



8th Annual MacHANd Day of Evaluation and Management of the Upper Extremity

WEDNESDAY, OCTOBER 28, 2015

Royal Botanical Gardens - 680 Plains Road West, Burlington, ON L7T 4H4

The McMaster University Hand, Arm, Nerve (MacHANd) Group is an interdisciplinary team promoting excellence in education, clinical service, and research for hand and upper limb injuries, diseases, and disorders.

The Learning Objectives of MacHANd Day are:

To understand a multidisciplinary approach to the evaluation, diagnosis, and management of selected upper extremity disorders.

Target Audience:

Chiropractors, Family Physicians, Occupational Therapists, Physiatrists, Physiotherapists, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

CALL FOR POSTER PRESENTATIONS ON UPPER EXTREMITY RESEARCH

Please submit your poster abstract (word limit: 350) to Margaret Lomotan via e-mail: lomotam@mcmaster.ca by **September 30, 2015**.

**NEW THIS YEAR:
Poster Presentations**

FOR MORE INFORMATION

CAROL STEWART, CHSE Coordinator

Continuing Health Sciences Education

Phone: 905-525-9140 ext. 20052 Fax: 905-572-7099

Email: castewa@mcmaster.ca

FOR REGISTRATION INFORMATION

Email: cmereg@mcmaster.ca

Phone: 905 525-9140 ext. 22671

REGISTER ONLINE

www.fhs.mcmaster.ca/conted/register.html





AGENDA

*Activity subject to change

MORNING

7:30 – 8:00	Registration and Breakfast
8:00 – 8:10	Introduction and Welcome
8:10 – 8:35	Special Interest Talk: Update on Osteoporosis Jonathan Adachi, MD, FRCPC Professor, Medicine McMaster University and St. Joseph's Healthcare Hamilton
8:35 – 8:40	Question and Answer
8:40 – 9:05	Current Practice in Upper Extremity Stroke Rehabilitation Michaela Ferguson, OT Regional Rehab Program Hamilton Health Sciences Natalie Singh, BScKin, OT Reg.(Ont.) Regional Rehab Program Hamilton Health Sciences
9:05 – 9:15	Question and Answer
9:15 – 10:15	Morning Break-out Session 1 <i>(please select one)</i> A1) Kinesiology Taping of the Upper Extremity A2) Acute Wrist and Hand Fracture Reductions A3) Splinting of the Stiff Hand
10:15 – 10:40	Morning Break ~ View Posters and Visit Exhibitors
10:40 – 11:40	Morning Plenary Session: Considerations of Scapular Mechanics and Thoracic Spine in the Rehabilitation of the Upper Extremity Thomas McChesney, D.C, Kin Chiropractic and Sports Rehab Foot Knee Back Clinic Sharmila Kulkarni, PT Director, Physiotherapy and Osteopathy Upper Ottawa Physiotherapy Jaydeep Moro, MD, FRCP(C) Assistant Clinical Professor, Orthopaedic Surgery McMaster University and St. Joseph's Healthcare Hamilton
11:40 – 12:00	Case Discussion

AFTERNOON

12:00 – 13:00	Lunch ~ View Posters and Visit Exhibitors
13:00 – 13:25	Update on Platelet-Rich Plasma (PRP) Treatment for Upper Extremity Injuries Wade Elliott, BSc, MD, CCFP, Dip. Sport Med Assistant Clinical Professor, Family Medicine McMaster University
13:25 – 13:35	Question and Answer
13:35 – 14:35	Afternoon Break-out Session 2 <i>(please select one)</i> B1) Kinesiology Taping of the Upper Extremity B2) Acute Wrist and Hand Fracture Reductions B3) Splinting of the Stiff Hand
14:35 – 14:50	Afternoon Break ~ View Posters and Visit Exhibitors
14:50 – 15:45	Afternoon Plenary Session: Management of the Stiff Joints of the Upper Extremity Pam Ball, BSc, OT(Reg) ON Hand Therapy Program Hamilton Health Sciences & McMaster University Achilleas Thoma, MD, MSc, FRCSC, FACS Clinical Professor, Plastic Surgery McMaster University & St. Joseph's Healthcare Hamilton Michael Vallely, BA, BScPT Clinical Skills Instructor, Physiotherapy McMaster University & Upper Ottawa
15:45 – 15:55	Question and Answer
15:55 – 16:20	Special Interests Talk: Self Management with Pain Education and Exercise for People with Persistent Pain Jordan Miller, MSc PT, PhD(c) Sessional Instructor, Physiotherapy Rehabilitation Science McMaster University
16:20 – 16:25	Question and Answer
16:30	Concluding Remarks

LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this activity.
- That may result from the use of technologies, program, products and/or services at this activity.
- That may arise out of, or during this activity.

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

ACCREDITATION STATEMENT

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

The College of Family Physicians of Canada Mainpro-M1: This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by McMaster University Continuing Health Sciences Education Program for up to **6.5** Mainpro-M1 credits.

The Royal College of Physicians & Surgeons of Canada MOC Section 1: This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by McMaster University Continuing Health Sciences Education Program for up to **6.5** MOC Section 1 hours.

American Medical Association: Through an agreement between The Royal College of Physicians and Surgeons of Canada and The American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the activity should you provide CHSE with your email address. Receipts will be provided in your registrant package upon arrival at the activity.

CANCELLATION POLICY

The University reserves the right to cancel an activity due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **October 14, 2015** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

ACTIVITY PACKAGE

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

DIRECTIONS

From Toronto and East

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Road. Travel 800 metres south along Waterdown Road to Plains Road West.
- Turn right onto Plains Road West and travel 2 km.
- Turn left into the RBG parking lot.

From Kitchener-Waterloo and West including Detroit (U.S.A.)

- Highway 401 East to Highway 6 South.
- Follow Highway 6 South for about 25 km.
- Exit onto York Road, make a left and then a right on the new Plains Road and drive south crossing over the 403.
- Turn left at the lights to continue on Plains Road West for about 1 km, passing the glass building.
- Turn right into the RBG parking lot.

From the Niagara Region and Buffalo (U.S.A.)

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Road.
- Travel 800 metres south along Waterdown Road to Plains Road West.
- Turn right onto Plains Road West and travel 2 km.
- Turn right into the RBG parking lot.

PLANNING COMMITTEE

Pam Ball, BSc. OT(Reg) ON

McMaster University & Hamilton Health Sciences

Allison Blain, MD, FRCPC

McMaster University & Hamilton Health Sciences

Janice Harvey, USC MD, CCFP, FCFP, Dip. Sport Med.

Conference Co-Chair

McMaster University & College of Family Physicians of Canada

Carolyn Levis, MD, MSc, FRCSC

McMaster University & St. Joseph's Healthcare Hamilton

Margaret Lomotan, BA

McMaster University

Joy MacDermid, BScPT, PhD

McMaster University

Jaydeep Moro, MD, FRCSC

McMaster University & St. Joseph's Healthcare Hamilton

Michael Vallely, BA, BScPT

Conference Co-Chair

McMaster University & Upper Ottawa Physiotherapy

Ryan Williams, MD, FRCPC

McMaster University & Hamilton Health Sciences

Sheilah Laffan, Program Administrator

McMaster University, Continuing Health Sciences Education

Carol Stewart, CHSE Coordinator

McMaster University, Continuing Health Sciences Education



The Royal Botanical Gardens Centre

is located at 680 Plains Road West, on the border of Burlington and Hamilton in Ontario, Canada.

Registration Form

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WEDNESDAY, OCTOBER 28, 2015
Royal Botanical Gardens, Burlington, ON

Registration Fees

Physicians/Other Health Professionals..... **\$175.00**
Trainees/Students/Residents..... **\$75.00**

Dr. Mr. Mrs. Miss. Ms.

I CONSENT to having my name appear on a published registrant list Yes No

This is an electronic PDF form. You can type directly in the spaces provided online using any PDF software. You must then print & submit it to us via mail, fax or in person. This is NOT an online registration.

Surname

Given

Profession: Chiro FP Spec IMG PT SURG RN OT Res Student Other

Medical Dept. / Room #

Address

Province Postal Code

City

Area Code Fax

Area Code Phone -

Area Code Fax -

FOR OFFICE USE ONLY
Activity Code: 2015MACHAND

Email

Payment By: Visa M/C AMEX Cash Cheque

*Pls make cheque payable to "McMaster University" *Cheque must be received one week prior to the date of the program.

Amount \$.

Card Number

Month Year Signature

CVD (*found on the back of card)

SPECIAL MEAL / DIETARY REQUIREMENTS:

For those with special dietary needs some accommodation may be available:

Vegetarian: Allergies:

Other: (PLEASE note: special meal requests may require an additional fee. Contact our office for details.)

PLEASE IDENTIFY ANY ACCESSIBILITY NEEDS:

CHILDREN ARE NOT PERMITTED in the live conference setting as it distracts from the learners.

If you require **PERSONAL SUPPORT** at this conference, the health aid provider must register in advance at the general public rate.

*Please choose the Break-out Sessions you want to attend;

Session #1 (select 1)	Session #2 (select 1)
A1 <input type="checkbox"/>	B1 <input type="checkbox"/>
A2 <input type="checkbox"/>	B2 <input type="checkbox"/>
A3 <input type="checkbox"/>	B3 <input type="checkbox"/>



REGISTER ONLINE!
www.fhs.mcmaster.ca/conted/register.html

Visit the MacHAND website at:
www.machand.ca

BY PHONE
Call **905 525-9140 ext 22671**
(Visa, MasterCard or AMEX are accepted)

BY FAX
Fax the completed registration form with a Visa, MasterCard or AMEX number to: **905-572-7099**



IN PERSON
Bring your completed registration form with Visa, MasterCard, AMEX, cheque or cash payment to the:
Continuing Health Sciences Education Program
100 Main Street West, 5th Floor, Room 5004
Hamilton, ON L8P 1H6
Mon. to Fri. between the hours of 09:30 – 16:00



BY MAIL
Mail your completed registration form to:
Continuing Health Sciences Education Program
1280 Main St. W., MHC, Room 5004
Hamilton, ON L8S 4K1

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

The information on this form is collected under the authority of the McMaster University Act, 1976. The information will be used for administrative purposes, including: your registration in the course; preparation of course materials for your use and to notify you of other courses or pertinent information. Financial information will be used to process applicable fees and will be retained for future reference. This information is protected and is being collected pursuant to section 39 (2) and section 42 of the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). Questions regarding the collection or use of this personal information should be directed to the University Secretary, Gilmour Hall, Room 210 McMaster University.