

BEAR's 2020/2021

Resident	Topic
Sarah Ardell	Oral Prednisone for acute gout flares Acute otitis media and antibiotic prescribing Candesartaan 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 gastroenteritis
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	Bethistidine 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	<p>Are Vaginal swabs comparable to urine samples for diagnosing infection with C trachomatis</p> <p>Do PPI's reduce incidence of esophageal adenocarcinoma</p> <p>How useful physical exams for diagnosis of pneumonia</p> <p>How useful are nail scrapings/clippings for the diagnosis of onychomycosis</p>
Nicole Yam	<p>Ivy Leaf</p> <p>Smoking Cessation</p> <p>Vitamin D supplementation and reduction of preterm labour</p> <p>Smart phone integrated infant physiologic monitors benefit or harmful</p>

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 SLGT-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 sued 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 hypernatremia 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	Coenzyme Q10 for control of myalgias with statins Testosterone for ED
	Kristen Rylance	Membrane stripping for induction of labour Progesterone for women with recurrent pregnancy loss
October	Keri Ladd	Gripe water for colic Testosterone for female sexual dysfunction Wart treatment methods
	Jamie McIntyre	Fluoride in tap water for prevention of dental caries
November	Jessica Maciejko	Fever control in pediatric patients: Advil vs Tylenol Vitamin C for prevention of URTI
	Karen Neupane	Shingles vaccine Mirena for perimenopausal bleeding,
January	Rob Riddell	Scalpel vs scalpel-less vasectomy Misoprostol for PPH
	Lindsay Penner	Long chain FA supplementation in babies Co-prescribing with NSAIDs
February	Allison Clare	5-ARIs for chemoprevention of prostate cancer Increased risk of mortality with sleeping pills
	Travis Webster	Does shoe size predict CBD Probiotics for IBD
March	Amber Jorgenson	Peanut exposure in infancy and peanut allergy Codeine for cough suppression
	Jamie McIntyre	Tendonitis treatment Wound cleansing – sterile vs. not
March	Keri Ladd	Maneuvers in shoulder dystocia Tylenol use in infants as a risk factor for asthma
	Karen Neupane	Clinical breast exam Breast cancer risk with soy exposure
April	Brad Ball	ASA chemoprophylaxis for CRC Controlled cord traction in the 3 rd stage of labor
	Amber Jorgenson	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	Duration of bisphosphonate therapy Drospirenone-containing OCP and risk of VTE
	Travis Webster	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	Acupuncture for OA. b) Treating tongue-tie.
	2) Shaira Soman	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 Soman	a) Vitamin B6 & PMS b) Iron Def & Cognitive Function
May 19th	1) Adina McBain	a) Clomid & Cancer Risk b) (Es)citalopram & Menopause

June 16th	2) Rob Warren	a) Concussion & Return-to-Play
	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

3) Treating Non-genital Warts
4) Treating Constipation in the setting of Chronic Opioid Use

Eryn Meloche

1) PSA Screening
2) Diet in Diverticular Disease
3) Circumcision
4) Onychomycosis (Fungal Toenails)