



THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Pharmacy Professional Development  
Faculty of Pharmaceutical Sciences



**UPDATE  
2023**  
CONFERENCE

Saturday, April 22, 2023 Virtual Zoom Conference

## WELCOME

This one-day virtual 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 learners will be able to:

1. Work with a patient to choose the best contraceptive method for their reproductive health needs, apply a strong knowledge base of contraception methods, effectively counsel a patient on adherence and potential side effects, help assess the benefits and risks for the individual, and refer to the patient's primary care practitioner as needed.
2. Understand why patients may be on Long Term Opioid Therapy (LTOT) and long-term benzodiazepines for chronic pain, describe the benefits in "patient-friendly terms" of reducing/removing them, and work with prescribers to implement medication tapers.
3. Assess a patient for signs, symptoms, and risk factors of allergic rhinitis, outline differential diagnoses, describe the available over-the-counter (OTC) and prescription products utilized, and outline an evidence-based therapeutic plan dependant on severity and frequency of symptoms.
4. Differentiate between an uncomplicated Urinary Tract Infection (UTI) and a need for referral, consider the role of symptoms/signs/lab testing in their approach, utilize the most current treatment standards for an uncomplicated UTI, as well as answer questions about prevention of UTIs.

### 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 Continuing Education Units (CEU) by the UBC Continuing Pharmacy Professional Development division.

BC File #: BC-2023-001

Credits: 5 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 April 22nd after 3pm to Monday May 8th, 2023.

### MOBILE DEVICES / HANDHELD COMPUTERS

You will need your mobile devices and/or computers to access the zoom link to participate in this virtual conference. The zoom link and any other additional materials will be provided to you via email one week prior to the conference.

## PROGRAM

**8:30 am** **WELCOMING REMARKS**

**Dr. Michael Coughtrie**, Dean, Faculty of Pharmaceutical Sciences, UBC  
**Mr. Tamiz Kanji**, Director, Continuing Pharmacy Professional Development (CPPD), Faculty of Pharmaceutical Sciences, UBC

**8:45 am** **CONTRACEPTION PART I - DECISION MAKING: ORAL TABLETS, PATCHES, VAGINAL RINGS**

**Dr. Judith Soon**, BSc(Pharm), RPh, ACPR, MSc, Dipl (Biostatics & Pharmacoepidemiology), PhD

**Learning Objectives**

1. Work with a 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, effectiveness, and usage.
3. Effectively counsel patients on adherence and potential side effects.
4. Assess the benefits and risks for the individual and refer to the patient's primary care practitioner as needed.

**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. These sessions will provide pharmacists with practical contraceptive training in how to guide patient use of effective forms of contraception.

**9:45 am** **BREAK**

**9:55 am** **CONTRACEPTION PART II - DECISION MAKING: PROGESTIN INJECTION, PROGESTIN IUD, ETONOGESTREL SUBDERMAL IMPLANT**

**Dr. Judith Soon**, BSc(Pharm), RPh, ACPR, MSc, Dipl (Biostatics & Pharmacoepidemiology), PhD

**10:55 am** **BREAK**

**11:00 am** **PLEASE CHOOSE ONE OF THE THREE FOLLOWING OPTIONS DURING THIS BLOCK:**

**1. Attend a non-accredited session: Implementation of Pharmacist Prescribing for Minor Ailments**

**Suzanne Solven**

Registrar and Chief Executive Officer at the College of Pharmacists of BC, BSc(Pharm), RPh, R.PEBC

**Dr. Susan Bouma**

Executive Director of the Clinical Services and Evaluation Branch of the Pharmaceutical, Laboratory and Blood Services Division at the Ministry of Health BSc(Pharm), RPh, PharmD

**2. Take an extended lunch break**

- 3. Use this time to complete your asynchronous session that will be available for you to view at your leisure anytime until May 8th, 2023. This session must be completed to attain a Conference Statement of Completion. A link for this pre-recorded session will be provided closer to the conference day.**

**ASYNCHRONOUS SESSION: SLOW AND STEADY: INITIATING AND SUPPORTING TAPERS OF CONTROLLED SUBSTANCES IN COMMUNITY PHARMACIES**

Vaughn Chauvin, BSc(Pharm), RPh

**Learning Objectives**

1. Develop a deeper understanding of why patients may be on Long Term Opioid Therapy (LTOT) and long-term benzodiazepines for chronic pain from a historical perspective and why there is an ongoing need for reevaluation and reassessment.
2. Describe the benefits of reducing/removing these medications in “patient-friendly terms”.
3. Describe tools and strategies to develop collaborative, functional, and sustainable relationships with prescribers to implement medication tapers within current BC Pharmacy Practice Regulations.

**Description**

Attitudes and expectations around the use of opioids and benzodiazepines have changed significantly over the past 5-10 years and many patients and prescribers are struggling with the need for dosage reductions. Community pharmacists are in a unique position to help. This presentation provides patient-educational principles and collaborative tools to enable pharmacists to help initiate, support, and sustain medication taper plans.

11:45 am

**LUNCH BREAK (LUNCH NOT PROVIDED)**

12:30 pm

**ALLERGIC RHINITIS**

Andrea Collins, BSc, BSc(Pharm), RPh

**Learning Objectives**

1. Assess a patient for signs, symptoms, and risk factors of allergic rhinitis.
2. Outline the differential diagnosis for a patient presenting with symptoms of allergic rhinitis.
3. Describe the available over-the-counter (OTC) and prescription products utilized in the management of allergic rhinitis.
4. Outline an evidence-based therapeutic plan for a patient with allergic rhinitis based on severity and frequency of symptoms.

**Description**

Allergic rhinitis is a common condition that is frequently ignored, underdiagnosed, misdiagnosed and mistreated. Many patients will often self-select OTC products for treatment, which can lead to prolonged symptoms, adverse effects, and poor clinical outcomes. This session will review the pathophysiology and therapeutics of allergic rhinitis, and outline a systematic approach to assessing and treating patients presenting with this condition. The goal is to provide pharmacists with the knowledge to confidently diagnose and recommend treatment for patients with allergic rhinitis symptoms.

1:30 pm

**BREAK**

1:40 pm

**SIMPLE ANSWERS FOR BURNING QUESTIONS**

**Dr. Jessica Otte, MD, CCFP, FCFP**

**Learning Objectives**

1. Differentiate between an uncomplicated UTI and one that should be referred.
2. Consider the role of symptoms, signs, and laboratory testing in formation of the diagnosis.
3. Access and employ up-to-date treatment standards for uncomplicated urinary tract infections in outpatients.
4. BONUS: Answer patients' questions about prevention of UTIs.

**Description**

Lower Urinary Tract Infections (UTIs) are a common problem for British Columbians. This presentation will cover the evidence and give a practical approach to diagnosis and management of uncomplicated UTIs (acute cystitis), and highlight red flags and complicating factors to rule out.

2:40 pm

**CLOSING REMARKS**

3:00 pm

**ADJOURNMENT**

## PROGRAM SPEAKERS



**DR. JUDITH SOON**

**BSC(PHARM), RPH, ACPR, MSC, DIPL (BIOSTATICS & PHARMACOEPIDEMIOLOGY), PHD**

Dr. Judith Soon is an Associate Professor in the UBC Faculty of Pharmaceutical Sciences. In her role as the CPhA National Pharmacist Expert on Reproductive Health, she actively collaborates with other health professionals to facilitate the expanded role of pharmacists in the provision of contraceptives. She is a co-investigator with the CIHR-funded CART-GRAC community of care network that supports equitable access to family planning knowledge, services and methods for people throughout Canada.



**VAUGHN CHAUVIN**

**BSC(PHARM), RPH**

Vaughn attained his BSc(Pharm) degree from the University of Toronto and completed the Community Pharmacy Residency program at UBC. He is a Clinical Associate Professor at the University of British Columbia Faculty of Pharmaceutical Sciences. His teaching philosophy is focused on equipping learners with the ability to provide patient-focused pharmaceutical care within the current regulatory framework of pharmacy practice in BC. Outside of UBC, he works with Indigo Pharmacy, a small group of independent community pharmacies integrated into medical practices as an owner, director, and pharmacy manager.



**ANDREA COLLINS**

**BSC, BSC(PHARM), RPH**

Andrea Collins received her BSc(Pharm) from UBC and continued to expand her clinical pharmacy skills by completing a post-graduate Community Pharmacy Residency at UBC in 2015. She has spent the majority of her career practising in the primary care setting as part of an interdisciplinary team and is currently the product manager at a software company that specializes in precision prescribing and comprehensive medication management software. Andrea also regularly guest lectures at UBC in the Faculty of Pharmaceutical Sciences, the Faculty of Medicine – Midwifery Program, and the Canadian Pharmacy Practice Program (CP3).



**DR. JESSICA OTTE**

**MD, CCFP, FCFP**

Dr. Otte is a family physician in Nanaimo, BC with interests in palliative care and care of the elderly. She is passionate about helping patients find the right health care according to the evidence and their needs and values. She enjoys sharing this approach when supervising medical learners and in delivering CME, whether locally or internationally. Her policy work is mainly in the areas of high value care, resource stewardship, and sustainability in the design of health systems. She is a Clinical Assistant Professor, UBC Department of Family Practice, and a member of the UBC Therapeutics Initiative. She also Co-Chairs the BC Health Technology Assessment Committee (HTAC) and is Chair of the Doctors of BC's Council on Health Economics and Policy (CHEP). She lives with her family among the Douglas Firs on traditional Snuneymuxw territory.



## PROGRAM SPEAKERS - continued



### SUZANNE SOLVEN

**REGISTRAR AND CHIEF EXECUTIVE OFFICER AT THE COLLEGE OF PHARMACISTS OF BC  
BSC(PHARM), RPH, R.PEBC**

Suzanne has been a pharmacist since 1987. She worked in community pharmacy practice before moving to the provincial government from 1993-2007; Became Executive Director of BC PharmaCare; Involved in drug policy development of low-cost alternative program, reference pricing, limited drug coverage, special authorization, preferential listings, product listing agreement negotiations and coverage with evidence development. She led the Drug Benefit Committee, was Co-Chair of the National Pharmaceutical Strategy (1st phase) and Chair of the drug plan advisory committee at CADTH. She has led many provincial and national initiatives.

In January 2022, Suzanne came back to the College as the Registrar and CEO where she is very excited to be working with the College Board and staff on the Board strategic priorities to ensure safe and effective pharmacy care for British Columbians.



### DR. SUSAN BOUMA

**EXECUTIVE DIRECTOR AT THE MINISTRY OF HEALTH  
BSC(PHARM), RPH, PHARM D**

Dr. Susan Bouma Sue is a clinical pharmacy leader at the BC Ministry of Health. Her current title is the Executive Director of the Clinical Services and Evaluation Branch of the Pharmaceutical, Laboratory and Blood Services Division. Previously, she held the posts of Director of the Special Authority Program and Acting Executive Director of the PharmaCare Benefits Branch within the division. Prior to joining the BC public service Sue worked for the Vancouver Island Health Authority as a clinical pharmacist in the Home and Community Program and as an acute care pharmacist at Royal Jubilee Hospital. Sue practiced for many years prior to that in the community as part of the McGill and Orme pharmacy chain on the island that later joined the Katz group as part of their Rexall arm of service delivery. Pharmacy practice excellence is a focus of her day to day work and enhanced community pharmacy service activities are a huge component of what she is accountable for and excited to be working on in her current role at the Ministry.

Sue is passionate about pharming with a “ph” and about farming with a “f” and on her off hours you can find her puttering about on her hobby farm (Double Dutch Farm) located on the Peninsula. If you are in the capital area she encourages to pop by for a visit as she is always up for a chat about anything pharm/farm related! and chronic disease.

## ONLINE REGISTRATION DEADLINE AND FEE

### REGISTRATION FEE - DEADLINE Wednesday, April 19th, 2023

\$85.00: Pharmacists and other Healthcare Professionals

\$50.00: Full-time Students, 2022 Pharmacy Graduates, Residents, Pharmacy Technicians and Assistants

### ONLINE REGISTRATION

**\$85 - Pharmacists and other Healthcare Professionals**

[CLICK HERE](#)

**\$50 - Full-time Students, 2022 Pharmacy Graduates, Residents,  
Pharmacy Technicians and Assistants**

[CLICK HERE](#)

Receipts of payment are issued by email only.

Online Registration Deadline: Midnight, Wednesday, April 19th, 2023.

### 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 (minus \$10 processing fee) only upon written notice of withdrawal (e-mail acceptable) and tax receipt by 12 pm, Friday, April 21st, 2023. **No refunds will be made for withdrawals after 12 pm, Friday, April 21st, 2023.**



## ACKNOWLEDGEMENTS

### PROGRAM ADVISORY COMMITTEE

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

Director and Associate Professor of Teaching, Continuing Pharmacy Professional Development, UBC Faculty of Pharmaceutical Sciences

**Jas Jawanda**, BSc (Pharm), RPh

Coordinator and Lecturer, Canadian Pharmacy Practice Program, UBC Faculty of Pharmaceutical Sciences

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

Lecturer & Primary Care Coordinator, Pharmacists in PCN Program

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

Associate Professor of Teaching, Pharmacist, University of British Columbia

**Jon Grosshuesch**, BSc (Psych), BSc (Pharm), RPh

Lecturer, Pharmacist, UBC Faculty of Pharmaceutical Sciences

**Dorothy Li**, B.Sc.Pharm., ACPR, CSPI, RPh

Drug and Poison Information Pharmacist

**Dr. Sukhpreet Poonia**, BScPharm, RPh, PharmD

Clinical Pharmacist Specialist in Mental Health & Substance Use  
Fraser Health Authority, Lower Mainland Pharmacy Services

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

**Alexander Siy**, BSc (Pharm), RPh

Clinical Operations Manager at Treo Health Services

**Brenda Zou**

Entry-to-Practice PharmD Student (Expected Graduation: 2024), UBC Faculty of Pharmaceutical Sciences

**Madeleine Lee**, BA GCert EdTech

Program Development Manager, Continuing Pharmacy Professional Development, UBC Faculty of Pharmaceutical Sciences