



Lebanese Society of  
Family Medicine



# FAMILY MEDICINE IN TIMES OF CRISIS

November 20<sup>th</sup> - 21<sup>st</sup>, 2020 | Virtual Meeting



**12 CME  
CREDITS**

Accredited by The Lebanese  
Order of Physicians - Beirut



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Molly Kilpatrick, MD	USA
Susan Sawyer, MD	Australia
Valerie Luyckx, MD	Switzerland
Joe El Khoury, MD	France
Carol Wehbe Chidiac, MD	UAE



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## FRIDAY, NOVEMBER 20<sup>TH</sup>, 2020

### 09:00 - 11:00 VIRTUAL SESSION I: FAMILY MEDICINE ACROSS THE LIFESPAN

Moderators Antoine Challita, MD - Claudine Nasr, MD - Samia Badr, MD

09:00 - 09:30 COVID-19 Pandemic and Adolescents Worldwide  
Susan Sawyer, MD | Royal Children's Hospital - Melbourne (Australia)

09:30 - 10:00 Early Interventions in Eating Disorders: The Role of Family Physicians  
Carole Wehbe Chidiac, MD | GMC clinics Dubai (UAE)

10:00 - 10:30 Pediatric Headache: From Evaluation to Management  
Nadia Koleilat, MD | Beirut Arab University

10:30 - 11:00 Geriatrics: Latest Research and Reviews  
Nazem Bassil, MD | St. George Hospital University Medical Center

11:00 - 11:30 **Merck Symposium**  
Metformin in Prediabetes  
Dana Sleiman, MD

11:30 - 12:00 **Novo Nordisk Symposium**  
Its Time to Consider the Range: A New Perspective on Glycemic Control  
Mireille El Amm, MD

12:00 - 12:15 Break

12:15 - 12:45 **Novartis Symposium**  
Optimizing COPD Management  
Georges Dabar, MD



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### 12:45 - 14:45 VIRTUAL SESSION II: 2020 AND THE GLOBAL HEALTH CHALLENGES

Moderators Matta Matta, MD - Selim Adib, MD - Lara Bou Abdo, MD

12:45 - 13:15 Triage Decision-Making During COVID-19 Pandemic  
Jacques Choucair, MD | Hotel Dieu de France Hospital

13:15 - 13:45 Primary Care Physicians During Emerging Diseases: Are We Well Prepared?  
Firas Abiad, MD | Rafic Hariri University Hospital /American University of Beirut Medical Center

13:45 - 14:15 Research During Pandemics: The Case of COVID-19  
Elie Akl, MD | American University of Beirut Medical Center

#### 14:15 - 14:45 ABSTRACTS ORAL PRESENTATION

Abstract 1: Utilization of Telemedicine by the Lebanese Physicians During Time of Pandemic

Mohamad Jounblat, Medical Student | Beirut Arab University

Abstract 2: Public Awareness on COVID-19 and its Association with Social Media Use: A Cross-sectional Study from Lebanon

Sanaa Itani, Medical Student | Beirut Arab University

Abstract 3: The effect of Balint training on the psychological skills of residents beyond family medicine residency

Gracia Hamadeh, MD | Beirut Elite Clinics Hamra

#### 14:45 - 15:15 **GSK Symposium**

Asthma: The power of Control

Hesham Tarraf, MD

#### 15:15 - 15:45 **Astra Zeneca Symposium**

The Established Role of DPP4I in the management of T2D

Paola Attalah, MD



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15:45 - 16:00

Break

16:00 - 16:30

### **Astra Zeneca Symposium**

SABA Overreliance Issue and Updates in Asthma Management in GINA Steps 3-5

Joudy Bahous, MD

**16:30 - 19:15**

### **VIRTUAL SESSION III: PALLIATIVE CARE FOR THE FAMILY PHYSICIAN: DELIVERING HIGH-QUALITY CARE TO YOUR PATIENTS**

Moderators

Salam Jaloul, MD - Hadi Ghanem, MD - Pamela Farah, MD

16:30 - 17:00

Primary Palliative Care: What Every Family Physician Should Know

Joe El Khoury, MD | Centre Hospitalier Public d'Hauteville (France)

17:00 - 17:30

I Want My Patients to Live Longer And Better - Early Palliative Care Can Help!

Frank Ferris, MD | Ohiohealth - Columbus, OH (USA)

17:30 - 18:00

My Patient is Dying! Managing the Last Hours of Life Effectively

Khairat Al Habbal, MD | Lebanese American University Center - Rizk

18:00 - 18:30

Introducing Advance Care Planning in Family Practice in Lebanon: How to Help my Patients Decide for Themselves

Salah Zeineldine, MD | American University of Beirut Medical Center

18:30 - 19:15

### ROUND TABLE: CARE IN TIMES OF CRISIS: FROM PALLIATIVE CARE TO GLOBAL HEALTHCARE

Telehealth in the Wake of Social Unrest and Lockdown:

A Successful Lebanese Experience, Aline El Zakhem, MD | American University of Beirut Medical Center

New Ethical Dilemmas in the Covid-19 Pandemic, Molly Kilpatrick, MD | Mayo Clinic - Jacksonville, FL (USA)

Health Care During the Financial Crisis: Real Life Challenges and Solutions, Hiba Makke, MSW | Balsam, Lebanese Center for Palliative Care

19:15 - 19:45

### **Boehringer Ingelheim Symposium**

Cardio-Renal Metabolic Approach: A Necessity in T2D Management

Carla Sawan, MD



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### 08:15 - 10:30 VIRTUAL SESSION IV: HEALTHCARE AND THE ECONOMY

Moderators Maya Romani, MD - Mouin Jammal, MD - Nelly Klayme, MD

08:15 - 08:45 Over Diagnosis: Harm vs Benefit  
Joumana Antoun, MD | American University of Beirut Medical Center

08:45 - 09:15 How to Manage Common GI Problems in the Times of Economic Crisis?  
Fadi Daniel, MD | American University of Beirut Medical Center

09:15 - 09:45 Common Cardiology Problems: Can We Do Better Spending Less?  
Simon Abou Jaoude, MD | Hotel Dieu de France Hospital

09:45 - 10:10 Common Musculoskeletal Complaints:  
The Economic and Pandemic Crisis as an Opportunity to Think of a Better Cost Effective Diagnostic and Management Plan?  
Nelly Ziade, MD | Hotel Dieu de France Hospital

10:10 - 10:30 Musculoskeletal Injections: What is the Evidence?  
Rania Sakr, MD | Lebanese American University Center - Rizk

10:30 - 11:00 **Novo Nordisk Symposium**  
Semaglutide: Realising the Potential Unifying Superior Efficacy and CV Benefits  
Speaker: Roula Bou Khalil, MD  
Moderator: Khalil Achkar, MD

11:00 - 11:15 Break

11:15 - 11:45 **AstraZeneca Symposium**  
T2D & Cardiorenal Risk: The Role for Early SGLT2i  
Sami Azar, MD



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### 11:45 - 13:15 SESSION V: HOW TO MAINTAIN A GOOD PRACTICE DURING A CRISIS

Moderators Josette Sfeir, MD - Jibrayel Razouk, MD - Maya Tawk, MD

11:45 - 12:15 Psychiatry in the Times of Crisis  
Wadih Naja, MD | Mount Lebanon Hospital Gharios Medical Center

12:15 - 12:45 The Outbreak of Domestic Violence: Role of the Family Physicians  
Jinane Usta, MD | American University of Beirut Medical Center

12:45 - 13:15 Acne Vulgaris Treatment in Family Practice: A Review of the Evidence  
Wissam Chalhoub, MD | Lebanese University / American University of Beirut Medical Center

13:15 - 13:45 **Lundbeck Symposium**  
Bringing More Benefits to Patients with Depression  
John Peter Gebrane, MD

13:45 - 14:00 Break

14:00 - 14:30 **GSK Symposium**  
Mental Health Management in Current Times  
Nabil Mikati, MD

14:30 - 15:00 **Boehringer Ingelheim Symposium**  
Updates on the Management of Patients with T2D and Heart Failure  
Rita Medlej, MD



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15:00 - 17:15

### SESSION VI: EXPLORING NEW HORIZONS

Moderators

Diana Rahme, MD - Wael Karameh, MD - Marc Nahas, MD

15:00 - 15:25

2020 Updates in COPD

Celine Baaklini, MD | Hôpital Français du Levant

15:25 - 15:45

Efficacy in Controlling Glycemia with Liraglutide in a Primary Care Setting: the LIRA-PRIME Study

Marouan Zoghbi, MD | Hotel Dieu de France Hospital

15:45 - 16:15

Individual Versus Public Health Ethical Obligations in the Time of Outbreaks

Valerie Luyckx, MD | Institute for Biomedical Ethics and History of Medicine, University of Zurich (Switzerland)

16:15 - 17:15

#### ROUND TABLE: OPPORTUNITIES FOR FAMILY PHYSICIANS

Lifestyle Medicine, Antoine Aoun, MD | Notre Dame University - Louaize

Adolescent Medicine, Beatrice Khatteb, MD | American University of Beirut Medical Center

Occupational Medicine, Carine Sakr, MD | American University of Beirut Medical Center

Travel Medicine, Remi Daou, MD | Hotel Dieu de France Hospital

Aviation Medicine, Mario Chahrouri, MD | Beirut Arab University

Sports Medicine, Hala Ishac, MD | American University of Beirut Medical Center

17:15

Closing





## LEARNING OBJECTIVES

### **COVID-19 pandemic and adolescents worldwide**

By the end of this presentation, attendees are expected to:

- Identify impact of the pandemic and lockdown on teens' behavior and health
- Understand why teens have reacted this way
- Recognize lessons learned from this experience

### **Early interventions in eating disorders: the role of family physicians**

By the end of this presentation, attendees are expected to:

- Know how to approach eating disorders in family practice
- Discuss impact of COVID-19 pandemic on eating disorder
- Recognize early signs and red flags
- Identify role of weight stigma and fat phobia

### **Pediatric headache: from evaluation to management**

By the end of this presentation, attendees are expected to:

- Obtain a comprehensive history in a pediatric patient with headache
- Differentiate between primary and secondary headache
- Recognize essential aspects of physical exam
- Discuss management plan

### **Geriatrics: latest research and reviews**

By the end of this presentation, attendees are expected to:

- Identify the benefits of influenza antiviral therapy
- Identify the benefits of subclinical hypothyroidism treatment
- Recognize the updated guidelines for the management of osteoarthritis
- Recognize the update guidelines for asymptomatic severe aortic stenosis management
- Outline the importance of LDL-C target in secondary prevention



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## LEARNING OBJECTIVES

### **Triage decision-making during COVID-19 pandemic**

By the end of this presentation, attendees are expected to:

- Evaluate the impact of COVID-19 pandemic on routine medical care
- Select the most appropriate procedure at triage, that can be effective at preventing transmission of COVID-19 to patients and healthcare workers, in hospital and in the outpatient setting

### **Primary care physicians during emerging diseases: Are we well prepared?**

By the end of this presentation, attendees are expected to:

- Identify key roles of the primary care physician in emerging diseases preparedness and control
- Define a timely, efficient and effective response to emerging diseases
- Identify ways to develop relationships with stakeholders and partners
- Discuss lessons learned and future direction

### **Research during pandemics: the case of COVID-19**

By the end of this presentation, attendees are expected to:

- Describe the quantity of research produced during the COVID-19 pandemic
- Critically appraise the quality of research produced during the COVID-19 pandemic
- Describe how the methods used during the pandemic differed from the usual

### **Abstracts oral presentation**

Abstract 1: Utilization of Telemedicine by the Lebanese Physicians During Time of Pandemic

Abstract 2: The effect of Balint training on the psychological skills of residents beyond family medicine residency.

Abstract 3: The effect of Balint training on the psychological skills of residents beyond family medicine residency



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## LEARNING OBJECTIVES

### **Primary palliative care: What every Family Physician should know**

By the end of this presentation, attendees are expected to:

- Identify common misconceptions about palliative care, opioids, and goals of care
- Acquire principles and basics of symptom evaluation and management
- Acquire principles and basics of functional status assessment

### **I want my patients to live longer and better - Early palliative care can help!**

By the end of this presentation, attendees are expected to:

- Measure the impact that early palliative care can have on quality of life and survival time
- Use palliative care skills to decrease conflict and stress of patients
- Recognize the value of teaming up with palliative care subspecialists for complex cases management

### **My patient is dying! Managing the last hours of life effectively**

By the end of this presentation, attendees are expected to:

- Discuss how to prepare themselves, the patients and the families for the last hours of life
- Provide care and symptom management for the actively dying patient

### **Introducing advance care planning in family practice in Lebanon: How to help my patients decide for themselves**

By the end of this presentation, attendees are expected to:

- Identify the role of the family physician in triggering the discussion about end-of-life planning in the Lebanese context
- Guide patients in reflecting about their goals for medical care if they ever develop a serious illness

### **Care in times of crisis: From palliative care to global healthcare (round table)**

By the end of this presentation, attendees are expected to:

- Select tools to provide the best global medical care throughout different types of crisis, based on local and international palliative care experiences



## LEARNING OBJECTIVES

### **Over diagnosis: harm vs benefit**

By the end of this presentation, attendees are expected to:

- Define over diagnosis and list examples of over diagnosis
- Identify driving factors for over diagnosis
- Explore solutions to prevent over diagnosis

### **Common GI / functional disorders**

By the end of this presentation, attendees are expected to:

- Suggest a cost- effective plan of management of common GI symptoms (IBS, dyspepsia, GERD) for primary care physicians
- Decrease investigations and treatment of common GI problems and avoid overinvestigation and overtreatment

### **Common cardiology problems: can we better spending less?**

By the end of this presentation, attendees are expected to:

- Address screening, diagnosis and treatment in the time of economic crises
- Evaluate the impact of the COVID19 pandemic on common cardiovascular problems

### **Common musculoskeletal complaints: the economic and pandemic crisis as an opportunity to think of a better cost effective diagnostic and management plan?**

By the end of this presentation, attendees are expected to:

- Address screening, diagnosis and treatment in the time of economic crises, avoiding overdiagnosis and overtreatment of commonly encountered diseases by primary care physicians mainly fibromyalgia
- Evaluate the impact of the COVID19 pandemic on common rheumatological diseases and the use of biologics

### **Musculoskeletal injections: what is the evidence?**

By the end of this presentation, attendees are expected to:

- Describe the clinical benefit and cost effectiveness of common musculoskeletal injections done in primary care setting



## LEARNING OBJECTIVES

### **Psychiatry in the times of crises**

By the end of this presentation, attendees are expected to:

- Address screening, diagnosis and treatment in the time of economic crises, avoiding overdiagnosis and overtreatment of commonly encountered diseases by primary care physicians mainly depression and anxiety disorders
- Evaluate the impact of the crises (economic and COVID-19) on common psychiatric diseases

### **The outbreak of domestic violence: role of Family Physicians**

By the end of this presentation, attendees are expected to:

- Cite the most common markers of domestic violence
- Define the family physician's role in regard to the domestic violence victim's safety
- List the community resources helpful in dealing with domestic violence victims
- Evaluate the impact of COVID-19 pandemic/economic crisis on domestic violence

### **Acne Vulgaris treatment in Family Practice: a review of the evidence**

By the end of this presentation, attendees are expected to:

- Develop a simple approach to pretreatment assessment in patient presenting with Acne Vulgaris
- Recognize the treatment principles
- Decide the appropriate course of treatment
- Be familiar with emerging therapies



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### **2020 updates in COPD**

By the end of this presentation, attendees are expected to:

- Be familiar with latest changes to GOLD guidelines

### **Efficacy in Controlling Glycemia with Liraglutide in a Primary Care Setting: the LIRA-PRIME study**

By the end of this presentation, attendees are expected to:

- Know the efficacy in controlling Glycemia with Liraglutide as add-on to Metformin vs. OADs as add-on to Metformin in sub-jects with Type 2 Diabetes inadequately controlled with Metformin monotherapy and treated in a Primary Care Setting

### **Individual versus public health ethical obligations in the time of outbreaks**

By the end of this presentation, attendees are expected to:

- List the main principles of bioethics
- Differentiate between the individual approach and public health approach to ethical issues
- Identify the main ethical issues implicated in outbreaks
- Decide on the optimal approach to resolve the commonly faced ethical issues

### **Opportunities for Family Physicians**

By the end of this presentation, attendees are expected to:

- Be familiar with certifications related to subspecialties in Family Medicine like Lifestyle medicine, Adolescent medicine, Occupational Medicine, Travel Medicine, Aviation Medicine and Sports Medicine
- Recognize Core functions of family practice subspecialties in Lifestyle medicine, Adolescent medicine, Occupational Medicine, Travel Medicine, Aviation Medicine and Sports Medicine
- Explore area of practice in Lifestyle medicine, Adolescent medicine, Occupational Medicine, Travel Medicine, Aviation Medicine and Sports Medicine

THE LEBANESE SOCIETY OF FAMILY MEDICINE WOULD LIKE TO THANK THE FOLLOWING COMPANIES  
FOR THEIR CONTRIBUTION TO THE SUCCESS OF THE CONGRESS



NOVARTIS



Organized by:



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