COURSE OBJECTIVES

By attending this conference, participants will be equipped to:

- Describe the role that the physician can play working in close co-operation with the employee and the workplace to decrease the level of stress impacting workers and the workplace and enhance overall workplace and worker wellness.
- Explain the medical considerations related to legal and medical substance use in the workplace as supported by the medical evidence for impairment specifically related to cannabis at work.
- Describe how occupational medicine can play a role in the management of health risks in agriculture as well as in emerging respiratory problems, in general, and
- Apply the occupational medicine expertise and responsibilities when working with other disciplines in emergency preparedness.
- Explain the key concepts in the emerging field of fatigue risk management.
# PROGRAM

**SATURDAY, SEPTEMBER 21, 2019 - MACINTOSH ROOM**

<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>BREAKFAST</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>WELCOME AND CONFERENCE INTRODUCTION</td>
</tr>
</tbody>
</table>
| 8:15 a.m.  | A DISCUSSION OF THE OEMAC POSITION STATEMENT ON THE IMPLICATIONS OF CANNABIS USE FOR SAFETY-SENSITIVE WORK  
Dr. Sebastian Straube, BM BCh, MA (Oxon), DPhil |
| 9:00 a.m.  | INTERACTIVE LEARNING: Q&A  
Following this presentation, participants will be better able to:  
- Describe the evidence on cannabis use and impairment  
- Describe the evidence on cannabis use and motor vehicle collisions  
- Discuss the utility of systematic review and meta-analysis methodology with regard to cannabis use and safety outcomes |
| 9:15 a.m.  | LEGAL AND MEDICAL SUBSTANCE USE IN THE WORKPLACE: THE CONCERNS AND THE CONUNDRUM  
Dr. Melissa Snider-Adler, MD, CCFP(AM), MRO (AAMRO),DABAM |
| 10:00 a.m. | INTERACTIVE LEARNING: Q&A  
Following this presentation, participants will be better able to:  
- Describe the current trends in substance use in the workplace  
- List the signs of substance use  
- Describe the difference between substances used for medical reasons and for recreational purposes  
- Develop a plan for managing substances in the workplace |
| 10:15 a.m. | MORNING BREAK                                                                                  |
| 10:30 a.m. | TREATING WORKPLACE STRESS: A DOCTOR’S PRESCRIPTION  
David B. Posen, M.D. |
| 11:15 a.m. | INTERACTIVE LEARNING: Q&A  
Following this presentation, participants will be better able to:  
- List the “Big 3” causes of workplace stress and several “Productivity Myths”  
- Explain the cost of workplace stress to the individual and to the organization  
- Describe a host of practical, realistic solutions to reduce workplace stress at its source: The Best Treatment is Prevention  
- Advocate for sensible, constructive changes in their organizations to reduce workplace stress and promote workplace wellness |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 a.m.</td>
<td><strong>EYES WIDE SHUT: MANAGING FATIGUE IN CANadian WORKPLACES</strong>&lt;br&gt;Mike Harnett, BPE (KIN); ESS</td>
</tr>
</tbody>
</table>
| 12:15 p.m. | **INTERACTIVE LEARNING: Q&A**<br>Following this presentation, participants will be better able to:  
- Describe the key circadian influences on fatigue development in shift workers  
- Explain the role of Occupational Health in the mitigation of work related fatigue  
- Describe 3 strategic approaches to managing fatigue  
- Implement tactical approaches to mitigating fatigue related risk |
| 12:30 p.m. | **LUNCH** |
| 1:30 p.m.  | **EMERGING OCCUPATIONAL RESPIRATORY ISSUES**<br>Dr. Susan Tarlo, MB, BS, FRCP(C) |
| 2:15 p.m.  | **INTERACTIVE LEARNING: Q&A**<br>Following this presentation, participants will be better able to:  
- Describe the role of less traditional exposures in causing silicosis  
- Explain the newer findings in occupational COPD  
- List the recent causes of occupational asthma and occupational hypersensitivity pneumonitis |
| 2:30 p.m.  | **OCCUPATIONAL MEDICINE IN AGRICULTURE**<br>Dr. Niels Koehncke, MD, MSc, FRCPC |
| 3:15 p.m.  | **INTERACTIVE LEARNING: Q&A**<br>Following this presentation, participants will be better able to:  
- Describe significant health and safety risks associated with the agriculture industry  
- Explain some of the unique aspects of this industry that differentiate it from other industries, from a risk-management point of view  
- Describe current areas of occupational health research and areas of need in this industry  
- List ways in which the specialty of occupational medicine can help move health and safety forward in this industry. |
| 3:30 p.m.  | **AFTERNOON BREAK** |
| 3:45 p.m.  | **RISK ASSESSMENT AND COMMUNICATION**<br>Dr. Joan Saary, MD, PhD, FRCPC, FACOEM, FASMA |
|           | Following this presentation, participants will be better able to:  
- Explain the concept of risk  
- Explain your thought process about risk assessment and communication  
- Implement risk communication concepts in both individual and population-based risk scenarios  
- Deliver both favourable and unfavourable information |
4:10 p.m. INDUSTRIAL AND MASS CASUALTY EMERGENCY PREPAREDNESS AND DISASTER MANAGEMENT
Dr. Jalees Razavi, MBBS, DPHC, DIH, FRCPC, FACOEM, FACOPM

Following this presentation, participants will be better able to:
- Describe the importance of developing a community-based industrial and Mass Casualty Emergency plan
- Describe the different types of disasters and their impact on the health and safety of a community
- List the “must have” components of an effective disaster management system
- Explain the role of Occupational Health in the planning, execution and review of the disaster management system

4:35 p.m. INTERACTIVE LEARNING: PANEL DISCUSSION ON EMERGENCY PREPAREDNESS WITH DR. SAARY AND RAZAVI

5:00 p.m. CONFERENCE WRAP-UP AND CLOSING REMARKS

SUNDAY, SEPTEMBER 22, 2019 – NIAGARA ROOM

<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>ANNUAL GENERAL MEETING</td>
</tr>
<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>BOARD OF DIRECTORS MEETING</td>
</tr>
</tbody>
</table>

Funds in support of this CPD activity have been provided as an educational grant to the OMSOC Scientific Meeting.
THANK YOU TO THE
OMSOC 2019 CONFERENCE PLANNING COMMITTEE!

<table>
<thead>
<tr>
<th>Name</th>
<th>Conflict of Interest Disclosure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Michael Schweigert</td>
<td>No actual or potential conflict of interest in relation to this program.</td>
</tr>
<tr>
<td>Dr. Tom Lawley</td>
<td>No actual or potential conflict of interest in relation to this program.</td>
</tr>
<tr>
<td>Dr. Niels Koehncke</td>
<td>No actual or potential conflict of interest in relation to this program.</td>
</tr>
<tr>
<td>Dr. Ian Arnold</td>
<td>No actual or potential conflict of interest in relation to this program.</td>
</tr>
<tr>
<td>Dr. Scott Kapoor</td>
<td>Member of the Ontario Medical Association; Occupational Medicine Consultant for Thermo-Fisher Scientific; Shares in Abbott Labs; Thermo Fisher and Patheon.</td>
</tr>
<tr>
<td>Dr. Vincent Spilchuk</td>
<td>No actual or potential conflict of interest in relation to this program.</td>
</tr>
</tbody>
</table>

ARE YOU A MEMBER OF OMSOC YET?

Visit [www.omsoc.org/about/join-omsoc/](http://www.omsoc.org/about/join-omsoc/) to review our member categories and submit your member application.