16th Annual
MacHANd Day of Evaluation and Management of the Upper Extremity

Wednesday, November 1, 2023

In-Person Location: McMaster Innovation Park (Virtual option available)
175 Longwood Road South, Hamilton, Ontario, L8P 0A1

The McMaster University Hand, Arm, Nerve (MacHANd) Group
is an interdisciplinary team promoting excellence in education, clinical service, and research for hand and upper limb injuries, diseases, and disorders.

Target Audience
Chiropractors, Emergency Medicine Physicians, Family Physicians, Occupational Therapists, Physician Assistants, Physiatrists, Physiotherapists, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

For Information
Margaret Lomotan
MacHANd Planning Committee, McMaster University
lomotam@mcmaster.ca

Visit the MacHANd website: machand.ca

REGISTER ONLINE
by visiting:
chse.mcmaster.ca/machand

Visit the MacHANd website www.machand.ca
8:00–8:05  Opening Remarks  
Co-Chairs

8:05–9:05  Assessment and management of wrist pain
Helene Retrouvey, MDCM, PhD  
Assistant Professor, Plastic Surgery  
McMaster University

Adam Legge, MD  
Assistant Professor, Radiology  
McMaster University and St. Joseph's Hospital

Kirsten Roberts, OT Reg. (Ont.)  
Occupational Therapist  
OWN Hand and Upper Extremity Specialty Program

9:05–9:20  Question & Answer

9:25–9:45  Juvenile Idiopathic Arthritis and differential diagnoses for kids with painful hands
Julie Herrington, PT  
Physiotherapy  
Hamilton Health Sciences

9:45–9:55  Question & Answer

9:55–10:15  BREAK

10:15–10:35  Surgical options for thoracic outlet syndrome and radiculopathy
Genevieve Dostaler, MD, FRCSC, MHA  
Plastic Surgery  
McMaster University and Hamilton Health Sciences

10:35–10:45  Question & Answer

10:45–11:05  Nutritional strategies for self-management  
Speaker – TBC

11:05–11:15  Question & Answer

11:15–11:35  How to Access Community Physio  
Erfan Shafiee, MScOT, PhD  
Health and Rehabilitation Sciences  
Western University

11:35–11:45  Question & Answer

11:45–12:05  Dermatology issues in the Upper Extremity  
Hermenio Lima, MD, PhD, FRCP  
Associate Clinical Professor, Medicine  
McMaster University

12:05–12:15  Question & Answer

12:15–12:55  LUNCH BREAK

12:55–1:55  BREAK-OUT SESSIONS #1

Option #1: Acupuncture for the wrist and hand  
(Target audience: All healthcare professionals)
Ravinder Ohson, MBBS, CCFP, FCFP  
Associate Clinical Professor, Family Medicine  
McMaster University  
Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program

Taran Ohson, DC, HBSc  
Chiropractor  
Neurofunctional Sports Performance  
McMaster Contemporary Medical Acupuncture Program

Option #2: Wrist Physical Examinations  
(Target audience: All healthcare professionals)
Helene Retrouvey, MDCM, PhD  
Assistant Professor, Plastic Surgery  
McMaster University

Option #3: Skin health and wound care for hand injury and conditions  
(Target audience: All healthcare professionals)
Vivian Dim, OT Reg (Ont), CHT, LLCC  
Occupational Therapist  
Arm More Therapy

1:55–2:00  BREAK

2:00–3:00  BREAK-OUT SESSIONS #2

Option #1: Acupuncture for the wrist and hand  
(Target audience: All healthcare professionals)
Ravinder Ohson, MBBS, CCFP, FCFP  
Associate Clinical Professor, Family Medicine  
McMaster University  
Senior Lecturer and Instructor, McMaster Contemporary Medical Acupuncture Program

Taran Ohson, DC, HBSc  
Chiropractor  
Neurofunctional Sports Performance  
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(Target audience: All healthcare professionals)
Vivian Dim, OT Reg (Ont), CHT, LLCC  
Occupational Therapist  
Arm More Therapy

*Activity subject to change / Time zone: ET GMT–4
Learning Objectives

At the end of this learning activity, the participants will be able to:

- Identify the clinical tests, imaging, and therapy options for wrist pain.
- Recognize dermatology issues in the upper extremity.
- Discuss the issues and surgical options for thoracic outlet syndrome and radiculopathy.
- Describe nutritional strategies for management of upper extremity conditions.
- Identify ways for patients to access physiotherapy in the community.
- Summarize differential diagnoses for kids with painful hands.
- Describe acupuncture for the wrist and hand.
- Examine the wrist.
- Summarize skin health and wound care for hand injury and conditions.

Planning Committee

Allison Blain, MD, FRCPC - CO-CHAIR
McMaster University & Hamilton Health Sciences

Philip A. Di Filippo, HBScKin, DC
Rosedale Chiropractic Clinic & Lakeside Health and Sport

Margaret Lomotan, BA
McMaster University

Joy MacDermid, BScPT, PhD
McMaster University & Western University

Ravinder Ohson, MBBS, CCFP, FCFP
McMaster University

Tara Packham, PhD, OT Reg. (Ont.) - CO-CHAIR
McMaster University

Michael Vallely, BA, BScPT
McMaster University & Innova Health Clinic

Accreditation Statements

McMaster University, Continuing Professional Development Program (CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

This one-credit-per-hour Group-Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the McMaster University Continuing Professional Development Program for up to 5.75 Mainpro+ credits.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by McMaster University Continuing Professional Development Program. You may claim a maximum of 5.75 MOC Section 1 hours (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.
CONFIRMATION OF REGISTRATION
A written acknowledgement of your registration will be sent prior to the activity. Receipts are emailed at the time of registration and an additional email will be sent after the activity, confirming your certificate of attendance is ready to download or print. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CPD office.

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST
In keeping with accreditation requirements and the National Standard for Support, McMaster University, Continuing Professional Development requires that all speakers, planning committee members, moderators, facilitators and authors participating in this activity must disclose all relationships with for-profit and not-for-profit organizations over the previous two years. Disclosure must be done in print, verbally, and in writing on a slide prior to the speaker’s presentation.

CANCELLATION POLICY
The University reserves the right to cancel an activity due to insufficient registration or any circumstances that are beyond our control. Cancellations received before October 15, 2023 will be refunded less a 25% administrative fee to a maximum of $50.00. No refunds will be issued for cancellations received after this date.

ACTIVITY PACKAGES
As the registrant, your in-person activity package may include nutritional breaks and/or meals (refer to the program agenda). Therefore, your nametag must be worn throughout the day. If a guest accompanies you to the activity, their meals are at their own cost and will be billed directly.

ACCESSIBILITY
If you require an accommodation, for either a virtual or in-person event, please email or call us to make the appropriate arrangements.

LIABILITY
The Office of Continuing Professional Development (CPD) hereby assumes no liability for any claims, personal injury, or damage:
- To any individual participating in this activity.
- That may result from the use of technologies, program, products and/or services during this activity.
- That may arise out of, or during this activity.

FOR REGISTRATION INFORMATION
The Office of Continuing Professional Development (CPD)
McMaster University
cmereg@mcmaster.ca

REGISTRATION FEES *HST# 11903 5988 RT0001

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