

FRIDAYS AT THE UNIVERSITY

MENTAL HEALTH DAY
FEBRUARY 12, 2021



AGENDA | 0820 - 1310

4.5 MAINPRO+ CREDITS
4.5 MOC SECTION 1 CREDITS

- 0820** Welcome
- 0830** Approach to Bipolar Disorder in the Primary Care Clinic | **Jennifer Ruzhynsky**
- 0920** Approach to Borderline Personality Disorder (BPD) in the Primary Care Clinic | **Eytan Perl**
- 1010** Approach to Resistant Anxiety and Depression | **Tanya Sala**
- 1100** **Lunch and Sponsorship Break**
- 1130** Insomnia: Evidence for Pharmacological and Non Pharmacological Therapies | **Murray Enns & Norah Vincent**
- 1220** Navigating Psychiatry and Psychological Services in Manitoba | **Jane Moody & Andrea Piotrowski**

Objectives

- Evaluate the treatment options for Bipolar Disorder by investigating the evidence that supports each option (family medicine expert, scholar)
- Explain the acute and long-term management consideration for the BPD patient (family medicine expert) Summarize important considerations in the management of anxiety and depression (family medicine expert)
- Utilize pharmacologic and non-pharmacologic management for insomnia in their practice (Communicator, Medical Expert)
- Determine how current mental health services in Manitoba may impact psychiatric referral pathways and current models of shared care (family medicine expert, collaborator and manager)