Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Tuesday January 19, 2016   Auckland, New Zealand
2:30 – 3:00   Conference Registration

Wednesday, January 20, 2016   Bay of Islands, NZ
Evening
6:00 – 7:00   Welcome: Day 1 - Your hosts will outline the CME program for the conference along with a turning point and tablet technology demonstration.

7:00 – 8:00   Top Ten Achievements in Cardiology: How Did We Get to 2016?
Dr. Brad Dibble
Dr. Dibble will review key milestones that changed the management of cardiac patients and help delegates appreciate how industry and research contributed to today’s treatments. He will also discuss how historic events played a part in our diagnostics and therapeutics.

Thursday January 21, 2016   Tauranga, NZ
Morning
8:00 – 10:00   Global Medicine: Health Care in New Zealand - Dr. Gregory Walters
This lecture will give a snapshot of the most important public health system issues in New Zealand and review current health advice to travelers in New Zealand. There will also be a discussion on the issues of patients with diabetes and obesity problems in New Zealand.
Please note: This is an on shore lecture, in New Zealand

Evening
5:45 – 6:00   Welcome: Day 2 - Your hosts will outline the CME program for the evening.

6:00 – 7:00   The Problem of Pain: Burden of Illness and Pain Pathophysiology
Dr. Roman Jovey
This presentation will review current concepts on a burden of illness of pain and the basics of pathophysiology of pain, including current understanding about the genetics and psychosocial influences on pain and suffering. By understanding some of the underlying mechanisms, subsequent treatment approaches make more sense.
Friday, January 22, 2016
At Sea

7:45 – 8:00 Welcome: Day 3 - Your hosts will outline the CME program for the day.

8:00 – 9:00 Nightmare on Practice Street – The Lawsuit – Michael Fraleigh
During his first session, Michael will review what is necessary for a plaintiff to prove to be successful in a lawsuit against a physician as well as the various defences available. He will also discuss your role as defendant and the role of your lawyer and the CMPA (or insurer) in the context of a lawsuit.

9:00 – 10:00 State of the Art: An Update on Atrial Fibrillation - Dr. Brad Dibble
Dr. Dibble will review the pathophysiology of atrial fibrillation and the treatment options: rate vs. rhythm. He will also discuss who needs anticoagulation and the various options for anticoagulation.

10:00 – 11:00 Physician Health – Setting the Scene – Is There a Problem?
Dr. Andrew Tresidder
During this session, Dr. Tresidder will discuss the evidence regarding Physician Health and illness and the specific occupational conditions and illnesses that affect physicians. He will also review the physiology and pathology of stressors that contribute to Physician Health issues and assessment tools for measuring stress and burnout.

11:00 – 12:00 Practical Pain Assessment - Dr. Roman Jovey
This session will provide a basic classification of pain and lead participants through the principles of a basic pain assessment including the potential role of validated “tools” (i.e. the BPI, LANSS, HADS) to assist the busy clinician in gathering important data leading to a mechanistic pain diagnosis and awareness of important psychosocial factors contributing to patient suffering.

12:00 – 1:00 State of the Art: Risk Reduction in 2016 - Dr. Brad Dibble
Dr. Dibble will discuss the risk factors that impact on cardiovascular disease and review the current guidelines in hypertension, lipids and diabetes. He will also cover available strategies for smoking cessation and obesity and address new therapies that are/will be available.

Saturday, January 23, 2016
Wellington, NZ

Evening
5:45 – 6:00 Welcome: Day 4 - Your hosts will outline the CME program for the day.

6:00 – 7:00 Heart Failure: What Primary Care Physicians Need to Know
Dr. Brad Dibble
Dr. Dibble will review how heart failure management has become more complex with newer treatment options but guidelines help to keep it simple. He will also discuss the newest treatment options in two decades that are on the horizon to help heart failure patients even further.
Sunday, January 24, 2016  
Akaroa, NZ  

Evening  
6:15 – 6:30  Welcome: Day 5 - Your hosts will outline the CME program for the day.  

6:30 – 7:30  ECG Abnormalities: When to Investigate, When to Refer  
Dr. Brad Dibble  
During this session, Dr. Dibble will review basic ECG interpretation and how most ECGs have some abnormalities. It is important for the primary care physician to know which abnormalities are benign and can be ignored, and which require further investigation. Dr. Dibble will discuss which ones require a cardiology referral.  

Monday, January 25, 2016  
Dunedin, NZ  

Evening  
5:15 – 5:30  Welcome: Day 6 - Your hosts will outline the CME program for the day.  

5:30 – 6:30  Post MI-Management: What Happens After Discharge? - Dr. Brad Dibble  
Dr. Dibble will review how in-hospital management of MI patients has changed significantly in the last 20 years and how it is important for primary care physicians to be aware of contemporary management so they know what to watch for after discharge and when to contact a cardiologist for advice or for concurrent care. He will also help delegates understand the anti-platelet therapy post MI/PCI and when it can be interrupted.  

6:30 – 7:30  Screening for Psychosocial Risk Factors in Patients with Pain  
Dr. Roman Jovey  
Dr. Jovey will review recent advances in the development of instruments designed to detect patients at risk for problematic treatment outcomes. Instruments will be described and interpretation of scores will be demonstrated.  

Tuesday, January 26, 2016  
Doubtful Sound / Milford Sound  

MORNING  
7:45 – 8:00  Welcome: Day 7 - Your hosts will outline the CME program for the day.  

8:00 – 9:00  Palpitations: What’s Benign and What’s Not? – Dr. Brad Dibble  
Dr. Dibble will review the various causes of palpitations and which ones are benign. He will also discuss which palpitations require further investigation and which ones require referral to a specialist.  

9:00 – 10:00  Organizing Your Office for Efficient Pain Management - Dr. Roman Jovey  
Assessing and treating patients with persistent pain can be challenging and time-consuming, especially with increasing regulatory scrutiny of controlled substance prescribing. Developing a consistent approach to pain assessment and treatment with the use of standardized checklists, validated assessment tools which patients complete, along with using the abilities of your office staff can make the process both more thorough and efficient.
Tuesday January 26th Continued…

AFTERNOON
3:00 – 4:00 The Beat Goes On: How Cardiology and Music are Connected
Dr. Brad Dibble
Dr. Dibble will discuss the physiologic effects of listening to music and how it has impacted two specific cardiologists. He will also review how cardiology has been portrayed in music over the centuries.

4:00 – 5:00 The Evolution of Natural Medicine - Dr. Andrew Tresidder
During this session, Dr. Tresidder will trace the development of natural therapies through historic periods and the model of Human Function that supports possible rationales for natural medicine and the concept of Hardware Body, Software Being.

5:00 – 6:00 Challenging Cardiology Cases: Pearls and Pitfalls - Dr. Brad Dibble
Dr. Dibble will cover ten cases that offer important teaching points to and helpful pearls for future similar cases. He will also show how some clinical cases may not have obvious signs that point to the diagnosis.

Wednesday, January 27, 2016

At Sea

MORNING
7:45 – 8:00 Welcome: Day 8 - Your hosts will outline the CME program for the day.

8:00 – 9:00 Complementary / Alternative (CAM) Treatments for Pain (Journal Club)
Dr. Roman Jovey
Dr. Jovey will review and discuss selected papers reviewing the evidence for CAM treatments for pain.

9:00 – 10:00 How Do I Know My Patient’s Chest Pain is Cardiac? - Dr. Brad Dibble
Chest pain is a very common symptom in the Doctor’s office and the ER and most chest pain isn’t cardiac, but physicians need useful tools to help differentiate benign from serious chest pain. Dr. Dibble will review which tests to order in order to further investigate chest pain.

10:00 – 11:00 The Physician as Expert: Writing an Effective Medico-Legal Report and Being an Effective Witness in Court – Michael Fraleigh
Michael will explain the role of the expert in the context of a civil or regulatory proceeding contrasted with the role of physician as fact witness. He will also discuss the contents of an effectively written medico-legal report and bias and the importance of presenting your opinion in an objective manner.
Wednesday January 27th Continued…

11:00 – 12:00 Physician Health – Some Psychological Considerations?
   Dr. Andrew Tresidder
   Dr. Tresidder will discuss how emotions process at a common sense
   experiential level and the relevance of Berne’s Transactional Analysis and
   Games to well being in the Consulting Room. He will also review the
   importance of Karpman’s Drama Triangle to Physician Health and the
   avoidance of complaints.

12:00 – 1:00 Bring Your Challenging Questions and Cases? - Dr. Brad Dibble
   This session will allow delegates to raise questions about less common but
   still important topics seen in the office.

Thursday, January 28, 2016 At Sea

MORNING
7:45 – 8:00 Welcome: Day 9 - Your hosts will outline the CME program for the day.

8:00 – 9:00 How the Heart Has Fooled Us Over the Last 250 Years: A Historical
   Review - Dr. Brad Dibble
   Dr. Dibble will review how our understanding of cardiac function has evolved.

9:00 – 10:00 Non-Pharmacological Treatment of Pain – Goal Setting & Physical
   Approaches- Dr. Roman Jovey
   This presentation will provide a model for the ideal biopsychosocial approach
   to managing chronic pain, including practical goal-setting, the ideal
   interdisciplinary, multimodal approach and an overview of rehabilitative
   components of a multi-modal treatment plan. This lecture will stress the
   importance of active vs. passive rehabilitation and exercise prescribing. Some
   practice tips on finding resources in the community for the physical and
   rehabilitative components will be presented.

10:00 – 11:00 Another Nightmare on Physician Street: ‘The Disruptive Physician’ –
   How to Avoid Becoming That ‘Difficult Doctor’ – Michael Fraleigh
   Michael will identify conduct which falls outside of acceptable behavior and
   determine the likely places where conduct will be called into question. He will
   also distinguish advocating on behalf of your patients from inappropriate
   behavior and help develop strategies to avoid disruption behavior and to
   become a better advocate for patient care without stepping over the line.

11:00 – 12:00 Global Warming and Climate Change: What the Physician Needs to
   Know Dr. Brad Dibble
   Dr. Dibble will review the present status of global warming and climate change
   and the health impacts climate change on patients. He will discuss change
   that can be made to adapt and mitigate the problem.
Thursday January 26th Continued...

AFTERNOON
1:30 – 2:30 Psychological Treatments for Chronic Pain - Dr. Roman Jovey
This presentation will examine some specific evidence-based techniques designed to target psychosocial risk factors in pain that can be incorporated into routine medical care.

2:30 – 3:30 Use of Natural Medicine Therapies in Britain - Dr. Andrew Tresidder
Dr. Tresidder will review the use of natural medicine therapies in Britain and elsewhere by patients along with the regulatory and safety systems and how to integrate into your practice.

In his last session, Dr. Dibble will touch on various areas of research and study that will shape the next century of cardiovascular medicine.

Friday, January 29, 2016
Hobart, Tasmania

EVENING
6:15 – 6:30 Welcome: Day 10 - Your hosts will outline the CME program for the day.

6:30 – 7:30 Non-Opioid Pharmacotherapy for Pain - Dr. Roman Jovey
Dr. Jovey will provide an algorithmic, evidence-informed approach to treating nociceptive vs. neuropathic vs. centralized pain and review the non-opioid medication options. This will include a risk-benefit approach to the use of acetaminophen, NSAIDs and COXIBs; appropriate use of antidepressants and antiepileptic drugs. Strategies for pharmacotherapy and concurrent sleep, anxiety and mood disorders will be discussed.

Saturday, January 30, 2016
At Sea

MORNING
7:45 – 8:00 Welcome: Day 11 - Your hosts will outline the CME program for the day.

8:00 – 9:00 The Controversial Role of Cannabinoids in Pain Treatment
Dr. Roman Jovey
During this presentation, Dr. Jovey will review the evidence for cannabinoids in chronic pain management and discuss the Canadian Marijuana for Medical Purposes Regulations. Some practical recommendations based on published guidelines will be discussed.

9:00 – 10:00 Fifteen Important Ways to Protect Yourself in Practice – Part I
Michael Fraleigh
This session together with the following two will provide delegates with tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. Delegates will gain appreciation for their legal duties and responsibilities involved in care and treatment of patients.
Saturday January 30th continued...

10:00 – 11:00 Physician Health – Pathways to Care – Systems of Physician Health Care In the UK, Europe and Canada – Dr. Andrew Tresidder
   Physician Health support programs are developing, and are of increasing importance. Dr. Tresidder will discuss how to act as a Physician to colleagues to ensure proper care, and avoid collusion.

11:00 – 12:00 Optimizing Opioids in Pain Management – The Mechanics of Prescribing
   Dr. Roman Jovey
   Dr. Jovey will summarize the evidence for opioids in chronic pain management and provide a practical outpatient approach to choosing an opioid, dose titration, side effects management and switching from one opioid molecule to another.

AFTERNOON
   Dr. Tresidder will discuss Conscious Medicine – an approach that integrates understanding from quantum physics and advances in molecular biology.

2:30 – 3:30 Fifteen Important Ways to Protect Yourself in Practice – Part II
   Michael Fraleigh
   This session is a continuation of the previous session and will provide delegates with tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. Delegates will gain appreciation for their legal duties and responsibilities involved in care and treatment of patients.

Sunday, January 31, 2016
   Melbourne, Australia

Monday, February 1, 2016
   At Sea

MORNING
7:45 – 8:00 Welcome: Day 13 - Your hosts will outline the CME program for the day.

8:00 – 9:00 Universal Precautions for Opioid Prescribing - Dr. Roman Jovey
   Dr. Jovey will present some current stats on the harms of prescription opioid misuse in the US and Canada. The concept of Universal Precautions for pain management was published in 2005 and incorporated in the Canadian Opioid Guideline published in 2010. Practical strategies for safe opioid prescribing will be reviewed, including how to taper and discontinue opioids when required. Discussion of the 6 A’s of pain outcome documentations will be presented and discussed.
9:00 – 10:00 Fifteen Important Ways to Protect Yourself in Practice – Part III
   Michael Fraleigh
   This session is a continuation of the previous two sessions and will provide delegates with tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. Delegates will gain appreciation for their legal duties and responsibilities involved in care and treatment of patients.

10:00 – 11:00 Natural Medicine – Interactive Session – Dr. Andrew Tresidder
   During this hands on session, Dr. Tresidder will discuss medical mindfulness and relaxation, acupressure, along with Bach Flower Remedies and homeopathic Arnica.

11:00 – 12:00 Be It Resolved: A Discussion of Medico-Legal Issues – Michael Fraleigh
   During his last session, Michael will build on earlier presentations and discuss pros and cons of the current medico-legal system with a focus on whether changes to the current system would be desirable.

12:00 – 1:00 Putting Learning into Practice – Managing Cases of Persistent Pain
   Dr. Roman Jovey
   Dr. Jovey will illustrate the benefits of a structured assessment using validated pain tools to make a biopsychosocial diagnosis and a multimodal treatment plan incorporating adequate documentation of pain outcomes.