extremity

**WEDNESDAY, NOVEMBER 13, 2019**

Royal Botanical Gardens  
680 Plains Road West, Burlington, ON, Canada

The McMaster University Hand, Arm, Nerve (MacHAND) Group is an interdisciplinary team promoting excellence in education, clinical service, and research for hand and upper limb injuries, diseases, and disorders.

Earn  
**6.5**  
Mainpro+  
and MOC

## THE LEARNING OBJECTIVES OF MACHAND DAY ARE

By attending this activity, participants will be able to:

- » Recognize the criteria for the referral of carpal tunnel syndrome or joint hypermobility to specialists.
- » Recognize the pain and physical profiles of patients with Ehlers-Danlos syndrome.
- » Describe treatment approaches for carpal tunnel syndrome, Dupuytren's disease, and chronic oedema in the upper extremity.
- » Describe how to authorize, administer, dose, and educate patients on medical cannabis.
- » Describe how to assess nerve function in the upper extremity during a physical examination.
- » Describe how to screen patients with upper extremity fractures for risk of subsequent falls and osteoporotic fractures.

## TARGET AUDIENCE

Chiropractors, Emergency Medicine Physicians, Family Physicians, Occupational Therapists, Physician Assistants, Physiatrists, Physiotherapists, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

## CALL FOR POSTER PRESENTATIONS ON UPPER EXTREMITY RESEARCH

Please submit your poster abstract (word limit: 350) to Margaret Lomotan via e-mail: lomotam@mcmaster.ca by October 1, 2019

**REGISTER ONLINE: [www.chse.mcmaster.ca/machand](http://www.chse.mcmaster.ca/machand)**

## MORE INFORMATION

**Shawn Locke, CHSE Coordinator**

McMaster University, Continuing Health Sciences Education

P: 905-525-9140 x21098 F: 905-572-7099

E: lockes1@mcmaster.ca

## REGISTRATION INFORMATION

E: cmereg@mcmaster.ca P: 905 525-9140 x22671

## NEW CHSE WEBSITE

[www.chse.mcmaster.ca](http://www.chse.mcmaster.ca)



# AGENDA

\*Activity subject to change

07:30-08:00	<b>REGISTRATION AND BREAKFAST</b>	12:00-13:00	<b>LUNCH &amp; VIEW POSTERS</b>
08:00-08:10	Introductions & Welcome	13:00-13:55	<b>Plenary Session: Joint Hypermobility in the Upper Extremity</b>
08:10-09:10	<b>Plenary Session: Medical Cannabis in Pain Management</b>		<b>Tara Packham, PhD, OT Reg. (Ont.)</b> Assistant Professor, Rehabilitation Science McMaster University
	<b>Allison Blain, MD, FRCPC</b> Assistant Clinical Professor, Anesthesia, McMaster University Staff Anesthesiologist, Hamilton Health Sciences	13:55-14:05	Question & Answer
09:10-09:30	Question & Answer	14:10-15:10	<b>Afternoon Break-out Session 2 (please select one)</b>
09:30-09:50	<b>MORNING BREAK &amp; VIEW POSTERS</b>		<b>1) Lymphedema in the upper limb</b> (targeted audience: therapists)
09:50-10:45	<b>Plenary Session: Carpal Tunnel Syndrome: Mechanisms and Management</b>		<b>2) Clinical examination of nerve testing and function</b> (targeted audience: all health care providers)
	<b>Peter J. Keir, PhD, CCPE</b> Professor, Kinesiology, McMaster University		<b>3) Screening for falls after upper extremity fractures</b> (targeted audience: all health care providers)
	<b>Meg Chiavaras, MD, PhD, FACR, FRCPC</b> Assistant Professor, Radiology, McMaster University Staff Radiologist, Hamilton Health Sciences	15:10-15:25	<b>AFTERNOON BREAK &amp; VIEW POSTERS</b>
	<b>Carolyn Levis, MD, MSc, FRCSC</b> Associate Professor, Plastic Surgery, McMaster University Service Chief, Plastic Surgery, St. Joseph's Healthcare Hamilton	15:25-16:15	<b>Plenary Session: Dupuytren's Disease Treatment Options</b>
10:45-10:55	Question & Answer		<b>Matthew McRae, MD, MSc, FRCSC</b> Assistant Professor, Plastic Surgery, McMaster University Staff Plastic Surgeon, St. Joseph's Healthcare Hamilton
11:00-12:00	<b>Morning Break-out Session 1 (please select one)</b>		<b>Nancy Forget MSc, BScOT, PhD (Candidate)</b> Occupational therapist Handworx, Waterloo
	<b>1) Lymphedema in the upper limb</b> (targeted audience: therapists)	16:15-16:25	Question & Answer
	<b>2) Clinical examination of nerve testing and function</b> (targeted audience: all health care providers)	16:25-16:30	Concluding Remarks
	<b>3) Screening for falls after upper extremity fractures</b> (targeted audience: all health care providers)		

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation requirements and the National Standard for Support, McMaster University, Continuing Health Sciences Education Program requires that all speakers, planning committee members, moderators, facilitators and authors participating in this activity must disclose all relationships with for-profit and not-for-profit organizations over the previous two years. Disclosure must be done in print, verbally, and in writing on a slide prior to the speaker's presentation.

## ACCREDITATION STATEMENTS

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPSC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

Earn  
**6.5**  
Mainpro+  
and MOC

This one-credit-per-hour Group Learning program meets the certification criteria of **The College of Family Physicians of Canada** and has been certified by the McMaster University Continuing Health Sciences Program for up to **6.5 Mainpro+ credits**.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of **The Royal College of Physicians and Surgeons of Canada** and approved by McMaster University, Continuing Health Sciences Education Program for up to **6.5 MOC Section 1 hours**.

Through an agreement between **The Royal College of Physicians and Surgeons of Canada and The American Medical Association**, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme).

\*Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

## DIRECTIONS

### The Royal Botanical Gardens Centre

is located at 680 Plains Road West, on the border of Burlington and Hamilton in Ontario, Canada.

#### From Toronto and East

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Rd. Travel 800 metres south along Waterdown Rd. to Plains Rd. West.
- Turn right onto Plains Rd. West and travel 2 km.
- Turn left into the RBG parking lot.

#### From Kitchener-Waterloo and West including Detroit (U.S.A.)

- Highway 401 East to Highway 6 South.
- Follow Highway 6 South for about 25 km.
- Exit onto York Road, make a left and then a right on the new Plains Rd. and drive south crossing over the 403.
- Turn left at the lights to continue on Plains Rd. West for about 1 km, passing the glass building.
- Turn right into the RBG parking lot.

#### From the Niagara Region and Buffalo (U.S.A.)

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Rd.
- Travel 800 metres south along Waterdown Road to Plains Rd. West.
- Turn right onto Plains Rd. West and travel 2 km.
- Turn right into the RBG parking lot.

## PLANNING COMMITTEE

**Pam Ball, BSc. OT(Reg) ON**  
McMaster University & Hamilton  
Health Sciences

**Allison Blain, MD, FRCPC**  
**Co-Chair**  
McMaster University & Hamilton  
Health Sciences

**Meg Chiavaras, MD, PhD, FACR, FRCPC**  
McMaster University & Hamilton  
Health Sciences

**Janice Harvey, BSc, MD, CCFP, FCFP, Dip. Sport Med.**  
McMaster University & College of  
Family Physicians of Canada

**Carolyn Levis, MD, MSc, FRCSC**  
McMaster University & St. Joseph's  
Healthcare Hamilton

**Margaret Lomotan, BA**  
McMaster University

**Joy MacDermid, BScPT, PhD**  
McMaster University

**Matthew McRae, MD, MSc, FRCSC**  
McMaster University & St. Joseph's  
Healthcare Hamilton

**Tara Packham, PhD, OT Reg. (Ont.)**  
McMaster University

**Michael Vallely, BA, BScPT – Co-Chair**  
McMaster University & Innova Health  
Clinic

**Sheilah Laffan**  
CHSE Program Manager  
Continuing Health Sciences Education  
McMaster University

**Shawn Locke**  
CHSE Coordinator  
Continuing Health Sciences Education  
McMaster University

## ACTIVITY PACKAGE

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

## LIABILITY

McMaster University, Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this activity.
- That may result from the use of technologies, program, products and/or services at this activity.
- That may arise out of, or during this activity.

## PHOTOGRAPHY

Photos will be taken at the activity. Your registration implies your permission for these photos to be used for promotional material. Individuals in photographs will not be identified.

## CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the activity. Receipts are emailed at the time of registration and an additional email will be sent after the activity, confirming your certificate of attendance is ready to download or print. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CHSE office.

## CANCELLATION POLICY

McMaster University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **October 30, 2019** will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.

# Registration Form

12th Annual MacHAnD Day of Evaluation and Management of the Upper Extremity

Wednesday, November 13, 2019

Royal Botanical Gardens, Burlington, ON, Canada



HEALTH SCIENCES  
Continuing Health Sciences  
Education



## REGISTRATION FEES

Physicians/  
Other Health Professionals.....  \$190 +HST

Trainees/Students/Residents.....  \$90 +HST

\*All fields are required in order to process your registration

Dr.  Mr.  Mrs.  Miss.  Ms.

Surname

Given

Profession: Chiro  FP  Spec  IMG  PT  SURG  RN  OT  Res  Student  Other

Royal College Members (only) ID# (for auto upload of MOC credits)

Address

Medical Dept. / Room #

City

Province  Postal Code

Area Code  Phone

FOR OFFICE USE ONLY  
Activity Code: 2019MACHAND

Area Code  Fax  Cell

Email \*Your registration cannot be processed without an email address.

Payment By: Visa  M/C  AMEX  Cash  Cheque  Amount \$  00 + 13% HST

Card Number

Month  Year  Signature

CVD (\*found on the back of card)

SPECIAL MEAL / DIETARY REQUIREMENTS:  
For those with special dietary needs some accommodation may be available:  
Vegetarian:  Allergies:   
Other:

PLEASE IDENTIFY ANY ACCESSIBILITY NEEDS:

CHILDREN ARE NOT PERMITTED as it distracts from the learners.  
If you require PERSONAL SUPPORT at this activity, the health aid provider must register in advance at the general public rate.

**\*Please choose the Break-out Sessions you want to attend;**

Session #1 (select 1)	Session #2 (select 1)
A1 <input type="checkbox"/>	B1 <input type="checkbox"/>
A2 <input type="checkbox"/>	B2 <input type="checkbox"/>
A3 <input type="checkbox"/>	B3 <input type="checkbox"/>



## REGISTER ONLINE: [www.chse.mcmaster.ca/machand](http://www.chse.mcmaster.ca/machand)

**BY PHONE**  
Call 905 525-9140 ext 22671 (Visa, MC or AMEX are accepted)

**BY FAX**  
Fax the completed registration form to: 905-572-7099

**IN PERSON**  
Bring your completed registration form with Visa, MC, AMEX, cheque or cash payment to:  
McMaster University, Continuing Health Sciences Education  
100 Main Street West, 5th Floor, Room 5004, Hamilton, ON L8P 1H6  
Mon. to Fri. between the hours of 09:30 – 16:00

**BY MAIL**  
Mail your completed registration form to:  
McMaster University, Continuing Health Sciences Education  
1280 Main St. W., DBHSC, Room 5004, Hamilton, ON L8S 4K1