

16th Annual

MacHANd Day of Evaluation and Management of the Upper Extremity

Wednesday, November 1, 2023

In-Person Location: McMaster Innovation Park (Virtual option available)
175 Longwood Road South, Hamilton, Ontario, L8P 0A1

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.

For Information

Margaret Lomotan

MacHANd Planning Committee, McMaster University
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Visit the MacHANd website: machand.ca

REGISTER ONLINE

by visiting:

chse.mcmaster.ca/machand



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AGENDA 16th Annual MacHAnD Day of Evaluation and Management of the Upper Extremity

8:00–8:05	Opening Remarks Co-Chairs	12:55–1:55	BREAK-OUT SESSIONS #1
8:05–9:05	Assessment and management of wrist pain Helene Retrouvey, MDCM, PhD Assistant Professor, Plastic Surgery McMaster University Adam Legge, MD Assistant Professor, Radiology McMaster University and St. Joseph's Hospital Kirsten Roberts, OT Reg. (Ont.) Occupational Therapist OWN Hand and Upper Extremity Specialty Program	Option #1: Acupuncture for the wrist and hand (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	
9:05–9:20	Question & Answer	Option #2: Wrist Physical Examinations (Target audience: All healthcare professionals)	
9:25–9:45	Juvenile Idiopathic Arthritis and differential diagnoses for kids with painful hands Julie Herrington, PT Physiotherapy Hamilton Health Sciences	Helene Retrouvey, MDCM, PhD Assistant Professor, Plastic Surgery McMaster University	
9:45–9:55	Question & Answer	Option #3: Skin health and wound care for hand injury and conditions (Target audience: All healthcare professionals)	
9:55–10:15	BREAK	Vivian Dim, OT Reg (Ont), CHT, LLCC Occupational Therapist Arm More Therapy	
10:15–10:35	Surgical options for thoracic outlet syndrome and radiculopathy Genevieve Dostaler, MD, FRCSC, MHA Plastic Surgery McMaster University and Hamilton Health Sciences	1:55–2:00	BREAK
10:35–10:45	Question & Answer	2:00–3:00	BREAK-OUT SESSIONS #2
10:45–11:05	Nutritional strategies for self-management Speaker – TBC	Option #1: Acupuncture for the wrist and hand (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	
11:05–11:15	Question & Answer	Taran Ohson, DC, HBSc Chiropractor Neurofunctional Sports Performance McMaster Contemporary Medical Acupuncture	
11:15–11:35	How to Access Community Physio Erfan Shafiee, MScOT, PhD Health and Rehabilitation Sciences Western University	Option #2: Wrist Physical Examinations (Target audience: All healthcare professionals)	
11:35–11:45	Question & Answer	Helene Retrouvey, MDCM, PhD Assistant Professor, Plastic Surgery McMaster University	
11:45–12:05	Dermatology issues in the Upper Extremity Hermenio Lima, MD, PhD, FRCP Associate Clinical Professor, Medicine McMaster University	Option #3: Skin health and wound care for hand injury and conditions (Target audience: All healthcare professionals) Vivian Dim, OT Reg (Ont), CHT, LLCC Occupational Therapist Arm More Therapy	
12:05–12:15	Question & Answer		
12:15–12:55	LUNCH BREAK		



Learning Objectives

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

- Identify the clinical tests, imaging, and therapy options for wrist pain.
- Recognize dermatology issues in the upper extremity.
- Discuss the issues and surgical options for thoracic outlet syndrome and radiculopathy.
- Describe nutritional strategies for management of upper extremity conditions.
- Identify ways for patients to access physiotherapy in the community.
- Summarize differential diagnoses for kids with painful hands.
- Describe acupuncture for the wrist and hand.
- Examine the wrist.
- Summarize skin health and wound care for hand injury and conditions.

Planning Committee

Allison Blain, MD, FRCPC - CO-CHAIR
McMaster University & Hamilton Health Sciences

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Rosedale Chiropractic Clinic & Lakeside Health and Sport

Margaret Lomotan, BA
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Joy MacDermid, BScPT, PhD
McMaster University & Western University

Ravinder Ohson, MBBS, CCFP, FCFP
McMaster University

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

Michael Vallely, BA, BScPT
McMaster University & Innova Health Clinic

Accreditation Statements

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 Group-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 **5.75 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 Program. You may claim a maximum of **5.75 MOC Section 1 hours (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.

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5.75
Mainpro+ &
MOC Section 1



REGISTER ONLINE: chse.mcmaster.ca/machand

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.

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 15, 2023** 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.

ACTIVITY PACKAGES

As the registrant, your in-person activity package may include nutritional breaks and/or meals (refer to the program agenda). Therefore, your nametag must be worn throughout the day. If a guest accompanies you to the activity, their meals are at their own cost and will be billed directly.

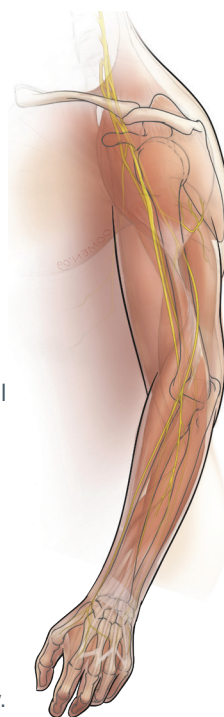
ACCESSIBILITY

If you require an accommodation, for either a virtual or in-person event, please email or call us to make the appropriate arrangements.

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

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- 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

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

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Physician – Early Bird (before Sept 15, 2023)	\$110	\$140
Physician – Regular (after Sept 15, 2023)	\$130	\$160
Allied Health Professionals – Early Bird (until Sept 15, 2023)	\$90	\$120
Allied Health Professionals – Regular (after Sept 15, 2023)	\$110	\$140
Trainees/Students/Residents	\$70	\$90