



Canadian Orthopaedic Nurses Association

43rd Annual Conference Hosted by:

The Edmonton Chapter

Resilience, Innovation and Excellence

Orthopaedics - Built to Last

May 24-26, 2022



Featured Speakers

This year's keynote speakers are sponsored by the Jim McMillan 'Bones Doc' Education Fund. Dr. Jim McMillan worked as an Orthopaedic Surgeon in Edmonton for many years before his passing in 2015. Dr. McMillan was a fun-loving talented surgeon that practiced life-long learning. Upon his passing his family (wife: Jan, children: David, Cathy and Jill) created the Dr. Jim McMillan 'Bones Doc' Education Fund. This fund supports education for orthopaedic health care workers within the Edmonton/Northern Alberta area. In addition, it supports the yearly Jim McMillan 'Bones Doc' Education day that is organized by the CONA Edmonton Local Chapter. We are grateful for the support of the McMillan family!

Meet and Greet (May 24)- 'The Power of Yes'- Graham Neil & Donovan Workun



Graham Neil

Graham has a Bachelor of Journalism and is an international award-winning Senior Reporter at CTV Edmonton. A recipient of the prestigious Edward R. Murrow Journalism Award, he has over 25 years of television broadcast experience with reports featured on CTV National News and CNN.

Graham has interviewed Hollywood stars, Prime Ministers, top CEO's, leading edge entrepreneurs and innovative thinkers shaping the workplace future.

Combining business savvy with quick wit, he has lead numerous corporate and education workshops in HR, Education, Health Care, Hospitality, Tourism, Construction, Manufacturing, Oil & Gas and Transportation industries.

Graham's has also MC'd an impressive list of galas, conferences and special events around the world.

Donovan Workun

Donovan is a three-time World Improv Champion, and a founding member of Atomic Improv with over 25 years of comedy under his belt. Donovan has toured all over Canada, the US, and Europe, amazing audiences with his brilliant comedic timing, wit, and, hilarious characters.

He has shared the improv stage with Wayne Brady (Whose Line is it Anyway?) Mike Myers (SNL & Austin Powers) and is a star of the hit national CBC radio program The Irrelevant Show. Donovan has also been featured in national commercials and movies, acting with Patrick Swayze, Kiefer Sutherland and Demi Moore.

In 2012, he was selected as a feature performer at the Canada Olympic House during the London Olympics. He continues to share his talents delivering hundreds of educational workshops in the public and private sector. With over two decades of veteran comedy experience, Donovan is considered the top corporate improv instructor in Alberta.

Opening Keynote Speaker (May 25): Zaheen Nanji



One of the most in-demand speakers on resilience in Canada today, Zaheen Nanji has shared her content-rich, entertaining, hard-hitting and memorable presentations to enthusiastic audiences such as HR, health professionals, educators and leaders.

Zaheen is a TEDx speaker (just completed her 2nd TED talk in April) and has been featured on the front cover of Positive Health Magazine and on various broadcast media outlets in the UK, USA and Canada. She is also a two-time best-selling and award-winning author. Zaheen and her husband own Shanti Wellness & Laser Centre

in Alberta, Canada. She calls herself a resilience champion because she shows you how to make resilience your first reflex!

Edith Cavell Speaker (May 26): Mary Lou McKenzie



Mary Lou grew up in a military family but her roots are in Nova Scotia. She was born in Cape Breton graduating High School and Nursing School and working the first 4 years of her nursing career there. Mary Lou has worked in the Edmonton Zone (EZ) for over 30 years and has been an Executive Director since 2005. Spending the majority of her nursing career in orthopedics and trauma, her leadership background covers many areas including Surgery, Trauma, Cardiac Sciences, Transplant and Emergency. Her current portfolio includes Sturgeon Community Hospital Site Director and Edmonton Zone Surgical Oversight Lead. Mary Lou has received the REACH Leadership Award three times, was the UAH nominee for the Regional REACH Leadership Award and has twice been a nominee for the CARNA Leadership Award. Her teams have received the

President's Excellence Award in Innovation and Research as well as Quality Improvement.

Closing Keynote Speaker (May 26): Laurel Vespi



Mindfulness, productivity and life engagement expert Laurel Vespi teaches audiences a whole new way of thinking about getting stuff done while being calmer and more focused in the process. An engaging and powerful motivational speaker with a humorous and down-to-earth style, Laurel shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Combining the principles of mindful living with proven productivity strategies, Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Conference Schedule

Tuesday, May 24, 2022

15:00-18:00	Conference Registration - Fantasyland Hotel
18:45-22:00	Meet and Greet “The Power of Yes”-Fantasyland Hotel Conference Room 6 <i>Sponsored by the Jim McMillan ‘Bones Doc’ Education Fund</i>

Wednesday, May 25, 2022

07:00-07:45	Breakfast and Exhibitors
07:45-08:15	Welcome and Opening Ceremonies
08:15-09:15	3D Printing in Shoulder Surgery: From the Bench Top to the Operating Room Dr. Martin Bouliane, MD, FRCS(C)
09:15-10:15	Opening Keynote Speaker- <i>Sponsored by the Jim McMillan ‘Bones Doc’ Education Fund</i> Build Your Resilience Reflex: How to Shift from Chaos to Control Zaheen Nanji
10:15-10:45	Nutrition Break, Networking & Exhibitors
10:45-11:25	Fracture Liaison Service (FLS) in Alberta- What’s New? Shannon Falsetti, RN, BScN, GNC(C) Sheila Kelly, RN, BN, MN, ONC(C)
11:25-12:00	Use of Regional Anesthesia to Improve Pain Management in Fractured Hip Patients Kristine Desjardine, MN, CIC, CVAA(C), PANC(C) Michael Weedmark, RN, BScN, Med, CpedN(C)
12:00-13:00	Lunch, Networking & Exhibitors
13:00-13:45	Better Choices, Better Health[®] Alicia Brown, BScN
13:45-14:15	“My Bunion is Killing Me! What do I do?” Welcome to Bunion School: the Ottawa Region’s innovative model to reduce wait times for access to care. Catherine Lafontaine, PT Kim Roscoe, PT
14:15-14:45	Nutrition Break, Networking & Exhibitors
14:45-15:30	Pediatric Scoliosis: Bent not Broken Sarah Southon Hryniuk, MN, NP
15:30-16:30	Generation Next: Engaging Future Orthopaedic Leaders Panel Presentation- Rachel Craig (Moderator)
16:30- 17:30	President’s Reception- Invitation only Room Main Ball Room
18:15	Social Events – Jubilations Dinner Theatre – Schipp’s Creek

Thursday, May 26, 2022

07:30-09:00	Breakfast and AGM
09:00-09:45	Osseointegration: Transitioning to the Bionic Future Dr. Robert Stiegelmar, MD, FRCS(C), Colonel (retired)
09:45-10:15	Targeted Muscle Reinnervation and Nerve Integration Techniques in the Setting of Major Limb Amputation Dr. Matthew McIntosh, MD, MSc, BSc
10:15-10:45	Nutrition Break, Networking & Exhibitors
10:45-11:25	Arthroscopic Hip Surgery-“What are we doing in there (and most importantly-why?)”. Dr. Lee Ekert, MD, FRCS(C)
11:25-12:00	Use of Peripheral Nerve Blocks in Total Joint Replacement Surgeries Kristine Desjardine, MN, CIC, CVAA(C), PANC(C) Michael Weedmark, RN, BScN, Med, CpedN(C)
12:00-13:00	Lunch, Networking & Exhibitors
13:00-13:45	Sarcoma Care Dr. Jeff Toreson, MD, FRCS(C)
13:45-14:30	Western Upper Limb Facility- The Role of Specialized Multi-Disciplinary Teams in Upper Extremity Care Dr. Armin Badre, MD, MSc, FRCS(C)
14:30-14:45	Nutrition Break, Networking & Exhibitors
14:45-15:15	Edith Cavell Speaker The Importance of Leadership in Nursing Mary Lou McKenzie, Site Director, Sturgeon Community Hospital
15:15-16:15	Closing Keynote Speaker-Sponsored by the Jim McMillan ‘Bones Doc’ Education Fund The Art of Celebration Laurel Vespi
16:15-16:30	Closing Remarks

Please note: schedule is subject to change without notice.

NOTE: Current COVID orders and legislation at the time of Conference will be enforced.



Registration and Social Activity Costs

Complete Conference	Early Bird by May 15	After May 15
CONA Members	<input type="checkbox"/> \$400	<input type="checkbox"/> \$450
Non-members	<input type="checkbox"/> \$550	<input type="checkbox"/> \$600
Students	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300
Virtual	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300

Daily Registration	Early Bird by May 15	After May 15
CONA Members	<input type="checkbox"/> \$200	<input type="checkbox"/> \$225
Non-members	<input type="checkbox"/> \$275	<input type="checkbox"/> \$300
Students	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
Virtual	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150

- Become a CONA member for \$100.00 and save \$50.00 on your registration AND take advantage of other member benefits!

Register on-line:

www.cona-nurse.org

- Note: Students must have full-time student status and show proof of registration (Student ID)

- Questions?

edm.cona2022@gmail.com

Social Activities			
Date, Time & Location	Activity	Description	Cost
Tuesday, May 24 18:45- 22:00 Fantasyland Hotel Conference Room 6	"The Power of Yes" Meet and Greet	Appetizers and a beverage included. Featuring Graham Neil and Donovan Workun. <i>Be prepared for an evening of laughter, fun and socializing!</i>	<input type="checkbox"/> Free for Registrants <input type="checkbox"/> \$25.00/non-registrant
Wednesday, May 25 18:15 West Edmonton Mall Jubilations Dinner Theatre	Jubilations Dinner Theatre	Shipp's Creek <i>We are going up Shipp's Creek without a paddle! Whether you are a fan of the show or just a fan of music and laughter, it is sure to be a great night out with an original performance and delicious three-course dinner.</i> Limited number of reserved seats	<input type="checkbox"/> \$75.00 Dinner & Show (includes tax, gratuity and bottomless pop, (alcohol extra))

NOTE: Current COVID orders and legislation at the time of Conference will be enforced.



Registration Form

Last Name		First Name	
Address		City	
Province/State	Country	Postal Code/Zip Code	
Email Address	CONA Member #	CONA Chapter	

Payment	
Full Conference	\$
Daily Rate- Wednesday	\$
Daily Rate - Thursday	\$
Social Activities	\$
Total Cost	\$

By Mail: Send registration form & cheque or money order (in Canadian Funds) payable to the **Edmonton CONA Conference** to: **Edmonton CONA Conference, 11939 – 132 Street, Edmonton, Alberta, T5L 1P5**

Registration will not be processed without payment.

Cancellation Policy: Refunds must be requested in writing. No refunds will be issued after May15

NSF Cheques: A \$50 administration fee will be levied for all NSF cheques.

Accommodations can be booked at The Fantasyland Hotel by calling 1-800-737-3783. Please indicate that you are requesting the CONA Conference rate.

Group rates of \$164/night (Monday- Thursday) by April 25, 2022, subject to availability.

For West Edmonton Mall Information and Attractions please visit <https://www.wem.ca>

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT:

This information is collected under the authority of the "Freedom of Information and Protection of Privacy Act". The information you provide is required to register you in the course, prepare material for your use and will be used to notify you of other courses or pertinent information. Financial information is used to process applicable fees and is not retained for future reference. If you have questions about collection or use of this information, please contact us.

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