

Office of Lifelong Learning

ANNUAL REPORT

2024 - 2025



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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 2024-2025 Annual Report, highlighting our ongoing commitment to advancing healthcare education through collaboration, innovation, and a steadfast dedication to lifelong learning. Over the past year, we have continued to strengthen partnerships and create high quality educational offerings. These efforts are designed to support clinicians in delivering safe, effective, and patient-centered care, ensuring they have the tools to meet the evolving demands of healthcare. Through our programs, we integrate leadership development, evidence-based practice, and quality improvement, reaffirming the transformative power of education in both professional growth and healthcare system improvement. Through collaboration with our partners, faculty, and dedicated team members, we remain committed to building a connected community of lifelong learners and advancing inclusive, equitable, and sustainable education to support a learning health system. Lastly, I would like to express my appreciation to the L3 staff, whose tireless efforts drive our success, and to our partners and stakeholders, whose unwavering commitment to continuous improvement strengthens our shared mission. Together, we are shaping the future of healthcare education in Alberta.

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

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.

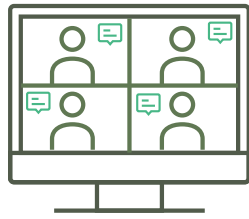


The Year at a Glance

34 Hosted
webinars



4771
Participants



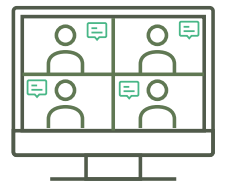
933
Asynchronous
Participants

5 Paid
Courses



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

52
Participants



L3-Advanced Quality Improvement Program (AQI)

The Office of Lifelong Learning created in 2023 the AQI Program with the goal of building 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. 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 AQI Program aligns with team-based health care delivery and uses consistent language, methods, and tools for these PCNs to better support broad scale QI. As an example, with the ongoing partnership with Chinook PCN (CPCN), 6 staff have been trained as facilitators, delivering 15 workshops, with over 185 physicians and staff trained. CPCN has adapted workshop tools to supplement existing procedures and co-created communication tools to connect and support CPCN physicians with QI.



Launch and Impact of MyL3Plan: A Self-Paced Tool for Physician Practice Improvement



In 2023, the Office of Lifelong Learning developed and launched My Lifelong Learning Plan (MyL3Plan), a self-paced educational tool designed to support physicians in meeting regulatory requirements for continuous practice improvement. This free self-assessment tool helps physicians identify areas for growth, access relevant resources, and complete Practice Improvement (PPI) learning cycles in one of three key areas:

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

As of March 2025, 165 physicians and healthcare professionals are actively using MyL3Plan to complete their learning cycles. L3 is also exploring the tool's potential application for other healthcare professionals with continuing professional development (CPD) requirements.

Accreditation and Professional Development Credits

- Certified by the College of Family Physicians of Canada as a 3-credit-per-hour Self-Learning activity, offering up to 36 Mainpro+ certified credits.
- Recognized by the Royal College of Physicians and Surgeons of Canada under MOC Section 2 – Self-Learning Activities: PLP (Personal Learning Project), with 2 credits per hour.

This initiative represents a significant step in supporting lifelong learning and enhancing practice improvement across the healthcare community.

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

L3 Programs

Enhancing Obesity Management Education for Healthcare Providers

The Office of Lifelong Learning partnered with the 5As Team to deliver a comprehensive educational program designed for physicians and healthcare providers. In January 2023, the program was adapted for a virtual learning environment using a flipped classroom design, ensuring an interactive and engaging educational experience.

The **Learn How to Help Your Patients Living with Obesity course** is a four-week training initiative that aligns with the Canadian Clinical Practice Guidelines for Adult Obesity. The course provides healthcare providers with:

- Foundational knowledge in pathophysiology, drivers, and science of obesity
- A therapeutic approach to assessment and management for both adults and pediatric patients
- Hands-on practice using an evidence-based consultation approach for real-world clinical application

The course is led by Dr. Denise Campbell-Scherer (5AsT Program Lead), Dr. Andrea Milne-Epp, Dr. Shahebina Walji, and Dr. Tasneem Sajwani, and will be offered again in Fall 2025.



Leadership Skills Development

At L3, we are committed to supporting the communities we serve by fostering leadership, communication, and team effectiveness. Continuous growth in these areas benefits individuals at all career stages and enhances the quality of our shared work environment.



Since 2022, L3 has proudly offered two premier leadership development programs:

- **Dare to Lead™** – Based on the research of Dr. Brené Brown, this globally recognized program equips participants with courage-building skills to transition from armored leadership to daring leadership. We extend our sincere gratitude to **Laurie Hillis** for her dedication in facilitating an impactful learning experience.
- **Crucial Conversations®** – This course empowers participants with the skills to navigate high-stakes discussions, ensuring open dialogue, alignment, and effective decision-making. We appreciate **Dr. Debra Witzfeld** for her commitment to delivering this valuable training.

Through these initiatives, L3 remains dedicated to cultivating strong, courageous, and communicative leaders within our communities.



Laurie Hillis

Certified Dare to Lead Facilitator



Debrah Witzfeld

MD, ACC, MBA Certified Facilitator

L3/PLP Educational Events 2024-2025

Enhancing Lifelong Learning Through Collaborative Learning Initiatives

The Office of Lifelong Learning (L3) and the Physician Learning Program (PLP) actively engage with primary care physicians and their teams to identify key learning needs and opportunities. In collaboration with multiple stakeholders and subject matter experts, L3 and PLP developed targeted educational sessions to address these priorities.

These sessions were designed using various educational formats, including webinars, webinar series, flipped classrooms, case-based discussions, and panel discussions. The content was carefully curated with clear learning objectives, expert-led instruction, and interactive learning strategies.

Over the past year, 24 educational events were delivered in partnership with PLP, supporting ongoing professional development and practice improvement for healthcare providers.



Beyond Blood Sugar: Improving Kidney and Lipid Care in Diabetes

Diabetes significantly increases the risk of chronic kidney disease (CKD) and cardiovascular disease (CVD), with one-third of individuals potentially developing CKD and a 2 to 4 times greater risk of vascular disease. Given that CVD is the leading cause of death in people with diabetes, proactive screening and multidisciplinary management are essential in primary care.

To support primary care teams, a 3-part webinar series was delivered from January to March 2025, focusing on quality improvement in diabetes care. These sessions provided guidance on conducting quality improvement projects, utilizing aggregate NAPCReN data, and incorporating tools such as the “How to Read My Ambulatory Glucose Profile (AGP)” guide and the MyL3Plan, an accredited QI tool for physicians. By enhancing collaboration among Certified Diabetes Educators, Nurse Practitioners, and other healthcare professionals, this initiative aims to improve patient outcomes and reduce hospitalizations and mortality.

Presented by: Dr. Darren Lau & Dr. Donna Manca

Team Up for Health: Integrating Diabetes and Kidney Care

Participants: 186

January 21, 2025

From Sugar Highs to Fat Fries: The latest in Diabetes and Lipid Management

Participants: 191

February 11, 2025

Your Diabetes Dilemmas (Comment on Real-Life Cases)

Participants: 187

March 4, 2025

97%
Met my
learning
needs



564
Participants



100%
was relevant
to my practice



144
Asynchronous
views

Liver in the Balance: Tackling Fatty Liver Disease in Primary Care

Alberta Health Services (AHS) has developed a Primary care management pathways to support the management of common non-urgent liver conditions for which long wait times to specialty care currently exist.

The pathways help identify patients with high-risk features and facilitate early referral to specialists as needed. Non-alcoholic fatty liver disease (NAFLD) is the most common liver disease in Canada, occurring in up to 25% of the population. It is often associated with obesity, diabetes and/or hyperlipidemia, and results from accumulation of triglycerides within the liver cells, which can lead to liver damage. NAFLD is an increasingly common indication for liver transplantation and cause of liver cancer in North America.

A 2 part webinar series was delivered to family physicians and healthcare providers in order to facilitate the identification, management and referral of patients with liver disease.

Presented by : Dr Mang Ma

Liver in the Fast Lane: Diagnosing, Preventing, and Understanding NAFLD/MASLD

Participants: 186

January 28, 2025

From Fat to Fit: Navigating NAFLD/MASLD Treatment and Referral Roadmaps

Participants: 191

February 11, 2025

94%
Met my
learning
needs 

262 
Participants

96%
was relevant
to my practice 

 **87**
Asynchronous
views

Clinical Guidance for the Management of Newborn Hyperbilirubinemia

The Office of Lifelong Learning partnered with the Physician Learning Program and the Children's Health Program Improvement & Integration Network (PIN) from AHS to disseminate updated provincial hyperbilirubinemia clinical guidance for infants ≥ 35 weeks of age. This initiative aims to reduce severe hyperbilirubinemia and its complications by improving early risk identification, timely diagnosis, intervention, and appropriate follow-up in the community after hospital discharge.

In collaboration with Dr. Jack Rabi and Dr. Kathleen Hicks, L3 delivered two educational sessions attended by Primary Care General Practitioners, Midwives, Nurses, Community Physicians, and Acute Care Pediatric Physicians. L3 was able to expand the reach of the clinical guidance to more than **500** healthcare providers through the live presentations, asynchronous learning resources, and the dissemination of the Hyperbilirubinemia Clinical Management document.

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Jaundice Management in Alberta: ≥ 35 Week Gestation

- Presented by: Dr Jack Rabi & Dr Kathleen Hicks
- February 18 and March 18, 2025

98%
Met my
learning
needs



515

Participants



100%

was relevant
to my practice



37

Asynchronous
views

Rheumatology Revealed: Updates on Common Diseases and Referral Tips for Family Physicians

Significant advancements in rheumatology has resulted in reduced pain and inflammation, decreased risk of permanent damage, and improved overall quality of life for individuals living with rheumatologic conditions. However, many physicians remain unaware of the latest diagnostic and treatment updates or the best referral strategies for patients needing specialized care.

To bridge this gap, the Office of Lifelong Learning partnered with the Physician Learning Program (PLP) and the Division of Rheumatology at the University of Alberta to develop and deliver the first of 2 webinar series. This initiative focuses on a number of Rheumatologic topics that have been identified as a priority for providing updates on diagnosis, treatment and referral strategies for family physicians.

The first iteration of webinars included the following topics:

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Overview of Fibromyalgia for Family Physicians

I Dr. Mena Bishay I

Participants: 197

October 15, 2024

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The Joint Effort: OA management- Common Practices Versus Clinical Guidelines

I Dr. Shafiq Akbar I

Participants: 214

October 22, 2024

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Navigating Polymyalgia Rheumatica: State of the art Insights and Referral Strategies for Optimal Patient Care

I Dr. Dale Sholter I

Participants: 205

February 11, 2025

.....

Advancing Gout Care: Latest Updates in Diagnosis, Management, and Effective Referral Practices for Family Physicians

I Dr. Andrea Johnson I

Participants: 213

November 5, 2024

97%
Met my
learning
needs



828

Participants



99%

was relevant
to my practice



229

Asynchronous
views

Palliative Care in Practice: Strategies for community management and referral insights for Family Physicians

The provision of palliative care has improved over the years however, a number of reports have identified ongoing gaps on quality of palliative care across Canada. Few healthcare providers specialize in or practice primarily in palliative care. Physicians report varying levels of training for and comfort in providing palliative care.

In order to build broader capacity, there are increasing expectations on physicians on how to deliver the best possible palliative care service. This has encouraged physicians to look for different learning and educational opportunities to advance their practice in palliative care.

PLP as follows: The Office of Lifelong Learning and the Division of Palliative Care Medicine at the Faculty of Medicine & Dentistry developed and delivered educational sessions focused on providing strategies for community management and referral insights for Family Physicians.

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Palliative Care: Some Practical Clinical Pearls

I Dr. Sarah Burton-MacLeod I

Participants: 93

September 24, 2024

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Community Palliative Care Resources

I Dr. Ingrid de Kock I

Participants: 101

October 1, 2024

.....

Palliative Care Urgencies and Emergencies: An Overview

I Dr. Allison Chabassol I

Participants: 107

October 8, 2024

98%
Met my
learning
needs



301
Participants



97%
was relevant
to my practice



89
Asynchronous
views

Head and shoulders, knees and toes: Common neurologic presentations and potential serious mimics



Amyotrophic lateral sclerosis (ALS) is a rare but fatal neurodegenerative disease that leads to a loss of motor control. Early diagnosis is critical for patients to access new treatments that can improve their quality of life. However, ALS symptoms often resemble more common neuromuscular conditions, leading to delays in diagnosis due to referrals across multiple specialties. The Office of Lifelong Learning, the Physician Learning program and the Division of Neurology developed a webinar series to support healthcare providers in distinguishing common symptoms from those indicative of serious progressive disease and provide effective referral strategies for the timely treatment of these patients.

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Foot drop - is it always Sciatica?

I Dr. Wendy Johnston & Dr. Mark Ng I

Participants: 160

May 8, 2024

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Numb hand - is it always Carpal Tunnel Syndrome?

I Dr. Wendy Johnston & Dr. Daniel Fok I

Participants: 192

May 15, 2024

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The senior with functional decline - geriatrics or neurology?

I Dr. Wendy Johnston & Dr. Diana Rouker I

Participants: 107

May 22, 2024

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Speech changes - is it always Stroke?

I Dr. Wendy Johnston & Dr. Caroline Jeffery I

Participants: 196

May 29, 2024

99%
Met my
learning
needs



740
Participants



97%
was relevant
to my practice



223
Asynchronous
views

A Breath of Fresh Air!!

Updates in Asthma and COPD in Primary Care



Asthma and Chronic Obstructive Pulmonary Disease (COPD) are two of the most prevalent chronic lung diseases, contributing significantly to the socioeconomic burden on our healthcare system. Smoking is a major risk factor that not only triggers and worsens these conditions but also complicates their management, making patient care even more challenging.

The Office of Lifelong Learning and the PLP, developed a webinar series aimed to equip healthcare professionals with the latest evidence-based strategies to diagnose, treat, and manage asthma and COPD effectively. Through expert-led discussions, participants gained practical insights into guideline updates and learned how to integrate them into daily practice to optimize patient outcomes.

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Diagnosis and Management of Asthma in Adults in Primary Care
I Dr. Mohit Bhutani I March 19, 2024

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Targeted Screening and Management of COPD in Primary Care
I Dr. Mohit Bhutani I May 15, 2024

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How to help your patients to quit smoking
I Dr. Dayna Lee-Baggley I April 30, 2024

97%
Met my
learning
needs



231
Participants



100%
was relevant
to my practice



114
Asynchronous
views

Supporting Professional Development Through Virtual Grand Rounds

Child & Adolescent Psychiatry Grand Rounds 2024-2025 Webinar Series

As part of our commitment to advancing lifelong learning for physicians and healthcare professionals, L3 and PLP have continued their partnership with the Division of Child and Adolescent Psychiatry to support the delivery of monthly virtual grand rounds.

In the past year, these webinars attracted **1,189** healthcare professionals from Alberta and across Canada, providing valuable insights and expertise in child and adolescent mental health. To enhance accessibility, all sessions were recorded and made available for download on the L3 website, ensuring ongoing learning opportunities for healthcare providers.

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Between Mad, Bad, and Sad: Advancing What
is Known about Irritability in Children and Adolescents

I Dr. Daniel Dickstein I

Participants: 135

March 19, 2024

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A narrative inquiry into the experiences of children and
youth waiting for mental health services

I Margot Jackson I

Participants: 103

April 16, 2024

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Obsessive-Compulsive Disorder Across the Lifespan:
Evidence-Based and Emerging Treatments

I Dr. Michael Bloch I

Participants: 142

May 21, 2024

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System Transformation in Child Mental Health: From tests-of-principle
in autism to prospects for change across the care continuum

I Dr. John Constantino I

Participants: 120

June 18, 2024

EFFT (Emotionally Focused Family Therapy)

I Dr. Shenny Karmali I

Participants: 120

September 17, 2024

Why am I dizzy? An exploration of orthostatic intolerance across conditions including Postural Orthostatic Tachycardia Syndrome, Long COVID, and Chronic Migraine

I Dr. Lawrence Richer I

Participants: 113

October 15, 2024

Three Steps to Resilience: The NeuroRelational Framework

I Dr. Carole Anne Hapchyn I

Participants: 143

November 19, 2024

Overcoming Challenges in ADHD Care: Assessment and Treatment of Patients with Concurrent Substance Use Disorders (an introduction to CASUP – Caddra Adhd & Substance Use Program)

I Dr. Sam Chang I

Participants: 121

December 17, 2024

Shedding light in the dark room: From genes to images to phenotypes through precision neuroimaging

I Dr. Andrés Moreno De Luca I

Participants: 71

January 21, 2025

Waking up from a Bad Dream: Walking with families as they heal from Trauma

I Dr. Lindsay Riopka Manrique I

Participants: 118

February 18, 2025

Our Team



Denise Campbell-Scherer

MD, PhD, CCFP, FCFP

Associate Dean



Karen Hunter

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Managing Director



Andrea Davila-Cervantes

MD, MEd

Director of Lifelong Learning



Rose Yeung

MD, FRCPC, MPH

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Specialty Linkages,



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