



Spring Leadership Conference Workshop/Panel Information



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May 1 Workshops

Workshop	Number of Sessions	Spots Available
Suturing	56	560
Knot Tying	42	420
Taking Vitals	28	280
Wound Care	7	140
Nursing Assessment	14	280
Harm Reduction	7	140
Approach to Trauma	7	140
The Eye Exam	7	140
Pediatric Care	7	280
Interpreting Lab Tests	7	140
Electrocardiogram	7	140
Neurology History and Physical	14	280
Cardiac & Respiratory Exam	7	140
Reading an MSK X-Ray	5	100
Healthcare Advocacy	7	280
Motivational Interviewing	7	140
Path to Dentistry	7	700
Paths to Medical School	3	450
How to Ace the CASPER	1	100
Social Justice in Health Care	3	450
Career Exploration in Surgery	7	140

May 2 Workshops

Workshop	Number of Sessions	Spots Available
Suturing	56	560
Knot tying	42	420
Taking Vitals	42	420
Harm Reduction	7	140
Nursing Assessment	7	140
Approach to Trauma	7	140
Pediatric Care	7	280
Coding in Healthcare	7	140
Intro to Infectious Diseases	7	140
Interpreting Lab Tests	7	140
Electrocardiogram	7	140
Neurology History and Physical	14	280
Cardiac & Respiratory Exam	14	280
Reading an MSK X-Ray	7	140
Taking a Medical History	7	140
Motivational Interviewing	7	140
Dental X-Ray	14	420
Dental Hygiene	7	140
Path to Dentistry	7	350
Mental Health Panel	3	300
Social Justice in Health Care	3	300
Career Exploration in Surgery	7	140

May 8 Workshops

Workshop	Number of Sessions	Spots Available
Suturing	28	280
Knot Tying	28	280
Taking Vitals	14	140
Giving Injections	15	210
Wound Care	7	140
Harm Reduction	7	140
Nursing Assessment	7	140
Innovations in Health Care	7	280
The Eye Exam	7	140
Pediatric Care	7	280
Interpreting Lab Tests	14	280
Electrocardiogram	7	140
Neurology History and Physical	7	140
Chest X-Ray	7	140
Reading MSK X-Ray	7	140
Healthcare Advocacy	7	280
Motivational Interviewing	7	140
Paths to Medical School	3	450
How to Ace the CASPER	1	100
Social Justice in Health Care	3	300
Career Exploration in Surgery	7	140

May 9 Workshops

Workshop	Number of Sessions	Spots Available
Suturing	14	140
Knot Tying	28	280
Taking Vitals	28	280
Giving Injections	14	210
Harm Reduction	7	140
Innovations in Health Care	7	280
Pediatric Care	7	280
Coding in Health Care	7	140
Intro to Infectious Diseases	7	140
Occupational Therapy/Public Health Specialist Workshop	3	60
Interpreting Lab Results	7	140
Chest X-ray	7	140
Electrocardiogram	7	140
Neurology History and Physical	7	140
Cardiac & Respiratory Exam	7	140
Reading an MSK X-Ray	4	80
Motivational Interviewing	7	140
Mental Health Panel	3	300
Allied Health	3	300
Social Justice in Health Care	3	300
Career Exploration in Surgery	7	140

Workshop Descriptions	
Allied Health	<p>Allied health panel.</p> <p>Duration: 120 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Approach to Trauma	<p>You might have learned about the ABC's of first aid in swimming lessons or a CPR course. Now, you can build on that knowledge with the ABCDEs of trauma! Learn about what surgeons do for injured patients in the trauma bay. This session will be interactive too - you'll have the chance to work through a simulated case.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Cardiac and Respiratory Exam	<p>Cardiac and respiratory history & physical station will introduce students to the basics with an approach to performing these examinations. We will go through the basic theory and attempt to practice the skills using break-out rooms and attempt to make it as interactive as possible. We will focus on the basic skills learned that will be useful throughout medical training and used quite frequently.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Career Exploration in Surgery	<p>Learn all about the different careers in surgery!</p>

Chest X-Ray	<p>The Chest X-Ray workshop will provide an introduction to radiology, specifically chest x-rays and their basic applications in the healthcare fields. Participants in this interactive and low-stakes case-based session will be exposed to common and interesting medical presentations, as well as basic clinical reasoning. No prior medical knowledge or experience is required.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Coding in Healthcare	<p>This workshop introduces students to the wonderful area of coding in healthcare. You will learn how to write and read Python code and how to start to think about constructing useful computer programs. We will also solve a fun healthcare problem using coding! Learning to code helps healthcare professionals make sense of the technology that they use, allows them to translate healthcare challenges into digital solutions and helps unleash their creativity to make positive change. Healthcare is currently undergoing a revolution, with technology and coding being at the forefront of this movement.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Dental Hygiene	<p>This workshop will focus on dental hygiene, with emphasis on the bacterial colonies (biofilms) of the oral cavity. The relationship between oral hygiene and systemic pathologies arising as a result of poor oral care will be the main focus of the workshop. Examples of diseases that will be discussed include not only periodontal disease, but also heart disease and metabolic syndromes.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

Dental X-Ray	<p>The dental radiology workshop will discuss the importance of x-rays in the field of dentistry. The workshop will cover topics such as the basics of x-ray technology, radiation biology, and the various types of dental imaging techniques. The application of x-rays in dental diagnostics as well as the basics of a dental radiologic exam will also be presented to give attendees a peak into one of the many important tasks of a dental professional.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Electrocardiogram	<p>Learn the basics of electrocardiograms (ECG). Find out how to determine structural abnormalities or heart rhythm problems from a single printout. Uncover the science behind this diagnostic tool and understand how it is used to diagnose patients.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Giving Injections	<p>In this workshop you will learn how to give a safe injection. You will learn how to give a subcutaneous injection (under the skin) and an intramuscular injection (into the muscle). If you or someone you know has diabetes, you'll have an idea of what a subcutaneous injection is. If any of you have had a vaccine (ex. flu shot) you'll have experienced what it's like to receive an intramuscular injection.</p> <p>Duration: 30 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

<p>Harm Reduction</p>	<p>Harm reduction is an emerging and evidence-based approach to healthcare with people who use drugs. We will talk about what it's like to work with people who use drugs in a supervised injection site, as well as a brief look into the importance of empowering clients and enabling them to be involved in their care. The goal of harm reduction is to meet clients where they are at rather than imposing our own priorities and goals onto clients- leading to them being more engaged in their own health.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Healthcare Advocacy</p>	<p>Healthcare Advocacy: How and Why to Get Involved (Locally, Nationally, and Internationally) Learn to be a healthcare advocate or advance your knowledge in the advocacy field. A workshop to discover what you need to become a successful advocate and how to get there.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

<p>How to Ace the CASPER Test</p>	<p>The road to health professions is paved with many tests!</p> <p>CASPer® is the newest test on the path to medical school, dental schools, nursing programs and many more! It tests your non-academic skills by asking you to judge different online scenarios.</p> <p>This sounds straightforward, but how important is the CASPer® test? How can it affect your application? How do you prepare for it? For many years, people have said that you can't study for it- but that's not true.</p> <p>If you would not mind some advice about CASPer® and how to prepare for it, this workshop is for you!</p> <p>You will have the opportunity to listen to and chat with an intern from PrepMatch, an innovative free peer-to-peer CASPer simulation platform that helps you prepare for "a test that you were told you can't prepare for."</p> <p>Duration: 90 minutes</p> <p>Time: 1:00PM-2:30PM</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Innovation in Health Care</p>	<p>Have you ever seen a medical intervention in Grey's Anatomy, House, or The Good Doctor and asked - is this a real thing? And if it is, how did someone think of this? What did it take to develop it? In this presentation, I'll be answering these questions by showcasing some pop culture references to medical innovation (i.e. devices, apps, and biotechnology) and explaining how they work! I will also be taking you through some interactive cases to teach you the fundamentals of innovation at the medical device, research commercialization, and eHealth levels. By the end, you'll have an idea of the different pathways you can take to start your healthcare innovation journey!</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

Interpreting Lab Tests	<p>At the end of this course, each participant should feel comfortable and have a simplified approach for interpretation of basic lab results including complete blood count and electrolyte panels. We will use a combination of interactive sessions, as well as case-based learning to achieve these goals. You will be feeling like Dr. House once you've learned to solve problems using lab tests.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Intro to Infectious Diseases	<p>Infectious diseases are one of the deadliest and most common causes for hospital admissions in the world. This is an introductory case-based workshop tackling common infections of various organ systems with an emphasis on presentation, diagnostic work-up, and management.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Knot Tying	<p>In this workshop, you will be introduced to the basics of knot-tying in surgery. We will go over the different types of knots, and then follow with a demonstration and lesson on how to do a one-handed surgical knot. Students will then have a chance to practice and ask questions. Bring your own string/yarn and an open mind to learn!</p> <p>Duration: 30 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • Strings (shoelace, thread, etc.) • Stable platform for making the knot • A partner (tie around their finger, but don't make the knot too tight!) • A phone/laptop charging cord • A faucet (around the faucet) • Webcam (for the instructor to provide feedback on your knots)

Mental Health Panel	<p>Medical training is inherently challenging and stressful, making learners prone to depression, burnout, and general decreased wellness. We will be taking a deeper look into why this happens and how it affects medical learners, sustainable approaches to maintaining wellbeing, and how to recognize the signs of depression and burnout so that we can intervene.</p> <p>Duration: 120 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Motivational Interviewing	<p>Motivational interviewing is a directive, patient-centered counseling style for eliciting behavior change by helping patients explore and resolve ambivalence. We shall explore the goals of motivational interviewing and how to best engage in effective communication during a patient-physician scenario.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
Neurology History and Physiology	<p>Have you ever thought about how weird it is that the brain named itself? If you find this fact (and the rest of the nervous system) fascinating, come out to this workshop to learn an approach to the neurological exam! We will cover basic questions you can ask, simple exam maneuvers that you can practice at home, and some interesting cases of neurological deficits. See you there!</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

<p>Nursing Assessment</p>	<p>Nursing assessment is the gathering of information about a patient's physiological, psychological, sociological, and spiritual status by a licensed Registered Nurse. Nursing assessment is the first step in the nursing process and is often the foundation of a patient's care.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Occupational Therapy/Public Health Specialist Workshop</p>	<p>What the heck is an Occupational Therapist? Why should I consider a career in Occupational Therapy instead of another healthcare profession? Come prepared with any questions you may have, and get ready to chat about OT!</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Paths to Dentistry</p>	<p>This workshop will provide a comprehensive overview of different career options within dentistry, as well as the application process for Canadian dental schools. The workshop hosts are first-year dental students from the Schulich School of Medicine and Dentistry at Western University.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

<p>Paths to Medical School Panel</p>	<p>The Paths to Medicine Panel will highlight the panelists' unique paths to medicine. Medicine is a truly interdisciplinary field, and our panel will touch on some common myths about the application process, as well as some facts. We will also highlight some basic information about the medical school application process. At the end, you will hear from three medical students about their unique paths to medicine and be able to ask questions about your own path to medicine.</p> <p>Duration: 120 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Pediatric Care</p>	<p>Cradle to College: A quick intro to all things pediatrics! Join two SickKids residents as they take you through pearls for medical care in kids across their many stages of growth.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Reading an MSK X-Ray</p>	<p>In this workshop, students will be guided through the basics of X-Ray interpretation. Learn how to identify broken bones, dislocations, artificial joints, and other weird and wonderful injuries. Students will be taught how to talk about X-Rays like doctors, and will have the opportunity to practice describing fracture patterns to each other.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None

<p>Social Justice in Health Care</p>	<p>How can we make medicine more equitable, for both patients and medical learners? What is privilege and how does this manifest in medicine? Join us in this session as 3 medical students from McMaster University delve into these topics and share insights from their training.</p> <p>Duration: 120 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Suturing</p>	<p>Learn how to be like Frankenstein and cut up everything in your house, only to stitch it all back together. We will cover suture selection, basic wound closure techniques, and a short exploration into career paths that use suturing on a daily basis. Lightning not included, we take no responsibility for inanimate objects coming to life after you utilize your newfound suturing skills. An introduction video to suturing will be available for all HOSA participants. Please watch this video prior to the workshop to ensure you get the most out of the in-person tutorial.</p> <p>Duration: 30 minutes</p> <p>Equipment: McCoy Suture Kit</p> <ul style="list-style-type: none"> • 2 x 4-0 Suture Set • 1 x Iris scissors, 4 1/2" • 1 x Adson tissue forcep 1x2, 4 3/4" • 1 x Webster needle holder, 4 3/4" • 1 x Sterile Disposable scalpel #15 <p>The suture kits are supplied at cost from the University of Toronto. These kits are the same equipment used by first year medical students.</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • Banana, orange, or pig feet to simulate skin (alternatively you can purchase a suture pad from Amazon) • Webcam (for the instructor to provide you feedback on your stitches)

<p>Taking a Medical History</p>	<p>Like investigative journalism or crime scene investigation, medicine is all about solving the mystery. Our most important tool to do this is the complete medical history. Learn how to ask the right questions to make the diagnosis.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Taking Vitals</p>	<p>Practical and intuitive workshop to learn about vital signs in medicine. Easy to understand methods for taking blood pressure, heart rate, etc. Appropriate for people with any level of background, will be explained from a fundamental level.</p> <p>Duration: 30 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>The Eye Exam</p>	<p>Vision care is an important part of the health care field, and examination of the eye is central to providing this care. This workshop will go through the fundamentals of the eye examination as it pertains to different health care professions (ophthalmology, optometry, etc.).</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None
<p>Wound Care</p>	<p>This workshop will outline the different aspects of wound care from a nursing perspective. Content will include how to do a skin assessment, staging of pressure ulcers and pressure sore prevention, types of wounds, how to do a variety of dressings and how to document dressing changes and wound assessments. This workshop will be interactive and include Kahoots and audience participation.</p> <p>Duration: 60 minutes</p> <p>Required equipment from the student:</p> <ul style="list-style-type: none"> • None