



SECOND ANNUAL
MCMASTER

HEALTH ADVOCACY

Symposium

SATURDAY, SEPTEMBER 26, 2015

Welcome

We are delighted to welcome you to the Second Annual McMaster Health Advocacy Symposium!

Following a successful inaugural event last fall, we are thrilled to continue on with the aim of building capacity and momentum for health advocacy amongst future healthcare leaders and providers. We are honoured to present another group of accomplished and inspiring health advocates, people actively improving health and healthcare in our country!.

We are equally thrilled to again welcome a diverse group of talented participants who are students and young professionals in various health-related fields. One goal of this event is to stimulate interdisciplinary dialogue between those who will be working in health care, policy, and research and towards greater equity and health outcomes for all. Please take this opportunity to meet each other, network, and share ideas, and work toward future collaborations to advance health!

We hope to support medical students and residents in their development as 'health advocates,' one of the core CanMEDS competencies for future physicians, and to encourage those in other health-related fields to engage in advocacy as a fundamental aspect of their work and careers.

The Second Annual McMaster Health Advocacy Symposium is an opportunity to explore and develop skills necessary for effective advocacy, learn from the challenges and successes of our outstanding panel of health advocates, and consider some of the most important issues in Canadian healthcare.

Above all, we hope that your interactions with both speakers and colleagues today will inspire you to pursue future roles as health advocates, for individual patients and beyond at the community, institutional, societal, and global levels.

We look forward to meeting you!

Tea Rosic, Erika Donald and Laura Chu
Co-Chairs, McMaster Health Advocacy Symposium
MD Candidates, McMaster University

Schedule

9:00 - 9:30 am	Registration & Coffee
9:30 - 10:00 am	Welcome Address
10:00 - 11:00 am	Keynote Address #1: <i>Dr. Louis Hugo Francescutti</i>
11:00 am - 12:00 pm	Workshop Session #1
12:00 - 12:45 pm	Lunch Break & Networking
12:45 - 1:45 pm	Workshop Session #2
1:45 - 2:45 pm	Keynote Address #2: <i>André Picard</i>
2:45 - 3:00 pm	Coffee & Snack Break
3:00 - 3:45 pm	Roundtable Discussion: Moderated by <i>Dr. Vic Neufeld</i>
3:45 - 4:00 pm	Closing Address

Keynotes

Dr. Louis Hugo Francescutti

PALLIATIVE CARE: A NATIONAL CALL TO ACTION

10:00 - 11:00 am in HSC 1A1

Abstract: While physician assisted suicide and euthanasia get all the headlines, what Canadians really need is better access to locally based palliative care. For an event as predictable as end of life, we fall short of providing timely, compassionate and evidence-based care to our patients. This presentation will examine approaches taken by leading palliative care programs and physicians across Canada; Explore what can be done - someday you will need it.

Dr. Louis Hugo Francescutti

MD, PhD; Past President, Canadian Medical Association & Royal College of Physicians and Surgeons of Canada; Founder, Alberta Coalition for Cellphone-Free Driving



Dr. Louis Hugo Francescutti is an emergency department physician, university professor, international speaker and past President of the Canadian Medical Association as well as the Royal College of Physicians and Surgeons of Ontario.

Reputed as one of Canada's leading medical visionaries and regarded internationally for his bold methodologies, Dr. Francescutti has founded and helped develop several initiatives with a single goal: prevent injury and save lives. He is not intimidated by political correctness, nor is he afraid to tell it like it is. People need to hear what the real issues are--no sugar coating. We live in a world that is far too complex and unforgiving. People need to learn that they are in control of their future and fortune--both in terms of health and happiness.

Keynotes

André Picard

BEING HEARD ABOVE THE DIN: THE CHALLENGE OF HEALTH ADVOCACY

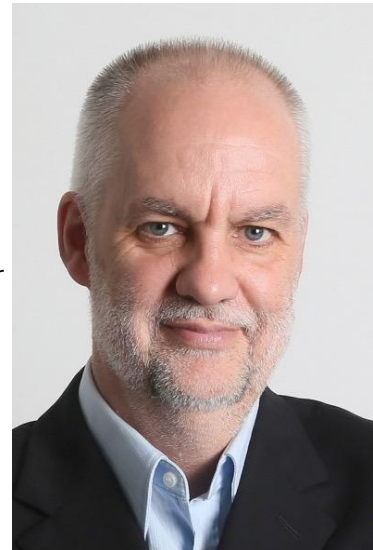
1:45 - 2:45 pm in HSC 1A1

Abstract: You want to improve patient care and the public health system in general. How can you have an impact? A veteran health journalist reflects on the importance of advocacy and the challenges of having your message heard – and understood – in a media-saturated world.

André Picard

Public Health Reporter, The Globe & Mail; Award-Winning Author; Public Health Hero, Canadian Public Health Association

André Picard is the health columnist at The Globe and Mail and the author of four books, most recently *The Path To Health Care Reform*. He has received much acclaim for his writing and advocacy, most notably as the recipient of the Michener Prize for Meritorious Public Service Journalism and the Hy Solomon Award for Public Policy Journalism. André is a graduate of the University of Ottawa and Carleton University and has received honorary doctorates from the University of Manitoba and the University of Ontario Institute of Technology.



Workshops

Dr. Naheed Dosani

LIVING AND DYING ON THE STREETS: PALLIATIVE CARE FOR THE HOMELESS AND VULNERABLY HOUSED

11:00 am - 12 noon & 12:45 - 1:45 pm in HSC 1J10

Abstract: The palliative care needs of Canada's homeless and vulnerably housed are poorly understood. Around 75% percent of this population suffer from at least one co-morbid chronic disease and mortality rates are estimated at 2.3 to 4 times those of the general population. Multiple barriers—from a lack of continuous housing, social support, mental health issues, and substance abuse—prevent access to the appropriate palliative services. Moreover, the homeless face discrimination in the healthcare system, where they often die in acute settings despite their wishes.

PEACH (Palliative Education And Care for the Homeless), one of Inner City Health Associates' (ICHA) newest programs, is a mobile street and shelter based initiative that aims to provide early palliative care for the homeless and vulnerably housed in Toronto. PEACH also promotes education on palliative care and homelessness by providing resources for health care providers who work with these marginalized groups.

Through an advocacy based and historical narrative, this workshop aims to expose participants to the unique needs of this population and the operations of the PEACH program.

Dr. Naheed Dosani

MD, CCFP; BSc; Project Lead, Palliative Education And Care for the Homeless (PEACH)



Dr. Naheed Dosani is a Palliative Care & Family Physician at Inner City Health Associates (ICHA) and William Osler Health System. He recently completed his fellowship in Palliative Medicine at the University of Toronto and, prior to that, served as Co-Chief Resident of St. Michael's Hospital Family Medicine Program during his Residency in inner-city Family Medicine. After completing his training, he founded PEACH (Palliative Education And Care for the Homeless), aimed at meeting the palliative care needs of homeless and vulnerably housed populations in Toronto. He is also a researcher, with current projects investigating the impact of housing on health, the social determinants of palliative care delivery, and palliative care for heart failure patients. He teaches medical students and residents, and serves on the Board of Directors for the Agincourt

Workshops

Community Services Association and on the steering committee for Health Providers Against Poverty (HPAP). Naheed is passionate about the social determinants of health, inner city health, global health equity and social media. You can follow him on Twitter @NaheedD.

Dr. Bernice Downey

INDIGENOUS HEALTH EQUITY: SYSTEMIC CHALLENGES & RECLAIMATIVE OPPORTUNITIES

11:00 am - 12 noon & 12:45 - 1:45 pm in HSC 1A3

Abstract: The health status of First Nations, Inuit and Métis (FNIM) peoples in Canada has long been at the fore of the national spotlight, revealing a dismal picture of chronic illness, poor mental health and an array of social ills. This workshop will focus on the Indigenous perspective and the overall negative health outcomes that FNIM populations are experiencing will be situated within a structural systemic frame. Opportunities for reclaimative resolution strategies will be discussed from an Indigenous rights-based, self-determining approach.

Dr. Bernice Downey

BScN; PhD, Medical Anthropology; Regional Aboriginal Cancer Lead, Toronto-Central Regional Cancer Program

Dr. Bernice Downey is a woman of Oji/Cree and Celtic heritage, a mother and a grandmother. She is a medical anthropologist with research interests in health literacy and traditional knowledge for Indigenous populations. She teaches part time for the Faculty of Social Science, Indigenous Studies Program at McMaster University. She is also a Registered Nurse and is currently appointed as the Regional Aboriginal Cancer Lead for the Toronto-Central Regional Cancer Program. Bernice's professional experience includes: Sole Proprietorship of her consulting company, Minoyawin - Good Health Consulting; CEO of the National Aboriginal Health Organization; Executive Director of the Aboriginal Nurses Association of Canada; Associate Director of the Well Living House - Centre for Research on Inner City Health; Sessional Instructor, Indigenous Health, McMaster University; and Qualitative Researcher, Well Living House. She is an experienced administrator, facilitator and organizational and systemic change agent. She is also a lifelong advocate for addressing the serious health inequities among Indigenous populations in Canada.



Workshops

Dr. Larisa Eibisch

REDUCING THE IMPACT OF POVERTY IN PRIMARY CARE: A SIMPLE 3-STEP CLINICAL TOOL

11:00 am - 12 noon & 12:45 - 1:45 pm in HSC 1A4

Abstract: In this interactive workshop, participants will explore approaches to poverty as a risk to their patients' health. Through a case analysis of a patient living in poverty, participants will examine arguments for addressing and intervening in individual patients' poverty. Objectives are: 1) Discuss a simple, three-step tool for intervening into poverty as a health risk, endorsed by the Ontario College of Family Physicians (OCFP) and targeted at family physicians in office-based practice; 2) Explore examples of interventions family physicians can employ to address poverty as a risk to health at individual, community, and societal levels; and 3) Briefly review Canadian evidence linking poverty with health issues including diabetes, heart disease, mental illness and children's health.

Dr. Larisa Eibisch

MD, CCFP; MPH; Ontario College of Family Physicians Poverty Committee



Dr. Larisa Eibisch is a staff physician practicing family medicine in Toronto's Sherburne Health Centre where her focus is on providing quality care to Toronto's homeless populations. Dr. Eibisch is also an advocate and member of the Ontario College of Family Physicians (OCFP) Poverty Committee with a specific interest in undergraduate medical education and continuing education for family physicians. She is a regular facilitator of the Mainpro-C workshop Treating Poverty, and a similar curriculum Poverty and Health which is delivered bi-annually to transitioning 4th year clerks through the University of Toronto's Transition to Residency program and to incoming internationally trained medical graduates through the Centre for the Evaluation of Health Professionals Educated Abroad (CEHPEA). Dr. Eibisch completed a Masters of Public Health at Harvard University and is deeply invested in the Treating Poverty curriculum as a means of affecting change in both providers and patients alike.

Workshops

Dr. Sheila Harms

ADVOCATING FOR CHILDREN'S MENTAL HEALTH IN EAST AFRICA: CHALLENGING ASSUMPTIONS AND IDEOLOGIES

11:00 am - 12 noon & 12:45 - 1:45 pm in HSC 1J8

Abstract: In this workshop, participants will engage in an interactive, critical discourse about definitional attributions for the term “advocacy” and its relative application to issues of children’s mental health in East Africa. Using a real-life case example involving a Ugandan youth and her family in a Ugandan mental health care setting, participants will explore assumptions and biases pertaining to issues of mental health and advocacy. Learning from this case scenario will be applied to local experiences and responsibilities.

Dr. Sheila Harms

Director, Postgrad. Medical Education in Child & Adolescent Psychiatry, McMaster University

Dr. Sheila Harms is a Child and Adolescent Psychiatrist and Assistant Professor at the McMaster Children’s Hospital in Hamilton, Ontario. She works with children/youth and their families in outpatient settings, and is also the director of post-graduate training for psychiatry at McMaster University. She is actively involved in university administration, participating on McMaster University’s Senate. She completed medical school and residency training at McMaster University as an adult learner. Prior to this, she received degrees in music performance, music therapy and occupational therapy. Clinically, she has a particular interest in the mental well-being of marginalized populations and currently works with Hamilton’s homeless and street-involved youth at Good Shepherd Youth Services. She also has an interest in global mental health issues and has participated in both education and research in Sub-Saharan Africa over the past 10 years, focusing on educational capacity building as well as conceptions of mental health in youth orphaned by HIV/AIDS.



Workshops

Dr. Fiona Kouyoumdjian

KNOWLEDGE TRANSLATION TO ADVOCATE FOR PATIENTS & POPULATIONS: THE CASE OF PRISONERS

11:00 am - 12 noon & 12:45 - 1:45 pm in HSC 1J7

Abstract: In this workshop, we will review challenges to health and health care for people who experience incarceration in Canada. The role of knowledge translation in advancing health care will be discussed. A knowledge-to-action framework will be taught to explore opportunities to advocate for better health care for this population, using case examples.



Dr. Fiona Kouyoumdjian

MD, CCFP, FRCPC; MPH; PhD; Canadian Institute of Health Research (CIHR) Fellow, Centre for Research on Inner City Health, St. Michael's Hospital

Dr. Fiona Kouyoumdjian is a Public Health Physician, Family Physician, and Epidemiologist. She is a Postdoctoral Fellow at the Centre for Research on Inner City Health at St. Michael's Hospital in Toronto and a Family Physician at the Hamilton-Wentworth Detention Centre. Fiona focuses her research and clinical work on the health and health care of people who experience incarceration.

Roundtable Discussion

Moderated by Dr. Vic Neufeld

ROUNDTABLE DISCUSSION: HEALTH ADVOCACY

3:00 - 3:45 pm in HSC 1A1

Dr. Vic Neufeld

MD, FRPC; Professor Emeritus, McMaster University

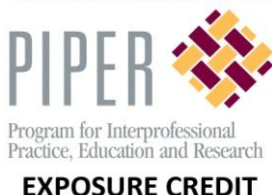
Dr. Vic Neufeld is a physician, educator and international consultant based in Hamilton. Over a period of more than 25 years he has held various academic leadership positions at McMaster University, the last of which was Director, Centre for International Health. He is a Professor Emeritus in McMaster's Faculty of Health Sciences. Professor Neufeld has served as a consultant and advisor to many international agencies, organizations and institutions. Currently, he is a Special Advisor to the Canadian Coalition for Global Health Research. His interests include: 1) Capacity development for health system reform, with a special interest in strengthening national health research systems and leadership development; and 2) Promoting a stronger role for Canada in health research in low and middle-income countries. [www.ccghr.ca; email: vrneufeld@gmail.com]



Thank You To...

- Our exemplary speakers
- Dr. Tim O'Shea (Symposium Faculty Advisor)
- Dr. Rob Whyte (Assistant Dean, UGME, McMaster)
- Cathy Oudshoorn (Program Manager, UGME, McMaster)
- Jan Paci (Administrative Assistant, MD Program)
- Dr. Melanie Bechard (Outgoing VP Government Affairs, Canadian Federation of Medical Students)
- Tim Scarth (Logo & Poster Design)
- James Kent (AV/IT Specialist, Computer Services Unit, FHS)
- Doreen Reeve (Electives Coordinator, UGME, McMaster)
- Lesley Wellington (Visiting Electives Coordinator, UGME, McMaster)
- Zion Lee, Calvin Lo & Leon Zhang (McMaster Medicine & Health Society)
- Margaret Shkimba & Allison Sohanlal (PIPER)
- Natasha Dhingra (MISC Chair)
- Our classmates & colleagues: Nathan Bakker, Chris Charles, Pardh Chivukala, Graeme Higgins, Hussam Kaka, Justin Koh, Kinshuk Kumar, Kaila Lassaline, Elizabeth Lovell, Aarti Rana, Humaira Saeed, Tommy Stuleanu, Vivian Tam, Sandra Westcott

THIS EVENT IS ENDORSED BY:



Sponsors

- McMaster Medical Student Council (MMSC)
- Michael G. DeGroote School of Medicine
- Government Affairs & Advocacy Committee, Canadian Federation of Medical Students
- Ontario Medical Students Association Innovator's Grant
- The UPS Store - Westdale

