

BCNA PHARMACOTHERAPY 2019

SPEAKER PROFILES

SUNDAY, MAY 5, 2019

SFU Woodward's Vancouver
149 West Hastings, Vancouver
Djavad Mowafaghian Cinema

Time: 8:30 a.m. to 3:00 p.m.
(five hours of clinical education)

Host: BC Naturopathic Association

Format: Live on May 5,
Archived by webinar as of June, 2019

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ADVANCING PRIMARY
CARE FOR
90 YEARS

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SCHEDULE:

| TIME | SPEAKER/LECTURE |
|-------------------------|---|
| 8:30 A.M. - 10:00 A.M. | TRAVEL MEDICINE: WHAT YOU NEED TO KNOW Ajit Johal, RPh, CTH |
| 10:00 A.M. - 12:00 P.M. | PHARMACY CONCERNS IN GERIATRICS Alethea Fleming, ND |
| 1:00 P.M. - 3:00 P.M. | PARENTERAL THERAPIES: REVISITING THE CLINICAL PARAMETERS FOR SAFE, EFFECTIVE CARE Paul Anderson, ND |



8:30 a.m. - 10:00 a.m.
**TRAVEL MEDICINE:
WHAT YOU NEED TO KNOW**
Ajit Johal, RPh, CTH

SUMMARY:

Frontline healthcare professionals will continue to see more patients inquiring about travel medicine recommendations/vaccinations in their practice. International travel by Canadians is projected to rise 4% per year until 2020, with travel to “less developed regions” such as Latin America and South East Asia increasing as well. This session is designed to assist healthcare professionals in expanding their knowledge and skills related to improving care provided to patients travelling internationally. The session outlines the essential elements of a “pre-travel consultation” to help prepare patients travelling abroad by recommending appropriate immunizations, medications, and over the counter products, as well as to provide them with travel advice and prevention strategies.

STRUCTURE OF LECTURE IN RESPECT TO PHARMACOTHERAPY:

1. Describe the essential elements of the pre-travel consultation.

Medications for travellers diarrhea (e.g., Loperamide, Ciprofloxacin, Azithromycin, Oral Rehydration Salts). Medications to prevent and/or treat altitude illness (Acetazolamide, Dexamethasone, Nifedipine).

2. Examine and apply appropriate immunization guidelines for patients based on their immunization history and travel itinerary.

Routine Immunizations as per the BC publicly funded immunization schedule (MMR, TD, TDAP, hepatitis B). Food and waterborne immunizations (hepatitis A, typhoid fever, LT-EPEC vaccines).

3. Outline essential counseling points and apply non-pharmacological strategies to reduce the risk to travellers.

4. Evaluate a traveller's malaria risk based on their trip itinerary, and recommend appropriate chemoprophylaxis as necessary.

Medications discussed (Atovaquone-Proguanil, Mefloquine, Doxycycline).

5. Discuss the role of Japanese encephalitis, rabies and yellow fever vaccination for international travellers.

Travel Specific Vaccinations - Japanese Encephalitis, yellow fever, rabies.

BIOGRAPHY:

Ajit Johal graduated from the pharmacy school at University of Toronto in 2012. He is currently a clinical instructor at UBC Faculty of Pharmaceutical Sciences and CEO of NL Medication Management and TravelRx Education. At UBC he teaches travel medicine for third and fourth-year pharmacy students, the first elective course available in Canada for travel medicine. In 2016 he was the winner of the BC Pharmacy Association New Practitioner Award. He is also a community pharmacist focused on conducting pre-travel consultations. He has a certificate in travel health (CTH), from ISTM.



10:30 a.m. - noon
PHARMACY CONCERNS IN GERIATRICS
Alethea Fleming, ND

SUMMARY:

A commonly taught, but infrequently observed tenant of geriatric medicine is when a new problem arises first look to the patient's medication list. Complications arise with medications more readily in older patients. This lecture widely covers issues in pharmacy with geriatric medicine using many clear case examples. We will briefly review essentials like how pharmacokinetics and pharmacodynamics change with age and best tools to help decide how to change or stop medications (including STOPP and START, Beer's criteria, pharmacogenetic testing and clinical guidelines). One primary component is on safe approaches to deprescribing including how to initiate weaning medications, the importance of harm reduction, the role of OTC medications, as well as how to best approach communication with patients, families, and other health care providers. Special issues including changes in sleep with age and common medication issues as well as the role of pharmacy in dementia will also be addressed. The goal of this presentation is to enable practitioners to feel more confident in multiple aspects of pharmacy in geriatric care, especially deprescribing.

STRUCTURE OF LECTURE IN TERMS OF PHARMACOTHERAPY:

1. Incidence and risks of polypharmacy in geriatric population.
2. Changes in pharmacokinetics and pharmacodynamics
3. Pharmacometabonomics in geriatrics
4. Naturopathic bridging in prescribing
5. Clinical prescribing tools
6. Why and how to decide when to deprescribe
7. Protocols for approaching deprescribing, weaning schedules.
8. Clinical examples of deprescribing with PPIs, opioids, OTCs, ACE-inhibitors.
9. Harm reduction strategies.
10. Communication with providers/families about polypharm/deprescribing

11. Role of cholinesterase inhibitors in ND tx of dementias.
12. Special concerns with SSRIs, sedative hypnotics and benzodiazepines in geriatrics.

BIOGRAPHY:

Dr. Alethea Fleming, ND is a passionate advocate for naturopathic geriatric medicine. She is a Bastyr University graduate and earned a certificate in Gerontology from the University of Washington. Dr. Fleming is the owner and lead physician of the Vital Aging Clinic in Anacortes, Washington where she provides primary care to all adults as well as specific geriatric care. Dr. Fleming is adjunct faculty at Bastyr University and Middle Way Acupuncture Institute as well as a member of WANP and AANP. She is an engaging public speaker who strives to make naturopathic geriatric care accessible to all providers. In her off hours, Dr. Fleming can be found hiking the beautiful trails of Fidalgo Island, spending time with her wonderful husband and son, or with her nose firmly in a good book.



1:00 p.m. - 3:00 p.m.

**Parenteral Therapies: Revisiting the
Clinical Parameters for Safe, Effective Care**

Paul Anderson, ND

SUMMARY:

In this session Dr. Anderson will use his many decades injection experience to discuss customizing parenteral nutrient combinations and specific dosages for maximum efficacy. While this presentation will cover the pharmacology and administration of vitamin, mineral and amino acids it will also include appropriate drug agents. IV and IM administration will be discussed and areas of augmentation effecting adrenal, mitochondrial, neurological, immune and many other functional areas will be discussed. Clinical comparisons of oral and injection therapies (and how to augment therapies orally between injections) will be provided. This session will have ample time for Q&A as well.

STRUCTURE OF LECTURE IN TERMS OF PHARMACOTHERAPY:

The lecture will encompass general drug education for NDs providing parenteral therapies including:

1. Risk factors
2. Potential drug interactions/side-effects
3. Toxicities and deficiencies
4. Routes of administration

BIOGRAPHY:

Dr. Paul Anderson is CEO of the Anderson Medical Group which includes Advanced Medical Therapies, a state of the art medical center providing fully compliant IV, hyperbaric and mild hyperthermia therapies. Dr. Anderson is former Chief of IV (intravenous therapy) Services for Bastyr Oncology Research Center and a past Professor at Bastyr University. He completed his medical degree at NUNM and trained at multiple hospital and clinical sites in Portland, Oregon. He began instructing classes at medical schools in the early 1990s, and is a medical author and speaker. He offers medical education through the Anderson Medical Group CE site 'ConsultDrA.com' a web based educational platform.