



PROGRAM

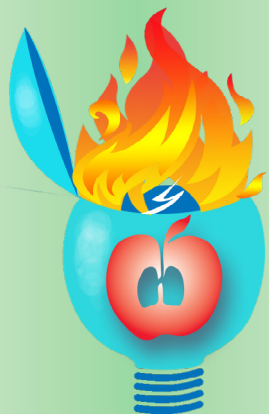


**FROM BURNOUT
TO BRILLIANCE:**

**REIGNITING PASSION IN
RESPIRATORY CARE & EDUCATION**

NATIONAL RESPIRATORY CARE & EDUCATION CONFERENCE

HYATT REGENCY, CALGARY, AB, OCTOBER 23RD - 25TH



FROM BURNOUT
TO BRILLIANCE

PROGRAM

THURSDAY, OCTOBER 23RD, 2025

Five by 35 National Townhall* Achieving Canada's Tobacco Reduction Target

8:00 am
Breakfast & Networking

8:40 am
Opening Prayer

Speaker: Treffrey Deerfoot
Blackfoot Knowledge Keeper

8:50 am
Opening Remarks

Speaker: Rob Skrypnik, Executive Lead
Planning & Quality, Primary Care Alberta

9:00 am
Five by 35:
Challenges & Opportunities

Speaker: Les Hagen, ASH Canada

9:20 am
Progress Toward Five by 35

Speaker: Rob Cunningham, Canadian Cancer Society

9:40 am
Five by 35:
Mid-Point Review

Speaker: Dr. Michael Chaiton, University of Toronto

10:10 am
Coffee Break

10:30 am
Collaborative Session #1:
Reaching Five by 35

12:00 pm
Lunch & Networking

12:30 pm
Special Populations:
Gender & Equity

Speaker: Dr. Lorraine Greaves, BC Centre for Women's Health

1:00 pm
Considerations for Indigenous People
Speaker: TBA

1:30 pm
Collaborative Session #2:
Strategies for Special Populations

2:45 pm
Coffee Break

3:00 pm
Report Back

3:15 pm
Closing Circle:
Reflection

3:50 pm
Closing Remarks

Presented by **ash.ca**
action on smoking & health

*Additional fee required





THURSDAY, OCTOBER 23RD, 2025

5:00-6:00 pm
CNRC Welcome Reception

6:00-6:45 pm
Industry Symposium

Sponsored by **Baxter**

Innovations and Insights in Airway Clearance

Respiratory viral illnesses can trigger exacerbations in conditions such as cystic fibrosis, bronchiectasis, and Chronic Obstructive Pulmonary Disease (COPD), it is critical to ensure the timely identification and treatment of mucus build-up to support better breathing and quality of life. Across both acute and non-acute settings, health professionals play a key role in helping patients mobilize and remove secretions, reduce complications, and improve overall outcomes.

This session will highlight innovations and evidence-based practices in airway clearance, exploring strategies that can be applied in hospital, primary care, and community-based environments to support both short-term stabilization and long-term disease management.

Learning Objectives:

- Review evidence-based data and guidelines for airway clearance in chronic respiratory disease.
- Discuss indications and contraindications for various forms of Airway Clearance Techniques (ACT) across acute and community care.
- Explore the role of Oscillation and Lung Expansion (OLE) therapy in both hospital and home/outpatient management.

Clare Smith PT BSc is a Research Coordinator and Physiotherapist at the University of Calgary (Foothills Hospital). She is the Cystic Fibrosis Research Coordinator at the University of Calgary. Clare is also a member of the CanACT group working to increase clinical trial activity in Canada, as well as being the Adult PT representative on the Cystic Fibrosis Canada working group developing Standards of Care and Clinical Practice Guidelines.



Clare received her BSc (Hons) Physiotherapy in 1993 from Kings' College, London, UK. She developed a special interest in Cystic Fibrosis as a student and has practiced in cardio-respiratory care since then in the UK and Canada. She has worked extensively in CF for both paediatric and adult centres.

6:45 pm
Refreshment Break



THURSDAY, OCTOBER 23RD, 2025

7:00-8:00 pm

Keynote Speaker: Trish Tutton
Love Your Work:
Lose the Burnout

You love the work you do. But it's stretching you too thin.

You give your time, energy, and heart to help others. But somewhere along the way, your nervous system forgot how to rest, your calendar forgot about boundaries, and your mind forgot what calm feels like.

In a 2023 Harris Poll, 78% of Canadian employees said they've felt burnt out – and 35% said they're currently burnt out.

We are overwhelmed by stress and underwhelmed by contentment.

And it's costing us – in productivity, motivation, happiness and health.

But what if burnout isn't the price you have to pay to do the meaningful work you know you LOVE?

In this experiential keynote, mindfulness teacher, Trish Tutton, introduces simple, quick, and science-backed tools to build resilience and reduce stress – without quitting your job, adding 30 minutes to your busy day, or retreating to a mountain cave.

You'll explore your relationship with stress, challenge the success-at-all-costs mindset, and learn how low-maintenance mindfulness strategies you can use anytime, anywhere – even in the middle of a busy shift

This session is ideal for high-stress, service-driven teams – educators, healthcare workers, nonprofit professionals, and anyone who's great at helping others but struggling to help themselves.

Learning Objectives

- Reframe stress. Learn a simple mindset shift to reduce reactivity and respond with clarity, even in high-pressure moments.
- Build self-awareness: Understand how you may be unintentionally amplifying stress – and how to turn the volume down.
- Strengthen resilience: Discover nervous system tools that support faster recovery from stress and burnout.
- Respond, don't react: Develop response strategies for intense or emotionally-charged situations
- Take low-effort, high-impact action: Leave with accessible, everyday tools to support your peace, presence, and performance – no apps, incense, or extra hours required.

Trish Tutton is a mindfulness teacher, speaker, and author who helps busy professionals reduce stress and build resilience through practical mindfulness strategies. With over a decade of experience and training in programs like Mindfulness-Based Stress Reduction (MBSR) and Google's Search Inside Yourself, Trish brings a grounded, approachable perspective to her work. She has worked with thousands of individuals and organizations across North America, helping them shift from burnout to balance through engaging, down-to-earth presentations.

Trish is the author of the Mindful Mornings Journal and a teacher on Insight Timer, the world's leading free meditation app. Her work is rooted in the belief that mindfulness isn't just a wellness trend – it's a powerful tool for living and working with more intention, compassion, and clarity. Whether speaking to corporate teams, educators, or healthcare professionals, Trish's message is simple and powerful: a more mindful life is a better life.

Trish Tutton has taught over 10,000 people across North America over the past decade simple strategies to build "an unshakable mindset to thrive" to manage stress and experience more peace, well-being and fulfillment during the inevitable change and chaos life deals us. Trish has over 15 years of personal practice and study with world-class teachers like Jon Kabat-Zinn, Tara Brach, Mark Coleman, Bernie Clark, Joseph Goldstein, and more.





FRIDAY, OCTOBER 24TH, 2025

8:00-8:45 am

Industry Breakfast Symposium

Sponsored by



Hit Me With Your Best Shot: Practical Tips on Respiratory Vaccines

Hit Me With Your Best Shot is an interactive question and answer style learning program that will challenge your knowledge about common respiratory infections (influenza, COVID, pneumonia and RSV) in adults and pregnant people.

Learning Objectives

- Describe the burden of vaccine-preventable respiratory illness in a variety of populations.
- Recognize the importance of primary care provider advocacy for immunization and opportunities to recommend appropriate treatment plans.
- Explain the benefits of immunization, including efficacy and safety data and apply practical “pro tips” to facilitate immunization.

Dr. George Zhanel is an exceptionally accomplished microbiologist and



pharmacologist, renowned for his extensive contributions to the field of infectious diseases. His academic journey has been marked by remarkable achievements and accolades, reflecting his dedication to research, teaching, and clinical practice.

With a Ph.D. from the Department of Medical Microbiology/ Infectious Diseases at the University of Manitoba and a Doctor of Clinical Pharmacy magna cum laude from the University of Minnesota, Dr. Zhanel possesses a strong academic foundation. Currently serving as Professor and Associate Head in the Department of Medical

Microbiology/Infectious Diseases at the Max Rady College of Medicine, he plays a pivotal role in shaping the future of healthcare.

As the Research Director of the Canadian Antimicrobial Resistance Alliance (CARA) and the founding/Chief Editor of the CARA website, Dr. Zhanel leads initiatives aimed at combatting antimicrobial resistance, a pressing global health concern.

Dr. Zhanel's scholarly output is prolific, with over 1200 papers, chapters, and abstracts published in the area of infectious diseases treatment and prevention. He is also a sought-after speaker, having delivered over 1250 lectures worldwide, sharing his expertise on antimicrobial-resistant infections and infectious diseases management. His impact extends beyond academia, as evidenced by his involvement in developing treatment guidelines for various infections in Canada, the US, and internationally.

Dr. Zhanel's dedication to teaching has not gone unnoticed, as he has received over 110 teaching awards, including the prestigious Canadian Association for Medical Education (CAME) merit teaching award in 2020. His commitment to education is further underscored by his inclusion in the Who's Who in Medical Sciences Education (WWMSE).

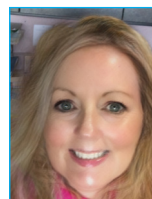
In 2022, Dr. Zhanel's contributions were recognized with his election as a fellow of the Canadian Academy of Health Sciences (CAHS), a testament to his sustained excellence in research and teaching within the health sciences. He also received the esteemed Dr. Fred Aoki Career Achievement Award in the same year, honoring his outstanding contributions to medical microbiology and infectious diseases across multiple domains.

Furthermore, in 2023, Dr. Zhanel was distinguished as one of the world's most influential researchers by Web of Science, a recognition reserved for individuals whose research significantly impacts their respective fields.

Dr. George Zhanel's illustrious career exemplifies excellence in research, education, and clinical practice, making him a trailblazer in the field of infectious diseases and a respected figure within the global healthcare community.

9:00-9:15 am

Welcome & Opening Remarks



Cheryl Connors
CNRC Executive Director



Kathy Hayward
CNRC President



Cindy Slack
Conference Chair



FRIDAY, OCTOBER 24TH, 2025

9:15-10:00 am

Keynote Speaker: Jill Hubick BKin BSN RN CRE

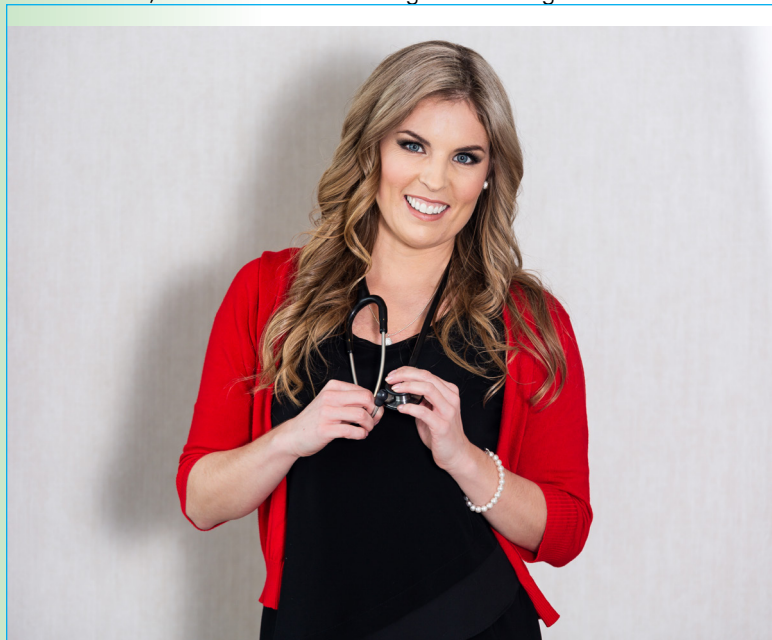
Making a Difference:

The Power of an Educator – How to Invoke Change, Hope and Inspiration

To inspire means to influence, motivate, empower, move and breathe in. This interactive presentation will demonstrate how each one of us are catalysts for change. As educators, we have the power and gift to make others' lives better. Whether it's helping a patient manage their lung disease, or promoting wellness education initiatives, this out of the box presentation will provide practical tips and tools towards a positive change impact. This session will inspire. Jill will share her own personal journey with lung disease and how one educator decades ago influenced her life's calling.

With the incorporation of:

- Video presentations – participants will be motivated to become everyday leaders,
- Storytelling – participants will be empowered to incorporate the patient perspective in their work,
- Music and Movement – participants will be on their feet moving and learning together.
- Breathing exercises – participants will be reminded with every breath in, to never take their lung health for granted.



Learning Objectives

- Explain that everyday leadership is an essential part of holistic care.
- Describe how to use your own knowledge, judgement and creativity to make a difference in the field of respiratory health.
- Explore inspiration to commit to becoming everyday leaders in your own teaching and future practice standards.

Jill Hubick BKin BSN RN CRE graduated from the University of Saskatchewan's Second-Degree Program with a Bachelor of Science in Nursing. She also has a Bachelor of Science in Kinesiology and received distinction for her double majors in Fitness and Lifestyle and Adapted Physical Activities from The University of Regina. Today Jill is a Registered Nurse and Certified Respiratory Educator with Lung Saskatchewan. Jill co-hosts the Let's Talk Lungs podcast for patients, caregivers and everyday listeners, and the Lung Life webinar series with the goal of empowering people to live their best lung life. Jill also manages Lung Saskatchewan's Caring Breaths Financial Assistance Program which helps people with the financial burden lung disease can bring. She is proud to create content for RESPTREC®, Lung Saskatchewan's premier agency for healthcare professionals wanting advanced training in respiratory disease. Jill is a regular guest lecturer at the University of Saskatchewan and proud mentor for nursing students as they embark on their journeys as health providers. She is a certified fitness instructor and has found many ways to blend her love for health and fitness for charitable causes. In 2018 she was nominated for a Women of Distinction Award in the health and wellness category and received a Lung Association, Saskatchewan Breathe Impact Award. She was the recipient of The Canadian Lung Association's Alan J. Macfarlane award in 2021. She is also an author for the Canadian Thoracic Society Position Statement on Climate Change and Choice of Inhalers for Patients with Respiratory Disease. Jill is passionate about health, wellness and breathing!



FRIDAY, OCTOBER 24TH, 2025

10:00-10:30 am

Nicotine 2.0: Harm Reduction or Risk Re-Direction?

From sleek vapes to sneaky pouches, the nicotine product landscape is starting to look like a wellness aisle gone rogue. In this fast-paced plenary, we'll unpack the ever-expanding world of nicotine products, what they are, how they work, who's using them, and why it matters.

We will explore the physical and social harms of these products (spoiler: they're not just cosmetic) and consider their potential benefits in harm reduction and cessation. Whether you're a nicotine novice or a seasoned cessation strategist, this session will help you navigate the fog with clarity, curiosity, and maybe a chuckle or two.

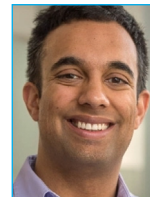
Learning Objectives

- Identify nicotine products on the market.
- Features (what they look like & how they work)
- How they're regulated in Canada
- Where they're accessed
- Who uses them
- Explain the physical and social harms of these products.
- Describe the potential benefits of these products.

Aaron Ladd BMR RRT FCSRT MEd CTTs CRE CTE has been a respiratory therapist for close to 20 years, during which time he has dedicated much of his time and energy to working with clients in tobacco cessation. Aaron trained at Mayo Clinic as a Tobacco Treatment Specialist and completed his Master of Education in behavioural education from Memorial University. He was highly active as a subject matter expert in the development and implementation of the Certified Tobacco Educator credential and is the director of Tobacco Programs for the Canadian Network for Respiratory Care (CNRC). Aaron was also one of the trainers for the pilot programs for the Certified Tobacco Educator course. He was a 2015 recipient of the A Les McDonald Award for Innovation & Excellence in Respiratory Care & Education.



Jamil Ramji BSP PharmD ACPR CTE is a Health Promotion Facilitator with Primary Care Alberta's provincial Tobacco Vaping and Cannabis Program. With support from the Alberta Medical Association and College of Family Physicians of Canada, Jamil coordinated the development and publication of the 2018 Simplified Guidelines for Prescribing Medical Cannabinoids in Primary Care and its accompanying systematic review in the peer-reviewed medical journal, Canadian Family Physician. Delivering workshops that build capacity for Alberta's healthcare professionals, and their clients helps inform Jamil's work in healthy public policy, promoting public health recommendations that facilitate prevention, harm reduction, and sustainable behaviour change interventions.



10:30-11:00 am

Refreshment Break & Visit Exhibits



FRIDAY, OCTOBER 24TH, 2025

11:00 am-12:15 pm

WORKSHOPS SESSION 1

101

Unravelling Chronic Cough: Diagnosis, Management, and Patient Impact

Chronic cough can be more than just a symptom – for many patients, it's a condition that significantly impacts quality of life. In this interactive workshop, we'll unpack the complexity of chronic cough through real-world scenarios and collaborative problem-solving.

Participants will work through patient cases that reflect the diagnostic challenges, overlapping etiologies, and treatment dilemmas often encountered in clinical practice. Together, we'll explore guideline-based approaches, tools to differentiate cough types, and patient-centred strategies to manage both the physical and emotional toll of chronic cough.

This session emphasizes group discussion, critical thinking, and shared learning – so come ready to participate, reflect, and take home practical strategies you can apply right away.

Learning Objectives:

- Identify the most common and less common causes of chronic cough using a structured, evidence-informed diagnostic approach.
- Differentiate between upper airway, lower airway, and non-respiratory sources of chronic cough through case-based discussion.
- Apply current clinical guidelines and best practices in the management of chronic cough, including pharmacologic and non-pharmacologic options.
- Collaborate with peers in analyzing complex patient scenarios to enhance clinical reasoning and interdisciplinary problem-solving.

Janet Philpott RRT CRE CTE is currently an educator in the Chronic Cough Clinics which are located in outpatient respiratory clinic sites across Calgary. She is the team lead for the Calgary COPD & Asthma Program with Alberta Health Services and has spent many years as an education consultant in community clinics and outpatient respiratory clinics. She has worked in the Alberta Healthy Living Program for Chronic Disease in group education classes, teaching other HCPs.



Janel Carley RRT CRE CTE is currently an educator in the Chronic Cough Clinics which are located in outpatient respiratory clinic sites across Calgary. She has spent many years as an education consultant in community clinics, family physician clinics and outpatient respiratory clinics with the Calgary COPD & Asthma program (CCAP) in Alberta Health Services. She is also a faculty mentor with RESPTrec®, training healthcare professionals on asthma, COPD and education for chronic disease.





FRIDAY, OCTOBER 24TH, 2025

102 What's Your Next Move? Interactive Complex Respiratory Cases

This interactive workshop provides an in-depth exploration of complex respiratory diseases, focusing on diagnosis, pathophysiology, and evidence-based management strategies. Participants will gain a comprehensive understanding of chronic and multifactorial conditions, such as severe asthma, COPD exacerbations, and complications related to high dose corticosteroid use, including adrenal suppression. Emphasis will be placed on clinical reasoning, multidisciplinary approaches, the integration of diagnostics such as imaging and spirometry testing, and the development of case management strategies that emphasize the pivotal role of Respiratory Therapists (RTs) in supporting patients with high healthcare system use, ongoing respiratory needs, and transitions across care settings. Case-based discussions and practical tools will empower healthcare providers to improve patient outcomes in real-world settings.

This workshop also emphasizes the critical role of high-quality spirometry testing in diagnosing and monitoring respiratory conditions. Participants will learn how to interpret spirometry results adequately and understand the technical and procedural standards to ensure reliable data. Through a multidisciplinary lens, the workshop includes diagnostics, pharmacologic therapies, and patient-centred care strategies to improve outcomes and reduce complications.

Ellen Fleming-Michaud RRT CRE has 25 years of experience in both acute, critical, and primary care settings.



Ellen is passionate about lung health and a strong advocate for her clients. Ellen has a diverse background and has provided Asthma & COPD education, spirometry testing, smoking cessation counselling, and pulmonary rehab maintenance services to patients living in rural, remote areas of Renfrew County.

Ellen is currently the Lung Health & Rehab Program Coordinator with ConnectWell Community Health. Although she is currently not participating in direct patient care, she brings her years of experience, wealth of knowledge, and passion, to mentor her colleagues while working on expanding the program.

Learning Objectives:

- Recognize the clinical features and diagnostic criteria of complex respiratory diseases including:
 - Severe and difficult-to-treat asthma
 - COPD with frequent exacerbations
- Identify patients at risk for adrenal suppression due to prolonged or high-dose corticosteroid use (oral, inhaled, or parenteral), particularly in Asthma and COPD.
- Recognize signs and symptoms of adrenal insufficiency and understand how to diagnose it using clinical and biochemical tools.
- Collaborate effectively with multidisciplinary teams, including respirologists, respiratory therapists, endocrinologists, allergists, primary care providers, pharmacists, and social workers for integrated, longitudinal, coordinated patient care.
- Emphasize awareness of high system utilization (e.g., frequent admissions, multiple specialists).
- Manage advanced pharmacologic and non-pharmacologic interventions, including pulmonary rehabilitation, smoking cessation counselling, and oxygen therapy.
- Describe the critical importance of high-quality spirometry testing, including:
 - Indications and contraindications
 - Criteria for acceptable and repeatable results (ATS/ERS standards)
 - Interpretation of key parameters (FEV1, FVC, FEV1/FVC ratio)
 - Common technical errors and how to avoid them
- Interpret spirometry results in the context of clinical presentation to support accurate diagnosis and monitoring of disease progression or treatment response.



FRIDAY, OCTOBER 24TH, 2025

103 Cannabis in Care: Perspectives on Cannabis Use in Youth and Adults

Cannabis use is becoming increasingly common among both youth and adults, with evolving perceptions of risk and growing therapeutic interest. However, for respiratory and tobacco educators, cannabis use presents a complex and often under-discussed layer in client care, including unintended consequences of switching from combustible products.

Participants will learn the various effects and health harms associated with different types and modes of cannabis use, and the implications this may have on their practice and health education. We will review cannabis potency trends, rates of cannabinoid hyperemesis syndrome (CHS), and discuss different screening tools to assess for cannabis use disorder (CUD). We will also discuss different types of medications that cannabis can interact with, including contraindications of use.

Participants will review rates of cannabis use and harms affecting the youth population. We will touch on factors that influence youth use and ways to prevent use and introduce a new handbook for parents that educators can use in their practice. Finally, we will apply the knowledge gained in this workshop towards real-life case studies to develop collaborative care plans that balance health goals with client autonomy and therapeutic use.

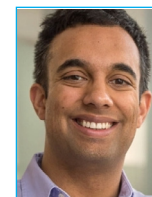
Learning Objectives

- List the considerations and harms associated with different types of cannabis products.
- Describe how cannabis can impact the effects of concurrent medication use.
- List screening tools for CUD.
- Describe rates of use and harms associated with youth cannabis use.
- List tools and principles to support the prevention of youth substance use.
- Apply harm-reduction approaches and client-centred communication strategies to effectively address cannabis use in clinical practice.

Michelle Fry MSc CEP is a Health Promotion Facilitator with the provincial Tobacco Smoking, Vaping and Cannabis Program, for Primary Care Alberta. She has worked in the area of substance use prevention and harm reduction for the past 13 years and specifically focused on Cannabis since 2017. Some of the work she has been involved in includes cannabis public health policy, health promotion, research and evaluation, as well as education and training for health care staff and the public. Michelle has an Interdisciplinary Master's of Science from the University of Calgary focused on Population Health and uses she and her as preferred pronouns.



Jamil Ramji BSP PharmD ACPR CTE is a Health Promotion Facilitator with Primary Care Alberta's provincial Tobacco Vaping and Cannabis Program. With support from the Alberta Medical Association and College of Family Physicians of Canada, Jamil coordinated the development and publication of the 2018 Simplified Guidelines for Prescribing Medical Cannabinoids in Primary Care and its accompanying systematic in the peer-reviewed medical journal, Canadian Family Physician. Delivering workshops that build capacity for Alberta's healthcare professionals, and their clients helps inform Jamil's work in healthy public policy, promoting public health recommendations that facilitate prevention, harm reduction, and sustainable behaviour change interventions.





FRIDAY, OCTOBER 24TH, 2025

104 Oxygen Therapy at Home: Navigating the Challenges of COPD Care

Managing COPD in the home setting presents complex challenges for healthcare providers, especially when oxygen therapy is involved. This interactive workshop will explore current best practices in home-based COPD management, with a particular focus on improving patient safety, addressing disparities, and empowering educators to better support their clients.

A key component of the session will highlight the role of thermal fuses in preventing oxygen-related fires—especially among patients who smoke or have cognitive impairments such as dementia. Despite their proven safety benefits, thermal fuses are not mandated in any Canadian jurisdiction. The workshop will present a cost-benefit analysis and practical strategies for incorporating oxygen safety into patient education, with an emphasis on real-world implementation by Certified Respiratory Educators (CREs) and Certified Tobacco Educators (CTEs).

Participants will also engage in case-based discussions around COPD management in populations facing socioeconomic barriers, polypharmacy risks, and multi-morbidity. You'll leave this session better equipped to address both the clinical and social dimensions of COPD care at home.

Learning Objectives:

- Describe best practices in home-based COPD management, including pharmacologic and non-pharmacologic interventions.
- Explain the function of thermal fuses and their importance in preventing oxygen-related fires in high-risk populations.
- Interpret cost-benefit data supporting the use of thermal fuses in home oxygen therapy.
- Identify key risk factors – including cognitive impairment and income disparity – that impact safe COPD management at home.
- Develop patient-centred education strategies to improve COPD self-management and promote oxygen safety.
- Advocate for system-level changes that support equitable access to safety-enhancing technologies in home oxygen therapy.

Jesse Haddock BSc RRT CCSH FCSRT has been a Respiratory Therapist for 14 years and is currently the Clinical Director for Respiratory Dynamics Group which offers Sleep/PFT and Home Oxygen services across Alberta. Jesse is a passionate educator and regularly does talks in his role as a Fellow of the Canadian Society of Respiratory Therapists. He is a distance runner in his spare time and loves to spend time with his wife and 3 kids.





FRIDAY, OCTOBER 24TH, 2025

105 Breathe In the Data: Leveraging a Respiratory Database to Uncover Alpha-1

This interactive workshop will guide respiratory educators through the effective implementation and use of respiratory databases in clinical settings. Participants will explore best practices for database design, optimization, and analytics to enhance patient care. Emphasis will be placed on using database insights to support the early identification of Alpha-1 Antitrypsin Deficiency (A1AT), improve communication with healthcare teams, and facilitate clinical trial recruitment.

Learning Objectives

- Describe the key features and functions of a respiratory health database and its relevance in clinical practice.
- Apply best practices for implementing, optimizing, and using respiratory databases to support quality patient care.
- Identify how database insights can support the early detection of Alpha-1 Antitrypsin Deficiency (A1AT) in at-risk populations.
- Discuss current evidence-based approaches to managing and treating A1AT following diagnosis, including referral pathways, augmentation therapy, and lifestyle modifications.

Amin Thawer RRT CRE CPSCT is a Registered Respiratory Therapist (RRT), Certified Respiratory Educator (CRE) and Certified Polysomnographic Technician (CPSGT).



Over the last 14 years Amin has been Part Owner of Peak Medical Group in Alberta. His role involves being the Director of Clinical Services and Education of the following divisions within Peak Medical Group.

- Peak Medical Specialty Centres (includes Respiriology, Allergy, Internal Medicine, Neurology, Rheumatology, Physiatry)
- Peak Pulmonary Function Laboratories

- Peak Sleep Clinics
 - Peak Oxygen
 - Peak Research Group
 - Pinnacle Medical Centres (Family Physicians)
- Amin leads a team of great Peak RTs and Sleep Techs across Alberta!

Jeanna Townsend BSc RRT CRE is the Clinical Manager at Peak Medical Group, a dynamic and rapidly growing medical specialty clinic organization in Alberta. As a Registered Respiratory Therapist and Certified Respiratory Educator, she plays a key role in the development and management of Peak's respirology, pulmonary function, and sleep clinics, while also providing patient care and respiratory education across Alberta. Jeanna holds a Bachelor of Science degree in Zoology from the University of Calgary and graduated from SAIT's Respiratory Therapy Program in 2014. With over a decade of experience, she is passionate about improving patient outcomes, advancing clinical programs, and supporting the growth of respiratory health services in the province.



Outside of work, Jeanna enjoys an active lifestyle with her husband, Tyler, their five-year-old daughter, and their beloved dog, Billie. Together, they love hiking, exploring the mountains, and spending time immersed in nature.



FRIDAY, OCTOBER 24TH, 2025

**12:15-1:00 pm
Lunch**

**1:00-1:45 pm
Industry Symposium**

Sponsored by **GSK**

Speaker & Topic: TBA





FRIDAY, OCTOBER 24TH, 2025

1:45-2:30 pm

Paediatric Asthma: What's New, What's Changing, and What Still Matters

Asthma management in children and adolescents presents unique challenges – from evolving guidelines to the realities of care for children living in more than one residence. Paediatric respirologist Dr. Mary Noseworthy will explore the latest updates in paediatric asthma care, including key differences between Canadian Thoracic Society (CTS) and Global Initiative for Asthma (GINA) guidelines. Drawing on years of experience in clinical practice and research, Dr. Noseworthy will provide evidence-based insights into common treatment dilemmas, including adherence, biologics, and communication barriers with families.

Learning Objectives:

- Review updates in CTS and GINA guidelines for paediatric asthma management.
- Evaluate the relevance and effectiveness of written asthma action plans in contemporary paediatric care.
- Identify common treatment issues in paediatric asthma, including challenges related to adherence, caregiver communication, and treatment personalization across different environments.

Mary E. Noseworthy MD FRCPC is a paediatric respirologist with over two decades of experience dedicated to advancing respiratory care for children. She completed her medical degree and postgraduate training at Memorial University in Newfoundland and pursued a paediatric respiratory fellowship at the Hospital for Sick Children in Toronto. Dr. Noseworthy has held numerous clinical leadership roles, including Medical Director of the NorthWest Calgary Respiratory Centre and Director of Asthma and Home Oxygen Clinics at Alberta Children's Hospital. A committed educator, she served as Clinical Assistant Professor at the University of Calgary and Assistant Professor at Memorial University, mentoring numerous trainees in pediatrics and respiratory medicine. Her national influence is marked by her contributions to the Canadian Thoracic Society and participation in the development of pediatric asthma and cystic fibrosis guidelines.

Dr. Noseworthy has a strong record of clinical innovation and research, particularly in asthma and cystic fibrosis, with over \$150,000 in funded research and multiple peer-reviewed publications. As Principal Investigator for the Canadian PANS Registry, she continues to lead national efforts to improve paediatric care through data-driven approaches. Her work has earned her prestigious recognitions, including the Alberta Health Services President's Excellence Award and the Cystic Fibrosis Canada Outstanding Service Award. Beyond research and leadership, Dr. Noseworthy is a sought-after speaker at national and international conferences and remains active in provincial and national health committees, helping to shape the future of paediatric respiratory care in Canada.



FRIDAY, OCTOBER 24TH, 2025

2:30-3:15 pm

Plenary:
Across the Lifespan:
How Hormonal Changes Impact Lung Health

This session explores the critical role of hormonal changes on lung development, function, and disease across the human lifespan. From puberty to menopause and beyond, fluctuating hormone levels can influence airway responsiveness, immune function, and respiratory outcomes in both sexes. We will examine how sex hormones interact with environmental exposures, chronic respiratory diseases such as asthma and COPD. Participants will gain insights into age- and sex-related differences in respiratory health and the implications for personalized care, education, and disease management.

Learning Objectives:

- Describe how key hormonal changes (e.g., during puberty, menstruation, pregnancy, and menopause) influence lung physiology and respiratory health.
- Identify sex-based differences in the prevalence, presentation, and progression of common respiratory conditions such as asthma and COPD.
- Explain the impact of hormonal therapies (e.g., contraceptives, HRT) on lung function and respiratory disease risk.
- Apply knowledge of hormonal influences to tailor respiratory education and self-management strategies across the lifespan.

Dr. Melissa Morgunov BSc MD FRCPC is a *Respirologist and Severe Asthma*



Fellow at the University of Calgary. She completed her medical degree, internal medicine residency, and subspecialty training in respirology at the Cumming School of Medicine, where she now also serves as a clinical lecturer. With a strong academic foundation in biological sciences and a passion for medical education, Dr. Morgunov has contributed extensively to teaching, mentorship, and curriculum development throughout her training.

Her clinical and research interests focus on severe asthma, airway inflammation, and the intersection of hormonal and respiratory health. Dr. Morgunov has published in peer-reviewed journals and presented widely on topics including asthma phenotyping, biologic therapies, and respiratory education. She is also a graduate of Harvard's "Training to Teach in Medicine" program, reflecting her dedication to advancing clinical teaching in respirology.

3:15-3:45 pm

Refreshment Break & Visit Exhibits



FRIDAY, OCTOBER 24TH, 2025

3:45-5:00 pm

WORKSHOPS SESSION 2

201

Mindfulness for Quitting Smoking: Disrupting Automatic Behaviours through Awareness

Quitting smoking is challenging, but combining behavioral strategies with medication can significantly increase the chances of success. One evidence-informed behavioural approach is mindfulness, a technique that can be practiced almost anywhere and taught to anyone. Mindfulness helps individuals become more aware of their thoughts, urges, and automatic behaviours, including the impulse to smoke.

One of the major challenges in quitting smoking is managing cravings, which is often driven by the brain's desire for stimulation of dopamine receptors. Cigarettes which provide nicotine offer a fast way to meet this need. However, mindfulness-based activities can help create space between the urge to smoke and the act of smoking. Over time, this practice can reduce the intensity and frequency of cravings.

This interactive workshop will explore how mindfulness can support smoking cessation. Participants will learn how the definition of mindfulness, how it helps disrupt automatic behaviors, and how to perform simple, practical mindfulness techniques to manage cravings and build resilience during the quitting process.

Learning Objectives

- Define mindfulness.
- Describe the role of mindfulness in addressing automatic behaviours.
- Practice mindfulness techniques that can be applied during moments of craving or stress.

Olsen Jarvis RRT CTE is a Chronic Disease Management Clinician with the Winnipeg Regional Health Authority (WRHA) working with both respiratory patients. He has a passion for smoking cessation. He is also on the Board of Directors of the Manitoba Tobacco Reduction Alliance (MANTRA)





FRIDAY, OCTOBER 24TH, 2025

202 Effective Facilitation of Group Behaviour Change

This interactive session equips participants with the foundational knowledge and practical skills required to effectively facilitate group-based behaviour change, with a focus on reducing and stopping commercial tobacco use. Grounded in the principles of adult education, the session explores the differences between facilitation and presentation, emphasizing the critical role of the facilitator in creating a safe, inclusive, and empowering group environment. One of the strategies we will discuss is the importance of creating consensus group rules during the first session of any new group.

Participants will examine the core responsibilities of facilitators in empowering group members to learn from each other, provide peer support, problem solve, develop skills needed for behaviour change.

Facilitators will learn how to give participants space to process and sit in silence as an application of group motivational change. Through interactive activities, discussions, and real-world scenarios, participants will gain hands-on experience with facilitation techniques, address common challenges, and explore adaptations for different group settings such as virtual and in-person formats.

This workshop will also explore how to co-design approaches to align with the specific population you are working with. Participants will have an opportunity to select the interactive facilitation strategies they wish to practice through a menti.com vote at the beginning of the workshop.

Learning Objectives

- Describe the principles of adult education and how they apply to group-based behaviour change.
- Identify the primary roles and responsibilities of a facilitator.
- Discuss how to create a safe, supportive, and inclusive group environment.
- Describe the importance of trauma-informed practice in any interaction with a client.
- Demonstrate core facilitation skills through applied practice.
- Recognize and respond to common facilitation challenges, including group dynamics, conflict, and disengagement.
- Discuss how to adapt facilitation approaches to meet the needs of both in-person and virtual groups.

Darrel Melvin RRT MED CRE CTE is a registered respiratory therapist and health promotion facilitator II with the Alberta Health Services provincial tobacco, vaping, and cannabis program. He has been working in health care since 1988 and have had the opportunity to work in different fields of respiratory therapy including acute care, community chronic disease programs, home care, pulmonary diagnostics, and since 2011 in provincial population and public health. He achieved his Masters of Education in Adult Education through the Yorkville University in New Brunswick at the end of 2019.



Darrel's role with the AHS tobacco, vaping, and cannabis program has provided him the opportunity to support a variety of commercial tobacco cessation initiatives and health care provider courses/training related to commercial tobacco cessation and health education. In 2014, his program entered into agreement with the Canadian Network for Respiratory Care to be one of their main development and training partners supporting individuals who wish to qualify to write their Certified Tobacco Educator credential.

Darrel has had the privilege to work with health care providers/community wellness workers, youth, Elders and community members from First Nations within Treaty 6, Treaty 7, and Treaty 8 within the boundaries of Alberta, and the Métis Nation of Alberta, to support culturally based commercial tobacco prevention and cessation initiatives. He is blessed to be one of the AHS members of the Keep Tobacco Sacred Collaborative (KTSC) which has the intention of supporting First Nation Youth to reconnect with their culture and identify, through the ceremonial role of traditional tobacco as a sacred medicine and thereby engage them in commercial tobacco and nicotine vaping prevention. One of the other goals with the KTSC is to help restore access to traditional tobacco for communities who wish to grow it for use in ceremony. Home - Keep Tobacco Sacred". He is committed to using his rights and privilege to promote Indigenous ways of knowing and wellness.

His gifted Blackfoot name is: **aikayissaissapi**. My preferred pronouns are he/him.

Cindy Slack BHSc RRT CRE CTE is an Education Consultant with the Community Paediatric Asthma Service (CPAS) at Alberta Health Services, where she provides spirometry testing and asthma education to children and their families. She also works with the Tobacco, Vaping and Cannabis Program at Primary Care Alberta as a Health Promotion Facilitator, facilitating QuitCore group sessions and conducts workshops for healthcare professionals pursuing their CRE and CTE designations.



Cindy began her career as a Registered Respiratory Therapist in 1992, with clinical experience in acute care settings in Vancouver and Toronto. In Calgary, she has worked in the operating room, pulmonary function labs, and as a Research Coordinator for respiratory clinical trials.

She previously spent over 16 years at the Calgary COPD & Asthma Program (CCAP), supporting clients with chronic disease management, behavioural change, and self-management education.

Cindy is passionate about collaborative health education, mentorship, and empowering clients to live healthier lives.



FRIDAY, OCTOBER 24TH, 2025

203 "I know I should, but...": Change Management Strategies that Work

Change is hard. As educators, we ask our patients/clients/ participants to consider change, and often several changes to improve their health and to manage their chronic diseases:

- Quit smoking
- Exercise more
- Take your medicine every day
- And more!

This can be an overwhelming ask for some. Join Elyssa and Angie as they review strategies for supporting behaviour change including Goal Setting, Self-Management principles, Motivational Interviewing, and Cognitive Behaviour Therapy.

Bring your most challenging cases and let's work together to create supportive change strategies.

Learning Objectives

- Recognize the common psychological and emotional barriers that make behaviour change difficult for patients managing chronic disease.
- Describe key behaviour change strategies, including goal setting, motivational interviewing, cognitive behavioural therapy (CBT) principles, and self-management support.
- Apply motivational interviewing techniques to engage patients in conversations about change in a respectful, collaborative way.
- Integrate self-management and goal-setting tools into patient education to promote realistic and sustainable health behaviour changes.
- Analyze challenging patient scenarios to develop individualized, supportive change strategies in a clinical or educational setting.
- Build confidence in using a person-centred approach that meets patients where they are in their readiness to change.

Angie Shaw RRT CRE has been an RRT since 2000 and a Certified Respiratory Educator since 2005. She has presented to her CNRC colleagues for several years. Angie started her CRE career in Alberta, working with the Calgary COPD and Asthma Team before moving to St. Mary's General Hospital in Kitchener, Ontario, where she has coordinated the Activation program since 2007. Activation is a brief self-management education and exercise program for people with lung disease.



Elyssa Mountain RKin CRE is a new educator, receiving her certification in November 2022. Elyssa became a Registered Kinesiologist in 2015. She is experienced in getting people moving, having worked in Back to Work programming, and now in the Activation Program. She uses her behaviour change skills regularly to motivate people to live healthy and fulfilling lives.





FRIDAY, OCTOBER 24TH, 2025

204 Unravelling the Person with COPD: A Holistic Approach in Self-Management Education

When it comes to supporting people who live with COPD, we typically focus on the traditional approach to self-management education. This approach uses assessment of symptoms, exacerbations, adherence, infection prevention and tobacco cessation, as the cornerstone of COPD respiratory support. There are, however, other considerations which impact how an individual manages and lives with their COPD.

Holistic elements of wellness significantly impact a person's COPD self-management success. When we consider elements such as Nourishment, Mindset, Relationships and Finances, we take a broader, more holistic approach to support the individuals to live as well as possible, with not only their COPD, but with other comorbidities and other parts of their life. These elements are four key holistic factors that influence how all of us feel and manage every day. Each element plays a part and influences the others. When supporting people to live better and more healthy lives, as they manage COPD, both traditional and holistic approaches are necessary.

In this workshop, we will dive into discussing how the holistic elements of Nourishment, Relationships, Mindset and Finances influence how a person with COPD manages on a day to day, week to week basis.

Learning Objectives:

- Compare and contrast traditional and holistic approaches to COPD self-management education.
- Discuss questions which help you as a Health Provider explore elements of wellness which may be impacting an individual's self-management success.
- Identify which other members of your health care team can play a role with interprofessional practice collaboration around specific individuals with COPD.
- Apply current COPD Guidelines, and a holistic wellness approach, using a case study example.

Jennifer Dunham-Schneider RN BScN CHWC CRE graduated from the University of Alberta Accelerated BScN program and throughout her career has worked with Alberta Health Services in Emergency, many other areas of nursing, as well as the pharmaceutical industry.



Jennifer is a former Certified Diabetes Educator and in the last 7 years, transitioned to respiratory education, working for the last 5.5 years with AstraZeneca in the role of Primary Care Medical Science Liaison. Jennifer is an RN, a Certified Holistic Wellness Coach, and a Certified Respiratory Educator.

Jennifer is passionate about bridging gaps between Acute, Primary and Community teams, to support improved access to self-management education for people living with asthma and COPD. She lives in Edmonton with her husband, three children and her Border Collie Aussie Shepherd named Isla.



FRIDAY, OCTOBER 24TH, 2025

205 Tiny Lungs, Big Challenges: Tackling Paediatric Asthma Together

Managing asthma in children and adolescents means more than prescribing puffers – it means navigating a web of homes, schools, caregivers, and complex social dynamics. In this highly interactive, case-based workshop, participants will work through real-world paediatric asthma scenarios that highlight the daily challenges faced by families and healthcare providers.

Together, we'll explore how to apply current CTS and GINA guidelines in a practical setting and dive into the realities of treatment barriers like adherence, environmental triggers, and inconsistent care across households. Participants will collaborate in small groups to analyze cases, brainstorm solutions, and share strategies they've used in their own practice.

Whether you're new to paediatric care or a seasoned educator, this workshop will leave you with practical, patient-centred tools to support tiny lungs in a big world.

Learning Objectives:

- Apply CTS and GINA paediatric asthma guidelines to realistic case scenarios, identifying key points of divergence and how to choose appropriate approaches in clinical practice.
- Identify and problem-solve common barriers in paediatric asthma management, such as adherence challenges, environmental triggers, and multi-household care, using case-based examples.
- Collaborate with peers to develop tailored, family-centred care strategies that support asthma control in diverse real-world settings.
- Practice communication techniques for working with children, adolescents, and their caregivers to enhance understanding, engagement, and asthma self-management.

Mary E. Noseworthy MD FRCPC is a paediatric respirologist with over two decades of experience dedicated to advancing respiratory care for children. She completed her medical degree and postgraduate training at Memorial University in Newfoundland and pursued a paediatric respirology fellowship at the Hospital for Sick Children in Toronto. Dr. Noseworthy has held numerous clinical leadership roles, including Medical Director of the Northwest Calgary Respiratory Centre and Director of Asthma and Home Oxygen Clinics at Alberta Children's Hospital. A committed educator, she served as Clinical Assistant Professor at the University of Calgary and Assistant Professor at Memorial



University, mentoring numerous trainees in pediatrics and respiratory medicine. Her national influence is marked by her contributions to the Canadian Thoracic Society and participation in the development of paediatric asthma and cystic fibrosis guidelines.

Dr. Noseworthy has a strong record of clinical innovation and research, particularly in asthma and cystic fibrosis, with over \$150,000 in funded research and multiple peer-reviewed publications. As Principal Investigator for the Canadian PANS Registry, she continues to lead national efforts to improve paediatric care through data-driven approaches. Her work has earned her prestigious recognitions, including the Alberta Health Services President's Excellence Award and the Cystic Fibrosis Canada Outstanding Service Award. Beyond research and leadership, Dr. Noseworthy is a sought-after speaker at national and international conferences and remains active in provincial and national health committees, helping to shape the future of paediatric respiratory care in Canada.

Kathy Hayward BSP CDE CRE CTE has spent many years working in the community pharmacy field and most recently with the Calgary COPD & Asthma Program within Primary Care Network offices and an Outpatient Respiratory Clinic at Peter Lougheed Hospital in Calgary. She found that becoming a CRE was the most important professional growth activity she participated in to further her understanding of how people and families understand their health conditions, treatment, and self-management strategies they are in control of. Currently she works part-time with Calgary Coop Pharmacy helping to coordinate biologic therapy and CRE/CTE education for patients using resources within the system. Kathy is the president of the Canadian Network for Respiratory Care.



5:00-5:30 pm
CNRC AGM & Recertification Training



SATURDAY, OCTOBER 25TH, 2025

8:00-8:45 am

Industry Breakfast Symposium

Sponsored by



**Optimizing COPD Management
Harnessing Peak Inspiratory Flow to Personalize Inhaled Therapy
and Improve Clinical Outcomes**

Personalized medicine is no longer a future goal—it's a present necessity, especially in the management of chronic obstructive pulmonary disease (COPD). This session will explore how measuring Peak Inspiratory Flow (PIF) can enhance the precision of inhaled therapy selection, leading to improved outcomes for patients. Despite the central role of inhaled medications in COPD management, suboptimal inspiratory flow often goes unrecognized, reducing the effectiveness of treatment and compromising disease control.

Through an in-depth look at current evidence and clinical best practices, this session will equip respiratory educators and clinicians with the knowledge to assess PIF, identify at-risk populations, and tailor inhaler prescriptions accordingly. Attendees will leave with practical strategies to apply in both educational and clinical settings, helping to bridge the gap between guideline recommendations and real-world implementation.

Learning Objectives

- Describe the clinical relevance of suboptimal Peak Inspiratory Flow (PIF) and its implications for COPD management.
- Identify the risk factors associated with suboptimal inspiratory flow.
- Recognize how inspiratory flow contributes to personalization of inhaled therapy in COPD, and how it can influence clinical decision-making.

Bryan A. Ross MD FRCPC MSc (Epidemiology, Physiology) BScH is a Clinician-Scientist at the Research Institute of the McGill University Health Centre (RI-MUHC), Respiriologist at the MUHC, and Assistant Professor at McGill University in Montreal. He is Co-Director of the renowned COPD clinical program at the Montreal Chest Institute (MCI) of the MUHC and Director of the McGill Accredited COPD and PR Clinical Fellowship Training Program. He holds national and international leadership positions within the Canadian Thoracic Society (CTS) and American Thoracic Society (ATS).



Dr. Ross' clinical research program addresses the determinants and management of COPD, with a focus on exacerbations. His original research has been published in the *Chest* journal, the *Thorax* journal, the *European Respiratory Journal* Open Research, the *Annals of the American Thoracic Society*, and in *eBioMedicine-Lancet*.



SATURDAY, OCTOBER 25TH, 2025

9:00 – 10:00 am

Keynote Speaker: Dr Samir Gupta
A Conversation with Dr G

Join Dr. Samir Gupta – respirologist, researcher, and health communicator—for an inspiring and thought-provoking conversation on two timely and important topics at the intersection of respiratory care, environmental responsibility, and digital innovation.

In this candid session, Dr. Gupta will explore the environmental impact of inhalers, particularly pressurized metered-dose inhalers (pMDIs), and the role that respiratory educators can play in supporting sustainable prescribing practices without compromising patient outcomes. He'll discuss the balance between clinical effectiveness and environmental stewardship, offering practical insights and evidence-based guidance.

Dr. Gupta will also share his journey using social media as a platform for health education, advocacy, and public engagement. Learn how he's leveraged platforms like YouTube and Twitter/X to combat misinformation, build trust, and connect with broad audiences – including patients, clinicians, and the general public.

Come prepared for a dynamic dialogue with one of Canada's leading voices in respiratory medicine.



Learning Objectives:

- Describe the environmental impact of different inhaler types, with a focus on carbon emissions associated with pMDIs.
- Discuss strategies for balancing environmental sustainability with optimal asthma and COPD care.
- Explain the role of respiratory educators in guiding sustainable inhaler choices and patient education.
- Explore how social media can be effectively used as a tool for respiratory health education and public engagement.

Samir Gupta MD MSc FRCPC is a Respirologist, Clinician-Scientist and Associate Professor in the Department of Medicine at the University of Toronto. He is originally from Montreal and completed medical school and internal medicine training at McGill University. He then completed Respirology specialty training followed by a Master's degree in Clinical Epidemiology at the University of Toronto, then a fellowship in Knowledge Translation Research. Samir has always had a specific interest in science communication. His research training not only tied in with this but further strengthened his resolve that making science accessible and interesting is an urgent need in today's online world. <https://www.thefeedwithdrg.com/>

Dr. Gupta was selected by his peers for the Media Engagement Award – Trailblazer in the Medical Post Awards. Throughout the COVID-19 pandemic, Dr. Samir Gupta became a trusted figure for many Canadians thanks to his calm demeanor and regular appearances on CBC News.

Dr. Gupta started his television career at Global with the segment called "On Call with Dr. Gupta," and is now a medical correspondent across properties on the CBC, including every Wednesday morning on Morning Live and Tuesday and Thursday evenings on Canada Tonight. He appears on multiple networks and shows and communicates about health and science across electronic, print, radio, and television media. As a leading media voice in the COVID-19 pandemic, Samir's online "explainers" have been viewed over 10 million times.

Dr. Gupta's research focus is in the area of knowledge translation, also called implementation science. His research team tries to identify gaps between best scientific evidence (best practices according to studies and medical guidelines) and what is actually happening in the real world. They measure the size of those gaps, why those gaps exist (what barriers prevent people from receiving the best care), and design and test strategies to overcome those gaps. His team specializes in developing technology such as apps for patients and providers, to deliver the best care. One of the tools that was developed in his lab is the Electronic Asthma Management System (eAMS) (www.easthma.ca).



SATURDAY, OCTOBER 25TH, 2025

10:00-10:45 am

Demystifying Biosimilars

Sponsored by  **HEALTHCARE
CELLTRION**

As biosimilars become an increasingly important part of modern medicine, confusion still surrounds what they are, how they're developed, and how they differ from generics. This session will cut through the complexity, offering a clear, practical look at biosimilars and their role in today's healthcare landscape. With a focus on real-world relevance, including recent clinical data on Omlyclo (the Omalizumab biosimilar), we'll explore how biosimilars are reshaping access to biologics and what this means for Canadian clinical practice.

Learning Objectives

- Explain what biosimilars are and how they differ from generic drugs.
- Define the biosimilars and their rigorous scientific and regulatory processes required to demonstrate biosimilarity to the reference product.
- Discuss how biosimilars increase access to biologic therapies and contribute to the sustainability of healthcare systems.
- Review clinical data on Omalizumab Biosimilar (Omlyclo) – phase 3 equivalence study.
- Discuss the impact of having Omlyclo and other biosimilars in Canadian clinical practice.

James Ramsahai MD PhD FRCPC is a Respiriologist based at the Rockyview General Hospital and Clinical Assistant Professor at the University of Calgary. He is currently the Medical Director for the Calgary COPD & Asthma Program, and for the Calgary Zone Pulmonary Function Laboratories. Dr. Ramsahai has an undergraduate degree in Laboratory Medicine and Pathobiology from the University of Toronto and completed his medical degree at the University of Calgary in 2011. He has obtained certification from the Royal College of Physicians of Canada in Internal Medicine and Adult Respiriology. He also has a PhD from the University of Newcastle in Australia looking at the role of



biomarkers in the management of severe asthma, at which time he also completed a clinical fellowship in Severe Asthma. His research interests include asthma, biologic use, and the clinical role of biomarkers, and he is involved in teaching post-graduate medical residents and fellows.

10:45-11:15 pm

Refreshment Break & Visit Exhibits



SATURDAY, OCTOBER 25TH, 2025

11:15 am – 12:15 pm

Keynote Speaker: Timothy Caulfield
The Certainty Illusion:
What You Don't Know & Why It Matters

In today's hyperconnected world, respiratory educators face a growing challenge: misinformation and health myths are spreading faster than ever – often outpacing science and undermining public trust in evidence-based care. Whether it's vaccine skepticism, miracle cures for chronic lung conditions, or pseudoscientific claims on social media, misinformation directly impacts patient outcomes and professional practice.

In this engaging and timely presentation, Professor Timothy Caulfield, health law expert and author of *The Certainty Illusion*, explores the roots of our current information crisis and explains why it's so difficult – even for experts – to separate truth from fiction. He will unpack the psychological, social, and technological forces that shape beliefs about health, science, and wellness, and show how even credible sources can be misused or misinterpreted.

Most importantly, Caulfield will equip educators with practical, science-informed tools to counter misinformation, communicate more effectively with patients, and foster critical thinking — both in the classroom and in clinical practice.



Learning Objectives

- Identify common sources and patterns of misinformation that affect respiratory health education and patient care.
- Explore how trust in science, moral values, and personal stories influence public beliefs about respiratory health.
- Recognize how misinformation can undermine evidence-based practices in respiratory care (e.g., smoking cessation, mask use, vaccination).
- Apply communication strategies to address misinformation with empathy, clarity, and credibility in both patient and learner interactions.
- Develop educational approaches that build media literacy and critical thinking among clients.

Timothy Caulfield is an unrivalled communicator who debunks myths and assumptions about innovation in the health sector – from research on stem cells to diets and alternative medicine – for the benefit of the public and decision-makers. For over 20 years, he was the Canada Research Chair in Health Law and Policy and is currently a professor in the Faculty of Law and the School of Public Health and the Research Director of the Health Law Institute at the University of Alberta.

Professor Caulfield has been involved in a variety of interdisciplinary research endeavours that have led him to publish more than 400 academic articles. His research focuses on topics like stem cells, genetics, research ethics, the public representations of science, and public health policy issues. He has won numerous academic, science communication, and writing awards, and is a Member of the Order of Canada and a Fellow of the Royal Society of Canada, the Canadian Academy of Health Sciences, and the Committee for Skeptical Inquiry.

Caulfield also writes frequently for the popular press and is the author of four bestselling books: *The Cure for Everything: Untangling the Twisted Messages about Health, Fitness, and Happiness*; *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*; *Relax, Dammit!: A User's Guide to the Age of Anxiety*; and his most recent, *The Certainty Illusion*.

In addition, Caulfield is the co-founder of the science engagement initiative, #ScienceUpFirst. He has also hosted and produced several documentaries, including the award-winning television show, *A User's Guide to Cheating Death*, which has aired in over 60 countries and is currently streaming on Netflix in North America.



SATURDAY, OCTOBER 25TH, 2025

12:15-1:00 pm

A. Les McDonald Awards Luncheon

1:00 -1:15 pm

Poster Presentations (3 Minutes, 3 Slides)

1:15-2:30 pm

WORKSHOPS SESSION 3

301

Nicotine 2.0:

Navigating the Cessation Conversation with Vaping and Emerging Products

Nicotine pouches, heated tobacco, and Vaping—oh my! As the nicotine landscape evolves faster than your morning coffee kicks in, healthcare providers are facing a fog of confusion around vaping and emerging nicotine products. This session clears the air with evidence-based strategies to support adult clients who are ready to quit smoking or how to address potential addiction to these products.

.Join us for a lively and interactive session that blends science, regulation, and practical tools—minus the smoke and mirrors. Whether you're a seasoned cessation champion or just trying to decode what a "Zonnic pouch" is, this workshop will leave you feeling more confident, informed, and ready to tackle nicotine dependence with clarity and compassion.

Learning Objectives

- Discuss use of vaping & emerging nicotine products in smoking cessation, including:
 - Best practices in cessation
 - Legislation
 - Ethics
 - What the evidence says
- Explore how to support clients who plan to vape or use emerging nicotine products to quit smoking.
- Describe current recommendations to help people quit vaping.

Aaron Ladd BMR RRT FCSRT Med CTTs CRE CTE has been helping people overcome tobacco addiction for 23 years, which means he's been in the game since flip phones were cutting-edge. Currently, he serves as a Health Promotion Facilitator with Primary Care Alberta on the Tobacco, Vaping, and Cannabis Program, where his mission is to support other healthcare providers and educators to prevent addiction and to help individuals in breaking free from tobacco dependency. Aaron trained at the Mayo Clinic as a Tobacco Treatment Specialist and holds a Master of Education in Behavioural Education from Memorial University.

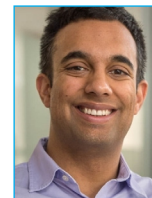


Aaron also serves on the executive board of primary care for the Canadian Society of Respiratory Therapy and as an associate editor for the Canadian Journal of Respiratory Therapy. Additionally, he contributes to the CNRC's certification management and exam development committees, helping design psychometrically sound evaluations and curriculum tools.

Over the past 15 years, Aaron has championed Motivational Interviewing and Cognitive Behavioral Therapy, equipping healthcare providers to better support their patients on the path to quitting. With over 10,000 hours of one-on-one patient education under his belt, he now focuses on developing innovative tools and training materials to empower others to lead successful cessation programs.

When he is not working, you can find him involved in local theatre: on stage acting, singing or dancing, behind the stage producing. Otherwise, you might find him in the bush trying to not get eaten by bears.

Jamil Ramji BSP PharmD ACPR CTE is a pharmacist and Health Promotion Facilitator with Primary Care Alberta's provincial Tobacco Vaping and Cannabis Program. Based in Edmonton AB, Jamil's clinical pharmacy experience ranges from hospital to primary care and community practice settings, assisting clients with their tobacco cessation goals that align with their journey in the healthcare system.



Delivering workshops that build capacity for Alberta's healthcare professionals, and their clients helps inform Jamil's work in healthy public policy, promoting public health recommendations that facilitate prevention, harm reduction, and sustainable behaviour change interventions. To expand reach of health promotion activities with diverse populations, Jamil serves as Board Member for His Highness the Aga Khan Health Board for Canada, guiding interdisciplinary teams across Canada to deliver sustainable evidence-based programming and increase access to health services that improve the quality of life of a faith-based community.



SATURDAY, OCTOBER 25TH, 2025

302 **Inhale Insight, Exhale Expertise:** **Breathing New Possibilities into ILD Pulmonary Rehab**

This session explores innovative, evidence-based strategies to enhance pulmonary rehabilitation (PR) for individuals living with interstitial lung disease (ILD) – a condition that presents unique challenges distinct from other chronic respiratory illnesses. Participants will be guided through the design and evolution of a 16-session ILD-specific PR program that integrates education, exercise, and emotional support.

Grounded in patient-centred care and multidisciplinary collaboration, the program addresses the full spectrum of the ILD journey – from diagnosis to end-of-life planning – while fostering self-management, resilience, and community connection. Attendees will examine how tailored rehab protocols, goal-setting strategies, and outcome measures can be used to personalize care and improve quality of life. The session will also highlight patient feedback and offer practical insights for adapting and implementing the program in diverse healthcare settings.

Learning Objectives

- Describe the structure and evolution of the ILD Pulmonary Rehabilitation Program, including its integration of education, exercise, and support.
- Identify key components of the patient journey across three phases: Learning about ILD, Living Well with ILD, and Progressing with ILD.
- Recognize the role of interdisciplinary collaboration in supporting ILD patients, including contributions from respiratory therapists, kinesiologists, pharmacists, dietitians, and palliative care teams.
- Analyze outcome data from the program, including improvements in physical function, emotional well-being, and patient knowledge.
- Apply strategies for goal setting and self-management to enhance patient engagement and personalize care.
- Explore opportunities for program adaptation and implementation in other clinical or community settings.

Darla Sologar RRT CRE has over two decades of experience in respiratory care, leadership, and education. Currently serving as a Team Leader in Primary Care and Chronic Disease Management with Primary Care Alberta, Darla has led numerous initiatives, including the development and implementation of pulmonary rehabilitation programs, centralized referral systems, and cross-site clinical education tools. She has also held multiple acting manager roles, providing strategic leadership across immunization clinics, allied health teams, and chronic disease portfolios. Darla is passionate about collaborative practice, quality improvement, and advancing respiratory care through innovation and professional development.





SATURDAY, OCTOBER 25TH, 2025

303 Smart Tools, Better Breathing: A Hands-On Workshop

Asthma remains one of the most common chronic conditions globally, yet gaps in care persist – despite decades of evidence-based guidelines. In this interactive, hands-on workshop, participants will explore how technology can bridge these gaps. The session will focus on the Electronic Asthma Management System (eAMS), a groundbreaking, evidence-based decision support tool developed by researchers at St. Michael's Hospital in Toronto.

Designed for use by busy providers, the eAMS automates asthma control assessment and medication adjustment as per guidelines, auto-populates an evidence-based asthma action plan and identifies patients requiring specialist care for severe asthma. Workshop attendees will gain practical experience using the tool, understand how it works within the clinical workflow, and learn how to apply it to improve patient outcomes.

Through case-based simulations and guided exploration, participants will leave better equipped to leverage digital innovations in respiratory care—and with the knowledge to teach others to do the same.

Learning Objectives:

- Describe the key features and functionality of the Electronic Asthma Management System (eAMS).
- Explain the evidence supporting eAMS as a tool to improve asthma care quality.
- Demonstrate how to use eAMS to generate asthma control assessments and individualized asthma action plans.
- Integrate digital decision-support tools into clinical or educational settings to enhance guideline-based asthma management.
- Recognize the broader implications of smart tools in managing chronic respiratory diseases and advancing personalized care.

Samir Gupta MD MSc FRCPC is a Respiriologist, Clinician-Scientist and Associate Professor in the Department of Medicine at the University of Toronto. He is originally from Montreal and completed medical school and internal medicine training at McGill University. He then completed Respiriology specialty training followed by a Master's degree in Clinical Epidemiology at the University of Toronto, then a fellowship in Knowledge Translation Research. Samir has always had a specific interest in science communication. His research training not only tied in with this but further strengthened his resolve that making science accessible and interesting is an urgent need in today's online world.



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SATURDAY, OCTOBER 25TH, 2025

304 Enhancing Airway Clearance & Drug Delivery: OPEP & Spacer Techniques

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Effective airway clearance and optimal drug delivery are essential components of respiratory care—but the techniques used to support them are only as good as their application. This hands-on, skill-building workshop focuses on two key interventions: Oscillating Positive Expiratory Pressure (OPEP) devices and spacer use for inhaled medications.

Participants will learn the science behind these therapies, explore device-specific techniques, and gain practical experience through guided demonstrations and peer practice. Special attention will be given to common errors in device use, patient coaching strategies, and adaptations for various age groups and clinical scenarios.

Whether you're working with patients in acute care, community settings, or chronic disease management, this workshop will equip you with updated knowledge and hands-on skills to optimize airway clearance and enhance medication delivery.

Workshop participants will leave with their own Aerobika® kits and AeroChamber® devices to use when teaching clients.

Learning Objectives:

- Explain the principles and clinical benefits of Oscillating Positive Expiratory Pressure (OPEP) therapy and spacer-assisted inhalation.
- Demonstrate correct technique for using OPEP devices and spacers with both metered-dose and dry powder inhalers.
- Identify common errors and troubleshooting strategies related to device use in various patient populations.
- Apply patient-centred teaching methods to coach effective use of OPEP and spacer devices across different ages and care settings.
- Evaluate and adapt techniques based on individual patient needs, including considerations for disease severity, coordination, and adherence.

Kaling (Candy) Leung RRT CRE CTE works for Primary Care Alberta in Calgary. Candy graduated from the Respiratory Therapy Program at SAIT in 2011. She is currently working as a Certified Respiratory and Tobacco educator at the Peter Lougheed Centre within Alberta Health Services. Her current role involves assisting the respirologist with Asthma and COPD treatment and care plans, as well as tobacco cessation counseling. Candy also comes from a background of 12 years experience in pulmonary diagnostics. She takes pride in her line of work and is passionate about being a Certified Respiratory and Tobacco educator.



Maristella Nandan RRT CRE works for Primary Care Alberta in Calgary. She has over a decade of clinical expertise in acute care, pulmonary function testing (PFT), and sleep medicine. She holds active credentials as a Certified Respiratory Educator (CRE), Clinical Sleep Health Specialist (CCSH), and Registered Polysomnography Technician (RPSGT).



She currently serves as Managing Director at Calgary Lung Centre, where she oversees the development and operation of multiple respiratory clinics across the region. Her leadership focuses on integrating high-quality patient care with collaborative healthcare models to improve access and outcomes.

In addition to her leadership role, Maristella continues to practice in acute care at Peter Lougheed Centre. She is a Sleep Medicine Assessor with the College of Physicians and Surgeons of Alberta (CPSA) and serves on the Hearing Tribunal Panel for the College of Respiratory Therapists of Alberta (CRTA).

Outside of her professional work, Maristella enjoys travelling with her husband and children—both for leisure and to support her kids in competitive jiu-jitsu. She is also an avid reader and enthusiastic step counter.



SATURDAY, OCTOBER 25TH, 2025

2:30-3:00 pm

Refreshment Break & Visit Exhibits

3:00-3:30 pm

**Name That Symptom Jeopardy Edition:
Expanding CRE & CTE Competencies**

Put your knowledge to the test in this fun, interactive game designed to “test” the clinical competencies of Certified Respiratory Educators (CREs) and Certified Tobacco Educators (CTEs). Compete Jeopardy-style with your peers while sharpening your skills in symptom recognition, assessment, and patient care strategies.





SATURDAY, OCTOBER 25TH, 2025

3:30-5:00 pm

**Let's Talk Change:
Real-Time Practice in Motivational Interviewing** (Interactive Session)

Helping people change is rarely a straight path—especially when they're feeling unsure or stuck. For educators in client-centred roles, conversations with ambivalent individuals are a daily reality. Motivational Interviewing (MI) offers a powerful, evidence-based approach to guiding those conversations with empathy, focus, and impact.

But knowing the theory of MI isn't the same as using it fluently in the moment. That's where this fast-paced, hands-on session comes in. Designed for educators who want to learn about MI or for those looking to sharpen their MI skills, this interactive two-hour workshop dives straight into practice. Working in small groups, you'll step into real-life scenarios with Standardized Patients, observe your peers in action, and receive supportive, targeted feedback.

Whether you're new to MI or looking to refine your approach, this session offers a safe, engaging space to experiment, reflect, and grow. Walk away with clearer insight into your strengths, fresh strategies you can use immediately, and a renewed confidence in your ability to help clients move toward meaningful change.

Learning Objectives:

- Demonstrate the Spirit of MI (partnership, acceptance, compassion, and evocation) during simulated client encounters.
- Apply key MI processes – Engaging, Focusing, Evoking, and Planning—in structured practice scenarios.
- Identify and reflect on the use of core MI communication skills (e.g., open-ended questions, affirmations, reflections, summaries).

Rosa Dragonetti MSc RP CTE is a Psychotherapist in Private Practice.



She was the past Project Director of Addictions Education and Research at CAMH in INTREPID Lab. She has an academic appointment as Assistant Professor (Status Only) at the University of Toronto, Department of Community and Family Medicine. She has over 25 years of experience in addictions and mental health and provides supervision to clinical students. Rosa played a key role in developing a strategy for education and programming initiatives including the TEACH project (a Certificate program in Tobacco Cessation Counselling for healthcare professionals). She has extensive experience in Motivational Interviewing including developing curriculum for new courses in MI as well as serving as faculty for many introduction and advanced workshops.





Aaron Ladd BMR RRT FCSRT MEd CTTS CRE CTE has been helping people overcome tobacco addiction for 23 years, which means he's been in the game since flip phones were cutting-edge. Currently, he serves as a Health Promotion Facilitator with Primary Care Alberta on the Tobacco, Vaping, and Cannabis Program, where his mission is to support other healthcare providers and educators to prevent addiction and to help individuals in breaking free from tobacco dependency. Aaron trained at the Mayo Clinic as a Tobacco Treatment Specialist and holds a Master of Education in Behavioral Education from Memorial University.



Darrel Melvin RRT MEd CRE CTE is a registered respiratory therapist and health promotion facilitator II with the Primary Care Alberta provincial tobacco, vaping, and cannabis program. He has been working in health care since 1988 and had the opportunity to work in different fields of respiratory therapy including acute care, community chronic disease programs, home care, pulmonary diagnostics, and since 2011 in provincial population and public health. He achieved his Master of Education in Adult Education through the Yorkville University in New Brunswick at the end of 2019.



Andrea White Markham RRT CRE CTE has over 50 years-experience as a respiratory therapist. Andrea is mostly retired and selects to share her knowledge and experiences when the opportunity is one that excites or challenges her. As a respiratory therapist, Andrea has worked in almost every area of the field and most areas of Canada.



Ken Burns RPH BScPharm CDE CRE CTE became interested in respiratory care when he saw that many of his diabetes clients were also smoking and had respiratory disease and realized the common factor was his client's health behaviours. Ken was one of the authors of the Pfizer CATALYST smoking cessation pharmacist training program. He was very involved in the development of CNRC's Certified Tobacco Educator program. He is the past Chair of the Ontario Pharmacists Association Board of Directors. Ken has participated and worked as a trainer and faculty for the Institute for Healthcare Communication - Canada.



5:00 pm Closing Remarks

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