

Pediatric Virtual Symposium

Friday, April 17th, 2026 - 9:00 am - 4:00 pm

9:00 am

Welcome and Opening Remarks & Land Acknowledgement

9:05 am - Beyond BMI: Pediatric Obesity Assessment and Management



NP Angelina Wiwczor
BScN, NP- PHC

Nurse Practitioner
NEO Kids, Pediatric Outpatient
Services
Health Sciences North

Pediatric obesity is a complex, chronic disease with significant short- and long-term health implications. This session reframes pediatric obesity as a complex, chronic, and relapsing condition influenced by biological, psychosocial, and environmental factors. We will review how to conduct comprehensive, non-stigmatizing assessments that go beyond BMI, including evaluation of health risks, comorbidities, and lived experience. The session will emphasize individualized, family-centered management strategies grounded in equity, cultural safety, and shared decision-making to support long-term health and well-being.

By the end of this session, participants will be able to:

- Apply a chronic disease, equity-oriented framework to pediatric obesity assessment
- Use complication-focused assessment to guide care
- Implement compassionate, family-centered management aligned with Canadian Obesity guidelines

10:05 am

Screen Break

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NP Lindsay Picard,
NP-Pediatrics, MScN, DNP(c)
Child and Youth Mental Health
Program McMaster Children's
Hospital

10:15 am - Unpacking ADHD: What Every NP Needs to Know for Confident Pediatric Care

Pediatric ADHD continues to be one of the most common and complex presentations encountered in primary and mental health care. This session equips Nurse Practitioners with evidence-informed strategies to confidently assess, diagnose, and manage ADHD in children and adolescents. Through practical tools, case examples, and clinical pearls, participants will strengthen their diagnostic accuracy, optimize treatment planning, and support families with clarity and confidence.

By the end of this session, participants will be able to:

1. Apply evidence-based assessment principles to differentiate ADHD from common comorbidities and look-alike conditions in pediatric populations.
2. Formulate a comprehensive management plan that integrates medication options, behavioural interventions, school-based supports, and family collaboration.
3. Interpret and monitor treatment response using validated tools and NP-appropriate follow-up frameworks.
4. Communicate ADHD diagnoses and management recommendations in a way that is developmentally appropriate, family-centered, and reduces stigma



NP Kevin Zizzo,
MN GDipNPAC NP-Paeds
Assistant Clinical Professor,
McMaster University -
Adjunct Lecturer, University
of Toronto - NPAO
President-Elect

11:15 am - From Clues to Solutions: A Practical Guide to Pediatric Constipation

Pediatric constipation is one of the most common presentations in pediatric practice and can significantly affect the well-being of children and their families. This session takes a practical, problem-solving approach to assessment and management, from the first clinical clues to effective treatment strategies. Using evidence-based guidance, real-world considerations, and case-based discussion, participants will learn how to identify underlying causes, select appropriate investigations, and implement treatment plans that improve outcomes. The session also explores common barriers to success and provides strategies to support families throughout the entire management journey.

By the end of this session, participants will be able to:

- Recognize the key clinical features and red flags of pediatric constipation and perform an effective diagnostic assessment.
- Determine when investigations are appropriate and select the most useful tests based on clinical presentation.
- Apply practical evidence-based treatment strategies, including behavioral, dietary, and pharmacologic approaches across both the acute and chronic phases of care.

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Lunch Break

(Conference will resume at 12:45 pm SHARP!)



Lisa Hicks MN, NP-Pediatrics
Nurse Practitioner
Just For You Pediatric Nursing Care

12:45 pm - Fever in Children: Assessment and Management for Primary Care

This session provides Nurse Practitioners with practical guidance on evaluating and managing fever in pediatric patients. Using current evidence and Ontario-specific guidelines, participants will learn to differentiate benign from serious illness, apply age-appropriate assessment strategies, and provide safe and effective management for children with fever in primary care and community settings.

By the end of this session, participants will be able to:

- Assess pediatric patients with fever using age-specific guidelines and identify red flags that warrant urgent evaluation or referral.
- Differentiate between common benign causes of fever and those indicating serious bacterial or viral infections.
- Apply evidence-based management strategies, including safe antipyretic use and parent education, within the NP scope of practice in Ontario.



NP Allison Zweerink
Sleep Program
The Hospital for Sick Children

1:45 pm - Pediatric Sleep: A Comprehensive Review for Nurse Practitioners

A comprehensive review of sleep in childhood, including normal sleep physiology and common pediatric sleep disorders. Session will highlight how to recognize, assess and manage common sleep concerns in children, including both medical and behavioral approaches.

By the end of this session, participants will be able to:

- Understand the impact of sleep on child health, behavior and development.
- Identify common pediatric sleep disorders and management strategies
- Recognize key clinical features and red flags that warrant further assessment or referral.

2:45 pm - Recognizing and Managing Cow's Milk Protein Allergy in Pediatric Practice

This presentation provides a practical, evidence-informed overview of cow's milk protein allergy (CMPA) in infants and young children. Participants will learn to recognize common and atypical presentations, differentiate CMPA from other frequent pediatric complaints, and understand current approaches to screening, diagnosis, and treatment. The session will review feeding management across breastfeeding, formula feeding, and the introduction of solids, including guidance on maternal elimination diets, formula selection, and nutritionally appropriate milk alternatives. Strategies for dairy reintroduction, risk of co-existing food allergies will be discussed. Emphasis will be placed on supporting families in primary care with practical tools to guide safe nutrition management and parent education.



Lise Leahy

Registered Dietician
Sponsored by Nutricia

By the end of this presentation, participants will be able to:

- Identify and differentiate cow's milk protein allergy (CMPA)
- Describe common and atypical clinical presentations of CMPA, including gastrointestinal, dermatologic, and systemic symptoms
- Distinguish CMPA from other common infant complaints and related conditions, including reflux, colic, lactose intolerance, and FPIES
- Recognize typical ages of presentation and patterns of symptom onset
- Apply evidence-informed approaches to screening, diagnosis, and referral
- Outline current best practices for screening and diagnosis of CMPA, including when allergy testing is indicated and when it is not
- Determine appropriate timing and indications for referral to Registered Dietitians
- Develop practical management strategies for primary care
- Implement safe and effective nutrition management across feeding contexts
- Compare the indications for extensively hydrolyzed protein formulas versus amino acid-based formulas
- Provide guidance for breastfeeding families regarding maternal elimination diets, including when dietary changes are beneficial, which foods require elimination, and when reintroduction can occur
- Identify safe formula options for infants with CMPA
- Support families through complementary feeding, reintroduction
- Describe evidence-based approaches to the timing and method of dairy reintroduction
- Counsel families on symptom monitoring during the reintroduction and how to make adjustments depending on symptoms

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3:45 pm
Wrap Up and Reflection

4:00 pm
Adjournment