

15th Annual

MacHANd Day of Evaluation and Management of the Upper Extremity

Wednesday, November 2, 2022

In-Person Location: McMaster Innovation Park, 175 Longwood Rd. S., Hamilton, ON
Virtual option available!

NEW SPLINTING WORKSHOP: IN-PERSON ONLY (space is limited)

A post-conference 2-hour splinting workshop will discuss the purposes and principles of orthoses management and practice construction of 4 splints with multiple applications in hand and upper limb conditions.

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, Physiatrists, Physiotherapists, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

Accredited for up to

7.75

Mainpro+ &
MOC Section 1

For Information

Margaret Lomotan

MacHANd Planning Committee, McMaster University
lomotam@mcmaster.ca

Visit the MacHANd website: machand.ca

REGISTER ONLINE

by visiting:

chse.mcmaster.ca/machand



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AGENDA 15th Annual MacHAND Day of Evaluation and Management of the Upper Extremity

8:00–8:05	OPENING REMARKS - Co-Chairs	10:55–11:25	Persistent Pain Challenges: The Surgeon's Perspective
8:05–9:35	Panel: Lessons learned in the new normal for healthcare		James Bain, MD, MSc, FRCSC Professor, Plastic Surgery McMaster University and Hamilton Health Sciences
	Case #1: Carpal Tunnel Syndrome (45 min)	11:25–11:45	Pain Management After Upper Extremity Surgery
	Moderator: Balal Lone, MD, CCFP (SEM) Assistant Clinical Professor (Adjunct) Family Medicine, McMaster University		Elaheh Adly, MD, FRCPC Assistant Clinical Professor, Anesthesia McMaster University
	Michael Vallely, BA, BScPT Associate Clinical Professor (Adjunct) Physiotherapy McMaster University & Innova Health Clinic	11:45–12:05	Allison Blain, MD, FRCPC Assistant Clinical Professor, Anesthesia McMaster University & Hamilton Health Sciences
	James Bain, MD, MSc, FRCSC Professor, Plastic Surgery McMaster University and Hamilton Health Sciences	12:05–12:45	LUNCH BREAK
	Case #2: Shoulder Joint Replacement (45 min)	12:45–1:45	Break-out Session #1 Presentations (30 minutes) Interactive Discussion (30 minutes)
	Moderator: Wade Elliott, MD, FCFP(SEM), Dip Sport Med Assistant Clinical Professor, Family Medicine McMaster University		Option #1: Acupuncture for Upper Extremity Conditions (Target audience: All healthcare professionals)
	Greg Spadoni, PT, MSc, BHSc, BA, Dip.Manip. Ther., FCAMPT, CAFCI Clinical Specialist, Musculoskeletal Associate Professor, Rehabilitation Science McMaster University		Ravinder Ohson, MBBS, CCFP, FCFP Associate Clinical Professor, Family Medicine, McMaster University Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program
	Krishan Rajaratnam, MD, FRCSC Clinical Assistant Professor, Orthopaedic Surgery McMaster University & Hamilton Health Sciences		Taran Ohson, DC, HBSc Chiropractor Neurofunctional Sports Performance, McMaster Contemporary Medical Acupuncture
9:35–9:55	Question & Answer		Option #2: Shoulder Physical Examinations (Target audience: All healthcare professionals)
9:55–10:15	BREAK		Greg Spadoni, PT, MSc, BHSc, BA, Dip.Manip. Ther., FCAMPT, CAFCI Clinical Specialist, Musculoskeletal Associate Professor, Rehabilitation Science McMaster University
10:15–10:45	Central Sensitization in Patients with Upper Extremity Pain: Identification and Treatment		Option #3: Things We Don't Do Anymore: Changes in Clinical Practice (Target audience: All healthcare professionals)
	Tara Packham, PhD, OT Reg. (Ont.) Assistant Professor, Rehabilitation Science McMaster University		Pam Ball, BSc. OT(Reg) ON Clinical Professor (Adjunct), Occupational Therapy McMaster University & Hamilton Health Sciences
	Ravinder Ohson, MBBS, CCFP, FCFP Associate Clinical Professor, Family Medicine, McMaster University Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program		Carolyn Levis, MD, MSc, FRCSC Associate Professor, Plastic Surgery McMaster University & St. Joseph's Healthcare Hamilton
	Taran Ohson, DC, HBSc Chiropractor Neurofunctional Sports Performance, McMaster Contemporary Medical Acupuncture		
10:45–10:55	Question & Answer		

AGENDA CONTINUED

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

1:45–1:50

BREAK

1:50–2:50

Break-out Session #2

Presentations (30 minutes)

Interactive Discussion (30 minutes)

Option #1: Acupuncture for Upper Extremity Conditions

(Target audience: All healthcare professionals)

Ravinder Ohson, MBBS, CCFP, FCFP

Associate Clinical Professor, Family Medicine,
McMaster University

Senior Lecturer and Instructor, McMaster

Contemporary Medical Acupuncture Program

Taran Ohson, DC, HBSc

Chiropractor

Neurofunctional Sports Performance, McMaster

Contemporary Medical Acupuncture

Option #2: Shoulder Physical Examinations

(Target audience: All healthcare professionals)

Greg Spadoni, PT, MSc, BHSc, BA, Dip.Manip.Ther., FCAMPT, CAFCI

Clinical Specialist, Musculoskeletal

Associate Professor, Rehabilitation Science

McMaster University

Option #3: Things We Don't Do Anymore: Changes in Clinical Practice

(Target audience: All healthcare professionals)

Pam Ball, BSc. OT(Reg) ON

Clinical Professor (Adjunct), Occupational Therapy

McMaster University & Hamilton Health Sciences

Carolyn Levis, MD, MSc, FRCSC

Associate Professor, Plastic Surgery

McMaster University and St. Joseph's Healthcare

Hamilton

POST-CONFERENCE

3:00–5:00

Interactive Splinting Workshop

(Target audience: All healthcare professionals)

Participants will have the opportunity to construct each splint while interacting with a different expert therapist discussing the application of each orthosis.

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

Assistant Professor, Rehabilitation Science

McMaster University

Michael Vallely, BA, BScPT

Associate Clinical Professor (Adjunct)

Physiotherapy

McMaster University & Innova Health Clinic

Pam Ball, BSc. OT(Reg) ON

Clinical Professor (Adjunct)

Occupational Therapy

McMaster University & Hamilton Health Sciences

Maryam Farzad, BSc, MSc, PhD

Occupational Therapist

Postdoctoral Associate, Western University

Kirsten Roberts, OT Reg. (Ont.)

Occupational Therapist

OWN Hand and Upper Extremity Specialty Program

Planning Committee

Allison Blain, MD, FRCPC

McMaster University & Hamilton Health Sciences

Philip A. Di Filippo, HBSckin, DC

Rosedale Chiropractic Clinic & Lakeside Health and Sport

Carolyn Levis, MD, MSc, FRCSC – CO-CHAIR

McMaster University & St. Joseph's Healthcare Hamilton

Margaret Lomotan, BA

McMaster University

Balal Lone, MD, CCFP (SEM)

McMaster University

Joy MacDermid, BScPT, PhD

McMaster University & Western University

Tara Packham, PhD, OT Reg. (Ont.) – CO-CHAIR

McMaster University

Michael Vallely, BA, BScPT

McMaster University & Innova Health Clinic

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Accreditation Statement

McMaster University, Continuing Professional Development Program (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 one-credit-per-hour Self-Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the McMaster University Continuing Professional Development Program for up to **7.75 Mainpro+ credits** (5.75 credits for the main conference. 7.75 credits for those who also attend the post-conference).

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 Program. You may claim a maximum of **7.75 MOC Section 1 hours** (5.75 credits for the main conference. 7.75 credits for those who also attend the post-conference. Credits are automatically calculated).

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.

Each attendee should only claim the hours they attended.

Accredited for up to

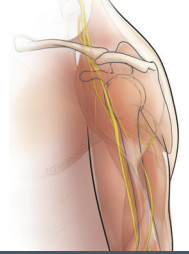
7.75

Mainpro+ &
MOC Section 1

Learning Objectives

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

- Identify the treatment options for carpal tunnel syndrome.
- Summarize the spectrum of care for shoulder joint replacement.
- Recognize the signs and symptoms of central sensitization in patients with upper extremity conditions.
- Describe how acupuncture can be used to treat upper extremity conditions.
- Discuss the issues and options in post-operative pain management
- Examine the shoulder.
- Summarize changes in specialty disciplines' practice for specific hand and upper limb conditions.



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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.

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.

FOR REGISTRATION INFORMATION

Continuing Professional Development Office (CPD)
McMaster University
cmereg@mcmaster.ca

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 28, 2022** 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.



ACCESSIBILITY

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

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.

REGISTRATION FEES *HST# 11903 5988 RT0001	Virtual	In-Person
Physician – Early Bird (before Sept 15)	\$100	\$130
Physician – Regular (after Sept 15)	\$120	\$150
Allied Health Professionals – Early Bird (until Sept 15)	\$80	\$110
Allied Health Professionals – Regular (after Sept 15)	\$100	\$130
Trainees/Students/Residents	\$60	\$80
Post-Conference Splinting Workshop IN-PERSON ONLY (space is limited)	N/A	\$50



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