

15 years  
of inspiration  
2023 National PH  
Community Conference



Ottawa | June 9-10 2023

# PHA CANADA'S

## 2023 National PH Community Conference

# Welcome to the 2023 National PH Community Conference



**PULMONARY HYPERTENSION  
ASSOCIATION OF CANADA**

**L'ASSOCIATION D'HYPERTENSION  
PULMONAIRE DU CANADA**

*One of PHA Canada's core values is to show respect for the contributions made by patients, caregivers, and other members of the PH community. We value your stories and encourage you to share your experiences. We ask our listeners to be open and gracious as we gain insights from those most affected by PH.*

On behalf of PHA Canada's Board of Directors and staff, welcome to the National PH Community Conference, featuring the 4th Annual PH Medical Think Tank.



For 15 years, PHA Canada has brought together Canada's PH community to inspire one another and build a better future for families affected by pulmonary hypertension. The COVID pandemic forever changed the way we use technology to connect, while affirming the irreplaceable value of being together in person. Whether you are able to be with us in-person in Ottawa or will join from the comfort of your own home, we hope today serves as a reminder that you are never alone on your PH journey.

## Events at a Glance

*June 8, 12-5 pm	PH Medical Think Tank	Pinnacle Room
*June 9, 8-4 pm	PH Medical Think Tank	Pinnacle Room
*June 9, 8-4 pm	CPHPN Meeting	Chaudiere Room
*June 9, 8-4 pm	Ambassador Meeting	Laurentian Room
*June 9, 4:30-5:30 pm	PHA Canada AGM	Laurentian Room
June 9, 7-9 pm	Welcome Reception	Panorama Room
June 10, 8-4 pm	Community Conference	Ballroom A/B & Others

\*Note, the meetings on June 8/9 are by invitation only.

## Conference Participants

Colour-coded nametags will help you get to know your new PHriends:

Patient



Caregiver or  
Family Member



Medical  
Professional



PH  
Supporter



# Welcome to Conference!

## 15 Years of Inspiration

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This year, PHA Canada is celebrating 15 years of inspiring achievements in support, education, advocacy, awareness, and research. We invite you to visit our special anniversary exhibit to learn more about some of the important milestones we have accomplished so far and to share your hopes and dreams for the future.

We also invite you to join us in honouring our newest Eternal PHriends of PHA Canada. PHA Canada is proud to recognize the invaluable contributions of these inspiring champions of the PH community. Scan the QR Code to learn more about PHA Canada's journey and all the Eternal PHriends or visit [phacanada.ca/history](https://phacanada.ca/history).



## PH Store & Resources

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PHA Canada's store will be available on Friday evening and throughout the day on Saturday with new limited edition anniversary t-shirts, hoodies, water bottles, and more! Proceeds from all purchases help fund PHA Canada's programs and services. Additional sizes and colours are also available anytime on our online store at [phacanada.ca/store](https://phacanada.ca/store).



On Saturday, visit our PH information table hosted by PH medical professionals who can answer questions and provide you with resources. The phaware Global Association will also be present on Friday and Saturday recording PH stories for their international podcast. If you are interested in sharing your PH story during the conference or afterwards, contact Steve Van Wormer at [info@phaware.global](mailto:info@phaware.global).



## Kids Zone

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**Saturday, June 10**  
**8:30 a.m. – 4:15 p.m. (closed for lunch)**  
**Pinnacle Room**

Thank you to our partners at Girl Guides of Canada for leading this year's conference Kids Zone! This volunteer team has a jam-packed day planned for kids of all ages, including fun-filled games and activities to keep even the littlest PHighters happy. All kids 16 and under attending the conference are welcome to join the Kids Zone.

Please note that the Kids Zone will be closed during lunch from 12:15 – 1:30 pm.

## Health & Safety

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PHA Canada recognizes the significant risk posed by COVID-19 and other respiratory infections to people diagnosed with PH and transplant recipients. We ask that participants do not attend conference sessions in person if they are exhibiting cold/flu/COVID-like symptoms or have been recently exposed to someone exhibiting such symptoms.

**We request that all participants wash their hands regularly, use hand sanitizer, and wear masks while accessing food buffets/stations. Wearing a mask during the rest of the conference is optional.**

# Community Support

# Conference Program

## Thank You to Our Volunteers

PHA Canada gratefully acknowledges the support and contributions of the many people who have made this event possible. We wish to take this opportunity to thank the following volunteers:

### PH Medical Think Tank Programs Committee

Dr. Angela Bates  
Dr. George Chandy  
Andrea Gardner (RN)  
Dr. John Granton (Committee Chair)  
Dr. Paul Hernandez  
Lisa Kolkman (NP)  
Dr. Luc Mertens

### Welcome Reception Committee

Donna Downes  
Carolyn Doyle-Cox (APN)  
Lindsay Forsyth Brochu  
Joan Gibson  
Chris Mainwood  
Jo-Anne Mainwood  
Jane Sernoskie  
Barbara Quinn

### Community Conference Program Committee

Jennifer Bryson  
Sonya Collins  
Lenore Cook  
Kathy Downey  
Andrea Gardner (RN)  
Brooke Paulin  
Kristine Ritchie  
Beth Slaunwhite

### Event Volunteers

Wendy Bedard  
Nicole Dempsey  
Jennifer Gendron  
Ian Gibson  
Jas James

Kelly Kerwin  
Michael Mayville  
Vanda McLean  
Gail Nicholson  
Joan Paulin

John Pettifor  
Sharon Proudfoot  
Ed Rathonyi  
Michael Robach  
Connie Sherba

### Speakers

Thank you also to our speakers for sharing their time and expertise. Scan the QR code to learn more about this year's fabulous conference speakers or visit [phacanada.ca/speakerslist](http://phacanada.ca/speakerslist).



## Friday, June 9<sup>th</sup>

Registration & PH Store  
6:30 pm – 7:00 pm  
Panorama Room Foyer

Come early to collect your nametag and conference kit and purchase your conference swag!

Welcome Reception  
7:00 pm – 9:00 pm  
Panorama Room

In honour of PHA Canada's 15th Anniversary, join us for an inspiring evening of PHriends, food, and entertainment, as well as a special program honouring the Eternal PHriends of PHA Canada. Family friendly.

## Saturday, June 10<sup>th</sup>

Sunrise Meditation & Chair Yoga  
7:00 am – 7:45 am  
Pinnacle Room

Low impact yoga session led by Mark Barker, Yoga Instructor

Breakfast & Registration  
8:00 am – 9:00 am  
Ballroom A/B Foyer

Hot buffet, registration & networking

Sponsored by



Welcome  
9:00 am – 9:15 am  
Ballroom A/B



### Introductory Remarks

Speakers: Nicole Dempsey, Board Chair & Jamie Myrah, Executive Director

Opening Plenary  
9:15 am – 10:00 am  
Ballroom A/B



### 15 Years of Inspiration: Building a Strong Voice for Canada's PH Community

Moderator: Dr. Sanjay Mehta  
Speakers: Sharon Proudfoot, Jane Sernoskie, Steve Van Wormer, Dr. Jason Weatherald

Break  
10:00 am – 10:30 am  
Ballroom A/B Foyer

Refreshments & networking

Sponsored by



# Conference Program

## Break Out Sessions

10:30 am – 11:15 am

### Tips & Tricks: Q&A Panel with PH Patients & Caregivers



Ballroom A/B

Speakers: Jennifer Bryson, Don Downey, Lea George, Joan Gibson, Jas James, Chris Mainwood, Jo-Anne Mainwood

### Myth Busters: Q&A Panel with PH Medical Experts

Ballroom C

Speakers: Dr. David Christiansen, Andrea Gardner (RN), Kelly Gould (RN), Dr. Kristina Kemp, Lisa Kolkman (NP), Dr. Mitesh Thakrar

## Break

11:15 am – 11:30 am

## Peer-led Discussion Groups

11:30 am – 12:15 pm

Multiple Rooms

### PAH Patients – Diagnosed 0-4 years

Ballroom C

### PAH Patients – Diagnosed 5-9 years

Ballroom C

### PAH Patients – Diagnosed 10+ years

Ballroom C

### Caregivers

Ballroom A/B

### IV/Subcutaneous Medications

Capitale Room

### The Journey to Transplant: Panel Discussion

Laurentian Room

Speakers: Lindsay Forsyth Brochu, Anna D'Angela (RN), Tina Giroux-Proulx

### Tips & Tricks: Q&A Panel with PH Patients & Caregivers (FRENCH)

Chaudiere Room

Speakers: Wendy Bedard, Réjean Dupont, Lyne Ducharme

### Pediatrics: Medical Session

Capitale Room

Speakers: Dr. Andrea Dragulescu, Dr. Anne Fournier, Dr. Martin Hosking

## Movement break

### CTEPH

Laurentian Room

### Transplant (pre/post)

Laurentian Room

### French Patients & Caregivers

Chaudiere Room

### Pediatrics

Capitale Room

## Lunch Break

12:15 pm – 1:30 pm

Ballroom A/B

## Break Out Sessions

1:30 pm – 2:15 pm

### Myth Busters: Q&A Panel with PH Medical Experts



Ballroom A/B

Speakers: Carolyn Doyle-Cox (APN), Gail Nicholson (RN), Kelly Kerwin (RN), Dr. David Langleben, Dr. Mitesh Thakrar, Laura Tombolini (RN)

### PH & Travel: Panel Discussion

Ballroom C

Speakers: Nicole Dempsey, Vanda McLean, Marion Roth

## Break

2:15 pm – 2:45 pm

Ballroom A/B Foyer

## Closing Plenary

2:45 pm – 4:00 pm

Ballroom A/B



Sessions will be livestreamed for virtual participants

## Buffet & networking

Sponsored by



### Real World Evidence: Unlocking the Power of Patient Voices

Chaudiere Room

Speakers: Pat Kelly, Joan Paulin

### Pediatrics: Lifestyle Session

Capitale Room

Speakers: Michael Mayville, Janette Reyes (NP), Brendan Ritchie

## Refreshments & networking

Sponsored by



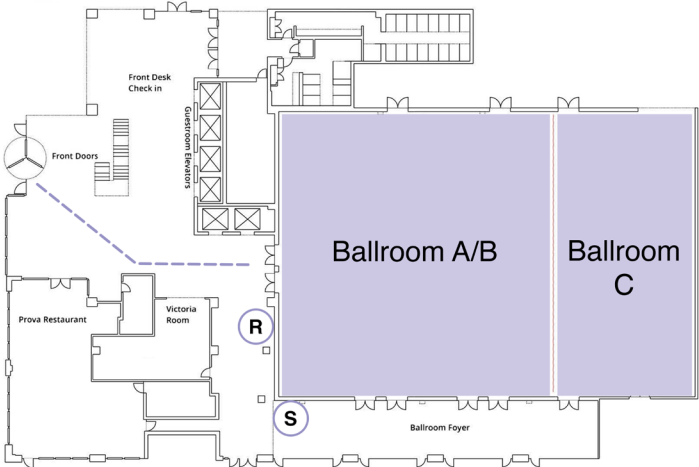
### The Future of PH Therapies

Moderator: Dr. Sanjay Mehta

Speakers: Lisa Kolkman (NP), Dr. David Langleben, Dr. Mitesh Thakrar

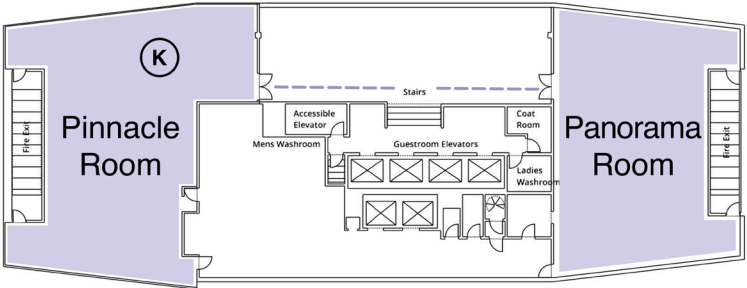
# Conference Floor Plan

## Delta Ottawa City Center Hotel Lobby Level



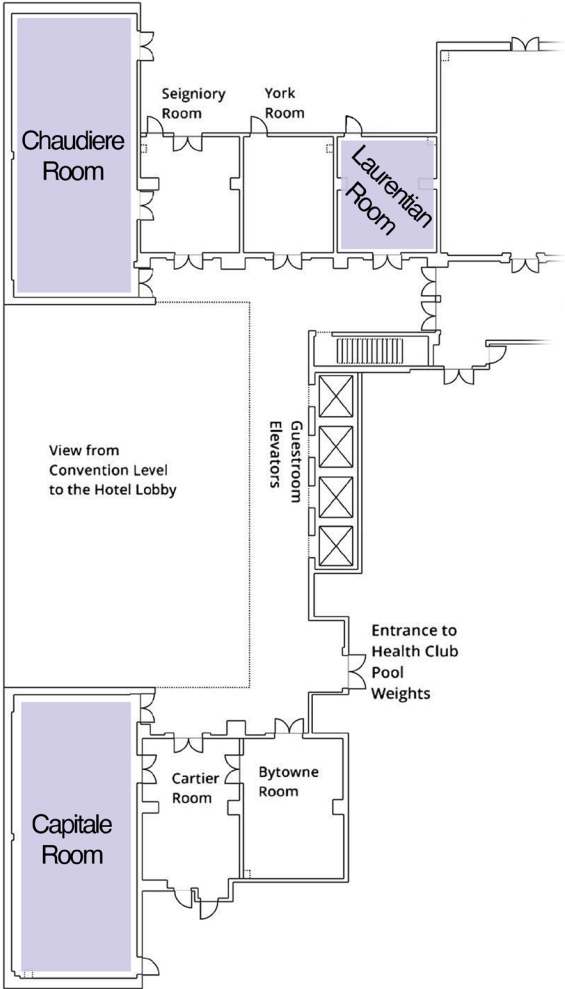
- R Registration/Info Desk
- S PHA Canada Store

## Penthouse Level



- K Kids Zone

## Convention Level (Breakout Rooms)













# THANK YOU TO OUR SPONSORS

## GOLD



## SILVER



## BRONZE



## SUPPORTERS



CC Squared Photography



Girl Guides

[www.phacanada.ca](http://www.phacanada.ca)

[info@phacanada.ca](mailto:info@phacanada.ca) | 1-877-774-2226