
Sunday September 15, 2019

Please note that there is no lunch served on Sunday, participants are on their own and should plan for eating prior to attending the conference. There is a restaurant on site in the hotel.

1100 - 1200	Registration (Exhibitor Hall Open)
1200 – 1245	Walk this way: A Step by Step Guide to Gait Observation - Curtis Friesen This session will look at the phases of the gait cycle and basic foot biomechanics. An overview of observational gait analysis as well as how to identify common gait deviations will be discussed. Physiotherapy management of common biomechanical and gait deviations will be briefly covered and how to recognize when to refer clients.
1245 – 1330	Plantar Warts - Dr. Shane Silver This session will provide an overview of plantar warts, etiology, review of indications and contra-indications of various treatment options.
1330 - 1400	NUTRITION BREAK /NETWORKING / SHOPPING
1400 – 1500	A moment of reflective & reflexive learning on scope of practice: What is expected of me as a foot care nurse? - Poh-lin Lim Nurses are regulated health professionals who are licensed to practice within the scope of practice as outlined by their respective college of nursing. Nurses are expected to be professionally responsible and accountable to deliver safe, competent and ethical nursing care. In this presentation, we will take a moment of reflective and reflexive learning on the responsibility, accountability and transparency of a foot care nurses/'s practice. Examples of topics for discussion include practice standards, code of ethics, continuing competency and self-regulatory practice as applied to foot care nurses who are RNs or LPNs.
1500 – 1600	What's in your Toolbox and What's Not" – Pat MacDonald This presentation will consider the challenges of putting together an efficient foot care kit for the mobile FCN. Instruments, supplies, personal protective equipment, client records, how will I manage everything? Are your policies up to date and do they reflect your practice? This session will be a great opportunity for discussion and exchange of ideas.
1600 - 1800	Networking Reception – Wine & Cheese/Potato Bar

Monday September 16, 2019

0715 - 0815 **REGISTRATION & CONTINENTAL BREAKFAST**

0815 - 0845 **Welcome & meet the Vendors**

0845 – 0900 **MAFCN: President’s Address** – Martha Cinch

0900 – 1000 **Moving Research Knowledge into Practice: A Case Study of a First Nation-University Partnership to Address the Diabetes Epidemic** – Dr. Sharon Bruce
Dr. Bruce has worked in partnership with a Manitoba First Nations since 2001 completing epidemiological and health services research in relation to diabetes. Outputs from the research have contributed to a new service delivery model for foot care, and reorganization of work teams and structures within the Health Centre. Dr. Bruce will describe the process of moving research into practice.

1000 – 1030 **NUTRITION BREAK /NETWORKING / SHOPPING**

1030 – 1130 **Basics of Reprocessing Foot Care Instruments** - Gale Schultz
This session will review the basic requirements for cleaning, inspecting & packaging, sterilization, storage and transport of foot care instruments.

1130 - 1200 TBA

1200 – 1315 **LUNCH /NETWORKING / SHOPPING**

1315 – 1430 **Workshops**

1. **Silicone Toe Props:** Marianne Viau (\$30 lab fee will be collected at the door, cash only) Limited to 15 participants
Sponsored by Quality FootCare Products
This workshop will provide hands-on opportunity to learn how to make simple silicone toe props to assist in offloading and digital alignment. Learn how to determine who is a suitable candidate and how to make them successfully.
 2. **Burring 101:** Sandra Bird Limited to 20 participants
Ceramic, diamond, carbide, multi or single use? What type of bur is best? What do I use do reduce a gryphotic nail? This workshop will provide a hands-on opportunity to practice using a variety of burrs.
 3. **Padding & off-loading:** Dr. Alisha Snider (\$20 lab fee will be collected at the door, cash only) Limited to 20 participants
Sponsored by CPC Healthcare
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A variety of padding and off-loading techniques may be used to treat or prevent corns and calluses. This workshop will provide an interactive hands-on opportunity to learn about and practice padding techniques to redistribute pressure on corn and calluses. We will also look at over the counter products versus hand-made pads. Which is better?

> **NB Please wear or bring a pair of shoes with a removable insole to practice making custom padding. Be prepared to remove your shoes to make removable padding for toes.

4. **Nutrition for your Health and Vitality:** Jody Chanel

A session reviewing current health recommendations to increase energy and improve overall vitality. Problematic lifestyle habits will be discussed in a thoughtful manner, and helpful solutions will be reviewed. Lifestyle strategies to prevent or manage diabetes will be incorporated in this interesting and uplifting presentation.

1430 – 1500

NUTRITION BREAK /NETWORKING / SHOPPING

1530 – 1630

Diabetic Foot Ulcers: Wound Care Policy, Procedure & Practice - Jane McSwiggan

A case history will be used to illustrate current wound care policy and procedure for Winnipeg Regional Health Authority and Shared Health, in terms of how it relates to scope of practice for Foot Care Nurses.

1630

WRAP UP & EVALUATIONS
