

# VIRTUAL CPD CONFERENCE



HEALTH SCIENCES  
Continuing Professional  
Development

MacHAND  
McMaster University Hand, Arm, Nerve

14th Annual

## MacHAND Half Day of Evaluation and Management of the Upper Extremity

Wednesday, November 3, 2021

08:00–13:05 EST

Theme: Musculoskeletal Injuries in Special Populations  
(Athletes, Injured Workers, Musicians)

### 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.

### Target Audience

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

Accredited for up to

**4.5**

Mainpro+ &  
MOC Section 1

Learn more [www.machand.ca](http://www.machand.ca)

## FOR INFORMATION

Margaret Lomotan, Event Coordinator  
MacHAND Planning Committee  
McMaster University  
[lomotam@mcmaster.ca](mailto:lomotam@mcmaster.ca)

Visit the MacHAND website: [www.machand.ca](http://www.machand.ca)

## REGISTER ONLINE

by visiting:

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

Visit the CHSE website: [chse.mcmaster.ca](http://chse.mcmaster.ca)



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#MacCPD #MachandCPD

08:00–08:05	Opening Remarks Co-Chairs
08:05–8:30	<p><b>Distal extremity sports injuries</b>  <b>Scott Shallow, MD, CCFP (SEM), Dip Sport Med.</b>  Assistant Professor, Family Medicine  Queen's University</p> <p><b>Michael Vallely, BA, BScPT</b>  Associate Clinical Professor, Rehabilitation Sciences  McMaster University Director, Hand Clinic,  Innova Health Clinic</p>
08:30–08:40	Question & Answer
08:40–08:45	Transition and Stretch Break
08:45–09:10	<p><b>Working from Home: Ergonomic Injuries</b>  <b>Nicolette Gowan, BKin, MScOT, OT Reg. (Ont.)</b>  Occupational Therapist  Gowan Consulting</p>
09:10–09:20	Question & Answer
09:20–09:25	Transition and Stretch Break
09:25–10:25	<p><b>Panel Discussion: Injured Workers on the WSIB Program</b>  Presentations (30 minutes)  Question and Answer (30 minutes)</p> <p>Moderator: C Levis</p> <p><b>Sue O'Grady, B.Sc(hons), DC, MBA</b>  Manager, WSIB Programs  St. Joseph's Healthcare Hamilton</p> <p><b>Lynn Cooper</b>  Patient Advocate and Advisor  Canadian Injured Workers Alliance</p>
10:25–10:30	Transition and Stretch Break
10:30–11:15	<p><b>CRPS is a Wicked Problem</b></p> <p><b>Tara Packham, PhD, OT Reg. (Ont.)</b>  Assistant Professor, Rehabilitation Science  McMaster University</p> <p><b>R. Norman Harden, MD</b>  Professor Emeritus, Physical Medicine and Rehabilitation  Northwestern University</p>
11:15–11:25	Question & Answer
11:25–11:35	Transition and Stretch Break

11:35–12:15	<p><b>1 BREAK-OUT SESSIONS #1</b>  Presentations (20 minutes)  Question and Answer (20 minutes)</p> <p><b>Option #1: Acupuncture for Acute Musculoskeletal Pain of the Upper Extremity (Target audience: All healthcare professionals)</b></p> <p><b>Ravinder Ohson, MBBS, CCFP, FCFP</b>  Associate Clinical Professor, Family Medicine, McMaster University  Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program</p> <p><b>Taran Ohson, DC, HBSc</b>  Chiropractor  Neurofunctional Sports Performance, McMaster Contemporary Medical Acupuncture</p> <p><b>Option #2: Musician Injuries of the Upper Limb (Target audience: All healthcare professionals)</b></p> <p><b>Christine Guptill, PhD</b>  Assistant Professor, Occupational Therapy  University of Ottawa</p> <p><b>Option #3: Assessment tools for virtual care (Target audience: All healthcare professionals)</b></p> <p><b>Donna Kennedy, CHT, PhD</b>  Postdoc Research Fellow, Imperial College London  Hand Therapist / Senior Clinical Academic  Imperial College Healthcare NHS Trust</p>
12:15–12:25	Transition and Stretch Break
12:25–13:05	<p><b>2 BREAK-OUT SESSIONS #2</b>  Presentations (20 minutes)  Question and Answer (20 minutes)</p> <p><b>Option #1: Acupuncture for Acute Musculoskeletal Pain of the Upper Extremity (Target audience: All healthcare professionals)</b></p> <p><b>Ravinder Ohson, MBBS, CCFP, FCFP</b>  Associate Clinical Professor, Family Medicine, McMaster University  Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program</p> <p><b>Taran Ohson, DC, HBSc</b>  Chiropractor  Neurofunctional Sports Performance, McMaster Contemporary Medical Acupuncture</p> <p><b>Option #2: Musician Injuries of the Upper Limb (Target audience: All healthcare professionals)</b></p> <p><b>Christine Guptill, PhD</b>  Assistant Professor, Occupational Therapy  University of Ottawa</p> <p><b>Option #3: Assessment tools for virtual care (Target audience: All healthcare professionals)</b></p> <p><b>Donna Kennedy, CHT, PhD</b>  Postdoc Research Fellow, Imperial College London  Hand Therapist / Senior Clinical Academic  Imperial College Healthcare NHS Trust</p>

\*Activity subject to change / Time zone: EDT GMT–4

# Planning Committee

**Pam Ball, BSc. OT(Reg) ON**

McMaster University & Hamilton Health Sciences

**Allison Blain, MD, FRCPC – Co-Chair**

McMaster University & Hamilton Health Sciences

**Carolyn Levis, MD, MSc, FRCSC**

McMaster University & St. Joseph's Healthcare Hamilton

**Katie Dalziel, MSc, MD, CCFP (SEM), Dip. Sports Med**

McMaster University & Brock University

**Margaret Lomotan, BA**

McMaster University

**Joy MacDermid, BScPT, PhD**

McMaster University & Western University

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

McMaster University

**Michael Vallely, BA, BScPT – Co-Chair**

McMaster University & Innova Health Clinic



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"Everyone shared highly informative presentations and I appreciated the simple take home points at the end of each presentation."

"I found the whole program to be quite useful and practical, and this is a conference I look forward to every year."

"I really appreciated the practical multi-disciplinary nature of this event. Looking forward to attending again!"

# Learning Objectives

At the end of this learning activity, the participants will be able to:

- Describe best practices for the prevention and management overuse injuries in athletes, musicians, and workers.
- Discuss the WSIB Program for injured workers with upper extremity injuries.
- Identify interventions for complex regional pain syndrome.
- Summarize how acupuncture can be used to treat acute musculoskeletal pain.
- Evaluate computer workstations virtually for ergonomic issues.
- Apply the use of self-report assessment tools for remote care.

# Accreditation Statement

McMaster University, Continuing Professional Development Office (CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

This Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by McMaster University, Continuing Professional Development Office for up to **4.5 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 Professional Development Office for up to **4.5 MOC Section 1 credits**.

The American Medical Association: 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.

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MOC Section 1



# Registration Information

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## REGISTRATION FEES

\*HST# 11903 5988 RT0001

**Early Bird (before Oct 15) / Regular (after Oct 15)**

**Physicians: \$80 / \$100**

**Allied Health Professionals: \$60 / \$80**

**Trainees/Students/Residents: \$50 / \$50**

## 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 CPD office.

## VIDEO RECORDINGS

This event will be recorded and participants will receive access to the video recordings after the event for a period of 6 months. However, only participants who log into the live event are eligible to receive a certificate of attendance for CME credits.



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## FOR MORE INFORMATION

**Margaret Lomotan, Event Coordinator**  
MacHAnd Planning Committee  
McMaster University  
lomotam@mcmaster.ca

## ACCESSIBILITY

If you have an accommodation need, please e-mail us to make the appropriate arrangements.

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation requirements and the National Standard for Support, McMaster University, Continuing Professional Development 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.

## CANCELLATION POLICY

The University reserves the right to cancel an activity due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **October 20, 2021** 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.

## LIABILITY

Continuing Professional Development (CPD) hereby assumes no liability for any claims, personal injury, or damage:

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

## FOR REGISTRATION INFORMATION

Continuing Professional Development Office (CPD)  
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