



13th AGM & Conference

Delta Hotels by Marriott – *Winnipeg, MB*

May 26-28, 2023

Friday May 26th

Workshops: 8:00 Registration – Coffee/muffins
Participants on your own for lunch

*Workshops have limited numbers of participants, avoid disappointment, register early! Seats given on a first come first serve basis. ***You must be registered for one or both days of the conference to be eligible to register for a workshop.*

Room →	St. James	Kildonan	St. Boniface	St. Vital
Session 1 8:30 – 10:00	Fabricating a Custom Silicone Orthosis \$50.00 Limited to 20 participants	Practical Implementation: Treatment of the Ingrown Toenail **This workshop is 3-hours. \$100.00 Limited to 25 participants	Toenail Fungus Photodisinfection Certification Hands-on Workshop \$50.00 Limited to 20 participants	Take your Assessment Skills to the next level! \$50.00 Limited to 20 participants
Session 2 10:15 – 11:45			Reprocessing: It's not scary at all! \$50.00 Limited to 20 participants	Cultural Awareness N/C Limited to 20 participants
Session 3 12:15 – 1:45		Onyfix Nail Correction system - a non-surgical, non-invasive treatment of ingrown & involuted nails **This workshop is 3-hours.	Best Practices in Education N/C Limited to 20 Participants (Must be an Educator)	Cultural Awareness N/C Limited to 20 participants
Session 4 2:00 – 3:30	Peripheral Arterial Disease Assessment Tools for FCN's \$50.00 Limited to 20 participants	Prior to attending this workshop attendees must complete a 3-hour theory online course on May 19 @ 1:00 EDT. A link will be sent to you once you are registered. Members: \$249 Non-members: \$299 Limited to 15 participants	The art and science behind shoe lacing: Securing a foot in a shoe to prevent callusing and reduce foot tension Limited to 20 participants Please wear or bring a pair of lace-up footwear	Compression Certification \$50.00 Limited to 20 participants

Workshop descriptors:

1. **Fabricating a Custom Silicone Orthosis Workshop \$50.00 (Limited to 20 participants)**
Cindy Lazenby RN & Crystal Stevens LPN

Fabricating custom silicone orthosis can be performed efficiently and effectively by nurses during a foot care assessment. Participants will explore the options, differences and indicators for padding and strapping, watch a video on custom silicone mouldable toe separators, review step-by-step instructional techniques handouts, followed by a hands-on demonstration, and return demonstration on how to fabricate a custom silicone orthosis. Each participant will go home with a custom silicone orthosis that was specifically designed for their own foot, a new skill, and a better understanding of custom and OTC orthosis.

2. **Take your Assessment Skills to the next level! – Tannis Sorge RN \$50.00 (Limited to 20 participants)**

While history is an essential component of risk assessment, a client cannot be fully assessed for risk factors based on history alone; a foot and lower limb hands-on assessment is vital. This workshop starts with a review of various conditions, how to identify key presentations which is essential in a client's plan of care. Additionally, we'll focus on the vascular and neuropathy assessment skills for foot care nurses including, a demonstration, LOPS, and pulling it all together. If you are a hands-on learner, this workshop is for you.

3. **Practical Implementation: The Treatment of the Ingrown Toenail – Josee Hunter RPN**
This is a 3-hour workshop. **\$100.00 (Limited to 25 participants)

Learning Goals: Becoming familiar and comfortable with:

- Identifying and understanding the different presentations of ingrown toenails as defined by Happy Feet Medical Foot Care Inc.
- The feel and possible treatments of ingrown toenails
- Burrs used for treatment
- Ensuring pain management
- Overview of the Onyfix nail correction system (not a certification)
- Referring out of scope practice to supporting healthcare professionals
- Hands on practice with artificial ingrown toenails

** Participants to bring a Black's file and probe

4. **Best Practices in Education – Speaker TBA (Limited to 20 participants)** Must be an educator to attend.

Applying adult learning principles is one of the best strategies for effective adult education. One of the fundamental principles of adult learning that educators need to consider is the learner's internal motivation, which is inspired when learners are engaged and understand how the content will benefit them. A potentially effective way to apply this principle is through lecturing, which allows us to deliver the information, engage students, and help them learn the content and why it is important. Still, if we are not intentional, lecturing can also fall short, resulting in our students feeling unengaged, uninspired, and overloaded with information. If you are a novice or experienced educator, join us for helpful tips for planning, delivering, and evaluating dynamic in-person and virtual lectures that engage and inspire your students!

5. **Compression Certification** – Kelly Richards **\$50.00 (Limited to 20 participants)**

Lunatik Athletiks Inc. (ACHI Brand) is excited to team up with the CAFCN and host a Compression Certification Course. This is a comprehensive look into compression therapy from a Canadian Manufacturer/Distributor of Compression and Wellness products, licensed through Health Canada. Spend some time with us and learn to love compression the way we do, ACHI brand compression is something that will appeal to just about everyone. Your business deserves the best, and that is what we offer. We have fun colours, fabulous styles/patterns but most of all, we have the medical efficacy needed to be gracing the legs of you and your clients. Ditch the boring blah socks... join us for exciting, comfortable, affordable & Canadian Compression. We are female entrepreneurs that love to support Canadians, we are passionate about what we do and want you to be a part of it. Our compression certification is a 90min session where we will go over "Basic Phlebology" as well as looking at how to introduce and sell compression to your existing clientele. Along with the basic training you will learn how to measure for compression, and we will gift you your very own pair. Registering for our workshop will have you signed up as an ACHI Brand Vendor, how easy is that? We hope to see you at the 2023 CAFCN/ACHI Certification session in May!

6. **Reprocessing: It's not scary at all!** – Audrey Wall RN BN **\$50.00 (Limited to 20 participants)**

Has the thought of instrument reprocessing made you nervous? Have you been interested and wanting to get going, but aren't sure where to start? This workshop is for you! Join Audrey as she demystifies instrument reprocessing. Discussion will include what you need to reprocess safely, how to do it, and how to keep track of what you're doing. While of course reprocessing is serious business, this workshop will be engaging and interactive!

7. **Toenail Fungus Photodisinfection Certification Hands-on Workshop** - Dr. Irit Van-Ham **\$50.00 (Limited to 20 participants)**

On completion of this workshop, participants will receive ToeFX's Photodisinfection Certification

What is Onychomycosis? How to identify?

How does ToeFx/ Photodisinfection therapy work?

- Creating treatment plan
- Treatment Protocol
- Expert debridging of the nail
- Application of the serum
- Application of light therapy
- Post-op Instructions - Maintenance treatment
- Reassessment plan of ToeFx/light therapy success

8. **Cultural Safety** – Faye Tardiff Education & Training Coordinator with Indigenous Health **No charge (Limited to 20 participants)**

This session will provide participants with an understanding of Cultural Safety, and the ability to identify the need for Cultural Safe Care. Participants will also identify the impacts of racism, social determinants, and trauma on Indigenous Peoples' health and implement Culturally Safe care throughout individual interaction.

9. **The art and science behind shoe lacing - Securing a foot in a shoe to prevent callusing and reduce foot tension** – Dr. Kate Clayton-Jones PhD, MBA, RN, CFCN, CFCN
\$50.00 (Limited to 20 participants)

*** Please wear or bring a pair of lace up shoes for the hands-on component.

Shoe lacing is a common method of securing a foot into a shoe, but few people know the art and science of it. In order to change balance and foot dynamics, in this session you will learn how to position a foot in a shoe using shoe lacing to secure the fit. Backed by the findings of her study, these techniques have been field tested by Kate and can be utilized to prevent commonly seen ailments for example callusing, corns, and sore feet, knees, hips, backs and shoulders.

Objectives:

1. understand foot biomechanics and the match up to shoes
2. Learn a few shoe lacing techniques that improve foot health and quality of life.

10. **Peripheral Arterial Disease (PAD) Assessment Tools for Foot Care Nurses**
Cindy Lazenby RN & Brette Cain RPN **\$50.00 (Limited to 20 participants)**

This presentation will demonstrate a simple and quick assessment test to detect PAD that can be performed by all nurses during a foot care assessment. Participants will listen and assess the quality of pedal arterial flow by differentiating arterial sounds with the use of a hand-held ultrasound doppler. The arterial flow test results guide the provider's assessment, patient education and referrals for further vascular testing and treatments. Each participant will go home with a new skill of assessing peripheral arterial sounds and a better understanding of the signs and symptoms, complications, and treatment options for PAD.

11. **Onyfix Nail Correction system - a non-surgical, non-invasive treatment of ingrown & involuted nails** – Josee Hunter RPN **Sponsored by neubourg healthcare**
(Limited to 15 participants)

**Prior to attending this workshop attendees must complete a 3-hour online theoretical component with the instructor on May 19 at 1:00 EDT. The session will be recorded in case this time doesn't work for you. A link will be forwarded to you once you are registered.

This workshop is 3 hours and will provide:

- Understanding of the pathophysiology of ingrown/involuted nails
- Understanding existing treatment for nail correction
- Understanding mode of action, efficacy, and application methodology of the Onyfix system

Saturday May 27, 2023

7:15 – 8:00	Breakfast/Registration / Shopping Exhibitor Hall open
8:00 – 8:40	Opening Remarks Meet the Vendors
8:40 – 9:30	Infections in the Diabetic Foot – Dr. John Embil Diabetes related foot infections occur in approximately 40% of diabetes-related foot ulcers and cause significant morbidity and contribute to increased health care use and costs. People with diabetes who have peripheral neuropathy and peripheral arterial disease are at risk of developing foot ulcers and infection that may lead to lower extremity amputation. The frequency of amputation is much higher in people with diabetes than people without diabetes. In Canada, adults with diabetes have 20-fold greater likelihood of being hospitalized for nontraumatic lower limb amputation than adults without diabetes. This case-based session will provide an overview of risk assessment, prevention, and treatment, with the goal of treatment is to achieve a healed foot and keep the patient ambulatory.
9:30 – 10:00	MFT Track – Amanda Amooij RN, BN, CDE MFT track is a communication app that allows the footcare nurse to email the physician and relay the 60 second screening and the results from the MonoFilament Test to the appropriate parts of the healthcare team. This will allow for all practitioners and the client to know the extent of the client's neuropathy and prevent further progression. In this app has the 60 second assessment and it goes with the Nova Scotia Algorithm in predicting when the need for the next MFT will be. Included is lists of physician's family health teams and diabetes education programs that you can connect with. All at the touch of a button. I hope to improve communication and the transfer of results within the health teams and empower clients in their health journeys. Ultimately this will help reduce falls, reduce ulcers and prevent amputations. After all I hope to see no toe left behind!
10:00 – 10:30	Nutrition Break / Shopping Exhibitor Hall open
10:30 – 11:15	Charcot Foot: The Missed Diagnosis – Dr. Mario Dascal Charcot foot is an inflammatory process that affects the soft tissues, bones, and joints in the foot. Charcot foot is a rare, but a serious and often life-threatening complication associated with diabetes. If left untreated, the foot can become severely deformed, a deformed foot can cause pressure to develop on the foot. An open wound with foot deformity can lead to an infection an even amputation. This session will identify the stages of Charcot, how Charcot is diagnosed as well as current treatment options, leaving the learner with the takeaway that Charcot foot is a potentially devastating condition, but if detected early can prevent damage and potential amputation.

11:15 – 12:00	<p>Pedorthic Management of the Diabetic Foot – Brian Scharfstein C Ped (C)</p> <p>Pedorthic management, footwear, orthotic modalities, and modifications are valuable tools in the care of the diabetic foot. Decreasing risks and limiting complications such as ulcerations and amputations are paramount to Pedorthic management. As a member of the complex lower limb health team, this session will provide an overview of how Canadian Pedorthists play a role in assessing and providing footwear, show modifications and custom foot orthoses.</p>
12:00 – 1:15	Lunch / Shopping Exhibitor Hall open
1:15 – 2:00	<p>Vascular Assessment of the Lower Extremity in the Person with Diabetes – Dr. Guzman</p> <p>Peripheral vascular disease is a slow and progressive circulation disorder. Both large blood vessel (PVD) and micro blood vessel changes can present in person living with diabetes. For those with compromised circulation and to avoid tissue necrosis or amputation, vascular assessment is important. This session will look at the pathophysiology of arterial and venous insufficiency in the lower extremity and how to recognize and knowing when it is time to refer to a specialist.</p>
2:00 – 2:30	<p>Foot Care Education in a Rural Community – Dr. Dyanne Rodriquez RN DNP</p> <p>Foot care self-management is critical in continuity of care and in prevention of foot complications associated with diabetes. A project was implemented in collaboration with residents of a rural Canadian community to gain a better understanding of foot care self-management. The project aimed to evaluate evidence-based education in self-foot care among adults with diabetes or pre-diabetes. In summary, the project findings contribute to a growing body of evidence of foot care among the rural community.</p>
2:30 – 3:00	Coffee/ Shopping Exhibitor Hall open
3:00 – 3:45	<p>Clinical Practice Guidelines – Lengim Ingram BscPharm, EPPH, CDE</p> <p>Diabetes is a complex chronic illness and managing diabetes may seem like an overwhelming task. Knowledge and understanding are key to understand the relationship of drug therapies to meal planning and lifestyle. This session will provide information essential for diabetes management with a focus on the Diabetes Canada Clinical Practice Guidelines, a resource available at your fingertips!</p>
3:45 – 4:30	<p>Reprocessing Steps Required for Foot Care Instruments Dalyce Fredette-Percy RN CVAS ORT MDRT & Monica Vasin RN MDR</p> <p>This session will provide a review of the Infection Prevention & Control basics as it pertains to foot care instrument reprocessing, including an overview of the New Canadian Standards Z314-23 reprocessing requirements related to foot care instrument reprocessing.</p>
4:30 – 5:30	Spotlight sessions - Exhibitor Hall open

Saturday Night Social Event

After a day or two of sitting, it's time to get up, get out and stretch your legs! Although there is an abundance of fantastic craft breweries in Winnipeg, we welcome you to join us in a short road trip to one of Winnipeg's best, the Trans Canada Brewing Co! Their menu has a great selection of sharable items, pizzas, salads, and non-alcoholic drinks to choose from, as well as the featured beer.

This event is limited to 50 people, there will be 2 shuttle buses from the hotel to the brewery, the first one will leave the hotel at 5:15 and the second one at 6:15, the first back to the hotel at 8:00 and the second bus back to the hotel at 9:00.

Everyone responsible for the cost of their own food/beverage.

Sunday May 28, 2023

7:45 – 8:30	Breakfast/Registration / Shopping Exhibitor Hall open
8:30 – 9:15	Celebrating Sacrifice and Strength - Lanette Siragusa During dark times, humble healers and skilled servants often have to step up and into the spotlight. COVID-19 was no exception. Around the world, nurses proved themselves to be the heart and soul of the health system by the ways they responded to crisis with courage, compassion, and dedication. As the world now emerges from this unprecedented pandemic, we look back on the events that shaped us, the human spirit that sustained us and the lessons that will carry us forward towards a brighter future.
9:15 – 10:00	The Role of Physiotherapy in the Interprofessional Team Approach in the Care of a Client with foot Dysfunction – Russ Horbal BMR. PT., BPE, ED. (Cert), CAT.(c), Diploma in Sports Physiotherapy, RISPT This session will provide an overview of the anatomy and biomechanics of the foot and ankle as part of the lower kinetic chain as well as the role of physiotherapy in the team approach and treatment for the client with foot dysfunction.
10:00 – 10:30	Coffee / Shopping Exhibitor Hall open
10:30– 11:00	Beauty and the Ugly One - An Innovative Approach to Reduce Relapse in Onychomycosis – Dr. Irit Van-Ham Onychomycosis is a nail fungal infection affecting a large part of the population, especially elderly individuals. It is notoriously difficult to eradicate with oral or topical treatments, and even after being cured it has a high rate of relapse or reinfections. Photodisinfection is an effective treatment to reduce the toenail infection in six months with sessions every two weeks. However, its efficacy has not been assessed long-term to verify if it can prevent relapse with a lower frequency of application. This presentation discusses treatment options for toenail fungus while focusing on home-based care, maintenance regime and its effectiveness.

11:00 – 11:45	<p>Reducing Chronic Foot Pain with Foot Care - Dr. Kate Clayton-Jones PhD, MBA, RN, CFCS, CFCN</p> <p>Pain is a distressing feeling that many older adults struggle with daily. While medication is often the medical method for management, foot care nurses can also play a very important role in helping reduce chronic pain. Dr. Kate Clayton-Jones (PhD) will be presenting the finding of her Doctor of Nursing practice capstone study that provided foot care along with an easily learned technique of assessment and foot and leg positioning. Her study took place over a 3-month period and the technique was performed during a foot care session.</p> <p>The goal was to dramatically decrease whole body pain. The technique taps into the science of myofascial trains and sits squarely in the nursing tool kit, because it is based on range of motion. All foot care nurses should be knowledgeable in lower limb assessment and knowledge and methods that enhance and optimize elder wellness.</p>
11:45 – 12:30	<p>Pioneering a new, yet old way of providing healthcare and social supports to seniors wanting to age in place</p> <p>Tracey Rickards - Associate Professor Faculty of Nursing U of NB</p> <p>This interdisciplinary intervention study enrolled 366 participants. The project offered footcare and social work support to people 55 years and older living within a one-hour drive of Fredericton, NB. We asked the question: Does a mobile person-centered approach to services and footcare for seniors support safe aging-in-place and improved quality of life for isolated seniors? Research shows a direct correlation between seniors who report isolation in their home or community with decreased life expectancy, cognitive decline, and diminished quality of life. The footcare nurse can engage in a more robust assessment of seniors' health status and teaching while completing footcare, resulting in improved health outcomes for seniors. What we found was that as an interdisciplinary team we can support seniors to stay in their homes safely with minimal, yet vital supports. Footcare is essential to support mobility and health in seniors, especially for people with diabetes and mobile technology can be integrated to augment the holistic care of isolated seniors.</p>
12:30 – 1:30	Lunch / Shopping Exhibitor Hall open
1:30 – 2:15	<p>Natural Medicine - Dr. Leanne Florence ND</p> <p>Naturopathic doctors use a combination of natural medicine and hands on techniques that support and stimulate the body's innate ability to heal. Join us for an informative discussion about common pathologies in the lower extremity and how they may be linked to chronic inflammation, hormone imbalance and metabolic syndrome.</p>
2:15– 3:00	<p>Management of foot & ankle arthritis – Dr. Heather Barske</p> <p>Arthritis can affect any joint of the foot and ankle. The most common leads to pain and stiffness of the joint and occasionally deformity. Surgical indications and management of these arthritic conditions will be discussed including fusion, replacement, and deformity correction. We will review how orthotics, bracing and shoe wear modifications can be used in the pre-operative period to decrease symptoms and potentially defer or avoid surgery, as well as their use in the post-operative period to maintain correction, minimize post-surgical pain and support a plantigrade foot.</p>

3:00 – 3:07	Bathroom Break – hurry back....
3:07 – 4:00	<p>Revitalize Your Work & Life – Stephanie Staples, CSP</p> <p>Are you trying to be all things to all people?</p> <p>Are competing priorities and the lack of time, energy and motivation stopping you from being the best version of yourself?</p> <p>If so, buckle up for the last (but possibly the most important) program of the conference as we top up our own psychosocial wellness tool kits.</p> <p>Learn simple, purposeful, deliberate actions you can easily implement to help you revitalize yourself so that you can bring your best both personally and professionally. Get ready to see how the Kaizen principle can help you improve your quality of life - even in tough times!</p> <p>And... we may even have a little bit of fun!</p>
4:00	Closing remarks/evaluations