

Saskatchewan

2017

Opioid Substitution Therapy  
Conference

April 29-30, 2017  
Saskatoon Inn, Saskatoon, SK

Passion. Hope. Recovery.

Information for Registrants



Brought to you by the **Opioid Agonist Therapy Program** at the  
**College of Physicians and Surgeons of Saskatchewan**

[cps.sk.ca](http://cps.sk.ca)

# What it's all about...



**UNDERSTAND** the importance of an integrated, multidisciplinary approach to the continuum of care.

**LEARN HOW TO** manage and monitor methadone and buprenorphine/naloxone safely, in the context of Opioid Use Disorder.

**LEARN HOW TO** manage co-morbid physical and physiological conditions.

**APPRECIATE** the benefits of Opioid Substitution Therapy to enable the transition to recovery.

**APPRECIATE** the value of a coordinated community-based approach to Opioid Use Disorder.

## Who should attend?

Physicians\*, pharmacists\*\*, nurses, pharmacy technicians, counselors and other individuals working with patients undergoing opioid substitution therapy would benefit from the valuable information and presentations that will be offered at this conference.

## When & where will it be held?

Saturday, April 29 and Sunday, April 30, 2017

## Saskatoon Inn

2002 Airport Drive, Saskatoon, SK

**To book a hotel room:** (306) 242-1440

(Ask about a preferential rate for the Conference under the name "College of Physicians and Surgeons of Saskatchewan Open Block")

\* This 2-day conference has been certified by the College of Family Physicians of Canada and the Saskatchewan Chapter for up to 9 Mainpro+ credits.

\*\* CPDPP accredited.

*Proper attendance and submission of an evaluation form at the end of the conference are required to obtain credit. Your certificate will be sent to you post-conference via e-mail.*

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# Your sessions..



Saturday April 29, 2017

| TIME  | TOPIC   | SPEAKER              |
|-------|---|----------------------|
| 7:30  | <b>Registration &amp; Breakfast</b>   |                      |
| 8:00  | <b>Introduction</b>   |                      |
| 8:10  | <b>1. Guidelines and Audit</b>  | <b>Dr. Markentin</b> |
|       | <ul style="list-style-type: none"><li>a. Essential Standards and Guidelines</li><li>b. Methadone Audits: Self Audit, Chart Audit and Onsite Audit</li></ul>   |                      |
| 8:20  | <b>2. Addiction, the Brain and Recovery</b>   | <b>Dr. Block</b>     |
|       | <ul style="list-style-type: none"><li>a. Increased appreciation for the hallmarks of addiction, as illustrated by neuroscience research</li><li>b. Provide an overview of long-term effects of drug abuse on the brain</li><li>c. Review the implications of neuroscience findings for treatment systems.</li></ul>   |                      |
| 9:20  | <b>3. The Process of Addiction</b>  | <b>Dr. Butt</b>      |
|       | <ul style="list-style-type: none"><li>a. Learn the characteristics of a Substance Use Disorder.</li><li>b. Explore the risk factors for developing an Addiction.</li><li>c. Understand the process in and out of Addiction.</li><li>d. Explore the current structure of treatment and the requirements for successful remission.</li></ul>  |                      |
| 10:20 | <b>Q&amp;A Twitter, Text, Email</b>   |                      |
| 10:30 | <b>Break</b>  |                      |
| 10:45 | <b>4. Opioid Substitution Therapy - Weighing the Risks &amp; Benefits</b>   | <b>Dr. Lanoie</b>    |
|       | <ul style="list-style-type: none"><li>a. Reduction or elimination of non-prescribed opioids</li><li>b. Reduction or elimination of other drugs of abuse</li><li>c. Harm reduction</li><li>d. Decreased morbidity and mortality</li><li>e. Preservation or improvement of health</li><li>f. Healthy pregnancy: healthy baby</li><li>g. Return or establishment of normal social/economic/family function</li></ul> |                      |



...Saturday April 29, 2017 (cont'd)

|       |  |                                   |
|-------|--|-----------------------------------|
| 11:15 | <b>5. The Importance of the Team Approach</b>  | <b>Dr. Press and Dan Badowich</b> |
|       | <ul style="list-style-type: none"><li>a. Development of team to meet needs of existing and potential patients</li><li>b. Barriers and challengers to team development</li><li>c. Transition from paper to EMR</li><li>d. Team member transition of patients to fellow team members</li><li>e. The holistic value of the team approach</li></ul>  |                                   |
| 11:45 | Q&A Twitter, Text, Email   |                                   |
| 12:00 | Special Presentation   |                                   |
| 12:15 | Lunch  |                                   |
| 1:00  | <b>6. The Role of Carriers in Treatment</b>  | <b>Dr. Butt</b>                   |
|       | <ul style="list-style-type: none"><li>a. Appreciate the various challenges to daily continuity of access.</li><li>b. Understand the specific needs and challenges related to community pharmacy care.</li><li>c. Learn the specific challenges related to in-hospital care, including both admission and discharge.</li><li>d. Explore the potential gaps for clients: in transfer from one community or pharmacy to another; upon release from prison; in transfer from other programs.</li></ul> |                                   |
| 1:30  | <b>7. Patient Assessment and Suitability</b>   | <b>Dr. Markentin</b>              |
|       | <ul style="list-style-type: none"><li>a. What we are assessing and why</li><li>b. Clinical Assessment Processes, including co-morbidities</li><li>c. Informed consent regarding Opioid Substitution Therapy, its potential side effects and program restrictions</li><li>d. Inclusion of Family Physician</li><li>e. Engagement in recovery activity</li></ul>   |                                   |
| 2:00  | <b>8. Pharmacokinetics and Pharmacodynamics of Methadone and Buprenorphine</b>   | <b>Dr. Wildenboer</b>             |
|       | <ul style="list-style-type: none"><li>a. The pharmacokinetics and pharmacodynamics of methadone and buprenorphine</li><li>b. Why we dose the way we do.</li></ul>  |                                   |
| 2:30  | Q&A Twitter, Text, Email   |                                   |
| 2:45  | Break  |                                   |



...Saturday April 29, 2017 (cont'd)

**3:00**    **9. Urine Drug Screening to Optimize Treatment**    **Dr. Pawluck**

- a. Understand the benefits and limitations of UDS
- b. Becoming skillful in a therapeutic approach
- c. Learn how to introduce UDS in one's practice

**3:30**    **10. Professionalism**    **Brenda Senger**

- a. To understand the 6 domains of professionalism
- b. To understand the importance of maintaining professional boundaries
- c. To explore scenarios that challenge our professional behaviour and develop more effective strategies.

**4:00**    **11. The Role of the Pharmacist**    **Kirsty Carlson**

- a. Appreciate that community pharmacists have frequent, often daily contact with patients
- b. Understand they are well positioned to make objective judgments of patient progress, positive and negative changes in behaviour, and possible relapse
- c. Are well situated to monitor attendance and adherence to treatment
- d. Better understand essential dispensing issues.

**4:30-4:45**    **Q&A Twitter, Text, Email**

**Wrap Up**

**Sunday April 30, 2017**

**TIME**    **TOPIC**    **SPEAKER**

**8:00**    **Breakfast**

**8:30**    **12. Battle River Treaty 6**    **Dr. Hamilton/  
J. Gardipy/K. Lindgren**

- a. Describe the use of lean tools, specifically the Rapid Process Improvement Workshop (RPIW) to design the opiate addiction recovery services (OARS) clinic processes
- b. Describe the partnership between Prairie North Health Region and Battle River Treaty 6 Health Centre that supports the operation of the OARS clinic.
- c. Discuss lessons learned during the first year of operation



9:00 13. **Managing Co-Morbidities: Hep C, HIV & COPD** Dr. Markentin

- a. Common opioid-induced side effects and co-morbidities.
- b. Common life style related co-morbidities
- c. Increased mortality inherent in addictive disease
- d. Methadone's impact on that mortality.

9:45 Q&A Twitter, Text, Email

10:00 Break

10:15 14. **Mental Health and Addiction Care** Dr. Brennan

- a. Learn the principles of good concurrent mental health and addiction care.
- b. Apply them to the more common mood and anxiety disorders.
- c. Personality Disorders and Addiction.
- d. Understand the challenges in prescribing methylphenidate or benzo-diazepines to this population.
- e. Explore case examples.

11:15 Q&A Twitter, Text, Email

11:30 Lunch

12:15 15. **Managing Concurrent Pain & Addiction** Dr. Lanoie

- a. Understand the interface between concurrent pain and addiction.
- b. Appreciate the challenges for good concurrent care.
- c. Learn principles and evidence based options.

12:45 16. **Pregnancy** Dr. Regush

- a. Explore the changes occur during/because of pregnancy?
- b. Discuss the opportunities to promote change
- c. Postpartum considerations.

1:15 17. **Discharge: When is it Appropriate?** Dr. Butt

- a. Understand indications for discharge
- b. Develop a therapeutic approach
- c. Explore the balance between patient-centred care and the need for staff safety and mutual respect

2:00-2:15 Q&A Twitter, Text, Email

Wrap Up



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## Your speakers...

(In order of appearance)



### Dr. Morris Markentin

*Opioid Agonist Therapy Program Manager,  
College of Physicians and Surgeons of Saskatchewan*

Morris Markentin is the medical manager of the Opioid Agonist Therapy Program at the College of Physicians and Surgeons of Saskatchewan and has been for the past three years. He has been prescribing methadone for nine years and practicing since 1998. He provides clinical services at the Saskatoon Community Clinic and the Methadone Assisted Recovery Services (Saskatoon Health Region).



### Dr. Gerald Block

*Registered Psychologist, Calder Center and private practice*

Dr. Gerald Block provides psychological assessment, treatment, consultation services to adults, youth and children with addiction, mental health, and medical disorders, including FASD, addiction, depression, anxiety, trauma, and relationship conflict.



### Dr. Peter R. Butt

*Associate Professor, Department of Family Medicine, U of S  
Mental Health and Addictions*

Dr. Peter Butt is a graduate of McMaster University and a Certificant and Fellow with the College of Family Physicians of Canada. He is an Associate Professor in the Department of Family Medicine at the University of Saskatchewan in a position dedicated to Addiction Medicine, and serves as a consultant to Mental Health and Addictions in the Saskatoon Health Region. National committee work includes the National Alcohol Strategy Advisory Committee, chair of the Canadian Alcohol Low Risk Drinking Guidelines Expert Advisory Group, and co-chair of the Standard Drink Label Working Group for the Canadian Centre on Substance Abuse; and physician lead on the Alcohol Screening, Brief Intervention and Referral project for the College of Family Physicians of Canada. Provincially he is the physician lead on the Saskatchewan provincial "Take Home Naloxone" pilot project, chairs the Opioid Advisory Committee for the College of Physicians and Surgeons of Saskatchewan, and serves on the Health Canada - First Nations Prescription Drug Abuse Initiative.



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## Dr. Leo Lanoie

Medical Director of the Cooperative Health Centre and Chief of Addiction Medicine  
Prince Albert Parkland Health Region

Leo Lanoie has been in active medical practice since graduating from the U of S in 1973. He has a long list of medical education and qualifications which include a Diploma in Tropical Medicine, Master of Public Health, Fellow of the College of Family Physicians of Canada and Certificant of the Canadian Society of Addiction Medicine, a Diplomate of the American Board of Addiction Medicine and a Fellow of the International Society of Addiction Medicine. He moved to Zaire in 1974 where he worked and lived for 16 years. He first joined the Prince Albert Community Clinic in 1988 during a sabbatical leave then permanently joined in 1991. In 1998 he set up the Prince Albert Methadone Program, and in 2000 he was appointed Medical Health Officer for the PAPHR which he continued until May 2009. In 2003 he was appointed Special Advisor in Addiction Medicine to Corrections Canada. Dr. Lanoie's practice currently includes Pain Management and methadone. He speaks English, French, Lingala and Ngbaka.



## Dr. Melanie Press

Physician, Sunrise Health & Wellness Centre

Dr. Press graduated from University of Cape Town, South Africa in 1984. Prior to immigrating to Canada in 1989 she worked in general practice. Since 1989, Dr. Press has lived and worked in Sunrise Health Region practicing as a General Practitioner with a focus on Women's Wellness in latter years. She has been in methadone practice since April of 2015. Team development experience has included development of a Women's Wellness Centre which was a collaboration of a physician and nurse practitioner team (2009), development of the Sunrise Health and Wellness primary health team (2011), and in 2015 the creation of the Stepping Stone Wellness Clinic (methadone).



## Dan Badowich

Registered Psychiatric Nurse, Sunrise Health Region

Dan is still relatively new to the field of psychiatric nursing, however his impressive past careers include youth counselor, probation officer, children's author, and army medic. He also sits on the RPNAS council.

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## Dr. Wilna Wildenboer

*Clinical Assistant Professor, College of Medicine, University of Saskatchewan*

Addiction Medicine is her passion. She graduated as a physician from the University of Pretoria in South Africa and completed an Honours Degree in Pharmacology before immigrating to Canada in 1999. She has been involved with the care of patients with addiction since then. A Fellow of the College of Family Physicians of Canada and a certificant of the American Board of Addiction Medicine and Canadian Society of Addiction Medicine since 2004, she holds a position as Clinical Assistant Professor of the University of Saskatchewan College of Medicine.

She is currently working as a hospitalist in the Accountable Care Unit in Regina's Pasqua Hospital, at an addiction clinic in the community, at the Secure Youth Detox Centre and at the Regina Provincial Correctional Centre. She has a special interest in Palliative Care and Child Abuse.

She is married to Fouché Williams and has three children.



## Dr. Larissa Pawluck

*Family Physician, West Side Community Clinic*

Dr Larissa Pawluck, B.Sc., M.D., CCFP received her medical degree from the University of Saskatchewan. She has been practicing as a family physician at the Westside Community Clinic for the past five years and has been prescribing methadone in a primary care setting for three years. She also joined the Methadone Assisted Recovery program in Saskatoon as a methadone prescriber at their Mayfair Clinic location in 2015. She has undergone additional training in HIV and Addictions medicine and has interest and passion for providing interdisciplinary, team-based care to vulnerable and inner-city populations.



## Brenda Senger

*Director of Physician Support Programs, Saskatchewan Medical Association*

Brenda Senger has worked as a Registered Psychiatric Nurse for the last 36 years. Her experience includes forensic psychiatry, adolescent psychiatry (both residential and community), adult mental health (community), geriatric nursing, residential addiction treatment, and community addiction treatment in the Methadone Assisted Recovery Program. For the last 13 years, she has worked as the Director of Physician Support Programs at the Saskatchewan Medical Association. More importantly, she is also a MMOT – married mother of 2 boys!



## Kirsty Carlson

*Pharmacist, Mayfair Drugs, Saskatoon*

Kirsty Carlson, B.A., B.S.P. is a community pharmacist at Mayfair Drugs in Saskatoon. Kirsty has been dispensing methadone to clients in methadone assisted recovery programs for more than 15 years in Saskatoon.



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## Kent Lindgren

*Outreach Worker, Opiate Addiction Recovery Services Team*

Kent Lindgren works as the HIV Project Coordinator for Battlefords Family Health Centre in North Battleford and as part of the OARS team in outreach and support. He has a background in sociology from the University of Saskatchewan and harm reduction from York University. Kent was selected as a CBC Future 40 under 40 in 2015, and was elected to North Battleford City Council in October 2016.



## Jessica Gardipy

*Case Manager, Opiate Addiction Recovery Services Team*

Jessica is the first contact for most clients and guides each through the process of recovery. Her background is in social work in the field of mental health and addictions with a primary interest in Indigigogy.



## Dr. Erin Hamilton

*Physician, Opiate Addiction Recovery Services Team*

Dr. Hamilton is a family physician with the Battlefords Family Health Centre and the Opiate Addiction Recovery Services Clinic. She provides the medical assessment and treatment plans for the OARS team.



## Dr. Stefan Brennan

*Consultant Psychiatrist, specializing in Addictions*

Originally from Saskatchewan, Stefan Brennan obtained his degree in Medicine at the U of S, then completed a residency in psychiatry at the University of Alberta. He later obtained his Fellowship in Addictions Psychiatry from the University of Toronto. He has been practicing in Saskatoon since 2007 in General Outpatient Psychiatry. His areas of interest include concurrent disorders, mood disorders, ADHD, psychosis and share care. He has been travelling much less since their "little fella Pearse" came on the scene!



## Dr. Lexy Regush

*Gynecologist and Obstetrician, Saskatoon Obstetric and Gynecologic Consultants*

Dr. Regush is a practicing OB/Gyne in a community practice, affiliated with the University of Saskatchewan. She did a B. Sc. in Physiology (1998), followed by her MD (2002) then residency in Obstetrics and Gynecology (2007) at the U of Saskatchewan in Saskatoon. She maintains a broad and very busy practice in both obstetrics and gynecology with special focus in Substance Use and HIV in Pregnancy, as well as a focus on minimally invasive gynecologic surgery. She currently sits on the Residency Training committee as the Obstetrics representative, and has done a past stint as Assistant Program Director.



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