PPME
Partners in Progressive Medical Education

Abbott Diabetes Care
ABBOTT DIABETES CANADA

YOU'RE INVITED

Individualizing Insulin Therapy Using Continuous Glucose Monitoring in Primary Care

A **half-day, case-based workshop** on CGM-guided insulin selection and titration — moving beyond trial-and-error to precise, patient-centred therapy.

DATE
Saturday, November 28, 2026

TIME
8:00 AM – 3:00 PM
Registration & breakfast 8:00 AM

VENUE
Selkirk Room
Delta Hotels Calgary Downtown
Calgary, Alberta

AUDIENCE
Family physicians, NPs & CDEs
Seats limited to 30

Program Agenda

8:00 – 8:45	Arrival, Registration, and Breakfast
8:45 – 9:00	Welcome, Workshop Overview, and CGM Application Demo
9:00 – 9:30	Interpreting CGM Data: Foundations and Practical Examples — *Dr James Kim*
9:30 – 10:00	How Food Influences Glucose: Real-World Pattern Recognition — *Laurel Zvaigzne*
10:00 – 10:15	Interactive Q&A
10:15 – 11:00	Break
11:00 – 12:00	Basal Insulin: When, Why, and How to Adjust It — *Trish Molberg*
12:00 – 1:00	Bolus Insulin: Matching Insulin to Meals and Correction Strategies — *Rick Siemens*
1:00 – 1:30	Lunch
1:30 – 2:50	Applying It All: Case Simulations Using CGM + Insulin Strategies
2:50 – 3:00	Final Q&A, Reflections, and Closing Remarks

Faculty

Dr James Kim
General Practitioner
Vineyard Medical Clinic

Rick Siemens
Clinical Pharmacist, Diabetes Educator
London Drugs, Lethbridge

Trish Molberg
Clinical Pharmacist, Diabetes Educator
McKenzie Sandstone Pharmacy, MODE Care Collaborative

Laurel Zvaigzne
Dietitian, Diabetes and Obesity Educator
MODE Care Collaborative

Interactive format: each learning block pairs a 20-minute focused didactic with a small-group, facilitated case workshop — translating CGM interpretation into insulin decisions in real time.

RSVP: **cmeppme@gmail.com**

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THIS PROGRAM IS SUPPORTED BY ABBOTT DIABETES CANADA