

Office of Lifelong Learning

ANNUAL REPORT

2023 - 2024



UNIVERSITY
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Message from our Associate Dean



Denise Campbell-Scherer, MD, PhD, CCFP, FCFP

Associate Dean Office of Lifelong Learning and Physician Learning Program

The Office of Lifelong Learning (L3) is pleased to present our 2023-2024 Annual Report, highlighting our endeavors in advancing the healthcare ecosystem through partnerships and collaborations with a focus on implementation science, knowledge translation, quality improvement, and medical education principles.

Our vision aligns with a holistic approach to education, emphasizing personal development, societal engagement, and intellectual growth. We believe in nurturing lifelong learners equipped to navigate and contribute meaningfully to our complex world.

Furthermore, we advocate for learning as active problem-solving, empowering individuals to engage in addressing societal challenges. By integrating leadership skills, quality improvement and evidence based practice into our offerings, we emphasize education's dual role in personal growth and healthcare advancement.

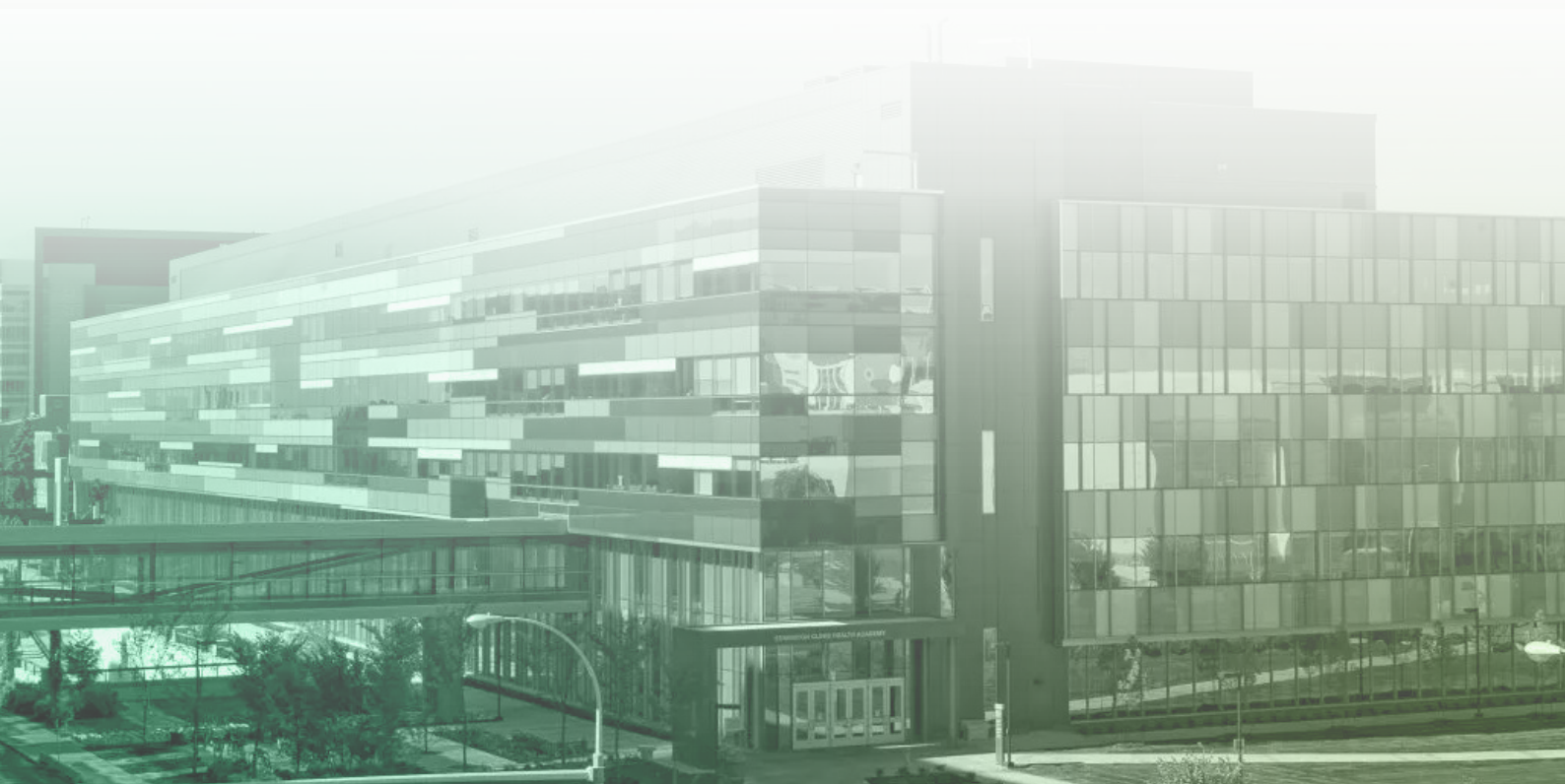
Through close collaboration with partners, collaborators, and team members, and employing robust pedagogical methods, our aim is to assist clinicians in enhancing the skills and knowledge necessary to provide safe and efficient care to their communities.

L3's objectives are centered on cultivating lifelong learning and fostering a connected community, harnessing innovative ideas and solutions, and revitalizing our collective discourse and cooperative efforts to advance healthcare for all Albertans. Through our endeavors, we strive to elevate the quality, accessibility, and relevance of education, promoting inclusivity, equity, and sustainability crucial for a learning health system.

Lastly, I would like to extend my gratitude to our dedicated staff members at the Office of Lifelong Learning, who tirelessly work both in the forefront and behind the scenes, and express appreciation to our partners and stakeholders, all of whom are committed to continuous improvement.

Territorial Acknowledgment

The University of Alberta, its buildings, labs and research stations are primarily located on the territory of the Néhiyaw (Cree), Niitsitapi (Blackfoot), Métis, Nakoda (Stoney), Dene, Haudenosaunee (Iroquois) and Anishinaabe (Ojibway/Saulteaux), lands that are now known as part of Treaties 6, 7 and 8 and homeland of the Métis. The University of Alberta respects the sovereignty, lands, histories, languages, knowledge systems and cultures of all First Nations, Métis and Inuit nations



Vision and Mission

Vision

Foster, facilitate, and advance excellence in lifelong learning.

Mission

We advance healthcare ecosystem excellence by cultivating lifelong learning with a focus on adaptive leadership skills, improvement science, and evidence based practice.

Thank You

We would like to thank all the Faculty that supported the Office of Lifelong Learning in developing and delivering high quality educational offerings this past year. We are most grateful for your time and enthusiasm to help us fulfill our mandate to foster excellence in lifelong professional growth.



The Year at a Glance



30 Hosted webinars



5 Paid courses



6,573 Participants



- 1 Crucial Conversations
- 2 Dare to Lead
- 2 Virtual Obesity Course



910 Asynchronous participants



67 Participants



8 Peer reviewed publications
L3/PLP



4,015 Newsletter subscribers



575 Twitter followers

L3-Advanced Quality Improvement Program (AQI)

The AQI program at the Office of Lifelong Learning is intended to build Quality Improvement (QI) capacity throughout the healthcare system in Alberta using a train-the-trainer model and a well-established quality improvement approach. The AQI program includes workshops and courses that use a straightforward hands-on process that helps individuals and teams successfully implement QI together to improve the care they provide.

In 2023, L3 launched the AQI Course, which uses an extended delivery model (20 hours) where healthcare teams complete the Evidence based Practice for Improving Quality (EPIQ) workshop followed by multiple touchpoints with facilitators who provide mentorship and support for participants to develop and implement real world QI projects in order to see projects through completion. The first cohort of the AQI Course included a team of physicians, residents, and staff who worked on a QI project in order to increase breastfeeding rates in the Edmonton area. This course highlighted the work and time required to conduct quality projects in practice, the supports and structures necessary for this work, and the variance in QI support and structure across health systems in Alberta.

During the past year the AQI Program expanded and developed a partnership with the Physician Learning Program (PLP) and three Primary Care Network (PCN) Clinics in Alberta to support and build sustainable quality improvement infrastructure and carry out partnered improvement projects to help physicians and their teams advance practice. The ongoing partnership currently involves three PCNs: Chinook PCN, Edmonton O-day'min PCN, and Edmonton North PCN. As part of this initiative, each PCN sends staff to a Train-the-trainer quality improvement workshop to certify as QI facilitators, and then L3 provides a QI workshop for up to 30 people at each PCN.

This partnership launched with the Chinook PCN in April 2023. To date, this PCN clinic has hosted 8 workshops, training 80 people in QI and has developed in-house capabilities for leading the workshops in a sustainable fashion, with 2 lead facilitators

trained, and 13 more pursuing their facilitator certification. They have identified areas for improvement in their QI efforts and projects, both within their clinics and network-wide. One clinic-level QI project has been launched, and two network-level projects are still in development.

This collaboration expanded to include two Edmonton PCNs in December 2023. The Edmonton O-day'min PCN and the Edmonton North PCN began the partnership by sending 7 and 9 individuals respectively to an AQI/EPIQ train-the trainer workshop. This initial capacity building step allowed their trained in-house facilitators to deliver internal workshops at both the PCN and clinic level. These workshops will continue to be scheduled and our QI facilitators and staff will meet regularly with the QI teams to further develop, implement, and support the partnered QI projects each PCN select.

Physician Practice Improvement



In 2023, the Office of Lifelong Learning developed and launched the My Lifelong Learning Plan (MyL3Plan), a self-paced educational tool to support physicians in fulfilling the regulatory requirement to participate in continuous cycles of practice improvement supported by practice data with facilitated feedback.

The MyL3Plan is a **free** self-assessment tool that enables physicians to recognize areas for improvement and select appropriate resources and learning opportunities to achieve their learning goals by completing a PPI learning cycle in one of the following areas:

1. Practice-driven quality improvement activity using objective data (CQI)
2. Personal Development or wellness activity (PD)
3. Standards of Practice quality improvement activity (SOP)

This tool was launched in early 2023 and since then, L3 has used multiple communication channels to increase awareness of this helpful tool. L3 has been presented at 4 PCNs' Annual General Meeting events (Edmonton North PCN - June 2023, Edmonton West PCN - July 2023, Leduc/Beaumont PCN - September 2023, and Westview PCN - September 2023) in order to promote the tool and provide

information on how to participate in completing the practice improvement activities required by the regulators. At these events, physicians had the opportunity to discuss this resource with L3 members to answer questions and explain how to use this tool in order to identify priority areas to advance their practice.

As of March 2024, the MyL3Plan is being used by 115 physicians and healthcare professionals who are completing the different cycles. L3 is also exploring whether this resource would be helpful for other healthcare professionals with continuing professional development requirements.

This tool is certified by the College of Family Physicians of Canada as a 3 credit-per-hour Self-Learning activity for up to 36 Mainpro+ certified credits. Members of the Royal College of Physicians and Surgeons of Canada can claim MOC Section 2-Self-Learning Activities: PLP (Personal Learning Project) (2 credits per hour).

For more information visit

<https://www.ualberta.ca/medicine/programs/lifelong-learning/my-l3-plan.html>



L3 Programs

Learn How to Help your Patients Living with Obesity course

The Office of Lifelong learning partnered with the 5As Team who developed a comprehensive educational program that was piloted, and refined for use with medical residents, physicians, and interdisciplinary team members. In January 2023, the training program was adapted for the virtual environment using a flipped classroom design.

The Learn How to Help your Patients Living with Obesity course is a four-week, comprehensive educational initiative designed to help healthcare providers better manage patients living with obesity, closely following the new Canadian Clinical Practice Guidelines for Adult Obesity. The course provides participants with foundational knowledge in regards to the pathophysiology, drivers, and science of obesity, as well as guide them through a therapeutic approach to assessment and management for both adults and pediatric patients. In addition, participants are introduced to, and have an opportunity to, practice using an evidence-based approach to consultations that healthcare providers can use in their own practice. The instructors of this course are Dr. Denise Campbell-Scherer, who heads the 5As Team (5AsT) Program, Dr Andrea Milne-Epp, Dr. Shahebina Walji. and Dr. Tasneem Sajwani. This course will be delivered again in the Fall 2024.

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“I love the course! Supportive teachers and an excellent opportunity to meet other professionals!”

“Excellent course from very passionate and dedicated physicians”

“Loved the program. Very professional. Full of energy. Can tell that the presenters were very passionate. I have come away much more confident and have already done the tool 4-5 times with patients and it's been great.”





Leadership Skills Development

L3 is committed to helping the various communities we serve to build and refine their skills in leadership, communication, and team effectiveness. Regardless of role or career stage, ongoing development and growth in these areas offers a myriad of benefits, and contributes favorably to the quality of our shared work environment. Since 2022 L3 has offered the Dare to Lead Program as well as the Crucial Conversations Course with extraordinary facilitators.



Dare to Lead™

Laurie Hillis

Certified Dare to Lead Facilitator



Dare to Lead™ is a worldwide known course based on the research of Dr. Brené Brown. The program focuses on developing courage building skills through workshops, training, and coaching to help individuals, teams, and organizations move from armored leadership to daring leadership. L3 would like to thank Laurie Hillis, for creating a wonderful experience for the participants and for her time and commitment in supporting leadership development.





Crucial Conversations®

Debrah Wirtzfeld, MD, ACC, MBA
Certified Facilitator

Crucial Conversations®, teaches skills for creating alignment and agreement by fostering open dialogue around high-stakes, emotional, or risky topics. By learning how to speak and be heard (and encouraging others to do the same), participants surface the best ideas, make the highest-quality decisions, and then act on decisions with unity and commitment. L3 would like to thank Dr. Debra Wirtzfeld for her dedication to teaching and her unwavering commitment to the participants.

L3/PLP Educational Events

The Office of Lifelong Learning and the Physician Learning Program (PLP) through our ongoing engagement with primary care physicians and their teams, we learned about various topics that physicians recognized as learning needs or learning opportunities. In partnership with multiple stakeholders, L3 in collaboration with PLP, developed education sessions working alongside physicians who have expertise on the topic at hand. We identified learning objectives, supported content development, and developed the educational design, which could include a webinar or webinar series, a flipped classroom approach, case-based sessions, panel discussions.

This past year, 18 engagement events were organized and delivered in collaboration with PLP.

Continuity of Care in Diabetes Educational series

In partnership with PLP and the Division of Endocrinology and Metabolism at the University of Alberta, a series of webinars were developed to provide reliable updates and resources for clinicians and healthcare professionals committed to addressing the challenges related to diabetes and weight management.

- **Ketogenic Diet for Diabetes and Weight Management.** Presented by: Drs. Cathy Chan, Caroline Richard & Rose Yeung. November 22, 2023.
- **To pump or not to pump? A discussion on automated pancreas systems in pregnancy.** Presented by: Robin Lucciantonio & Dr Rose Yeung. January 22, 2024.
- **Remission is possible: A New Way to Think About Type 2 Diabetes.** Presented by Dr. Brendan Byrne. February 23, 2024.

582 
Participants

100%
Met my learning needs 

100%
was relevant to my practice 

Household Food Insecurity Webinar Series

In Alberta one in five households experience food insecurity (FI) and is almost three times higher for First Nations people living on reserves. People with chronic diseases or who struggle to access health care are also more likely to experience FI which is primarily driven by income challenges - in Alberta, 66% of households that rely on social assistance are food insecure.

L3 and PLP in collaboration with Nutrition Services Provincial Strategy Team at Alberta Health Services developed a 2 part webinar series on Household Food Insecurity to help physicians and their teams learn about FI and the different resources and supports available for patients and families.

- **Navigating household food insecurity in primary care: A nutritional guideline.** November 21, 2023. Presented by: Dr. Richard Lewanczuk, Kally Cheung, and Shawna McGhan
- **Strengthening foundations for patients facing household food insecurity: Experience of a primary care clinic** -November 30, 2023. Presented by: Kally Cheung, Dr. Joseph Ojedokun, Lacey Smoole, and Shawna McGhan

530 
Participants

90%
Met my learning needs 

95%
was relevant to my practice 

Managing depression and anxiety in the community:

An integrated treatment approach

In partnership with the Physician Learning Program and Edmonton Southside PCN, a 2-part webinar series for primary care physicians and their teams was developed and delivered in the Fall of 2023. L3 and PLP team members along with Dr Yakov Shapiro crafted learning objectives, developed the content and facilitated the QI portion of the sessions.

- **Beyond DSM: Individualized Medicine and Integrated Care.** September 27, 2023
Presented by: Dr Yakov Shapiro. 133 physicians and team members registered for this webinar
- **Working as a Community Team: A Case-Based Approach.** October 11, 2023
Presented by: Dr. Yakov Shapiro presented this session. 103 participants attended the webinar.

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236 
Participants

100%
Met my learning needs 

92%
was relevant to my practice 

Concussion Overview & Update Webinar Series

The Office of Lifelong Learning and the PLP collaborated with Alberta Health Services (AHS) (Population Health Promotion) to plan and deliver a webinar series on Concussion to disseminate best practices for concussion recognition and care among family physicians. These sessions were targeted to family physicians and also focused on providing information to members of the community including coaches and physical education teachers. In addition to the live events, recordings and resources to support asynchronous learners and ongoing spread and scale were distributed.

This three-part webinar series was delivered in April and May 2023, with a total of 691 attendees at the live events, and ongoing spread and scale through asynchronous learning with the online resources.

- **Updates to pediatric concussion care: The Living Guideline for Pediatric Concussion Care** April 18, 2023. Presented by: Dr. Jennifer Dawson, &
- **Improving concussion awareness and recognition in the community: Implications for physicians.** Presented by: Stephanie Cowle.
- **Concussion Diagnosis and Management: Utilizing the Concussion Awareness Training Tool** April 25, 2023. Presented by: Dr. Shelina Babul.
- **When symptoms do not resolve: what are our options for patients with concussion symptoms?** May 2, 2023. Presented by: Drs. Constance Lebrun & Terry de Freitas.

691 
Participants

100% 
Met my learning needs

100% 
was relevant to my practice

Hit the Road Hep C!

...and don't you come back no more!

The Office of Lifelong Learning and the PLP in collaboration with the Edmonton North Primary Care Network planned and delivered a webinar series with Dr Matthew Rose, an Edmonton physician with experience and expertise on treating patients with Hepatitis C Virus. These webinars focused on providing information about screening in primary care, interpretation of the screening results and how to inform patients appropriately. It also included information on when a referral is needed and a discussion on treatments basics and follow up plan. Following the event, registrants were sent links to the event recordings and the pearls for practice educational resource bundle. In support of ongoing spread and scale, these resources are available online for asynchronous learning.

- **Session 1: Hepatitis C screening in primary care.** February 28, 2024.
Presented by: Dr. Matthew Rose
- **Session 2: Managing Hepatitis C and referral in primary care.** March 6, 2024. Presented by : Dr Matthew Rose.

146 
Participants

100%
Met my
learning
needs 

100%
was relevant
to my practice 

Quality Improvement Webinar: Planting the seeds of engagement, innovation, and organizational learning: A Northern Canadian tale of Quality Improvement

As part of the Advanced Quality Improvement Program, L3 and PLP collaborated with the Northwest Territories Health and Social Services Authority to deliver a webinar to describe their Quality Improvement story using the Evidence-based Practice for Improving Quality (EPIQ) Workshops developed by the Canadian Neonatal Foundation, showcasing how employee engagement, strategic partnerships and vision for team-based quality improvement planted the seed for QI improvements system-wide.

- **Planting the seeds of engagement, innovation, and organizational learning: A Northern Canadian tale of Quality Improvement**

November 23, 2023. Presented by: Andrea D'Addario, Jordan Bassett, Natalie Campbell, Glen McPhee & Sarah Fitzgerald. Northwest Territories Health and Social Services Authority

39 
Participants

100%
Met my
learning
needs 

90%
was relevant
to my practice 

Postpartum Hemorrhage:

No Denial, No Delay

The Alberta Interprofessional Toolkit

- A provincial-wide postpartum hemorrhage (PPH) toolkit was developed by the Maternal, Newborn, Child, and Youth Strategic Network (MNCY SCN) for providers and health care teams to reduce maternal morbidity from Postpartum Hemorrhage (PPH) across the continuum of pregnancy from the antenatal care (risk identification & treatment of anaemia) through labor & delivery (early recognition & treatment and advanced management), and care of the patient who has experienced PPH after discharge from the hospital. L3 collaborated with the MNCY SCN, the AHS Perinatal Health Program, and the PLP to develop and deliver a 3 part webinar series to disseminate the Interprofessional Implementation Toolkit.
- **Session 1: No Denial, No Delay – Adopting a Standardized Approach for Postpartum Hemorrhage Identification and Management in Alberta.** December 7, 2023 Presented by: Dr. Stephanie Cooper & Dr. Giselle DeVetten
- **Session 2: No Denial, No Delay- Management of Severe Postpartum Hemorrhage.** December 14, 2023 Presented by: Dr. Colin Birch, Dr Rob Thompson
- **Session 3: Panel Discussion: Putting it all together- Perspectives on Postpartum Hemorrhage.** December 21, 2023. Panelists: Patient & Family Advisor Katie, Jaclyn Zakresky, Dr. Philipa Brain

1144 
Registrations

91%
Met my
learning
needs 

87%
was relevant
to my practice 

Following the spark:

Actionable strategies to untangle the complexities of neurodevelopmental disorders

To help physician and their teams learn more about autism, neurodevelopmental and rare disorders like Fragile X syndrome, L3 collaborated with the PLP and multiple health and social stakeholders to develop and deliver a 4 part webinar series to bring awareness to neurodevelopmental disorders and how family physicians can help support patients and their families. Each session used case-based discussions with particular emphasis on identifying strategies, theoretical knowledge, and actionable recommendations for care and understanding the family journey.

- **Session 1: Recognizing, diagnosing, and caring for autism and neurodevelopmental conditions** - February 22, 2024 Presented by: Dr. Lonnie Zwaigenbaum & Karen Kelm.
- **Session 2: Precision medicine and genetic recommendations after a diagnosis of autism and neurodevelopmental conditions 1.** February 29, 2024. Presented by: Dr. Daniel Moreno De Luca & Karen Kelm
- **Session 3: Navigating unique care needs across the lifespan: Perspectives in adult care and First Nations families.** March 7, 2024 Presented by: Dr Ade Orimalade, Dr. Prajjita Bardoloi, and Grant Bruno
- **Session 4: Panel discussion: Supporting individuals, families and care providers.** March 14, 2024

790 
Registrations

90% 
Met my learning needs

96% 
was relevant to my practice

L3/Child and Adolescent Psychiatry Grand Rounds

2023-2024 Webinar Series

As part of our mandate to advance the professional growth of the members of our Faculty and community physicians, L3 and the PLP has continued to partner with the Division of Child and Adolescent Psychiatry to support delivery of their monthly virtual grand rounds.

These webinars were attended by **1,099** healthcare professionals in Alberta and across Canada. The educational offerings were recorded and can be accessed and downloaded from the L3 website.

- **Understanding the Complexities of the Indigenous Health Crisis.** February 20, 2024 | Presented by: Randal Bell
- **When star alleles align: Precision Prescribing in Psychiatry.** January 16, 2024 Presented by: Dr. Daniel Mueller
- **ADHD and ASD: Similarities, Differences, Next Directions.** December 19, 2023 Presented by: Drs. Kyle Sue-Milne and Scott McLeod
- **Developmental Coordination Disorder (DSD) in Children and Adolescents** November 21, 2023. Presented by: Lisa Bilodeau
- **Communication Disorders in the DSM-5-TR: A Speech-Language Pathology Perspective.** October 17, 2023. Presented by: Marie Sydney
- **Using Motivational Interviewing to Support Patient Change** September 19, 2023. Presented by: Bev Drew
- **Providing an Update from the DSM-5 to DSM-5-TR** June 20, 2023. Presented by: Dr. Jacob Knowles
- **ASD, Genetics and Precision Medicine** May 16, 2023. Presented by: Dr. Daniel Moreno De Luca
- **Understanding and Treating Functional Neurological Disorder (FND) in Children and Adolescents** April 12, 2023. Presented by: Dr. Kasia Kozlowska
- **CASA Services Re-envisioned** March 21, 2023 Presented by: Dr. Dena Pedersen & Dr. Andrea Yu

Conference Presentations and Publications

Conference presentations

Campbell-Scherer D. Advancing primary care: What information infrastructure is needed to meet the future?. Invited presentation delivered at the Optimizing Alberta's Learning Health System (OAHLS) —Calgary, Canada on June 5, 2023.

Campbell-Scherer D. Why weight? What you need to know about the Canadian adult obesity clinical practice guidelines: An overview of this patient-centred framework for healthcare professionals, patients, and policy makers. Plenary delivered at the National Lymphedema Conference —Toronto, Canada on November 3, 2023.

Campbell-Scherer D, Heatherington M. The 5As Team approach to holistic obesity assessment and management. Workshop delivered at the National Lymphedema Conference —Toronto, Canada on November 4, 2023.

Campbell-Scherer D, Williams S, Butsch S, Wharton S, Pearce N, Clare K. Advancing person-centered obesity care through education globally. Workshop delivered at the European Congress on Obesity —Dublin, Ireland on May 19, 2023.

Kelm K, Barber T, **Campbell-Scherer D,** Bolduc FV. Capturing expertise in Fragile X syndrome to achieve best possible health outcomes in rare disease: Insights into successful parenting moments. Poster presentation delivered at the Pediatric Research Day, University of Alberta —Edmonton, Alberta on April 12, 2023.

Kelm K, Barber T, **Campbell-Scherer D,** Bolduc FV. Innovative insights into Fragile X syndrome a modern approach in rare disease investigations. Poster presentation delivered at the Kids Brain Health Network —Ottawa, Ontario on October 23, 2023.

Lofters A, Khalil L, Sopcak N, Shea-Budgell M, Meaney C, Fernandes C, Moineddin R, **Campbell-Scherer D**, Aubrey-Bassler K, Manca D, Grunfeld E. Opportunities to Improve Quality of Care for Cancer Survivors in Primary Care: Findings from the BETTER WISE Study. Poster presentation delivered virtually at the Multinational Association of Supportive Care in Cancer —Nara, Japan on June 22, 2023.

Publications

Campbell-Scherer DL. New insights and future directions: the importance of considering poverty in studies of obesity and diabetes. *Annals of Family Medicine*, 2023;21(3): 205-6. doi: 10.1370/afm.2983

Hyde AM, Johnson E, Luig T, Schroeder D, Carbonneau M, **Campbell-Scherer D**, **Tandon P**. Implementing a cirrhosis order set in a tertiary healthcare system: a theory-informed formative evaluation. *BMC Health Services Research*, 2023;23(636): 1-12. doi.org/10.1186/s12913-023-09632-z

Lofters A, Khalil L, Shea-Budgell M, Meaney C, Sopcak N, Fernandes C, Moineddin R, **Campbell-Scherer D**, Aubrey-Bassler K, Manca D, Grunfeld E. Opportunities to Improve Quality of Care for Cancer Survivors in Primary Care: Findings from the BETTER WISE Study. *Supportive Care in Cancer*, 2023;31(7): 430. doi: 10.1007/s00520-023-07883-4

Luig T, **Ofosu NN**, Chiu Y, Wang N, Omar N, Yip L, Aleba S, Maragang K, Ali M, Dormitorio I, Lee KK, **Yeung RO**, **Campbell-Scherer DL**. The role of cultural brokering in advancing holistic primary care for diabetes and obesity: a participatory qualitative study. *BMJ Open*, 2023;13(9): 1-12. dx.doi.org/10.1136/bmjopen-2023-073318

Manca DP, Fernandes C, Lofters A, Aubrey-Bassler K, Shea-Budgell M, **Campbell-Scherer D**, Sopcak N, Meaney C, Moineddin R, McBrien K, Krueger P, Wong T, Grunfeld E. BETTER WISE trial: A pragmatic cluster two arm parallel randomized controlled trial for primary prevention and screening in primary care during the COVID-19 pandemic. *BMC Primary Care*, 2023;24(200): 1-12. doi.org/10.1186/s12875-023-02159-6

Ofosu NN, Luig T, Mumtaz N, Chiu Y, Lee KK, **Yeung RO**, **Campbell-Scherer DL**.

Healthcare providers' perspectives on challenges and opportunities for intercultural healthcare in diabetes and obesity management: a qualitative study. *CMAJ Open*, 2023;11(4): E765-73. doi: doi.org/10.9778/cmajo.20220222

Ramos Salas X, Contreras MAS, Breen C, Preiss Y, Hussey BF, Forhan M, Wharton S, **Campbell-Scherer D**, Vallis M, Brown J, Pedersen SD, Sharma AM, Woodward E, Patton I, Pearce N. Review of an international pilot project to adapt the Canadian adult obesity practice guideline. *Obesity Pillars*, 2023;8: 1-7. doi.org/10.1016/j.obpill.2023.100090

doi.org/10.1016/j.obpill.2023.100090

Our Team



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