



# INNOVATIONS & REVELATIONS

## ONTARIO RESPIRATORY CARE SOCIETY PRELIMINARY PROGRAM

Welcome to The Lung Association's Better Breathing Conference 2016, one of the largest respiratory education programs in Canada. At the conference, you will be among health care professionals from many disciplines including respirologists, nurses, respiratory therapists, physiotherapists and pharmacists.

The Ontario Respiratory Care Society (ORCS) is an interdisciplinary section of The Lung Association for health professionals such as respiratory therapists, nurses, nurse practitioners, physiotherapists, pulmonary function technologists, occupational therapists, pharmacists, social workers and dietitians.

**ORCS Vision:** Improved lung health through excellence in interdisciplinary respiratory care.

**ORCS Mission:** Furthering excellence in the provision of interdisciplinary respiratory care through education, research, collaboration, provision of professional expertise and support for The Lung Association's efforts to improve lung health.

The Better Breathing Conference includes the Annual General Meeting of the ORCS and is a wonderful educational and networking opportunity for health professionals with an interest in respiratory care.

**A conference for  
respiratory health  
professionals**

January 28 to 30, 2016

The Toronto Marriott  
Downtown Eaton  
Centre Hotel

# ORCS CONFERENCE PROGRAM

## THURSDAY, JANUARY 28, 2016

11:30 a.m. **Registration**

12:00 p.m. **Sponsored luncheon with a speaker**

### ORCS RESPIRATORY HEALTH EDUCATORS INTEREST GROUP SESSION

(Open to all ORCS Better Breathing registrants)

- 1:30 **Welcome**  
– Lorelei Samis, Co-Chair, RHEIG
- 1:35 **Air Pollution as a Trigger in Respiratory Health and the Air Quality Health Index (AQHI) as an Education Tool**  
– Dr. Alan Abelson
- 2:10 **RHEIG Annual Meeting**  
– Chair: Lorelei Samis, Co-Chair, RHEIG
- 2:30 **Refreshment break**

### CONCURRENT WORKSHOPS (choose one):

- 2:45 **1. Why won't they listen?! How motivational communication can improve adherence and outcomes in patients with chronic respiratory diseases – Part 1**  
– Dr. Kim Lavoie
- 2. Take a Deep Breath, Here We Grow Again!**  
– Ann Bartlett

### CONCURRENT WORKSHOPS (choose one):

- 3:45 **3. Why won't they listen?! How motivational communication can improve adherence and outcomes in patients with chronic respiratory diseases – Part 2**  
– Dr. Kim Lavoie
- 4. TB: It's still here! An Update from the 2014 Canadian TB Standards**  
– Dr. Elizabeth Rea
- 4:45 **Closing remarks and evaluation**
- 6:30 **Breathe!: An evening of inspiration in support of lung health research**  
Liberty Grand, Toronto

## YOU'RE INVITED

Our **Inner Circle**, is a network of government leaders, policy makers, medical professionals, and corporate and industry leaders. The Breathe! Gala is our marquee event!

Celebrate advancements in lung health research and join an unstoppable force of like-minded people who are passionate about breathing.

JOIN US and help create breathing breakthroughs



# Breathe!

AN EVENING OF INSPIRATION  
TO BENEFIT LUNG HEALTH RESEARCH

**January 28, 2016** | 6:30 p.m.  
Liberty Grand, Toronto

Tickets \$350 | Tables \$3,500  
on.lung.ca

# ORCS CONFERENCE PROGRAM

## Friday, January 29, 2016

6:30 a.m. **Registration**

7:00 **Sponsored breakfast with a speaker**

### PLENARY SESSION: Innovations & Revelations

- 8:00 **Welcome Address**  
– Dr. John Granton, Chair, Ontario Lung Association
- 8:30 **THEME: Innovations & Revelations**  
– Dr. Jane Batt, OTS Better Breathing Chair 2016
- 8:35 **Where There's Smoke, There's Lung Disease: Health risks of biomass fuels**  
– Dr. Matthew Stanbrook
- 9:15 **Canada's Silent Cancer: A tidal wave of progress**  
– Dr. Natasha Leighl
- 10:00 **Refreshment break with exhibitors**

### ORCS/OTS JOINT SCIENTIFIC SESSION: What's new in lung health

Session Co-chairs: Shelley Prevost, ORCS Chair, and Tom Kovesi, OTS Chair

- 10:45 **The Electronic Asthma Management System (eAMS): A point-of-care knowledge translation tool for asthma**  
– Dr. Samir Gupta
- 11:15 **CPAP & BIPAP: Home Ventilation – New modes, new names**  
– Dr. Douglas McKim
- 11:45 **Vaping, Hookahs, and Pot: Redefining smoking**  
– Dr. Marcel Tunks
- 12:15 p.m. **Lunch and exhibits**

### ORCS SCIENTIFIC SESSIONS

- 1:30 **Welcome**  
– Michael Keim, Chair, ORCS Education Committee
- 1:35 **The Way of the Future: Health Links, the implications for professionals and patients**  
– Michael Robertson and Jennifer Olajos-Clow
- 2:15 **ORCS Annual General Meeting**  
– Chair: Shelley Prevost
- 2:45 **Refreshment break with exhibitors**
- 3:05 **With Great Power Comes Great Responsibility: Antibiotic resistance in COPD exacerbations**  
– Lesley Palmay
- 3:45 **From Biology to Breakthrough in Pulmonary Hypertension**  
– Dr. Duncan Stewart
- 4:30 **Closing remarks and evaluation**
- 4:45 **ORCS Poster Session**  
– Chair: Dr. Mika Nonoyama, Chair, ORCS Research and Fellowship Committee

# ORCS CONFERENCE PROGRAM

## SATURDAY, JANUARY 30, 2016

7:00 a.m. **Registration**

7:30 **Sponsored breakfast with a speaker**

### CONCURRENT SESSIONS (choose one):

9:00 **A) Research Presentations**

- i) Acute Cardiorespiratory Responses to Short Bouts of Resistance Training Exercises in People with COPD vs. Healthy Controls  
– Priscila Robles
- ii) Understanding the Process of Recovery from Critical Illness: A grounded theory approach  
– Tania Larsen
- iii) It is feasible to use an expert panel as a gold standard approach to the diagnosis of asthma  
– Dilshad Moosa
- iv) From a Patient's Perspective: Are peak flows useful in managing their asthma?  
– Janice Belanger

**B) A Primer on Cardiopulmonary Exercise Testing Interpretation**

– Dr. Alberto Neder

**C) Mechanical Insufflation Exsufflation/Lung Volume Recruitment: The evidence & the practical**

– Carole LeBlanc and Shelley Prevost

10:15 **Refreshment break with exhibitors**

### CONCURRENT SESSIONS (choose one):

10:30 **D) Embracing Diversity in Qualitative Research**

– Dr. Phyllis Montgomery and Sharolyn Mossey

**E) What's New in Pediatric Asthma Guidelines?**

– Dr. Dhenuka Radhakrishnan

**F) Mouthpiece Ventilation: The evidence & the practical**

– Carole LeBlanc and Shelley Prevost

11:45 **End of Concurrent Sessions**

1:15 **Conclusion of the 2016 Better Breathing Conference**

# PRESENTERS AND SESSION CHAIRS - ORCS

## Alan Abelsohn MBChB, CCFP, FCFP

Associate Professor, Department of Family and Community Medicine, and Dalla Lana School of Public Health, University of Toronto

## Ann Bartlett, RN, MSc, BScN, CRE

Clinical Nurse Specialist, Firestone Institute for Respiratory Health, St. Joseph's Healthcare; Assistant Clinical Professor, McMaster University, Hamilton

## Jane Batt, MD, PhD, FRCPC

Assistant Professor, Faculty of Medicine, University of Toronto; Respiriologist and Medical Director, TB Program, St Michael's Hospital; Scientist, Keenan Research Centre for Biomedical Science, St Michaels Hospital, University of Toronto

## Janice Belanger, BSc, RRT, CRE, MHISc

Primary Care Asthma Program (PCAP) Coordinator, Algoma Respiratory Education Program, The Group Health Centre, Sault Ste Marie

## John Granton, MD, FRCPC

OTS Past Chair; OLA Chair; Professor, Faculty of Medicine, University of Toronto; Head, Division of Respiriology, University Health Network, Mount Sinai Hospital and Women's College Hospital, Toronto

## Samir Gupta, MD, FRCPC, MSc

Assistant Professor, University Of Toronto, Department Of Medicine, Division of Respiriology, St. Michael's Hospital; Adjunct Scientist, Keenan Research Centre, Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto

## Michael Keim, RRT, MA

Chair, ORCS Education Committee; Lead Educator, Ornge Critical Care Transport, London

## Thomas Kovesi, MD, FRCPC

Chair, Ontario Thoracic Society; Professor of Pediatrics, The University of Ottawa; Pediatric Respiriologist, Children's Hospital of Eastern Ontario, Ottawa

## Tania Larsen, PT, MSc, PhD(c)

Clinical Resource Specialist, London Health Sciences Centre; PhD Candidate, Western University, London

## Kim Lavoie, PhD

Professor, Dept. of Psychology, University of Quebec at Montreal (UQAM); Director, Chronic Disease Research Division, Hopital du Sacre-Coeur de Montreal; Co-Director, Montreal Behavioral Medicine Centre (MBMC), Montreal

## Carole LeBlanc RRT, CRE

Charge Registered Respiratory Therapist, CANVent Respiratory Services The Ottawa Hospital Rehabilitation Centre, Ottawa

## Natasha B. Leighl, MD, MMSc, FRCPC

Associate Professor, Department of Medicine, University of Toronto, Lung Medical Oncology Site Group Lead, Division of Medical Oncology, Princess Margaret Cancer Centre; OSI Pharmaceuticals Foundation Chair in Cancer New Drug Development; Co-Chair, NCIC Clinical Trials Group Committee on Economic Analysis President, Lung Cancer Canada, Toronto

## Douglas McKim MD, FRCPC, DABSM

Professor of Medicine, University of Ottawa; Medical Director, Ottawa Hospital Sleep Centre and CANVent Respiratory Rehabilitation Services, Ottawa

## Phyllis Montgomery, RN, PhD

Professor, School of Nursing, Laurentian University, Sudbury

## Dilshad Moosa, BSc, RRT, CRE, MASc(c)

Manager, Quality Improvement and Health System Integration, Ontario Lung Association, Toronto

## Sharolyn Mossey, RN, BScN, MScN

Assistant Professor, School of Nursing, Laurentian University, Sudbury

## J. Alberto Neder, MD, FRCPC

Professor, Division of Respiriology, Queen's University; Head, Laboratory of Clinical Exercise Physiology (LACEP), Kingston General Hospital; Co-Director, Pulmonary Function Test Laboratory, Hotel Dieu Hospital, Kingston

## Mika Nonoyama, RRT, PhD

Assistant Professor, Faculty of Health Sciences, University of Ontario Institute of Technology, Oshawa

## Jennifer Olajos-Clow, RN(EC), MSc, CRE

Complex Chronic Disease Nurse Practitioner, Hotel Dieu Hospital; Adjunct Professor, Nursing, Queen's University, Kingston

## Lesley Palmay, BSc, BSc.Phm, MSc, ACPR

Clinical Coordinator - Infectious Diseases, Department of Pharmacy, Sunnybrook Health Sciences Centre, Toronto

## Shelley Prevost, RRT, MASc(Resp)

Chair, Ontario Respiratory Care Society; COPD and Asthma Educator, Pulmonary Rehabilitation & Ventilation Programs, St. Joseph's Care Group, St. Joseph's Hospital, Thunder Bay

## Dhenuka Radhakrishnan, MD, MSc, FRCPC

Pediatric Respiriologist, Children's Hospital of Eastern Ontario, Ottawa

## Elizabeth Rea, MSc, FRCPC

Associate Medical Officer of Health, Toronto Public Health; Adjunct Professor, University of Toronto

## Michael Robertson

Acting Director, Capacity Planning and priorities Branch, Strategic Policy and Planning Division, Ministry of Health and Long-Term Care, Toronto

## Priscila Robles, MSc, BSc(PT)

Clinical Research Manager, Toronto General Hospital, Toronto

## Lorelei Samis, BScPT, COPD Coordinator

Co-Chair, Respiratory Health Educators Interest Group; Physiotherapist, St. Mary's of the Lake Hospital, Providence Continuing Care Centre, Kingston

## Matthew B. Stanbrook, MD, PhD, FRCPC

Associate Professor, Department of Medicine and Institute of Health Policy, Management and Evaluation University of Toronto; Staff Respiriologist, Asthma & Airway Centre, University Health Network; Deputy Editor, CMAJ

## Duncan Stewart, MD, FRCPC

CEO and Scientific Director, Ottawa Hospital Research Institute, Ottawa

## Marcel Tunks, MD, FRCPC

Assistant Professor, Department of Medicine, McMaster University; Medical Director, Pulmonary Function Laboratory, St. Joseph's Healthcare Hamilton

# Better Breathing Conference 2016

## SATELLITE SESSIONS & SOCIAL EVENTS

*These events are included in your registration fee.  
Please advise if you plan to attend, when you register.*

### THURSDAY, JANUARY 28, 2016

12:00 p.m. **LUNCH** – Details TBD

### FRIDAY, JANUARY 29, 2016

7:00 a.m. **BREAKFAST** – Details TBD

12:15 p.m. **LUNCH**

4:45 p.m. **ORCS POSTER SESSION**

Meet and mingle with your colleagues at a reception after the Friday sessions. The posters will be displayed and presented with an opportunity to meet the authors. Prizes will be awarded for the best poster and the best poster by a student.

6:30 p.m. **DINNER** – Sponsored by ProResp

### SATURDAY, JANUARY 30, 2016

7:30 a.m. **BREAKFAST** – Sponsored. Details TBD

12:00 p.m. **LUNCH** – Sponsored. Details TBD

### OHRSA Annual General Meeting

Thursday, January 28, 2016 at 2:10 p.m., followed by a reception.

### Study Credits

#### Canadian Society of Respiratory Therapists

This program can be used towards the CSRT's continuing education requirements as follows:

THURSDAY, JANUARY 28	4 HOURS
FRIDAY, JANUARY 29	7 HOURS
SATURDAY, JANUARY 30	4 HOURS

### ORCS Education Committee

#### CHAIR

**Michael Keim, RRT, MA**

Lead Educator, Ornge Critical Care Transport, London

#### MEMBERS

**Andrew Bagnall, BSc, RRT**

Critical Care, Respiratory Therapist, London Health Sciences Centre - Victoria Hospital, London

**Ann Bartlett, RN, MSc, BScN, CRE**

Clinical Clinical Nurse Specialist, Firestone Institute for Respiratory Health, St. Joseph's Healthcare; Assistant Clinical Professor, McMaster University, Hamilton

**Dilshad Moosa, BSc, RRT, CRE, MASc(c)**

Manager, Quality Improvement and Health System Integration, Ontario Lung Association, Toronto

**Jennifer Olajos-Clow, RN(EC), MSc, CRE**

Complex Chronic Disease Nurse Practitioner, Hotel Dieu Hospital; Adjunct Professor, Nursing, Queen's University, Kingston

**Jennifer Woodbeck, RRT, FCSRT**

COPD Education Clinic & Ventilation Programs, St. Joseph's Care Group, Thunder Bay

#### STAFF

**Clarys Tirel, MSW, MHSc, CHE**

Director, Ontario Respiratory Care Society, Ontario Lung Association, Toronto

**Natasha Cabot, BA**

Administrative Assistant, Ontario Respiratory Care Society, The Lung Association, Toronto

### FUNDING OPPORTUNITIES

The Ontario Respiratory Care Society Continuing Education Fund offers limited financial support (maximum of \$200 per person) to assist current members to attend the Better Breathing Conference.

Applications should be in the form of a letter indicating your current position, involvement with The Lung Association/ORCS and how the information learned will be utilized. The conference registration form and payment should accompany the application.

Applications should be sent to the address on the registration form, faxed to (416) 864-9916 or emailed to [orcs@on.lung.ca](mailto:orcs@on.lung.ca) and must be received by January 15, 2016. Applicants will be notified by January 22, 2016.

### OTHER FUNDING OPPORTUNITIES

Nurses attending this conference may apply to the MOHLTC Nursing Education Initiative for reimbursement of the registration fee. For program guidelines and the application form, go to [www.mao.org](http://www.mao.org). Attendees from other disciplines may be eligible for funding through the MOHLTC's Allied Health Professional Development Fund. Visit [www.ahpdf.ca](http://www.ahpdf.ca) for information and the application form.

# Registration for Better Breathing Conference 2016

Name \_\_\_\_\_ Professional Discipline \_\_\_\_\_  
 Organization \_\_\_\_\_  
 Department/Position Title \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Telephone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**EARLY BIRD REGISTRATION:** Discount applies until December 31, 2015. All applications must be accompanied by cheque, money order or credit card information. Registration is required prior to January 22, 2016. After this date, registration can only be processed on-site. There is a cancellation fee of \$50.00 and after January 22, 2016, no refunds will be issued. YOUR RECEIPT WILL BE INCLUDED IN THE REGISTRATION PACKAGE AT THE CONFERENCE.

**PHOTOGRAPHS:** Photos taken at Better Breathing may be utilized in future BB and OLA promotional material that may include print, electronic or other media including the BB and OLA websites. By participating in Better Breathing 2016, you grant the ORCS and OLA the right to use your profile captured photographically for such purposes.

**CONSENT:** A list of conference delegates including their contact information will be distributed to conference attendees. Please indicate your agreement for publishing. If not indicated here, it is assumed that you agree to have your information published.

- YES, please include my name and contact information on the delegate list.  NO, please do not include my name and contact information on the delegate list.

## REGISTRATION FEES

**THREE DAY REGISTRATION (Thursday, Friday and Saturday)** \*includes ORCS membership to March 31, 2017

Early Bird (to December 31, 2015)	<input type="checkbox"/> ORCS Member \$325	<input type="checkbox"/> Non-members* \$375	<input type="checkbox"/> Students \$165
Regular (after December 31, 2015)	<input type="checkbox"/> ORCS Member \$375	<input type="checkbox"/> Non-members* \$425	<input type="checkbox"/> Students \$200

Anyone wishing to register for two days that include Friday may pay the three day registration fee, since it is less expensive than the combined Thursday/Friday or Friday/Saturday fee.

**SINGLE DAY ONLY REGISTRATION** \*includes ORCS membership to March 31, 2017

THURSDAY	EARLY BIRD	REGULAR	FRIDAY	EARLY BIRD	REGULAR	SATURDAY	EARLY BIRD	REGULAR
ORCS Members	<input type="checkbox"/> \$155	<input type="checkbox"/> \$180	ORCS Members	<input type="checkbox"/> \$205	<input type="checkbox"/> \$230	ORCS Members	<input type="checkbox"/> \$155	<input type="checkbox"/> \$180
Non-members*	<input type="checkbox"/> \$205	<input type="checkbox"/> \$230	Non-members*	<input type="checkbox"/> \$255	<input type="checkbox"/> \$280	Non-members*	<input type="checkbox"/> \$205	<input type="checkbox"/> \$230
Students	<input type="checkbox"/> \$80	<input type="checkbox"/> \$100	Students	<input type="checkbox"/> \$105	<input type="checkbox"/> \$125	Students	<input type="checkbox"/> \$80	<input type="checkbox"/> \$100

**THURSDAY SESSION SELECTION** (select one workshop from each time slot):

- 2:45 p.m.  1. Why won't they listen?! – Part 1  2. Take a Deep Breath, Here We Grow Again!  
 3:45 p.m.  3. Why won't they listen?! – Part 2  4. TB: it's still here! An update from the 2014 Canadian TB Standards

**SATURDAY CONCURRENT SESSION SELECTION** (select one workshop from each time slot):

- 9:00 a.m.  A. Research Presentations  B. A Primer on Cardiopulmonary Exercise Testing Interpretation  
 C. Mechanical Insufflation Exsufflation/Lung Volume Recruitment: The evidence & the practical  
 10:30 a.m.  D. Embracing Diversity in Qualitative Research  E. Asthma in Preschool Children: Can we diagnose it? Can we treat it?  
 F. Mouthpiece Ventilation: The evidence & the practical

**SATELLITE SESSIONS and SOCIAL EVENTS** Included in your registration fee. Registration is required. Please check only if planning to attend, as seating may be limited.

### THURSDAY, JANUARY 28

- Lunch

### FRIDAY, JANUARY 29

- Breakfast  
 Lunch  
 ORCS Poster Session  
 Dinner

### SATURDAY, JANUARY 30

- Breakfast

## ORCS MEMBERSHIP RENEWAL

	2016-2017 (1 year)	2016-2018 (2 years)		2016-2017 (1 year)	2016-2018 (2 years)
ORCS Member	<input type="checkbox"/> \$40	<input type="checkbox"/> \$80	Student Member	<input type="checkbox"/> \$25	<input type="checkbox"/> \$50
Plus RHEIG add	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	Plus RHEIG add	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30

Return to: ORCS, The Ontario Lung Association | 18 Wynford Drive, Suite 401 | Toronto, ON M3C 0K8 | or by fax: (416) 864-9916 | or by email: [ncabot@on.lung.ca](mailto:ncabot@on.lung.ca)

REGISTRATION FEE \$ \_\_\_\_\_  
 + MEMBERSHIP FEE \$ \_\_\_\_\_ (ORCS + RHEIG)  
 + BREATHE! \$ \_\_\_\_\_ @ \$250 (BB REGISTRANT)  
 \$ \_\_\_\_\_ @ \$350 (ADDITIONAL TICKETS)  
 TOTAL: \$ \_\_\_\_\_

CHEQUE ENCLOSED PAYABLE TO THE LUNG ASSOCIATION  
 CHARGE MY:  VISA /  MASTERCARD /  AMEX

Name of Cardholder \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Credit Card No. \_\_\_\_\_ Expiry Date \_\_\_\_\_

If you have any special dietary requirements, please specify: \_\_\_\_\_

For more information or if you have questions please call Natasha Cabot at 416-864-9911 x256 or contact her by email at [ncabot@on.lung.ca](mailto:ncabot@on.lung.ca) or visit our website at [www.on.lung.ca/orcs](http://www.on.lung.ca/orcs).