‘McMaster Evidence-Based Clinical Practice Workshops’

Monday June 3rd - Friday June 7th, 2019

FINAL

AN INFORMATION GUIDE

NOTE: Bring the Information Guide with you to help with orientation at McMaster University as it contains important maps!
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2019 EBCP Workshop - PARTICIPANT Schedule

Monday, June 3, 2019
10:00 am – 10:45 am  Pre-course Registration. – University Club see page 9 for map
11:00 am – 4:00 pm  Basic Pilot Large Group Pre-Course – Pre-paid participants only
4:00 pm – 5:00 pm  Registration – University Club see page 9 for map
5:00 pm Sharp!  *Dinner with small groups - University Club
6:30 pm – 8:30 pm  Small Group Tutorial

Tuesday, June 4, 2019
8:30 am – 9:35 am  Large Group Presentation
9:40 am – 10:30 am  Basic Large Group Presentation
10:45 am – 12:45 pm  Small Group Tutorial – Refer to your small group schedule provided at registration.
1:00 pm – 3:45 pm  Individual Study Time or Computer Lab
2:00 pm – 3:00 pm  Special Interest Group
4:00 pm – 6:00 pm  Small Group Tutorial – Refer to your small group schedule provided at registration

Wednesday, June 5, 2019
8:45 am – 9:35 am  Basic Large Group Session
9:40 am – 10:30 am  Large Group Presentation
10:45 am – 12:45 pm  Small Group Tutorial – Refer to your small group schedule provided at registration.
1:00 pm – 3:45 pm  Individual Study Time or Computer Lab
3:00 pm – 3:55 pm  Basic Large Group Session
4:00 pm – 6:00 pm  Small Group Tutorial – Refer to your small group schedule provided at registration

Thursday, June 6, 2019
8:00 am – 9:00 am  Large Group Presentation
9:30 am – 11:30 am  Small Group Tutorial – Refer to your small group schedule provided at registration
1:00 pm – 3:45 pm  Individual Study Time or Computer Lab
3:00 pm – 3:55 pm  Basic Large Group Presentation
4:00 pm – 6:00 pm  Small Group Tutorial – Refer to your small group schedule provided at registration

6:15 pm Sharp!  BUSES leave 6:15 SHARP!  Outside Student Centre (parking lot side)
6:30 pm – 10:30 pm  *Dinner and Network Social at Royal Botanical Gardens, Burlington, ON

Friday, June 7, 2019
8:30 am – 10:30 am  Small Group Tutorial – Refer to your small group schedule provided at registration
11:15 am – 12:00 noon  Plenary Session – Evaluation, Feedback & Wrap-up

* Dinner is provided after registration; from there you will go into your first small group.
** Bus to RBG and returning to the Student centre is provided for your enjoyment of the evening.
PRE-COURSE

Additional Cost: $400 Cdn + 13% Harmonized Sales Tax

Session Summary:
The purpose of this half-day pre-course is to provide exposure to core concepts required to incorporate best evidence into practice and teaching prior to full the 4-day EBM workshop. The pre-course is intended for early learners who have limited experience with the critical appraisal process. The 4 hours will be structured in parts that mirror the evidence cycle:

1. constructing a structured clinical question;
2. assessing risk of bias;
3. understanding results; and
4. application.

Pre-Course Faculty
- Pre-course Co-Directors: Sheri Keitz and Gordon Guyatt
- The pre-course topics will be taught by a combination of experienced tutors for the main 4-day EBM workshop

Learning Objectives
Following the pre-course, participants will be able to:
- Form a clinical question using a structured PICO framework
- Describe concepts used to assess risk of bias in study design
  - Randomized Trials: why do we randomize?
  - Cohort Studies: Adjusted analysis
- Demonstrate understanding of reporting of results
  - Calculate and interpret measures of association: risk ratio, odds ratio, risk difference, number needed to treat/harm
  - Demonstrate understanding of p-values and confidence intervals
  - Describe results of a systematic review when summarized in a Forest Plot
- Demonstrate understanding of key principles in applying evidence
  - Describe when is it okay to generalize findings (or when it is not)

Who should attend?
- Participants in the practice stream with minimal or no prior exposure to basic concepts in evidence-based practice
- Participants in the teaching stream may wish to attend to see new techniques in interactive large group teaching and teaching tips for key concepts that are covered.

Teaching Method
- The pre-course will be in a large group setting
- Presenters will utilize interactive and active participant learning techniques

Pre-Course Registration Information
- Pre-course Registration must occur at the same time as registration for the EBM course
- Additional cost associated with attending the pre-course is $400 + 13% HST

DETAILED PRE-COURSE AGENDA WILL BE PROVIDED WITH YOUR PACKAGE ON REGISTRATION DAY
Before Leaving Home...

**LAPTOPS** are preferred as course materials will be provided to you on a USB drive***

**NOTE:**
If you are using a **MAC** computer, please bring your own adapter for use with the data projectors available for your individual presentations. **Workshop will not provide MAC Computer adapters.**

We advise that you **PRINT** the **FINAL INFORMATION GUIDE** including the MAPS (In colour if possible), as this is helpful upon your arrival at McMaster University campus. As with most university campuses, McMaster can be difficult to navigate. You will not have access to wifi until after registration. Please leave plenty of time to find the EBCP Workshop registration located at the University Club.

McMaster is well represented on Google Maps and the “Street view” accessed by drag can be very useful for those who can connect before receiving the individualised wifi information.

**The EBCP workshop is proud to provide you with the 3rd Edition Users’ Guides to the Medical Literature.**

**Clothing and Spending Money:**

We would like to suggest that you bring casual apparel (blue jeans, shorts, sweats), as all courses and social functions are informal - business apparel is optional. It can be very hot or very cool in June with a daytime average 25.2C (80F). Evenings can dip to below 13.8C (58F). so layers are good.

Folks have asked us how much money should they bring with them for the week, and this, of course, is a personal preference. It has been recommended that you allow yourself about $40.00 to $50.00 per day for the meals that you will need to purchase.

<table>
<thead>
<tr>
<th>Things to do and to bring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation confirmation</td>
</tr>
<tr>
<td>Parking request, if required, done through your online registration</td>
</tr>
<tr>
<td>Clothing for both hot and cool weather</td>
</tr>
<tr>
<td>Lap top and charging cables</td>
</tr>
<tr>
<td>Mac connector for use with data projectors</td>
</tr>
<tr>
<td>Canadian Cash</td>
</tr>
<tr>
<td><strong>Passport - Including US citizens through air and land borders.</strong></td>
</tr>
<tr>
<td>Travel Visa if required <a href="http://www.cic.gc.ca/english/visit">http://www.cic.gc.ca/english/visit</a></td>
</tr>
<tr>
<td>Maps to Registration - University Club</td>
</tr>
<tr>
<td>umbrella</td>
</tr>
</tbody>
</table>
Accommodations

Please be advised that reserving accommodations is the responsibility of the individual participant. Registration fees DO NOT include living accommodations.

McMaster University on Campus:

Online direct link to Mary Keyes reservation form -
https://conferencereg.mcmaster.ca/go/conferences/ebcp-2019

Clink on link above for full details of on-campus residence accommodations.

NOTE: Deadline for on-line campus residence reservation is MAY 30, 2019

Hotels in the Greater Hamilton Area:

Please be sure to BOOK YOUR OWN accommodations as early as space is not guaranteed

The information provided is designed to help find suitable and appropriate accommodation during your stay in Hamilton while attending the “2019 McMaster Evidence-Based Clinical Practice Workshops”. Hotel prices vary from approx. $100 - $150/night. Please be advised that these rates are subject to change without prior notice and do not include 13% HST.

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Inn</td>
<td>149 Dundurn Street N Hamilton, ON L8R 3E7</td>
<td>(905) 529-2311 or 1-866-236-4662 <a href="http://www.admiralinn.com/hamilton">www.admiralinn.com/hamilton</a></td>
</tr>
<tr>
<td>(not on bus route)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamilton Plaza Hotel and</td>
<td>150 King Street East Hamilton, ON L8N 1B2</td>
<td>(905) 528-3451 or 1-877-660-8550 <a href="http://www.hamiltonplaza.ca">www.hamiltonplaza.ca</a></td>
</tr>
<tr>
<td>conference centre (on bus route)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visitors Inn</td>
<td>649 Main Street West Hamilton, ON L8S 1A2</td>
<td>(905) 529-6979 or 1-800-387-4620 <a href="http://www.visitorsinn.com">www.visitorsinn.com</a></td>
</tr>
<tr>
<td>(within 30 min walking distance)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staybridge Suites</td>
<td>20 Caroline St S Hamilton, ON L8P 0B1</td>
<td>(905) 527 1001  or 1-877-660-8550 <a href="http://www.staybridgehamilton.com">www.staybridgehamilton.com</a></td>
</tr>
<tr>
<td>(on bus route)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>McMaster University Housing</td>
<td>McMaster Campus Hamilton</td>
<td>I am pleased to share the 2018 Evidence Based Clinical Practice Workshop accommodation booking link with you here: <a href="https://conferencereg.mcmaster.ca/go/conferences/ebcp-2019">https://conferencereg.mcmaster.ca/go/conferences/ebcp-2019</a></td>
</tr>
<tr>
<td>Conferences (on campus)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Transportation

Local Airports:

- **Hamilton International Airport** is located approximately 18 km away from McMaster, 15 minutes from downtown Hamilton (60 minutes from downtown Toronto).
- **Toronto Pearson International Airport** is located 68 km east of Hamilton-Wentworth, approximately a 45-minute drive from downtown Hamilton.
- **Buffalo U.S.A. Airport** is approximately 110 km or 90-minute drive by car from Hamilton – border and immigration (passport) control will be done when crossing the land border, this border crossing can take up to 1.5 hours.

Taxi from Toronto Pearson Airport:

The taxi company that services Toronto Pearson airport is “co-op cab” (416 504 2667) They have red and yellow cars. They currently charge $3.25 per kilometer, which would cost approximately $210.00.

Airport Shuttle from Toronto Pearson - Airways Transit Service Limited

Airways Transit is proud to offer McMaster Evidence based Clinical Practice workshop participants the preferred, single passenger shared ride fare of $72.00 (HST included) for one way transportation between Toronto Pearson Airport and downtown Hamilton. **If two or more persons are travelling together on the same reservation, group fares will be applied and noted on your confirmation.** Advanced reservations and prepayment are required for preferred fare eligibility.

To book your preferred rate round trip or one way transportation, please visit https://www.airwaystransit.com/ and use the reference code **EBCP2019** Or Call, 905-689-4460 and mention code **EBCP2019** before May 31st, 2019.

<table>
<thead>
<tr>
<th>Passengers</th>
<th>Fare</th>
<th>HST</th>
<th>Total</th>
<th>Cost per person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>63.72</td>
<td>8.28</td>
<td>72.00</td>
<td>72.00</td>
</tr>
<tr>
<td>2</td>
<td>104.42</td>
<td>13.58</td>
<td>118.00</td>
<td>59.00</td>
</tr>
<tr>
<td>3</td>
<td>108.85</td>
<td>14.15</td>
<td>123.00</td>
<td>41.00</td>
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<tr>
<td>4</td>
<td>127.43</td>
<td>16.57</td>
<td>144.00</td>
<td>36.00</td>
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<tr>
<td>5</td>
<td>142.48</td>
<td>18.52</td>
<td>161.00</td>
<td>32.20</td>
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<tr>
<td>6</td>
<td>162.83</td>
<td>21.17</td>
<td>184.00</td>
<td>30.67</td>
</tr>
<tr>
<td>7</td>
<td>179.65</td>
<td>23.35</td>
<td>203.00</td>
<td>29.00</td>
</tr>
<tr>
<td>8</td>
<td>200.88</td>
<td>26.11</td>
<td>227.00</td>
<td>28.37</td>
</tr>
</tbody>
</table>

Note: Fares are CAD; gratuity not included. Luggage and cancellation policy applies

Parking at McMaster University:

Free parking is available to all participants who requested parking when they registered for the workshop. Pre-requested exit cards for the **Underground Stadium parking lot attached to the David Braley Athletic Centre (Zone G)** will be issued during registration. These tickets will be inserted into the machine when exiting the Underground Stadium parking lot. See Map on Page 10.

**Note:** If you require parking, and did not request tickets ahead of time, parking is at a cost of approximately $20 per day.

If you are Being Dropped off

Please ask to be dropped off at the Sterling road entrance near the Student Centre.
Helpful Information to Know

Local Taxi:

Hamilton Cab is the company we normally use. Call 905 777 7777 or visit their website: www.hamiltoncab.com

Bike share:

In Hamilton we have SoBi, which is an app based bike share. There are many locations all over Hamilton including at least 9 on our campus it is an economic effective way to get around the city. Check it out at https://hamilton.socialbicycles.com/ or call 289 768 2453 for more information.

Banking Facilities:

McMaster Health Sciences Centre houses ATM machines for your convenience. One is located in the lobby area of the Student Centre and one on the first floor in the Health Sciences Centre, Ewart Angus section. Other banking facilities located off campus are:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CIBC – Westdale</td>
<td>1015 King Street West, (905) 572-3333</td>
</tr>
<tr>
<td>TD Canada Trust</td>
<td>938 King Street West (905) 523-5111</td>
</tr>
<tr>
<td>Scotiabank</td>
<td>999 Main Street West (905) 525-2640</td>
</tr>
</tbody>
</table>

NOTE: We recommend that you carry cash with you as sometimes the ATM machines on campus are not working and the banks are a distance from the campus.

Book Stores:

There are two university bookstores: one for specialty medical literature located on the first floor of the Health Sciences Centre (just outside the cafeteria); and the other is located via the Student Centre (Titles Bookstore) in the basement of Gilmour Hall (beside the Student Centre). This is where you may purchase more general books and souvenirs from McMaster University.

Campus Libraries:

We have many libraries on campus: Health Sciences, Innis, Thode, and Mills.

McMaster University Athletic & Recreational Facilities:

Located in the Northeast corner of the McMaster campus, the Athletic Complex contains many first-rate facilities. The David Braley Athletic Centre is situation behind the Student Centre and provides:

- Activity Centre
- Alumni Field
- Burridge Gymnasium
- Fitness Gallery
- The Pulse Fitness Centre
- Squash & Racquetball Courts
- Swimming Pool
- Tennis Courts
- Track

Please contact the David Braley Centre directly for further information: 905-525-9140 x 23575

The campus borders on an area of The Royal Botanical Gardens, which is criss-crossed with paths and trails which are very popular with joggers and cyclists. There is also a running track near the residence.
**Places to Eat:**

**McMaster University on Campus:**
The Student Centre has a food court with many options of snacks and lunch style meals.

There are several Tim Hortons outlets on campus including the McMaster University Student Centre (MUSC); Michael DeGroote Centre for Learning (MDCL); Institute for Applied Health Sciences (IAHS); and Mary Keyes Residence.

*NOTE: TIM HORTONS on campus does NOT accept credit cards – It is cash only.*

There are two locations for Williams Coffee Pub (one located the Student Centre and the other is located on Main Street across from the Main Hospital entrance (1309 Main Street West).

**On Campus:**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Dates</th>
<th>Hours (Based on Summer 2017 times)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Togo Salmon Hall</td>
<td>Monday - Friday</td>
<td>11:00am – 3:00pm</td>
</tr>
<tr>
<td>TwelveEighty</td>
<td>Monday - Friday</td>
<td></td>
</tr>
<tr>
<td>McMaster University Student Center (MUSC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>La Piazza</td>
<td>Monday – Thursday</td>
<td>8:00am – 6:00pm</td>
</tr>
<tr>
<td>Tim Horton's</td>
<td>Monday – Friday</td>
<td>8:00am – 4:00pm</td>
</tr>
<tr>
<td>William's Coffee Pub</td>
<td>Monday - Friday</td>
<td>8:00am – 3:00pm</td>
</tr>
</tbody>
</table>

**Health Sciences Centre (HSC)**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Dates</th>
<th>Hours (Based on Summer 2017 times)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Market Place Cafeteria</td>
<td>Monday – Thursday</td>
<td>7:00am – 6:00pm</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>7:00am – 2:30pm</td>
</tr>
</tbody>
</table>

**Local Restaurants:**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beasleys</td>
<td>96 Locke Street</td>
<td>(905) 527-1440</td>
</tr>
<tr>
<td>Ancaster Mill</td>
<td>548 Old Dundas Road, Ancaster</td>
<td>(905) 648-1828</td>
</tr>
<tr>
<td>Maccheroni</td>
<td>1560 Main Street West</td>
<td>(905) 527-6422</td>
</tr>
</tbody>
</table>

**THE FOLLOWING RESTAURANTS ARE WITHIN A 10 MINUTE WALKING DISTANCE LOCATED IN QUAIN'T “WESTDALE VILLAGE”**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean Bar</td>
<td>1012 King Street West</td>
<td>(905) 524-2326</td>
</tr>
<tr>
<td>Valentinos</td>
<td>824 King Street West</td>
<td>(905) 523-4240</td>
</tr>
<tr>
<td>1010 Bistro</td>
<td>1010 King Street West</td>
<td>(905) 526-6642</td>
</tr>
<tr>
<td>Saigon</td>
<td>1024 King Street West</td>
<td>(905) 528-1096</td>
</tr>
<tr>
<td>Snooty Fox</td>
<td>1011 King Street West</td>
<td>(905) 546-0000</td>
</tr>
<tr>
<td>Basilique</td>
<td>1065 King Street West</td>
<td>(905) 524-3444</td>
</tr>
</tbody>
</table>
Email Communication at the Workshop from Mary Keyes Residence:

INTERNET CONNECTION
Quick Setup Guide

FOR THOSE STAYING ON CAMPUS AT MARY KEYES:
In each residence room you will find a wired Internet connection. You will require an RJ-45 cable to connect to the network – You can obtain this cable from Housing Desk in Lobby of Mary Keyes Residence. Data Jacks are usually marked as D1, D2, D3 etc. Once you have plugged in the RJ-45 cable to the correct port, please open a browser window and complete the Network Registration instructions that appear. When you have completed this, you will be asked to restart your computer. If you are not automatically redirected to the “NetReg” web page, or have difficulty registering, the following instructions may assist you.

For Windows 7
- Click Start, Control Panel, Network and Internet Center, View network status and tasks and click on the Change adapter settings on the left pane of the window.
- Right-click Local Area Connection, and click Properties. Press Continue if prompted by User Account Control (UAC)
- Double-click the “(TCP/IPv4)” item to open the Internet Properties window. On the General tab, make sure that both the obtain IP Address and DNS server options are set to automatic.
- Click the Advanced button to display to display the Advanced TCP/IP Settings window. Remove any default gateways and click DNS tab to continue. Remove any DNS server addresses. Click OK, OK. Close all open windows.

For Windows 10
- Right Mouse Click Start, and click on Network Connections on the menu pane.
- Right-click Local Area Connection, and click Properties. Press Continue if prompted by User Account Control (UAC)
- Double-click the “(TCP/IPv4)” item to open the Internet Properties window. On the General tab, make sure that both the obtain IP Address and DNS server options are set to automatic.
- Click the Advanced button to display to display the Advanced TCP/IP Settings window. Remove any default gateways and click DNS tab to continue. Remove any DNS server addresses. Click OK, OK. Close all open windows.

Mac OSX 10.5 or Greater
- Click on the Apple Menu from the menu bar at the top of the screen and select System Preferences from the Apple Menu.
- In the System Preferences window, select Network Preferences.
- Ensure Ethernet is selected in the left-hand side of the window.
- Under Configure select the option “Using DHCP” and clear any DNS or domain information that might be present in the window.
- Click Apply and close any opened windows.

Configuring email
In order for your email to send properly, you must change your outgoing mail service to one of the McMaster’s. This is done differently depending upon the mail client you are using. Web-based email (ie, hotmail, gmail) does not require any changes. For all other clients, the outgoing mail server must be changed to: smtp1.mcmaster.ca
Information on how to change the outgoing mail server for various email clients can be found here:
http://www.mcmaster.ca/uts/help/email.html

Need more Help? Support is available via UTS Service Desk at uts@mcmaster.ca, x. 24357 or in BSB 245.
1. Faculty Club (Registration)
2. Student Centre (Small groups)
3. Kenneth Taylor Hall (Computer Labs)
4. Togo Salmon Hall
5. Stadium parking
6. Mary Keys Residence
7. Sterling street Entrance
8. Grand Rounds (Thurs Large group Presentations)
9. Chester New Hall (Large Group Presentations)
Walking from the Stadium Underground parking to the University Club (Registration). See detailed pictures on the next page
Walking from the Stadium Underground parking to the University Club (Registration) (continued)

When exiting underground parking, cross this parking lot to Stern Drive.

Once through the parking lot, this is the view on Stern Drive. Turn left.

Continue to walk straight past McKay Hall to where the path meets the road.

Keep to the right

Turn left at the path indicated

This is the University Club. Please make your way around to the front of the building as pictured below.
Walking From Mary Keys Residence to Registration at the University Club

See detailed pictures on the next page
Walking From Mary Keys Residence to Registration at the University Club (Continued)

1. Walk out the back of Mary Keys, onto Scholars Road. This is your view.

2. Go left around the traffic circle and continue down Scholars Road.

3. Continue just past Hamilton Hall (on left).

4. Turn Left down this path.

5. Continue down path and the University Club is at the end of the path.
Walking From the University Club to the Student Centre

1. Exit the University Club front doors and turn to your immediate left.
2. Walk Straight under the arch and up the steps and under the sign that says Chester New Hall.
3. Continue straight into the forecourt and enter the Student centres “North Entrance” on the right.