

Discover Health - Agenda

Location: UNBC, Prince George, BC

Date: February 18-19, 2010

February 18 – Northern Sports Centre

Time	Agenda Item	Facilitator/Presenter
6:00pm – 9:00 pm	Movie and games	UNBC Recruitment and Advising

February 19 - UNBC, Prince George campus

Time	Agenda Item	Facilitator/Presenter
8:30 am	Registration	
8:45 – 9:00	Introductions and agenda	Dr. Malcolm Ogborn , Assoc. VP Research (health), UNBC TBA – Lheidli T'enneh welcoming
9:00 – 9:45	Keynote Presentation	Dr. John Challis , CEO, Michael Smith Foundation for Health Research
9:45 – 10:00	Morning Break	
10:00 – 10:15	Break-out session Overview	Workshop Team
10:15 – 12:00	Break-out session #1	Northern Medical Program (NMP), Northern Health Authority (NHA), University Hospital of Northern BC (UHNBC), UNBC
12:00 – 1:00 pm	Lunch – cafeteria	
1:00 – 2:30	Break-out session #2	NMP, NHA, UHNBC, UNBC
2:30 – 2:45	Afternoon Break	
3:00 – 3:50	Career Panel	NMP, NHA, UHNBC, UNBC
3:50 – 4:00	Wrap-up/closing remarks	Workshop Team

Sponsors and Collaborators

		
 Canadian Institutes of Health Research Instituts de recherche en santé du Canada		
		Northern Medical Program (NMP)

Expanded Agenda – Logistics

February 18 – Northern Sports Centre hosted by UNBC Student Recruitment

Thursday night will be an opportunity for students, specifically, those that are travelling great distances and need to overnight in Prince George. The evening will be offered as an ice-breaker, allowing the workshop participants the opportunity to meet and interact with University students and advisors on an informal basis prior to the workshop.

February 19 – UNBC, Prince George campus

Registration (8:30 – 9:00am)

The morning will begin with students being ushered through a registration table. We will provide name-tags, and an information package (Workshop agenda, contact info, key note, career panel bios, and any pertinent/relevant background info).

Introductions and Agenda (8:45 – 9:00am)

A blessing from the Lheidli T'enneh, and then a brief introduction to UNBC and Discover Health, including an overview of the day's agenda by Dr. Malcolm Ogborn. He will end by introducing the keynote speaker, Dr. John Challis.

Keynote Presentation (9:00 – 9:45am)

Dr. Challis' talk followed by questions.

Morning Break (9:45 – 10:00am)

The morning break will include snacks and refreshments sponsored by NEARBC.

Morning Break-out Sessions (AM)

(10:00 – 12:00pm)

Following the break there will be a short orientation and then students will be led to their chosen morning session as the sessions will be held at different locations in the University.

Students will select a first and second option from the [break-out session descriptions below](#). We will email the students with a finalized agenda, including their chosen session and room location. In the event that there are too few students registered to host a session, the session will be cancelled. In the event that student's second choice is unavailable, the student may be asked to choose an additional session.

Workshop #1A – “Up Close and Personal with the Body”

A brief introduction to the field of human anatomy and physiology, where knowing what is normal and healthy allows you to find the abnormal. Models, microscopes and more await your exploration.

Workshop #2A – Geneskool presents “Swapped Babies Mini-CSI Mystery”

Three babies are accidentally swapped at a hospital. Can you determine which baby belongs to which set of parents? Put your detective cap on, and solve the mystery by performing a DNA extraction and analyzing karyotype and gel electrophoresis results in a university science laboratory. This is YOUR mission as a CSI Forensic Scientist! Are you up to the challenge?

Workshop #3A – “Living without Kidneys”

The kidneys are the only major organ where medical technology has been able to support life for more than days or hours after the organs have totally failed. 160 people in Northern BC rely on dialysis to keep them alive and the number is increasing. Students will learn about the problem of poor kidney function and the role dialysis plays in supporting people whose kidneys no longer clean the blood effectively. They will try to set up a home peritoneal dialysis machine and see technology that is used to place large catheters (tubes) into major blood vessels to allow blood to flow and return from hemodialysis machines.

Workshop #4A – “What did I just eat?”

Pollutants entering our natural environment are biomagnified as they make their way up the food chain. In this workshop students will have the exciting opportunity to explore how contaminants, like mercury enter foods that humans consume through the analysis and dissection of marine food products. Students will engage in this research through stations in a working lab environment.

Workshop #5A – “The Race of Well-Being: Discovering how you can help others win the Race”

This experiential workshop will use a fun and engaging format to introduce students to the concepts of population health, and identify the health care professions that address health not just one-on-one, but also in groups (or populations). The second half of the workshop uses principles of popular theatre to illustrate how individual health can be improved when we address the barriers to health experienced by many.

Workshop #6A – “Where is the University Hospital of Northern British Columbia?”

Through a series of three workshop stations you will be shown some of the exciting health careers and opportunities at the University Hospital of Northern British Columbia. Come and learn about radiology, lab work and infection control in this demonstrative breakout session. More to come on this fascinating session - **stay tuned**.

Workshop #7A – “School of Nursing – UNBC”

At the UNBC School of Nursing we are actively engaged in preparing excellent nurses who are ready to meet the complex care needs of individuals in regional, rural and remote communities of the North. We strive to foster a deep commitment to the nursing profession and embrace change as a means for influencing health care at all levels. Come join a dedicated group of student nurses and nurses as they walk you through the world of nursing, which offers many exciting opportunities, including those yet to be explored. More information to come...stay tuned.

Workshop #8A – “Understanding Psychology: Mind control, am I in charge?”

How does a lie detector test actually work? Can video games actually increase your brain power? What do clocks, pictures, and numbers have to do with cognitive testing? Does my brain see what my eyes see? If you have ever asked yourself these questions or if you are interested in learning more about the exciting field of Psychology this workshop is for you. A brief introduction to the field of psychology will be presented. We will examine: skin conductance, EKG, cognitive assessments, visual illusions and more await your exploration.

Lunch

(12:00- 1:00pm)

Lunch will be sponsored by CIHR and held at UNBC cafeteria. A number of health professionals and health researchers from various stages of their careers will join the students for lunch to answer questions in a more informal setting.

Afternoon Break-out Sessions (PM)

(1:00- 2:30pm)

Students will select a first and second option from the break-out session descriptions below. We will email the students with a finalized agenda, including their chosen session and room location. In the event that there are too few students registered to host a session, the session will be cancelled. In the event that student's second choice is unavailable, the student may be asked to choose an additional session.

Workshop #1P – Geneskool presents “Death of Maria Mini-CSI Mystery.”

There is a horrific discovery in a residential neighbourhood near the university dorms. A first year university student, Maria Gentry, was found lying dead on the side of the road from what looks like it a hit and run. During this Mini CSI Mystery, you will work in a university science laboratory performing a DNA extraction and analyzing fingerprints and gel electrophoresis results to solve the mystery. This is YOUR mission as a CSI Forensic Scientist! Are you up to the challenge?

Workshop #2P – “Northern mini-med session”

Attend mini-medical school! Working in teams, you will be introduced to a fictional patient who has come to see you regarding a medical concern. Students in the workshop will work through the patient’s medical history, receive results from physical and laboratory examinations and utilize these clues to formulate a potential diagnosis and treatment regime for your patient. Students will work in small groups and be expected to contribute to group brainstorming discussions

Workshop #3P – “Living without Kidneys”

The kidneys are the only major organ where medical technology has been able to support life for more than days or hours after the organs have totally failed. 160 people in Northern BC rely on dialysis to keep them alive and the number is increasing. Students will learn about the problem of poor kidney function and the role dialysis plays in supporting people whose kidneys no longer clean the blood effectively. They will try to set up a home peritoneal dialysis machine and see technology that is used to place large catheters (tubes) into major blood vessels to allow blood to flow and return from hemodialysis machines.

Workshop #4P – “A guided tour to the human brain”

This session will offer students an introduction to the basic components of the human brain and the functions of each. Students will see brains the way doctors look at them (histology, x-ray, MRI) and will have the opportunity to see a real human brain specimen. A hands-on activity will allow students to use their knowledge to assemble a human brain model from its components. There will also be a brief overview of current brain research.

Workshop #5P – “And the survey says?”

Survey research labs are equipped to survey people about their attitudes, behaviours and opinions about a variety of topics. In this workshop, you will learn how surveys are designed and hear about some cautions to think about when reading survey results. You will also take part in a fun Health Related web survey in a University-based survey research lab and see the results graphed right before your eyes!

Workshop #6P – “Up Close and Personal with the Body”

A brief introduction to the field of human anatomy and physiology, where knowing what is normal and healthy allows you to find the abnormal. Models, microscopes and more await your exploration.

Workshop #7P – Genome BC presents “How, Why, What, and When to cut”

A surgeon from the NMP will introduce students to the world of surgery. Dr. Caron will regale students with tales of the necessity for surgery and the difficulties that arise when things go wrong as they are taught important techniques on specimens and surgery simulator.

Workshop #8P – “Be Happy, Be Proud, and Make a Difference”

Social Work is a profession focused on helping individuals, families, groups and communities enhance their well being. In this session you will discover how no two days are the same in Social Work, through a series of engaging and thought provoking activities. Come and learn about this exciting profession and see how you too can make a difference not only in your life, but also in the lives of others.

Workshop #9P – “Understanding Psychology: Mind control, am I in charge?”

How does a lie detector test actually work? Can video games actually increase your brain power? What do clocks, pictures, and numbers have to do with cognitive testing? Does my brain see what my eyes see? If you have ever asked yourself these questions or if you are interested in learning more about the exciting field of Psychology this workshop is for you. A brief introduction to the field of psychology will be presented. We will examine: skin conductance, EKG, cognitive assessments, visual illusions and more await your exploration.

Afternoon Break

(2:30 – 2:45pm)

The afternoon break will include snacks and refreshments sponsored by CIHR.

Career Panel

(3:00 – 3:50pm)

The career panel will be arranged in a standard format with a table consisting of 5-6 professionals and researchers from various backgrounds. Each panel member will be give 3-5 minutes to give a short synopsis of what they do and how they got to where they are. Students will be given time to ask questions of the group or individuals following the presentations.

Wrap-up/closing remarks

(3:50 – 4:00pm)

Closing remarks and any pertinent announcement will be made following the career panel.