Evidence Based Medicine: Life Beyond Guidelines
Presented by: Dr. David Allen and Dr. Mark Dubé

PROGRAM OBJECTIVES
By the end of the program, participants will be able to:
• Take a clinical scenario and:
  • Formulate a question in a way that makes it easier to find the answers that are important to patients;
  • Utilize several “quick and easy” resources available to answer the question; and,
  • Discuss how to move beyond guidelines when caring for individual patients.
• Discuss simple methods to teach evidence-based medicine (EBM) skills to learners in day-to-day teaching.
• Discuss some of the concepts and terminology used in applying and teaching EBM skills.
• Discuss why much of the published literature is wrong, and some of the common biases and traps that lead us to use suboptimal information in our patient care.
• Discuss some ways to keep up-to-date using high quality, evidence-based resources.
• Outline a personal plan to improve their own regular access to evidence-based medicine resources.

PROGRAM DESCRIPTION
The Northern Ontario School of Medicine (NOSM) in partnership with the Northern Ontario Academic Medicine Association (NOAMA) are proud to support this workshop which is part of a research project studying methods of delivering faculty development in EBM skills.

PRESENTERS
Dr. David Allen is a family and emergency physician and Postgraduate EBM Coordinator at NOSM. He teaches EBM to family and specialty residents, and is leading a research project co-sponsored by NOAMA and NOSM that is looking at methods to deliver EBM continuing education to clinical faculty.

Dr. Mark Dubé has over 25 years experience in primary care, including emergency medicine, addiction medicine and palliative care. He has been medical director of Maison Vale Hospice and of the Ontario Addiction Treatment Centre Sudbury. He is an Assistant Professor at NOSM, and has been part of the EBM program there for the last five years.
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PROGRAM AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:00 a.m. - 9:20 a.m.</td>
<td>Introduction</td>
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<tr>
<td>9:20 a.m. - 10:45 a.m.</td>
<td>Introduction to EBM - The Five A’s&lt;br&gt;At the end of this session, participants will be able to:&lt;br&gt;• Discuss the five steps of evidence-based medicine.&lt;br&gt;• Identify some potential flaws in published research.</td>
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<td>10:45 a.m. - 11:00 a.m.</td>
<td>Break</td>
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<td>11:00 a.m. - 12:30 p.m.</td>
<td>Small Groups:&lt;br&gt;1. Important statistics and concepts in EBM&lt;br&gt;At the end of this session, participants will be able to:&lt;br&gt;• Discuss the 2x2 table of results.&lt;br&gt;• Identify common ways of presenting results.&lt;br&gt;2. Cognitive Traps and Dirty Tricks&lt;br&gt;At the end of this session, participants will be able to:&lt;br&gt;• Discuss common traps, both intentional and unintentional, that authors use to bias findings.&lt;br&gt;• Identify ways to work around these traps.</td>
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<td>12:30 p.m. - 1:15 p.m.</td>
<td>Lunch</td>
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<td>1:15 p.m. - 2:30 p.m.</td>
<td>Keeping Up-To-Date and Teaching EBM in Daily Life&lt;br&gt;At the end of this session, participants will be able to:&lt;br&gt;• Discuss ways to teach EBM skills in daily clinical work.&lt;br&gt;• Identify ways to keep up to date using high quality pre-appraised sources.&lt;br&gt;• Use “foraging techniques” to cope with the tsunami of information.</td>
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<td>2:30 p.m. - 2:45 p.m.</td>
<td>Break</td>
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<td>2:45 p.m. - 4:15 p.m.</td>
<td>Quick Searches (small groups)&lt;br&gt;At the end of this session, participants will be able to:&lt;br&gt;• Discuss the four parts of a PICO question.&lt;br&gt;• Identify a clinical scenario to develop a question in a way that makes finding the answer easier.&lt;br&gt;• Use some alternative databases to Medline/Pubmed to find quick, high quality answers to clinical questions.</td>
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<tr>
<td>4:15 p.m. - 4:30 p.m.</td>
<td>Wrap-up</td>
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REGISTRATION

Registration Fee: $25 CAD per person, payable by cheque in advance. Please RSVP to Sonya Richard, Clinical Coordinator - Family Medicine LEG Email: manager@neomo.ca Phone: 613-298-7185

In order to pay your registration fee, please make your cheque payable to Family Medicine LEG and either mail it or bring it to: Sonya Richard - FM LEG c/o Northeastern Ontario Medical Offices B1 - 2009 Long Lake Rd. Sudbury, ON P3E 6C3

Please note: Participants are encouraged to bring a laptop, tablet, or smart phone and any questions that they may have about how to apply evidence based medicine (EBM) to patient care.

This event 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, approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 5.75 hour(s).

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 5.75 Mainpro-C credits

Please note: follow-up work will be required should you wish to be eligible for Mainpro-C credits.

CEPD Office phone: 1-807-766-7464 | Website: nosm.ca/cepd