

# HEALTHY CHILD DEVELOPMENT: INFANT AND TODDLER NUTRITION

## TWO-CREDIT-PER-HOUR GROUP LEARNING WORKSHOP (formerly MAINPRO-C)

Monday, September 26, 2016 | Renaissance Edmonton Airport Hotel | Champlain B Room  
4236 36th Street East (Edmonton International Airport) | 1:00 – 4:00 p.m.

Current evidence supports exclusive breastfeeding as the optimal method of early infant feeding, providing multiple health benefits and disease prevention for both infants and their mothers. Families receive much of their early care in the primary care family practice setting, therefore knowledge and support from their care team is essential to help promote, protect, and support successful and continued breastfeeding.

This workshop will look at maternal nutrition and dietary intake in the prenatal period and its impact on child health outcomes. Specific guidelines including information on breastfeeding and the introduction of solids will be reviewed. Iron deficiency, other nutritional deficiencies and health impact of fortified formulas will be discussed. Healthy eating patterns, role modeling, and ways to deal with/avoid picky eating will be discussed, including NutriSTEP tool. This workshop will conclude with a look at the growing problem of childhood obesity.

After active engagement in this program, participants will be better able to:

- Assess the importance of nutrition in Healthy Child Development, from pregnancy to school age.
- Distinguish healthy eating patterns in children, discuss appropriate role modeling and methods to prevent and address picky eating.
- Work with a collaborative team to use the WHO growth curves and identify predictors of increased incident of overweight and obesity, in children.

**Fee:** ACFP Members \$325 + GST | Non-members \$345 + GST

*Please note that on-site registration will not be permitted.*

**Credits:** This Group Learning program has been certified by the College of Family Physicians of Canada for up to 6 Mainpro+ credits.



This program is supported and presented by the Alberta College of Family Physicians in collaboration with the Ontario College of Family Physicians.

# ECG WORKSHOP: BASICS & ECG WORKSHOP: ADVANCED

## TWO-CREDIT-PER-HOUR GROUP LEARNING WORKSHOP (formerly MAINPRO-C)

Monday, September 26, 2016 | Renaissance Edmonton Airport Hotel | Champlain A Room  
4236 36th Street East (Edmonton International Airport) | 8 am – 12 noon & 1 – 5 pm

**ECG Workshop: Basics (Sign-in 7:45 am , program 8 am – 12 noon, includes light breakfast)**

During our medical training, most of us has had at most 1 hour of training on ECG interpretation. It is not surprising most of us do not understand it well and do not know how to use it as a tool to make real-time decisions. This course is aimed at office Primary Care providers (physicians, nurse practitioners, and physician assistants) who would like to understand the basics of ECG interpretation and appreciate how ECG can be used in the office setting to help make real-time clinical decisions for all sorts of primary care presentations. Come have fun and finally understand ECGs!

**Fees:** ACFP Members \$525 + GST | Non-member Physicians \$545 + GST | Nurse Practitioners & Physician Assistants \$545 + GST

*Please note that on-site registration will not be permitted.*

**Credits:** This Group Learning program has been certified by the College of Family Physicians of Canada for up to 8 Mainpro+ credits.

**ECG Workshop: Advanced (Sign-in 12:45 pm, program 1 – 5 pm)**

This ECG course is not for the beginner. You think you know ECGs? Well, you are wrong! This course will bring your ECG interpretation skills to the next level. If you practice urgent care and/or emergency medicine in a setting where you are it (the only one on-call with little cardiology back-up), then you need to take this course. Yes, this one is for you! Make urgent and critical ECG diagnoses on the spot! Make real-time decisions about fatal cardiorespiratory diseases with the aid of the simplest and least costly tool in the ED - yes, your ECG machine! Come have fun and learn what you have been needing to know but did not know it until now.

**Fees:** ACFP Members \$525 + GST | Non-member Physicians \$545 + GST | Nurse Practitioners & Physician Assistants \$545 + GST

*Please note that on-site registration will not be permitted.*

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