Diabetes

Following this program, participants will –
1. Have understanding of updated guidelines in the management of diabetes.
2. Be familiar with new therapies in for patients with diabetes
3. Start to develop an approach for the comprehensive management of patients with diabetes in their practice.

Hypertension

Following this program, participants will –
1. Have understanding of updated CHEP guidelines
2. Be familiar with new therapies in for patients with hypertension and vascular risk
3. Start to develop an approach for the comprehensive management of patients with hypertension and increased vascular risk in their practice.

Asthma and COPD

Following this program, participants will –
1. Apply the new guidelines in the management of COPD
2. Treat according to the new principles of asthma management
3. Start to develop an approach for the comprehensive management of patients with chronic lung disease.

Behavioral Change and Motivational Interviewing

Following this program, participants will -
1. Engage in effective partnerships with their patients to support positive behavior changes
2. Perform rapid assessments of their patients’ readiness for change
3. Help patients to increase motivation and overcome barriers to change
4. Use practical and efficient strategies, given the significant time constraints of clinical practice

Team based multi disciplinary care

Following this program, participants will –
1. Apply the concepts of team based care to the management of chronic disease
2. Identify resources in their practice to assist in managing patients with chronic disease
3. Assess their team according to relationships, methods and alignment.
Obesity

Following this program, participants will –
1. Initiate interventions which assist patient weight loss
4. Be familiar with new therapies in for patients with obesity
5. Start to develop an approach for the comprehensive management of patients with obesity in their practice.

Physicians’ Health

Care for the Caregiver
Dr. Hanlon will highlight the 10 year experience of physicians caring for physicians through the Alberta Medical Association’s Physician and Family Support Program. The primary goal of the PFSP is to bring physician health into the mainstream culture of medicine. In describing the essential service and education components of this program, Dr. Hanlon will share with participants 6 ways that participants can help promote and maintain their own health, along with the health of their families and colleagues.

Show up, Stay awake: Mindfulness Meditation for Doctors and Patients
The practice of mindfulness has been around for twenty-five hundred years. This “aid to daily living” can help both physicians and patients deal with stress, anxiety, chronic pain, and terminal illness. In his introduction to mindfulness meditation, Dr. Hanlon will outline the ABCs of mindfulness, and look at examples of current research into mindfulness as a therapeutic activity. Learn 5 different ways to increase your mindfulness in daily life. Today’s lecture will be supplemented by opportunities for sitting and walking meditation throughout the weeklong cruise.

20 Years into my Brilliant Career—Now What?
Change is a constant in our lives. Career change may take different forms: career rejuvenation, diversification, or replacement. Any of these transitions can seem daunting at first. In this session, learn about a simple 4 part framework for career reflection. A variety of resources to assist physicians contemplating change will also be provided. At the end of the hour, leave with at least two new strategies to celebrate your past, while embracing your future.