



Canadian Association of General Surgeons Post-Graduate Course: General Surgery Essentials

Target Audience: Practicing surgeons looking for a broad-based up to date CME experience.

Learning Objectives:

- 1) Describe clinical evaluation and management approaches to common general surgery cases
- 2) Discuss complex decision making in common general surgery cases
- 3) Identify and navigate challenging problems in common general surgery cases

Update speakers and expert panelists along with resident case presenters come together from across the country to deliver an engaging practical update on common presentations and challenging cases in General Surgery.

Chair: Dr. Caitlin Champion, Chair, CAGS Education Committee



Dr. Cait Champion (she/her) is a rural General Surgeon in Parry Sound ON, Assistant Professor at NOSM University and Parry Sound Site Director for the NOSM University General Surgery Residency program. She obtained her MD at the University of Toronto and General Surgery training at the University of Ottawa. She helped establish and leads the Canadian Frostbite Care Network, a group of practitioners committed to furthering frostbite care practice across Canada. She believes in the value of collaboration and purpose-built training and education opportunities to support high quality surgical care access across rural Canada.

Chair: Dr. Jill Vallis, CAGS Education Committee



Dr. Jillian Vallis is a Hepato-Pancreato-Biliary (HPB) and General Surgeon in St. John's, Newfoundland and Labrador. She obtained both her MD and General Surgery Residency at Memorial University of Newfoundland and Labrador (MUN). She completed her HPB Fellowship at the University of Calgary, along with completing a "mini-Fellowship" at Western University in ERCP and MIS HPB Surgery. She is currently completing her Masters of Science in Clinical Epidemiology through MUN, focusing on CDH1 polymorphisms and Colorectal Cancer survival. Her other research interests include functional gallbladder disorders and surgical education.



AGENDA

8:00-8:30am – Welcoming Remarks – Dr. Cait Champion (Parry Sound, ON)

8:30-9:30 – De-escalation of breast surgery in post-menopausal women

Chair: Dr. Joanna Ryan (Toronto, ON)

Learning Objectives:

By the end of this session the learner will be able to:

- 1) Discuss an approach to the management of early-stage breast cancer in post-menopausal women
- 2) Apply emerging evidence for de-escalation of axillary surgery in post-menopausal women with early-stage breast cancer
- 3) Identify candidates for de-escalation of adjuvant therapy in post-menopausal women with early-stage breast cancer

8:30-8:50 – Case presentation and panel discussion

Resident case presenter: Dr. Sarah Klapman, Queen's University

Panelists: Dr. Lucy Helyer (Halifax, NS), Dr. Marianna Kapala (Toronto, ON), Dr. Alison Laws (Calgary, AB)

8:50-9:20 – Update speaker: Dr. Alison Laws

9:20-9:30 – Audience panel Q&A

9:30-10:30 – Barrett's esophagus

Chair: Dr. Boris Zevin (Kingston, ON)

Learning Objectives:

By the end of this session the learner will be able to:

- 1) Identify patients who warrant evaluation for Barrett's esophagus (BE) or dysplasia and apply a risk-based approach to referral and follow-up.
- 2) Describe the key elements of high-quality BE surveillance endoscopy and recognize common pitfalls that lead to missed dysplasia.
- 3) Differentiate evidence-based management for nondysplastic BE vs. low-grade dysplasia vs. high-grade dysplasia/early cancer, including when to confirm pathology, when to refer for endoscopic eradication therapy, and how to counsel patients on acid suppression and the role/limits of anti-reflux surgery.

9:30-9:50 – Case presentation and panel discussion

Resident case presenter: Dr. Rachel Peet, University of Western Ontario



Panelists: Dr. Andras Fecso (Toronto, ON), Dr. Boris Zevin (Kingston, ON), TBD

9:50-10:20 – Update speaker: Dr. Andras Fecso

10:20-10:30 – Audience panel Q&A

10:30-10:50 – BREAK

10:50-11:50 – Modern Management of Inguinal Hernias: from watchful waiting to complex repair

Chair: Dr. Jonah Shiroky (Winnipeg, MB)

Learning Objectives:

By the end of this session the learner will be able to:

- 1) Describe appropriate pre-operative evaluation, including indications for watchful waiting vs. elective repair and optimal selection of surgical approach.
- 2) Discuss current controversies in mesh selection and fixation.
- 3) Apply current guideline recommendations and evidence to special situations, such as recurrence, incarcerated/strangulated hernias and high-risk patients.

10:50-11:10 – Case presentation and panel discussion

Resident case presenter: Dr. Brianne Cruickshank, Dalhousie University

Panelists: Dr. Daphne Lu (Hershey, PA), Dr. Sam Minor (Halifax, NS), Dr. Jonah Shiroky (Winnipeg, MB)

11:10-11:40 – Update speaker: Dr. Jonah Shiroky

11:40-11:50 – Audience panel Q&A

11:50-12:30 - LUNCH

12:30-13:30 – What's New in Pancreatic Cancer: The Good, The Bad, and The Unresectable

Chair: Dr. Jillian Vallis (St John's, NL)

Learning Objectives:

By the end of this session the learner will be able to:

- 1) Recognize contemporary advances in pancreatic cancer treatment, including evolving systemic therapies and multidisciplinary treatment strategies, particularly the impact on surgical decision making and patient outcomes.
- 2) Differentiate between resectable, borderline resectable, and locally advanced pancreatic cancer using anatomic, biochemical, and patient-related factors to guide appropriate referral and treatment in the community setting.



- 3) Identify patients who may benefit from neoadjuvant treatment, including those with borderline resectable disease or high-risk features, and incorporate evidence-based referral pathways to optimize patient outcomes.

12:30-12:50 – Case presentation and panel discussion

Resident case presenter: Dr. Ibrahim Dogar, Memorial University of Newfoundland

Panelists: Dr. Boris Gala-Lopez (Halifax, NS), Dr. Julie Hallet (Toronto, ON), Dr. Michael Moser (Saskatoon, SK).

12:50-13:20 – Update speaker: Dr. Michael Moser

13:20-13:30 – Audience panel Q&A

13:30-14:30 – Pilonidal disease

Chair: Dr. Aman Pooni (Toronto, ON)

Learning Objectives:

By the end of this session the learner will be able to:

- 1) Identify current concepts in the pathophysiology and clinical presentation of pilonidal disease relevant to general surgical practice.
- 2) Compare operative and minimally invasive management options for pilonidal disease, including indications, technical considerations, outcomes, and recurrence rates.
- 3) Implement evidence-based perioperative and postoperative strategies to optimize wound healing and reduce recurrence in patients undergoing treatment for pilonidal disease.

13:30-13:50 – Case presentation and panel discussion

Resident case presenter: Dr. Muhannad Alsenari, University of Manitoba

Panelists: Dr. Scott Cowie (New Westminster, BC), Dr. Lyndsay Glass (Parry Sound, ON), Dr. David Hochman (Winnipeg, MB)

13:50-14:20 – Update speaker: Dr. Aman Pooni (Toronto, ON)

13:20-14:30 – Audience panel Q&A

14:30-14:50 – BREAK

14:50-15:50 – Managing traumatic chest injuries and chest tubes

Chair: Dr. Jillian Vallis (St John's, NL)

Learning Objectives:

By the end of this session the learner will be able to:



- 1) Describe an approach to evaluation and management of traumatic chest injuries including hemothorax, pneumothorax and flail chest in the setting of blunt trauma
- 2) Describe an approach to evaluation and management of traumatic chest injuries in the setting of penetrating trauma
- 3) Discuss indications for insertion, tube selection and management of chest tubes in the trauma setting

14:50-15:10– Case presentation and panel discussion

Resident case presenter: Dr. Steven Craigs, University of Manitoba

Panelists: Dr. Patrick McCrea (Charlottetown, PEI), Dr. Andrea Faryniuk (Amherst, NS),
Dr. Nada Gawad (Ottawa, ON)

15:10-15:40 – Update speaker: Dr. Nada Gawad

15:40-15:50 – Audience panel Q&A

15:50-16:00pm – Closing Remarks – Dr. Jillian Vallis

Date: Wednesday, September 16, 2026

Location: Halifax Convention Centre, 1650 Argyle St., Halifax, NS, B3J 0E6

Time: 08:00 -16:00

Cost:

\$450; Member

\$500; Non-Member

\$300; Resident and Fellow Member

\$350; Residents and Fellow Non-Member

\$250; Respiratory Therapists, Nurses, Retirees, Medical Students