



Manitoba Association
of Foot Care Nurses

2021 Virtual Conference Agenda

Monday September 20, 2021

8:30 **Opening Remarks** – Pat MacDonald

8:30 – 9:15 **What has COVID-19 Taught us** - Cynthia Carr, Epidemiologist, B.A (Hons.), M.P.A., M.Sc., Cert. Health Law

This presentation will focus on the lessons learned since the start of the COVID-19 pandemic. During this time, Cynthia became a trusted source of information during a continuously evolving time, while continuing her work, primarily with First Nations communities with a focus on chronic disease prevention. We will learn about the pressures and stresses in a situation where the public and media want immediate answers as well, how this experience relates to her more than 25-year career in trying to understand what it means to communicate health information and the barriers associated with misinformation, fears and lack of trust do to lifelong experiences. We will learn about her efforts to highlight the importance of social determinants of health and lifestyle risk factors in chronic disease prevention and how COVID-19, an acute crisis, has underscored again the relationship between social inequity and health inequities. She will link back her lessons learned to a current project focusing on wound care within the context of a holistic and determinants of health approach and the ongoing challenges with partnerships and continuous care.

9:15 – 9:45 **Photodisinfection: from a lab setting to practical application to treat onychomycosis** - Dr. Irit Van-Ham PhD

This presentation will explain the general principles and science of photodisinfection, current methods for diagnosis of onychomycosis -Overview of the clinical trials needed for medical device approval.

9:45 – 10:45 **Assessment of the lower limb and foot for people with diabetes** –

Darcy Dowsett RN, BN, CDE, Nurse Educator, Chronic Disease Education Program
Lower extremity complications are a major cause of morbidity and mortality in people living with diabetes. When health care providers perform regular and comprehensive foot and lower limb assessments, as well as provide education on prevention and protection, the risks of ulcers and amputations are reduced. This session will include how to conduct a lower limb assessment that will examine for important findings such as neuropathy, skin changes, peripheral arterial disease, structural abnormalities, poor foot care and inappropriate footwear. Associated education that is fundamental for the prevention of lower limb injury will also be discussed.

10:45 – 12:00 **Dust in the Wind: Burr Choice Matters** - Tannis Sorge RN, FCNEd, CAFCN Advisor

Join us for a discussion on what many foot care nurses would describe as the most essential instrument in our "tool box"... the BURR. Whether you are performing delicate precision work or course debridement, BURR CHOICE MATTERS! Explore the "hidden talent" of the burr you have always wondered about and provide client comfort and reduce dust exposure at the same time.

12:00 Lunch

12:15 – 1:00 **AGM** – Martha Cinch, President, MAFCN

1:00 – 1:45 **A new twist on diabetes medication therapies: A review of the Diabetes Canada 2020 Pharmacotherapy update** - Colin Reeve BSP, CDE, CRE, CTE

The relatively recent introduction of novel antihyperglycemic therapies has ushered a tidal wave of cardiovascular outcome trials and constantly changing therapy recommendations. If you've ever wondered what a CVOT is or questioned whether or not an ARB can be used with an SGLT-2 (or just curious what all of these acronyms stand for!), this presentation will be of interest to you. With a review of the Diabetes Canada 2020 pharmacotherapy update, incretin and renally active glycaemic lowering therapies will be discussed with a focus on recent evidence of cardiovascular and renal protective outcomes.

1:45 – 2:30 **Looking to sell your foot care business?** – Speaker TBA

Retiring? Moving out of province? Have you considered what to do with your business, how to go about dealing with client files, equipment, and most of all your name & good reputation? Have you thought about what would happen to your business if your life changed dramatically, tomorrow? This presentation will focus on your legal and professional obligation as you prepare to dissolve your business.

2:30 Stretch break...refill water/coffee

2:45 – 3:00 **Forefoot pain: a better understanding** - Dr. Landen Kulczycki, Podiatrist
Podiatrist problems with the forefoot can be very painful. In addition to pain and inflammation on the sole of the foot (metatarsalgia), there are various other issues that may occur, bone deformity, feeling of numbness, restricted movement, corns and calluses. This presentation will focus on an overview of the forefoot and a list of what issues patients may have. A review of treatments of common issues that foot care nurses see on a daily basis and knowing when it is appropriate to refer. Hopefully the takeaway of this presentation will give a better understanding on just how complex the forefoot can be.

3:00 – 4:15 **When do I refer my client for orthotics? Tools for the foot care nurse –**

Dr. Mark Perrett

This presentation will focus on discussing the biomechanics of the foot and providing assessment tools to help the practitioner decide if orthotics are appropriate for the client. Discussion will include gait analysis, structural deformities of the foot, foot orthopaedic testing, callus patterns and the benefits of orthotics.

4:15 Wrap up