



THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Pharmacy Professional Development

Faculty of Pharmaceutical Sciences



# UPDATE 2019 CONFERENCE

Saturday, March 2, 2019  
Faculty of Pharmaceutical Sciences  
2405 Wesbrook Mall, Vancouver, BC

## WELCOME

This one-day continuing professional development program is targeted to pharmacy professionals and all healthcare providers who wish to update their knowledge and skills.

### CONFERENCE LEARNING OBJECTIVES

By the end of the program the learner will be able to:

1. Utilize practical and relevant medical information in educating patients about Cannabis use.
2. Differentiate between Probiotics and discuss the evidence related to their use.
3. Inform patients and help select the best Contraceptive Method for their Reproductive Health needs.
4. Use online renal-related resources to optimize care of patients with Kidney Disease.
5. Educate and manage patients with Chronic Hepatitis C who are receiving Direct Acting Antivirals.
6. Assess and appraise various Online References and Apps available for use in your health care practice.
7. Employ techniques and considerations from a patient's perspective to better manage patients with HIV.
8. Incorporate evidence regarding common medical beliefs into shared-informed decision making with patients.

### PROGRAM PROVIDERS

This conference is provided by the Division of Continuing Pharmacy Professional Development, UBC Faculty of Pharmaceutical Sciences.

### ACCREDITATION

The program has been approved for CE Credits using the Canadian Council for Continuing Education in Pharmacy (CCCEP) Accreditation Standards and Guidelines

BC File #: BC-2019-002

Credits: 6.25 CEUs

A Statement of Attendance will be available online following the conference. Before obtaining the CEU Statement, you are required to complete the online evaluation. The online evaluation and CEU Statement will be accessible from Saturday March 2nd after 5pm to Monday April 1st, 2019.

### MOBILE DEVICES / HANDHELD COMPUTERS

Bring your mobile devices and/or handheld computers to participate in the workshops during the conference. Speaker handouts will be provided online for use during the conference. There are sufficient electrical outlets to connect your device.

## PROGRAM

8:00 am **REGISTRATION (COFFEE AND MUFFINS)**

8:30 am **WELCOMING REMARKS**  
Dr. Michael Coughtrie, Dean, Faculty of Pharmaceutical Sciences, UBC

9:00 am **UPDATE ON CANNABIS**  
Shelina Rayani, BSc(Pharm), RPh, ACPR, CSPI

### Learning Objectives

1. Become familiar with common names for Cannabis
2. Understand differences between the strains of Cannabis, their uses and effects
3. Become familiar with available dosage forms and their pharmacokinetics
4. Understand differences between medicinal versus recreational Cannabis
5. Identify significant drug interactions with Cannabis
6. Discuss the pharmacist's role when counselling and evaluating patients using Cannabis

### Description

This presentation provides an overview of Cannabis and its use for medicinal or recreational purposes, empowering pharmacists to play a more active role in counselling patients on appropriate use, drug interactions and management of side effects. Emerging safety concerns since its legalization will also be presented.

9:45 am **TAKING A CRITICAL LOOK AT PROBIOTICS**  
Desiree Nielsen, BSc, RD

### Learning Objectives

1. Explain the role of the microbiome in chronic disease, including digestive disease
2. Differentiate between evidence-based probiotic strains, retail probiotics, and yogurt
3. Interpret the evidence on indications, contraindications, and safety for probiotic use
4. Select the appropriate probiotics for patients based on available evidence and clinical judgement

### Description

Probiotics are challenging to navigate as an evidence-based health care professional. There are vast amounts of commercially available products on the market. Desiree will share what is known on the role of the microbiome in chronic disease, and how probiotics may be of benefit in different conditions. She will also discuss how to interpret the evidence on probiotics and share evidence-informed tools for selecting a probiotic for your patients.

10:30 am **NUTRITION BREAK**

10:45 am **FOUR CONCURRENT WORKSHOPS** \*please choose ONE AM Workshop

**AM #1 - THERAPEUTIC DECISION MAKING FOR CONTRACEPTION**  
Judith A. Soon, BSc(Pharm), RPh, ACPR, MSc, Dipl(Epi & Biostats), PhD, FCSHP

### Learning Objectives

1. Work with a female patient to choose the best contraceptive method for their reproductive health needs
2. Apply a strong knowledge base of contraception methods, including the mechanism of action, dosages, usage, and benefits and risks
3. Assess the benefits and risks for the individual woman and refer to the patient's primary care practitioner as needed
4. Effectively counsel patients on adherence and potential side effects
5. Utilize the USASK Hormonal Contraceptives Guideline and tools to facilitate advising patients on contraception

**Description**

Being able to plan a pregnancy can have positive impacts on health, education, workplace and financial stability. Currently, nearly one-third of Canadian women will have at least one abortion. This workshop will provide pharmacists with practical contraceptive training on how to encourage and support patient use of more effective forms of contraception.

**AM #2 - RESOURCES TO HELP OPTIMIZE PHARMACEUTICAL CARE OF KIDNEY DISEASE PATIENTS**

**Fong Chan, BSc(Pharm), PharmD, ACPR, RPh**

**Learning Objectives**

1. Discuss the various guidelines in directing care for patients with kidney disease
2. Describe renal care in BC and the role of the BC Provincial Renal Agency and the services this agency offers
3. Become familiar with various online renal-related resources and how they can best be utilized to optimize care for patients with kidney disease.

**Description**

Approximately 1 in 10 British Columbians have some form of significant kidney disease. This workshop is an interactive session using case examples where we will focus on how online renal-related resources can improve the care of our patients with kidney disease. You will need your mobile device/handheld computer for this session.

**AM #3 - HEPATITIS C UPDATE: HOW TO MANAGE HCV THERAPY WITH THE NEXT GENERATION DIRECT ACTING ANTIVIRALS**

**Trana Hussaini, BSc(Pharm), PharmD, ACPR, RPh**

**Learning Objectives**

1. Discuss the epidemiology and pathophysiology of chronic hepatitis C infection
2. Apply expert guidelines in selecting, prescribing and managing Direct Acting Antiviral (DAA) regimens for the treatment of hepatitis C infection
3. Outline strategies for identifying and managing common drug-drug interactions involving DAAs

**Description**

Three Hepatitis C medications were in the Top 10 Medications reimbursed by PharmaCare in 2016/17. This workshop will provide hands-on and practical information on how to manage patients with chronic hepatitis C receiving Direct Acting Antiviral (DAA) regimens. Topics will include patient screening, therapy selection/optimization, common drug-drug interactions, medication coverage, and a chance to work through mini case vignettes.

**AM #4 - HEY GOOGLE, HOW SHOULD I USE THESE MOBILE APPS IN MY PRACTICE?**

**Jason Min, BSc(Pharm), RPh**

**Learning Objectives**

1. Explain the relevancy and impact of your own level of digital health literacy
2. Describe important factors when appraising an online reference or app for your practice
3. Assess two different sets of apps in common patient care scenarios and discuss how the results could impact your recommendations

**Description**

The use of online references and smartphone apps are increasingly being relied upon to improve efficiency and efficacy of pharmaceutical care. In this interactive session, learn how to avoid common pitfalls and challenges with these critically important tools and take away the skills necessary to make a change in your practice tomorrow. Make sure you bring your smartphone!

12:15 pm

**LUNCH (PROVIDED)**

1:15 pm **CONCURRENT WORKSHOPS REPEATED** \*please choose ONE PM Workshop

PM Workshop #1 - CONTRACEPTION  
PM Workshop #2 - KIDNEY DISEASE  
PM Workshop #3 - HEPATITIS C  
PM Workshop #4 - MOBILE APPS

2:45 pm **NUTRITION BREAK**

3:00 pm **LIVING WITH HIV: A PATIENT'S PERSPECTIVE**  
Alan Samuelson, BSc(Pharm), Hospital Pharmacy Resident (University Hospital, Edm.)

**Learning Objectives**

1. Explain the difference between HIV and AIDS
2. Recognize that living with HIV is manageable from a Patient and Pharmacist's perspective
3. Identify the process of medication provision and management for HIV patients in the context of Polypharmacy, Drug Interactions, and the Role of the Pharmacist
4. Recognize the potential of Point of Care testing for HIV patients in a Pharmacy environment and expand the pharmacist's role in testing and initiating counselling for HIV+ patients
5. Employ techniques and considerations to deal with the stigma, disclosure, and discrimination inherent in being HIV+

**Description**

In Canada, there are approximately 75,000 people living with HIV. Approximately 25% of this population are unaware of their HIV status. In the early 1980s, Alan contracted HIV from a contaminated blood transfusion. In spite of experiencing various symptoms and attending multiple medical appointments spanning over a 5 year period, he was never properly diagnosed nor given an HIV test. Alan recently confirmed his diagnosis and he is going to share his powerful story during this educational presentation.

3:45 pm **MYTHBUSTING 2018: "STUFF YOU THOUGHT WAS RIGHT BUT IS WRONG AND STUFF YOU THOUGHT WAS WRONG BUT IS RIGHT."**  
James McCormack, BSc(Pharm), PharmD

**Learning Objectives**

1. Describe the strengths and limitations of the medical evidence presented with regards to common treatments and apply it to your practice setting
2. Incorporate the relevant evidence into a shared-informed decision making process with your patients

**Description**

In this session, James will explore and review a number of medical and pseudo medical beliefs that may or may not be correct. In reviewing these myths and realities, registrants will be able to assess how well treatments work or do not work with respect to these following topics:

1. Cardiovascular Disease (E.g. Statins, Blood Pressure, Lipid/Glucose Measurements)
2. Nutritional Recommendations (E.g. "low fat", "low carb", "low taste")
3. Medications for Symptom Management (E.g. Pain, Depression)
4. Other random myths

4:45 pm **FINAL REMARKS, EVALUATIONS, DOOR PRIZE DRAWS**

5:00 pm **ADJOURNMENT**

## PROGRAM SPEAKERS



### **SHELINA RAYANI, BSC(PHARM), RPH, ACPR, CSPI**

Pharmacist, BC Drug & Poison Information Centre  
Clinical Instructor, Faculty of Pharmaceutical Sciences, UBC  
Pharmacy Consultant, Pacific Prescriptions & Medical Supplies No.2 Ltd

Shelina completed her hospital residency at VGH and worked as a clinical pharmacist until moving to the BC Drug and Poison Information Centre where she certified as a specialist in poison information. Her primary practice is the provision of poison control and drug information services. She has also previously managed an independent community pharmacy.



### **DESIREE NIELSEN, BSC, RD**

Desiree Nielsen is a registered dietitian in private practice in Vancouver with a focus on plant-based diets, digestive health and chronic inflammation. She is the host of *The Urban Vegetarian*, a cooking show on Gusto TV, a co-founder of the *MyHealthyGut* app and the author of *Un-Junk Your Diet* and the upcoming *Eat More Plants*, both on anti-inflammatory nutrition.



### **JUDITH A. SOON, BSC(PHARM), RPH, ACPR, MSC, DIPL(EPI & BIOSTATS), PHD, FCSHP**

Dr. Judith Soon is a reproductive health educator/researcher who is leading public health research programs to enhance options for women's reproductive health. She has trained ~400 community pharmacists in Saskatchewan to prescribe contraceptives, and has recently created an innovative UBC entry to practice PharmD course in Reproductive/Sexual/Genitourinary Health for third year students.



### **FONG CHAN, BSC(PHARM), PHARMD, ACPR, RPH**

Fong Chan is a Lecturer with the Faculty of Pharmaceutical Sciences at UBC and a Clinical Pharmacist with St. Paul's Hospital, Providence Health Care. She is the module lead of the nephrology module in the entry-to-practice doctorate of pharmacy program (PharmD) at UBC. And, prior to working in academia full-time, she specialized in clinical practice with chronic kidney disease patients on hemodialysis.



**TRANA HUSSAINI, BSC(PHARM), PHARMD, ACPR, RPH**

Pharmacotherapeutic Specialist, Solid Organ Transplantation  
Clinical Assistant Professor, Faculty of Pharmaceutical Sciences, University of British Columbia

Trana is a clinical pharmacotherapy specialist in Liver Transplantation at Vancouver General Hospital. She has worked in the areas of Critical Care, Leukemia/Bone Marrow Transplantation and Solid Organ Transplantation. She is an Academic Editor for the Journal of Clinical and Translational Hepatology and an Associate Editor-in-Chief of AME Medical Journal. Her areas of expertise and research interests include viral hepatitis, immunosuppressive pharmacotherapy, and acute kidney injury.



**JASON MIN, BSC(PHARM), RPH**

Jason Min is a Lecturer with the Faculty of Pharmaceutical Sciences at UBC and a Clinical Pharmacist with the UBC Pharmacists Clinic. He is a passionate advocate for the use of technology to improve patient care and is currently involved in several academic and practice-based informatics projects. Jason is also the course coordinator for the Faculty's health informatics course, is the Health Informatics Lead at the Pharmacists Clinic and represents the Faculty as a Peer Leader with the national Association of Faculties of Pharmacy of Canada and Canada Health Infoway.



**ALAN SAMUELSON, BSC(PHARM), UNIVERSITY OF ALBERTA, EDMONTON**

Hospital Pharmacy Resident, University Hospital, Edmonton, Alberta  
Community Pharmacist, 8 years  
Hospital Pharmacist, 37 years  
College of Pharmacists of BC, Consultant/Hospital Inspector, 10 years  
President Canadian Society of Hospital Pharmacists 1981

Alan is a retired pharmacist and is currently a member of the BC HIV Stigma Index Project. More than 50 countries in the world are participating in this review. This project is at the initiation of the World Health Organization. He is also a member of the Interior Health Advisory Committee reporting to the STOP HIV Regional Team.



**JAMES MCCORMACK, BSC (PHARM), PHARMD**

Professor, Faculty of Pharmaceutical Sciences, UBC, Vancouver, BC

James has had extensive experience, both locally and internationally, talking to health professionals and consumers about the rational use of medication, and has presented over 500 seminars on drug therapy over the last 30 years. He focuses on shared decision-making using evidence based information and rational therapeutic principles and he is also the co-host of a very popular weekly podcast called the Best Science (BS) Medicine podcast.

## ONLINE REGISTRATION DEADLINE AND FEE

### EARLY BIRD REGISTRATION FEE - ON OR BEFORE WEDNESDAY, FEBRUARY 20, 2019

\$250.00: Pharmacists and other Health Professionals

\$195.00: Pharmacy Technicians and Assistants

\$135.00: Full-time students and Residents

### FULL REGISTRATION FEE - AFTER WEDNESDAY, FEBRUARY 20, 2019

\$270.00: Pharmacists and other Health Professionals

\$235.00: Pharmacy Technicians and Assistants

\$170.00: Full-time students and Residents

#### ONLINE REGISTRATION

To register online by Credit Card visit:

<https://cpd.pharmacy.ubc.ca/update-2019-conference>

Receipts of payment are issued by email only.

Online Registration Deadline: **Midnight, Monday, February 25, 2019**

### ONSITE REGISTRATION

There will be no onsite registration. In order to guarantee registration, advance registration and payment is required.

### CANCELLATION AND REFUNDS

UBC CPPD reserves the right to restrict enrollment, cancel, postpone or otherwise modify announced courses due to inadequate registration or other causes beyond its control. Refunds will be made (less \$35 processing fee) only upon written notice of withdrawal (e-mail acceptable) and tax receipt by 12 pm, Friday, February 15, 2019. **No refunds will be made for withdrawals after 12 pm, Friday, February 15, 2019.**

### HANDOUTS

A link to the online handouts will be available one week prior to the conference - February 22, 2019 after 12 pm.

### PARKING

Thunderbird Parkade is the closest parkade to the conference location. Please visit the following link for a map of UBC Campus and directions to the parkade: <http://www.maps.ubc.ca/?551>.

### HOTELS

Please visit the following website for UBC Conferences & Accommodation: <https://ubcconferences.com/>.



## ACKNOWLEDGEMENTS

### PROGRAM PLANNING COMMITTEE

**Ricky Brar, BGS, RPhT**

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Coordinator and Lecturer, Canadian Pharmacy Practice Program, UBC

**Tamiz J. Kanji, BSc(Pharm), RPh**

Director and Senior Instructor, Continuing Pharmacy Professional Development, UBC

**Dorothy Li, BSc(Pharm), ACPR, CSPI, RPh**

Pharmacist, Drug and Poison Information Centre

**Sheryl Peterson, BSc(Agr), BSc(Pharm), RPh**

(Retired Dec 2018) Associate Director, Continuing Pharmacy Professional Development, UBC

**Parkash Ragsdale, BSc(Biochem), BSc(Pharm), RPh**

Lecturer and Coordinator, Practice Innovation Primary Care, UBC Faculty of Pharmaceutical Sciences

**Tony Seet, BSc(Bioc), BSc(Pharm), RPh**

Lecturer, UBC Faculty of Pharmaceutical Sciences

**John Shaske, BSc(Pharm), ACPR, RPh**

Pharmacy Consultant, Gibsons, BC, Clinical Instructor, UBC Faculty of Pharmaceutical Sciences

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