

# 7<sup>th</sup> Annual

**WORK SAFE BC**  
WORKING TO MAKE A DIFFERENCE

# Health Care Professional Conference

June 10, 2011 • Vancouver Convention Centre (East)  
Vancouver, British Columbia



## Plenary Sessions:

- Pain Disorder: Recognition and Management
- Demographics and Health Care Providers
- Scared Stupid — Violence in Health Care

## Concurrent Workshops:

- Logical Approach to Back Pain
- Conservative Management of Lateral Epicondylalgia
- Unsticking the Stuck Client
- Current Concepts in the Assessment and Management of Concussion in Sports
- Personality Disorder in Clinical Practice: How to Assess and Manage Patients with “Difficult” Personalities in Rehabilitation Settings
- Considerations in Treating Suicidality
- Disability Management Approach to Mental Health Disability
- Provider Portal Update
- How Science Informs Policy

Gold Sponsor:



Bronze Sponsors:



Silver Sponsor:



Visit the conference website for updates: [www.healthprofessionalconference.com](http://www.healthprofessionalconference.com)

# Agenda

Time	Topic/Activity	Presenter	
7:45–8:30	Registration/Breakfast/Visit booths  <i>Breakfast sponsor:</i>  BACK in MOTION		
8:30–8:40	Introduction	Howard Poon, Health Care Services Analyst, WorkSafeBC	
8:40–9:10	Health Care Services Update	Steve Barnett, Chief Financial Officer and Senior Vice-President, WorkSafeBC	
9:10–10:00	Demographics and Health Care Providers  <i>Sponsored by:</i>  we care HOME HEALTH SERVICES	Terry Bogyo, Director of Corporate Planning and Development, WorkSafeBC	
<b>Concurrent Workshops:</b>			
10:05–10:55	Current Concepts in the Assessment and Management of Concussion in Sports Dr. Navin Prasad, M.Sc., M.D., Dip. Sports Med. (CASEM), Clinical Associate Professor, Allan McGavin Sports Medicine Centre, University of British Columbia	Disability Management Approach to Mental Health Disability  <i>Sponsored by:</i>  OrionHealth REHABILITATION & ASSESSMENT CENTRES Dr. Henry Harder, Professor and Chair of School of Health Sciences Programs at the University of Northern British Columbia	Provider Portal Update Andrew Montgomerie, BHKin, Director of Health Care Services, WorkSafeBC
10:55–11:15	Refreshment break/Visit booths  <i>Refreshment break sponsor:</i>  CBI HEALTH GROUP		
11:15–12:00	Scared Stupid — Violence in Health Care	Ben Cheng, Violence Prevention Specialist, Providence Health Care, Provincial Health Services Authority, and Vancouver Coastal Health	
12:00–1:00	Lunch/Visit booths  <i>Lunch sponsor:</i>  Bayshore Home Health		
<b>Concurrent Workshops:</b>			
1:00–1:50	A Logical Approach to Back Pain Dr. Hamilton Hall, Professor, Department of Surgery, University of Toronto	Personality Disorder in Clinical Practice: How to Assess and Manage Patients with “Difficult” Personalities in Rehabilitation Settings Dr. Stephen Hart, Ph.D., Professor, Department of Psychology, Simon Fraser University; and Visiting Professor, Faculty of Psychology, University of Bergen	How Science Informs Policy Susan Hynes, Director of Compensation & Assessment Policy, WorkSafeBC
<b>Concurrent Workshops:</b>			
1:55–2:45	Conservative Management of Lateral Epicondylalgia Dr. Alex Scott, Ph.D., Assistant Professor, Department of Physical Therapy, University of British Columbia	Considerations in Treating Suicidality Dr. John Wagner, Director of the DBT Centre of Vancouver and Adjunct Professor, Department of Psychology, University of British Columbia	Unsticking the Stuck Client Jason Parker, BHKin, Disability Management Consultant, CentriX Disability Management Services
2:45–3:15	Refreshment break / Visit booths		
3:15–4:05	Pain Disorder: Recognition and Management	Dr. Hamilton Hall, Professor, Department of Surgery, University of Toronto	
4:05–4:30	Wrap up and Prizes	Howard Poon, Health Care Services Analyst, WorkSafeBC	

# Conference Registration Form



First 200 registrants will be entered in a draw to WIN an 8 GB iPod touch™ and a Samsung SMX F40 camcorder!



## Registration fees (HST included):

- Early bird: \$112 (before May 10, 2011)
- Regular: \$168 (after May 10)
- Student: \$56 (ID required upon registration)
- On-site registration: \$280

## A. Attendee Information

Check this box if you agree to have your name, organization, and address in the conference syllabus. No other personal information will be included.

Dr.  Mr.  Ms.

First Name(s): \_\_\_\_\_ Last Name: \_\_\_\_\_ Professional Designation (PT, OT, KIN, etc.): \_\_\_\_\_

Job Title: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Special Needs (please indicate if you have food allergies or need special physical accommodations):  
\_\_\_\_\_



## B. Concurrent workshop selection (choose one topic for the morning and two for the afternoon):

- Morning:  
10:05–10:55
- Current Concepts in the Assessment and Management of Concussion in Sports* by Dr. Navin Prasad
  - Disability Management Approach to Mental Health Disability* by Dr. Henry Harder
  - Provider Portal Update* by Andrew Montgomerie
- Afternoon:  
1:00–1:50
- A Logical Approach to Back Pain* by Dr. Hamilton Hall
  - Personality Disorder in Clinical Practice: How to Assess and Manage Patients With “Difficult” Personalities in Rehabilitation Settings* by Dr. Stephen Hart
  - How Science Informs Policy* by Susan Hynes
- Afternoon:  
1:55–2:45
- Conservative Management of Lateral Epicondylalgia* by Dr. Alex Scott
  - Considerations in Treating Suicidality* by Dr. John Wagner
  - Unsticking the Stuck Client* by Jason Parker

## C. How did you hear about this conference?

- Email  Website  Other \_\_\_\_\_  
 Post card  Word of mouth

## D. Payment Method (registrations are not confirmed until payment is received)

- Credit card:      cheque (payable to WorkSafeBC)
- Card number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

## Registration Method

Registration closes on May 27, 2011

### Fax

Fax us at 604 233-4075 to register using VISA or MasterCard. Please use dark ink to complete the form.

### Mail

Mail your registration form with your cheque (payable to WorkSafeBC) or credit card details to:

WorkSafeBC  
Attention: Christine Lynn  
Health Care Services Dept.  
6951 Westminster Highway  
Richmond, B.C. V7C 1C6

## Refunds and Cancellation

### Cancellation Policy

Notice of cancellation must be received before May 7, 2011. After this date, request for refunds will not be granted, but substitutes are always welcome. Cancellations before May 7, 2011 will be subjected to a refund less 50%. No-shows will not receive a refund.

## Contact Information

### Registration inquiries:

Christine Lynn  
Phone: 604 276-3329 or 1 866-244-6404 press '0'.

# Speakers and Learning Objectives (visit our website for speakers' biographies)

## A Logical Approach to Back Pain

Dr. Hamilton Hall, Professor, Department of Surgery, University of Toronto

- Define the essential elements of the history
- Perform the confirmatory physical examination
- Describe the role of imaging
- Identify a mechanical pattern of pain
- Discuss the importance of the "Red Flags"
- List preliminary treatment strategies

## Conservative Management of Lateral Epicondylalgia

Dr. Alex Scott, Assistant Professor, Department of Physical Therapy, University of British Columbia

- Acquire familiarity with prognostic indicators of tennis elbow
- Get up to date on the type, focus, and results of recent clinical trials
- Learn the best treatment(s) for tennis elbow
- Learn how to modify treatments based on different clinical presentations

## Personality Disorder in Clinical Practice: How to Assess and Manage Patients With "Difficult" Personalities in Rehabilitation Settings

Dr. Stephen Hart, Professor, Department of Psychology, Simon Fraser University; and Visiting Professor, Faculty of Psychology, University of Bergen

- To describe the major features of personality disorder
- To discuss the prevalence and relevance of personality disorder in clinical practice
- To outline best practices for the assessment and management of personality disorder

## Current Concepts in the Assessment and Management of Concussion in Sports

Dr. Navin Prasad, Clinical Associate Professor in the Department of Sports Medicine at the University of British Columbia and a primary care sports medicine physician at the Allan McGavin Sports Medicine Centre

- Identifying symptoms of concussion
- Identifying signs of concussion
- Understanding what's involved in an on-field assessment
- Understanding tools and techniques for cognitive testing
- Understanding what's involved in balance testing
- Getting up to date with new innovations in diagnosis
- Exploring rehabilitation and management approaches
- Discussing future directions

## Demographics and Health Care Providers

Terry Bogyo, Director of Corporate Planning and Development, WorkSafeBC

- Identify the key demographic drivers facing British Columbia
- Understand how changes in demographics of health care providers are also changing
- Anticipate which conditions and injuries are likely to rise
- Predict how services must change to meet the demographic challenge

## Disability Management Approach to Mental Health Disability

Dr. Henry Harder, Professor and Chair of School of Health Sciences Programs at the University of Northern British Columbia

- To learn about the key concepts in disability management via a brief overview
- To understand the impact of mental health issues in the workplace
- To acquire knowledge about strategies for addressing mental health issues in the workplace

## How Science Informs Policy

Susan Hynes, Director of the Compensation and Assessment Policy Department within the Policy and Research Division, WorkSafeBC

- To understand the Policy and Research division — who we are and what we do
- To understand the importance of policy in the workers' compensation system
- To identify areas of compensation policy development that are informed by medical/scientific research and input
- To explore an overview of specific policy projects where expert scientific advice was sought in the development of policy options:
  - Bronchogenic carcinoma in asbestos exposed workers
  - Review of the policies that guide the adjudication of activity-related soft tissue disorders
- To discuss the review of WorkSafeBC's health care policies that is currently underway, and how interested parties can review and comment on proposed amendments
- To discuss how external stakeholders can identify policies requiring review, based on advancements in medical and scientific research

## Pain Disorder: Recognition and Management

Dr. Hamilton Hall, Professor, Department of Surgery, University of Toronto

- Describe the physiological basis of Pain Disorder
- List the presenting characteristics
- Recognize the relevant elements in the history
- Discuss the importance of the physical findings
- Outline a six-step process of management
- Define a successful outcome

## Scared Stupid — Violence in Health Care

Ben Cheng, Violence Prevention Specialist for Providence Health Care, Provincial Health Services Authority, and Vancouver Coastal Health

- To recognize the effects of anxiety and fear on both the health care provider and client
- To understand why early intervention is easier and more pragmatic
- Investigate self-calming strategies to enhance cognitive functioning
- To understand some strategies for keeping safe

## Considerations in Treating Suicidality

Dr. John Wagner, Director of DBT Centre of Vancouver, Adjunct Professor in the Department of Psychology, University of British Columbia

- Identify useful questions in assessing for suicide risk
- Describe the problem-solving model for understanding and treating suicidality
- Understand some other common techniques for treating suicidality

## Unsticking the Stuck Client

Jason Parker, Disability Management Consultant, CentriX Disability Management Services

- Discover the significant predictive barriers to returning to work
- Understand the factor that can predict workers having three times the odds of chronic disability
- Identify the 3 types of resistance
- Utilize resistance reducing strategies to help your client to become "unstuck"
- Understand how to discuss goals with your client