

BEAR's 2020/2021

Resident	Topic
Sarah Ardell	Oral Prednisone for acute gout flares
	Acute otitis media and antibiotic prescribing
	Candesartan for migraine prophylaxis
	NSAID vs opiates for renal colic
Courtney Bailey	Gabapentin for alcohol use disorder
	Treatment of cutaneous warts
Miriam Belisheim	Nitroglycerin for lateral epicondylitis
	Chewing gum to reduce post op ileus
	Vit C in Iron Deficiency Anemia
	Colchicine for Secondary Cardiac prevention
Florence Cahn	Effect of coffee on NAFLD
	Vaginal Lidocaine for IUD insertion
	Honey for Diabetic Ulcers
	Time restricted eating for weight loss in obese patients
Allison Farfus	Isopropyl Alcohol for Nausea in the ED
	Combined hormonal contraceptives and migraine
	Valsalva maneuver and SVT
	Epley Maneuver and BPPV
Deanna Fernandes	Pregabalin vs. Gabapentin for nerve pain
	Antiviral use in bell's palsy
	SawPalmetto in BPH
	Statin effect on glucose in DMT2
Lacey Jurke	What is the best treatment for female pattern hair loss
	Which is better for skin and soft tissue infections: Clindamycin or Septra
	Does topical lidocaine decrease pain for infants needing venipuncture
	Topical/device based treatments benefit for fungal toenail infections
Patricia Massel	Escalated puffer therapy effect on mortality for COPD patients
	Does hot tubbing in early pregnancy increase risk of fetal anomalies
	Does treating ADHD in childhood decrease criminal activity
	Topical TXA for nosebleeds
Breanne Paul	Cyclobenzaprine for acute muscle strain
	Corticosteroids for preventing biphasic anaphylaxis
	Laceration dressing vs air dry
	Patient care outcomes with professional language interpreters
Jim Rogers	N-acetylcysteine in the prevention and treatment of COVID-19
	Calcitonin gene-related peptide monoclonal antibodies for chronic migraine
	GLP1 agonists in obesity
	Nabilone for agitation in dementia
Jaclyn Wallace	Vit C and complex regional pain
	Probiotics and antibiotic associated diarrhea
	Iron supplements daily vs twice weekly
	IUD insertion postpartum

BEAR's 2019/2020

Resident	Topic
Jeff Bennett	ETT for missed ACS in low risk patients
	Fecal Calprotectin in Diagnostic Assessment for Chronic Abdo Pain
	Prevention of perineal tears during second stage of labour
	Adverse events of stopping ASA being used for primary prevention of ACS
Renee Crawley	Ketogenic diet and pediatric epilepsy
	Nootropic supplements and cognitive enhancement
	H2 receptor blockers and PPIs for nocturnal acid reflux
	Efficacy of moxibustion for vision of breech presentation
Kathleen Degner	Perineal Support Techniques during delivery
	Marijuana in Pregnancy
	Acne Vulgaris - Does Diet Make a Difference?
	Fever and Migraine Prophylaxis
Brian Ficiur	Post Viral Cough Treatment
	Occipital Nerve Blocks for Acute Migraine
	Optimal Technique for anterior shoulder reduction
	PRP vs. Hyaluronic acid injections for knee OA
Luke Green	Systolic Hypertension Management
	Filtered Sunlight Treatment for hyperbilirubinemia
	Prenatal Folate & Neural Tube Defects
	Multivitamins to prevent CVD in men
Ronny Kwetny	Interpregnancy Intervals and association with adverse outcomes
	Self collected samples for STI screening in women
	Timing of anti-hypertensive dosing
	Treatment Of Acute Otitis Media in Children
Tyler Letain	Intranasal lidocaine for acute cluster headaches
	Surgical vs. Non-surgical management of acute ruptured achilles
	Should routine TSH screening be done in asymptomatic (non pregnant) individuals?
	Isotretinoin, is low dose as effective as the conventional higher dose for treatment of acne vulgaris?
Nicole Roshko	Nighttime Dosing of Antihypertensives
	The effect of Garlic on Hypertension
	Effectiveness of masks on viral illness
	Does chocolate increase acne?
Kaitlin Thomas	Local Hormonal Therapy For Breast Cancer Pts with Vulvovaginal Atrophy
	Conservative management for plantar fasciitis
	Probiotics for Diverticular disease
	High fiber diet for Diverticular disease

BEAR's 2018/2019

Resident	Topic
Kyla Adams	Practice effects in serial cognitive testing
	Hypnotherapy for smoking cessation
	Laser treatment onychomycosis effective
	Are clinical decision rules helpful
Chantal Badger	Whooping cough in fully immunized children
	Calcium channel blockers vs. adenosine in SVT
	Alcohol use disorders & medications
	Inflammatory arthritis and the c-spine
Justine Bristow	Chiropractic manipulation in infantile colic
	Probiotics in infantile colic
	Honey and relieving Pediatric nocturnal URTI cough
	Poly unsaturated Fatty Acids in ADHD
Kristin Burles	Diagnosing UTIs in long term care facilities
	Anxiolytic properties of marijuana
	Iron for treating restless leg syndrome
	Communication interventions for non-verbal autistic children
Kimberly Connors	Risk of intussusception following rotavirus vaccination in infants
	Use of PPIs for GERD in infants
	Domperidone as a galactagogue
	Smartphone apps for depression
Dane Edwards	Effect of lubricants on fertility
	Evidence for Lutein supplementation in prevention of muscular degeneration
	Electronic Cigarettes
	Sterile gloves or not
Marc Filion	Sunscreen use in infants
	Induction of labour at 39 weeks
	AXR in kids with suspected constipation
	Water as cerumenolytic
Jared Patterson	Are sutures needed after punch biopsies
	Immobilisation after shoulder dislocation
	PRP for chronic mid portion achilles tendonitis
	Topical Corticosteroids for OA knee pain
Nashwan Safar	Intra-Articular Steroids Frequency in OA
	Steroids for Sore Throat
	Intermittent fasting or not
	Hydrochlorothiazide and non-Melanoma skin cancer
Alexandra Zamponi	Effectiveness of Melatonin as a sleep aid

	Antibiotics post incision & drainage in treatment of skin abscesses
	Vaginal Seeding for neonates born by C-Section
	Nitro patch as treatment for lateral Epicondylitis

BEAR's 2017/2018

Resident	Topic
Darren Bugbee	Is home birth safe
	Does the Patient medical home reduce hospitalization or ED visits
	Is coffee carcinogenic
	What is the impact of screen time on pediatric cognition
Kathryn Chevalier	Mobile apps for mental health
	Should we treat subclinical hypothyroidism
	Turmeric as anti-inflammatory
	Music therapy for dementia
Emma Curran	CBT for Children with abdominal pain
	Prevention of Cold Sores using Valacyclovir
	How useful are plain abdominal films in clinical decision making when considering bowel obstruction
	How effective are topical NSAIDs specifically formulations containing diclofenac at effectively reducing pain in injuries
Jacquelyn Gilbank	Pediatrics: B2 in migraine Prophylaxis
	Obstetrics: B6 in nausea/vomiting
	Do injection therapies improve pain for Tennis Elbow
	Antenatal self massage reduce the rate of Perineal Trauma Birth
Chelsea Henry	Prolotherapy for Chronic Knee Osteoarthritis
	Kyleena Vs Mirena IUD
	Shingles Vaccine & Why we care
	Can probiotics reduce the duration of symptoms in acute pediatric gastro
Sarah Jo	Vandenbos procedure for Ingrown Toenails
	High Doses of Parenteral Ketorolac given for acute pain provide more effective analgesia
	Self Vaginal Swabs for HPV more effective than cytology for cervical cancer screening
	Effects of Antibiotics on hormonal contraception
Carlos Lara	Effective counseling in weight loss
	How useful is a urinalysis for diagnosis of uncomplicated uti
	During oxytocin induction is it safe to stop and restart an oxytocin iv infusion
	What are the adverse effects of paediatric strep throat treatment with amoxicillin
Paras Satija	Paracervical blocks for iud insertion
	Self collected swabs for Chlamydia & Gonorrhea

	Ketogenic Diet in T2DM
	Ketamine for Acute pain in the ER
Kelly Simo	Metformin for weight loss in patients with PCOS
	Chlorhexidine in IUD insertion
	Frankincense & Anti Inflammatory
	Chorioamnionitis & Diagnosis
Jenny Strong	Concussion return to play/study
	Cyclical vomiting syndrome and marijuana use
	Contralateral training and exercise visualization impact on recovery time
	Exercise prescription

BEAR's 2016/2017

Resident	Topic
Michael Bergunder	Serum Lactate for sick Patients
	Osteoarthritis and Chondroitin
	Fecal Transplants
	Corticosteroids and Late pre-term delivery
Alanna Bowie	Pneumococcal vaccine in COPD patients
	Rotateq effective in pediatric for preventing Rotavirus related morbidity/mortality
	Does abdominal x-ray help make decisions regarding abdominal pain and constipation
	is there evidence for the completion of complex care plan in office
Amy Cockburn	Betahistine for Management of BPPV
	Corticosteroid for knee injections
	Supplements during pregnancy
	Nasal Corticosteroids for Eustachian Tube Dysfunction
Renee Deagle	H.Pylori Testing
	Femarelle Safety and Efficacy in menopausal women
	CRP levels in pediatric population
	Topical Nsaids, treatment of choice for OA
Cian Hackett	Ketorolac IM vs PO
	Hypertensive Urgency
	Assessment of Pediatric Fever
	Is it safe to recommend pill splitting
Dean Hanson	Corticosteroids vs NSAIDS for Gout
	Corticosteroids for Community acquired pneumonia
	Corticosteroids for Bell's Palsy
	Adverse events from short-term Corticosteroids
Gregory Sawisky	Bisphosphonates at 5 years
	Steroids in OME
	Arnica for OA
	Topical Therapy for Pregnancy related Striae
Anthony Willmot	Procalcitonin & PRP
	PRP for Knee OA
	Bariatric Surgery

	Hypertension in the Elderly
Jessalyn Weir	Are Vaginal swabs comparable to urine samples for diagnosing infection with C trachomatis
	Do PPI's reduce incidence of esophageal adenocarcinoma
	How useful physical exams for diagnosis of pneumonia
	How useful are nail scrapings/clippings for the diagnosis of onychomycosis
Nicole Yam	Ivy Leaf
	Smoking Cessation
	Vitamin D supplementation and reduction of preterm labour
	Smart phone integrated infant physiologic monitors benefit or harmful

BEARs 2015/2016

Resident	Topic
Keely Abercrombie	Antibiotics in the treatment of acute appendicitis
	Should patients have ultrasound for steroid shoulder injections
	Vitamin D for Prevention of Fibroids
	Evidence for screening urinalysis
Danielle Cherniak	Cannabinoids & Cancer
	Ibuprofen vs. Tylenol for child migraines
	Fibroids is the answer always surgery
	SAD does light Help
Stephanie Frigon	Should you add serum urate to lab work
	Does probiotic yogurt prevent antibiotic diarrhea
	Dietary recommendations for pediatric constipation
	Recommended daily intake of folic Acid
Mika Hemphill	Risk of ADHD in kids whose mothers take Tylenol during pregnancy
	Giving ondansetron reduce rate of admission for pediatric iv hydration
	Antibacterial ointment after Biopsy
	Rifaximin for traveler's Diarrhea
Paul Kirvan	PPI's and Pneumonia
	Fall risk of Trazodone
	Winter Tires
	Delayed Cord Clamping
Kate Overbo	Duct Tape for Warts
	Does Breast milk treat Conjunctivitis
	Avoid honey in kids <1
	Docusate does it work
Jarritt Seeman	E-cigarettes
	Perennial Sutures
	Is Gabapentin effective in treatment of phantom limb pain
	Oral potassium supplements equivalent to intravenous
Heather Shonoski	Ulipristal Acetate for Emergency Contraception
	Frenotomy for Breastfeeding
	Pre Exposure Prophylaxis
	Topical Metformin
Christopher Sveen	UTI in Diabetics on SGLT-2 Inhibitors
	Monitoring and adjusting testosterone therapy in Hypogonadal men
	Garlic for prevention of the common cold
	Topiramate for chronic daily headaches
Prudence Wu	Unexpected recurrent miscarriage
	Antibiotics in uncomplicated Diverticulitis
	Umbilical cord drainage
	Steroids as an adjuvant for Pneumonia

BEARs 2014/2015

Resident	Topic
Lisa Boere	Getting to the root of ginger for nausea
	Hypertonic saline for acute bronchiolitis
	Clamp or not to Clamp
	Hypnotherapy for smoking sensation
Kelli Burdek	Splinting for carpal tunnel syndrome
	Can vitamin C be used to reduce symptoms/duration of the common cold
	Should screening for rectal Gonorrhea and Chlamydia infections be offered to sexually active heterosexual women
	Best fluid choice to correct chronic hyponatremia in a hospitalized elderly patient
Brittany Craigen	Perianal compress
	Acute rate control in Afib
	Continuous OCP
	Should IgG level dictate elimination diets
Tara Dawn	Dietary advice in Diverticular disease
	B12 levels in a Northern Alberta Prenatal clinic
	Safety of Intra-Articular joint injections in Anti-Coagulated patients
	Hip Dysplasia in clinically normal breech born infants
Matt Dykstra	BMI and Mortality
	Inhaled corticosteroids stature
	Fasting lipid profiles superior to non-fasting tests
	Cervical swabs compared to urine sample for NAAT testing of Chlamydia & Gonorrhea
Cayla Gilbert	Fasting vs. Non-fasting lipids
	Ibuprofen vs. acetaminophen
	Vitamin D and mood
	NSAID peri-articular injection
Baylee Henderson	Tranexamic Acid vs. NSAIDS in treatment of menorrhagia
	NSAIDS and fracture healing
	Scaphoid Fractures
	To pack or not to pack for perianal abscesses
Cole Leavitt	Topical steroids and pregnancy
	Yoga, pregnancy and depression
	Steroids, sore throats and studies
	Colic and chiropractic
Harry Moore	Fenugreek and milk production
	Friedman curve
	Treatment for chronic constipation
	Effects of oseltamivir with influenza
Devin Ritter	Antivirals in Bell's palsy
	Probiotics for traveler's diarrhea
	Garcinia cambogia for weight loss
	Should statin co-prescription with Clarithromycin or erythromycin be avoided

BEARs 2013/2014

Resident	Topic
Stephen Annand	Codeine and Breastfeeding
	Botox for Migraines
	Q10- Cure for stain Myopathy
	B12 Replacement IV or PO/SL
Carly Crewe	Fenugreek increase milk supply
	Cut or not cut Frenotomy
	Exercise to treat Depression
	How useful is symphysis fundamental Height
Brenna Duffy	Wound cleaning
	Does unrestricted pacifier use curb breastfeeding
	Vaginal exams
	Vaginal weighted cones
Andrew Halladay	Probiotics in prevention of C-Dif associated diarrhea
	Babies suck but does it matter
	Is oral glucose effective at treating hypoglycemia in neonates
	Aspirin effective at preventing pregnancy loss
Wendy Howery	Cherries and gout
	Delayed cord clamping
	Low LODMAP diet for IBA
	Magnetic Bracelet for OA pain
Becky Neckoway	Hypothermia & Childbirth
	Tranexamic acid & PPH
	Chronic anal Fissures
	Glucosamine & Osteoarthritis
Donna Neufeld	Vitamin D dosing frequency
	Injection Pain
	Lip ties
	Sliding scale insulin vs. Basal-Bolus
Dawn Poisson	Warm milk for sleep
	Chicken soup
	Circumcision
	perineal Massage
Bryden Russell	Appendicitis DX
	Honey Risk
	Honey for Cough
	Testicular cancer screening
Kelli Taylor	Contraceptives & Breastfeeding
	Cautery smoke in the OR
	Does misoprostol ease IUD insertion
	Routine urinalysis in Pregnancy

BEARs 2012/2013

Resident	Topic
Allison Sweeney	Acne tx in pregnancy
	Fetal Fibronectin
	Sunblock: Is there any protection benefit of sunscreens with SPF >50?
	Bronchodilators - Role in moderate to severe bronchiolitis in children and infants?
Alison Madlung	Tranexamic Acid in Trauma
	ASA for VTE
	New oral anticoagulants for treatment of VTE
	Cervical cancer screening for women 21-24
Andrew Wing	Daxas (Roflumilast) for COPD
	Probiotics for infectious diarrhea in children
	Packing after abscess I&D
	Antibiotics after abscess I&D
Jena Smith	ESR or CRP for RA?
	Phimosis in uncircumcised boys - When is it appropriate to refer to Urology?
	Is Domperidone the safest choice for lactation augmentation?
	Diane-35 and VTE risk
Jonathan Sommerville	Umcka for URTIs
	Vandenbos procedure for ingrown toenails
	Dukoral for traveler's diarrhea
	b-HCG for weight loss
Kalah Blackstock	Tamsulosin for Kidney Stones
	SSRI Use in IBS
	Tanning Beds for Psoriasis
Mike Kapusta	Cranberry and UTI
	PEG and constipation
	Epi and finger lacerations
	Anticholinergics for OAB
Murray Rodych	Ideal target A1C
	Scratch Collapse Test for Carpel Tunnel Syndrome
	Zopiclone vs. Zolpidem for Primary Insomnia
	Tantum mouth rinse for sore throat
Paula Burke	Best suture material for perineal repair
	Open vs. closed glottic pushing for 2nd stage
	Do decongestants work for the common cold
	Lactulose in hepatic encephalopathy
Vickie Lee	Uloric for gout
	Fiber for colorectal cancer prevention
	Buscopan for biliary colic
	Cimetidine for molluscum contagiosum

BEARs 2011/2012

DATE	PRESENTERS	TOPIC(s)
September	Brad Ball Kristen Rylance	Coenzyme Q10 for control of myalgias with statins Testosterone for ED Membrane stripping for induction of labour Progesterone for women with recurrent pregnancy loss
October	Keri Ladd Jamie McIntyre	Gripe water for colic Testosterone for female sexual dysfunction Wart treatment methods Fluoride in tap water for prevention of dental caries
November	Jessica Maciejko Karen Neupane	Fever control in pediatric patients: Advil vs Tylenol Vitamin C for prevention of URTI Shingles vaccine Mirena for perimenopausal bleeding,
January	Rob Riddell Lindsay Penner	Scalpel vs scalpel-less vasectomy Misoprostol for PPH Long chain FA supplementation in babies Co-prescribing with NSAIDs
February	Allison Clare Travis Webster	5-ARIs for chemoprevention of prostate cancer Increased risk of mortality with sleeping pills Does shoe size predict CBD Probiotics for IBD
March	Amber Jorgenson Jamie McIntyre	Peanut exposure in infancy and peanut allergy Codeine for cough suppression Tendonitis treatment Wound cleansing – sterile vs. not
March	Keri Ladd Karen Neupane	Maneuvers in shoulder dystocia Tylenol use in infants as a risk factor for asthma Clinical breast exam Breast cancer risk with soy exposure
April	Brad Ball Amber Jorgenson	ASA chemoprophylaxis for CRC Controlled cord traction in the 3 rd stage of labor Benefit of delayed pushing in the 2nd stage of labor Evening primrose oil for cervical ripening
May	Allison Clare Rob Riddell	Omega-3 supplementation in infant formula Liver enzyme measurement with statin initiation
June	Kristen Rylance Travis Webster	Duration of bisphosphonate therapy Drospirenone-containing OCP and risk of VTE Gabapentin for hot flashes

	Fluoroquinolones and arthropathy in children
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BEARs 2010/2011

DATE	PRESENTERS	TOPIC(s)
September 16th	1) Dan Kalf	a) Acupuncture for OA. b) Treating tongue-tie.
	2) Shaira Somani	a) Using home BP machines. b) Treating onychomycosis topically.
October 21st	1) Jesse Christiansen	a) Glue vs Sutures (dehiscence). b) Sodium Intake & BP.
	2) Jesse Howatt	a) Tylenol & Febrile Illness Outcomes. b) Weather & OA Pain.
November 25th	1) Lindsay Penner	a) Tampon Use & UTIs. b) Fibre & IBS Symptoms.
	2) Adina McBain	a) Prenatal U/S potential harm. b) SSRIs in Pregnancy.
December 9th	1) Will Emery	a) Nasal Irrigation b) Cold FX
	2) Erin Thompson	a) Peak Expiratory Flow Meters b) Breast Self Exam
January 20th	1) Don Curtis	a) Meningeal Signs b) Statins & Δ Libido
	2) Katie Hermanutz	a) Nasal Irrigation b) Nasal Emollients (Epistaxis)
February 17th	1) Erin Thompson	a) Metformin in Pregnancy b) Solid Foods before 6mo & Obesity
	2) Dan Kalf	a) Dabigatran vs Warfarin b) Reversing Warfarin with Vitamin K
March 17th	1) Jesse Howatt	a) Virtual Colonoscopy b) Synvisc Knee Injections
	2) Jesse Christiansen	a) ACE-i & DM Prevention b) Bell's Palsy Rx
April 21st	1) Katie Hermanutz	a) Duloxetine & Stress Incontinence b) Zopiclone & Abuse Potential
	2) Shaira Somani	a) Vitamin B6 & PMS b) Iron Def & Cognitive Function
May 19th	1) Adina McBain	a) Clomid & Cancer Risk b) (Es)citalopram & Menopause

	2) Rob Warren	a) Concussion & Return-to-Play
June 16th	1) Don Curtis	a) HDL & Niacin b) PCOS & Metformin
	2) Will Emery	a) Melatonin & Jet-lag b) Lyrica & Acute Herpetic Neuralgia

BEARs 2009/2010

PRESENTER	TOPICS
Rob Warren	1) Smoking in Pregnancy/Using NRT in Pregnancy 2) Fasting in Pregnancy (Ramadan) 3) Orthostatic HTN Testing 4) Environmental Triggers for Atopic Dermatitis
Erin Côté	1) Sterile vs Non-Sterile when Suturing 2) Suctioning at Perineum 3) Anticoagulation Initiation 4) Anticoagulation Bridging for Surgery
Adam Hrdlicka	1) CRP & CHD/CAD 2) H1N1 Prophylaxis & Rx 3) Safety of Cephalosporins with Penicillin Allergy 4) DRE & PSA
Justin	1) Anti-vaccination questions
Emily Hornby	1) AOM & tubes 2) Coffee as a Type II DM Risk Factor 3) Protecting the Perineum 4) Melatonin in Peds
Jordan LaRue	1) Weight Loss/Exercise Rx 2) Diverticulosis & Seeds 3) Using EPI/lidocaine in Digits 4) Abx & Oral Contraceptive Pill
Jackie Bucko	1) IBS & Probiotics 2) Peanut Avoidance in Pregnancy 3) 4)
Steve Swainson	1) STI Screen (Swabs vs Urine Test) 2) BV in pregnancy 3) Abx in Finger Laceration 4) Cell Phones & Fertility in Males
Sarah Olesen	1) Delayed Cord Clamping 2) Misoprostol for IUD Insertion 3) Antivirals for Herpes Zoster 4) Screening for Hypothyroidism
Andrea Rahn	1) Statin Monitoring 2) Abx in Sinusitis

Eryn Meloche	3) Treating Non-genital Warts
	4) Treating Constipation in the setting of Chronic Opioid Use
	1) PSA Screening
	2) Diet in Diverticular Disease
	3) Circumcision
	4) Onychomycosis (Fungal Toenails)