



HELP

Thirteenth International HELP Conference

March 26 – 27, 2015

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Jointly sponsored by:

*The Hospital Elder Life Program (HELP)
and the
University of Pittsburgh School of Medicine
Center for Continuing Education
in the Health Sciences*

Course Directors:

Fred Rubin, MD

Chair, Department of Medicine,
UPMC Shadyside
Professor of Medicine
University of Pittsburgh School of Medicine
Pittsburgh, PA

Sharon K. Inouye, MD, MPH

Professor of Medicine, Beth Israel Deaconess
Medical Center, Harvard Medical School
Milton and Shirley F. Levy Family Chair
Director, Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

Shin-Yi Lao, MPH, BSN, RN

Program Coordinator
Hospital Elder Life Program
The Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

UPMC **LIFE
CHANGING
MEDICINE**

Introduction

This two-day international conference is designed to educate HELP teams regarding strategies for delirium prevention, using HELP to improve hospital-wide care of older adults, and creating a climate of change. Expert clinicians and experienced members of HELP sites will share evidence-based information and clinical insights on selected topics regarding the influence of HELP, delirium updates, and the larger policy implications of care for older adults. Updates on collaborative papers, expansion of the program, and innovative site projects will also be presented.



Learning Objectives

At the end of this course, participants should be able to:

- Understand how delirium impacts older adults in the hospital
- Identify the advantages and challenges to using electronic medical records
- Describe informatics/tech innovations related to HELP
- Implement practical tools for advancing HELP at their institution
- Appreciate new developments in the biology of aging and their value for clinicians

Continuing Education Credit

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Hospital Elder Life Program (HELP). The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **12.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

• **Nursing** — The University of Pittsburgh School of Medicine's Center for Continuing Education in the Health Science and School of Nursing are collaborating in the development of this educational activity. Nurse participants successfully completing this learning activity (attending the full session, completing and submitting a program evaluation and a CE verification form) may receive up to a maximum of **12.5** contact hours.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

• **Social Work** — This program is offered for **12.5** hours of Social Work continuing education through co-sponsorship of the University of Pittsburgh School of Social Work, a Council of Social Work Education accredited school and, therefore, a Pennsylvania pre-approved provider of social work continuing education. These credit hours satisfy the requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For more information on social work continuing education call (412) 624-3711.

Meeting Location

Marriott Pittsburgh City Center

112 Washington Place • Pittsburgh, Pennsylvania 15219

Phone: (412) 471-4000, Fax: (412) 553-5252

Overnight Accommodations and Parking

The conference has contracted a limited number of hotel rooms at the **Marriott Pittsburgh City Center** for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the *Geriatric Medicine Conference*. The room block is limited and only available until **Wednesday, March 8, 2015** at 5:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first. Room rates are \$124.00 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call Carolyn Dorn at (412) 647-8313.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately \$12.25/day. The entrance is located on the side of the **Marriott Pittsburgh City Center** hotel. Additional parking can be found across the street from the hotel at the Mellon Arena.

Note: Participants are welcome to remain and enjoy the continuing **Update in Geriatric Medicine** conference, which will adjourn Saturday at noon. The full agenda can be viewed at <https://ccehs.upmc.com>. There will be an additional registration fee of \$85.

Topics on Saturday, March 28, 2015 at the Update in Geriatric Medicine:

- New Models of Care in the Nursing Facility
- Exercise in the Elderly • Driving Safety • Oral Health
- Breaking Bad News • Telemedicine in the Nursing Home
 - Elderly Patients with Advanced Renal Disease
 - Parkinson's Disease and Movement Disorders
 - Symptom Management and Palliative Care
 - Complementary and Alternative Medicine
- Clinical Assessment of Frailty • Rheumatology in the Elderly
 - Nutrition Advice for Older Adults • Anxiety

Schedule — Thursday, March 26

- 7:00 am Registration and Continental Breakfast
- 8:15 am **Welcome**
Fred Rubin, MD and Shin-Yi Lao, MPH, BSN, RN
- 8:30 am **Update on HELP**
Sharon K. Inouye, MD, MPH
- HELP and Informatics/Tech Innovations**
- 9:20 am **Using the Electronic Health Record to Identify Vulnerable Older Patients – The Story of ACE Tracker**
Michael Malone, MD
- 10:00 am **Integrating HELP into an Acute Care for Elders Program at a Large Medical Center**
Jonny Macias, MD
- 10:40 am Break
- 10:50 am **The Advantages and Challenges to Using Electronic Medical Records**
Vivek K. Reddy, MD
- 11:50 am Lunch

Symposium on Geriatric Syndromes

- 1:00 pm **Update on Delirium***
Sharon K. Inouye, MD, MPH
- 2:00 pm **Evidence-Based and Practical Approach to Dementia***
Steve DeKosky, MD
- 2:35 pm **Avoiding Medication Errors***
Joseph Hanlon, PharmD, MS
- 3:10 pm Break
- 3:25 pm **Electronic Health Records/
Information Technology Innovations**
- **Volunteers Using iPads**
Miriam Beattie, DNP, GNP-BC and Nancy Joyce
 - **ACE Tracker**
Jonny Macias Tejada, MD
 - **Using Volgistics to Track Volunteers**
Kevin C. Urda, BA
 - **Use of the Wii Gaming System with HELP Patients**
Megan Wheeler, MSN, RN, ACNS-BC
 - **Documenting Evaluation and Volunteer Treatment Plans with EPIC**
Heidi R. Wierman, MD
- 6:00 pm **Dinner and Speaker: Motivational Interviewing**
Antoine Douaihy, MD

Schedule and speakers are subject to change.

Schedule — Friday, March 27

- 7:00 am Registration and Continental Breakfast
- 8:00 am **Announcements and Coordination**
Shin-Yi Lao, MPH, BSN, RN
- 8:15 am **Concurrent Sessions (repeated at 9:20 am)**
- **Grant Writing**
Sharon K. Inouye, MD, MPH
 - **Annual Reports**
Shin-Yi Lao, MPH, BSN, RN and Jonny Macias, MD
 - **HELP Volunteer Training, Recruitment, and Retention: Challenges and Successes**
Cathleen Hoffman, BSN, RN-C
 - **Business Planning**
Lynn Spragens, MBA
- 9:10 am Break
- 9:20 am **Concurrent Sessions (8:15 am sessions repeated)**
- 10:15 am Break
- 10:30 am **Update on HELP Website**
Shin-Yi Lao, MPH, BSN, RN
- 11:15 am **HELP Awards and Recognitions**
Sharon K. Inouye, MD, MPH and Shin-Yi Lao, MPH, BSN, RN
- 11:45 am **HELP Photo**
- Noon **Lunch**
ELS, ELNS, Geriatrician, and Other HELP Staff Discussion Groups
- 1:15 pm **Closing Keynote Lecture**
**New Developments in the Biology of Aging:
What Value for Clinicians?**
Stephanie Studenski, MD, MPH
- 2:15 pm **Farewell and Conference Adjournment**
Sharon K. Inouye, MD, MPH

* **PLENARY SESSION (Combined with the Geriatric Conference)**

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Topics will include:

- New Models of Care in the Nursing Facility
- Exercise in the Elderly
- Driving Safety
- Oral Health
- Breaking Bad News
- Telemedicine in the Nursing Home
- Elderly Patients with Advanced Renal Disease
- Parkinson's Disease and Movement Disorders
- Symptom Management and Palliative Care
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- Clinical Assessment of Frailty
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Shin-Yi Lao, MPH, BSN, RN

Program Coordinator
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The Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

Guest Faculty

Miriam Beattie, DNP, GNP-BC

Elder Life Nurse Specialist
Hospital Elder Life Program
University of Utah, Division of Geriatrics
Salt Lake City, UT

Steve DeKosky, MD

Visiting Professor
Department of Medical Ethics and Health Policy
University of Pennsylvania Perelman School of Medicine
Professor of Neurology and Psychiatry and Neurobehavioral Sciences
University of Virginia School of Medicine

Antoine Douaihy, MD

Associate Professor of Psychiatry

Joseph Hanlon, PharmD, MS

Professor of Medicine
Geriatric Pharmacist

Cathleen Hoffman, BSN, RN-C

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University of Wisconsin School of Medicine and
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Aurora St. Luke's Medical Center
Milwaukee, WI

Michael Malone, MD

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University of Wisconsin School of Medicine and Public Health
Medical Director
Aurora Senior Services and Aurora Visiting Nurse
Association of Wisconsin
Section Head of Geriatrics and Geriatrics Fellowship Director
Aurora Sinai Medical Center
Milwaukee, WI

Vivek K. Reddy, MD

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Assistant Professor of Neurology
University of Pittsburgh Medical Center
Pittsburgh, PA

Lynn Spragens, MBA

President, Spragens & Associates, LLC
Durham, NC

Stephanie Studenski, MD, MPH

Director, Longitudinal Studies Section
Intramural Research Program
National Institute on Aging

Kevin C. Urda, BA

Volunteer Coordinator
UPMC Shadyside Hospital
Pittsburgh, PA

Megan Wheeler, MSN, RN, ACNS-BC

Clinical Nurse Specialist
Baylor Scott & White Health
Dallas, TX

Heidi R. Wierman, MD

Division Director, Geriatrics
Fellowship Program Director, Geriatrics
Maine Medical Center
Portland, ME

Guest faculty are part of UPMC and/or the University of Pittsburgh School of Medicine in the metropolitan Pittsburgh, PA unless specified otherwise.

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Registration Information

Pre-registration

All pre-registrations are due by **March 22, 2015**. Registrations after this date are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at <https://ccehs.upmc.com>
- Scroll to the *Hospital Elder Life Program (HELP)* section on the web page
- Click the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered

On-site Registration

As of **March 22, 2015**, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay \$25 more than the late registration fee.

A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate email confirmation message. ***Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-8313.***

Cancellation

All cancellations must be in writing, via U.S. mail, email or fax. Tuition for cancellations postmarked or date stamped before **March 9, 2015** will be completely refunded. After **March 9, 2015** a \$35 administrative fee will be assessed. No refunds will be made after **March 21, 2015**. Cancellation requests can be made to:

Carolyn Dorn
UPMC Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536
Phone: (412) 647-8313 or (412) 647-8232
Fax: (412) 647-8222
Email: ccehsconfmgmt101@upmc.edu

The UPMC Center for Continuing Education reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fees

- HELP Conference Attendees: \$250
- HELP Dinner Presentation Attendees: \$ 50
- **Geriatric Medicine Conference Attendees: \$ 85**

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Special Needs



Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-8313 or (412) 647-8232.

Visit the Center for Continuing Education in the Health Sciences Web Site

Our Internet address is: <https://ccehs.upmc.com>

The UPMC Center for Continuing Education in the Health Sciences invites you to visit our web location. Receive information on CME programs, earn CME credits on the Internet, and access information about our formal courses and much more. Discover who we are and how you can contact us. Please visit our web location often to get updated information on upcoming programs.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Registration Form

(For Use Only If Not Registering Online)

T h i r t e e n t h I n t e r n a t i o n a l

HELP Conference

March 26 – 27, 2015

Please type or print; photocopy both pages of this form for additional registrants.

No Registration Will Be Accepted Without Payment.

LAST FIVE digits of Soc. Sec. # ____ — ____ — ____ — ____ *

Prefix: ☐ Mr. ☐ Mrs. ☐ Dr. ☐ Ms. ☐ Other, please indicate: _____

First Name*

Last Name*

} This is how your name
will appear on your
name badge.

Suffix (*Jr., Sr., etc.)

Company/Institutional Affiliation

Specialty

Email Address

Degree:* ☐ MD ☐ DO ☐ Resident ☐ PhD ☐ MPH ☐ RN ☐ Other, please indicate: _____

Address

City

State

ZIP Code

Work Telephone

Fax

How did you hear about this conference? _____

☐ I require vegetarian lunch. ☐ I require kosher lunch. ☐ I have no special dietary requirements. ☐ Other _____

*Required

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____ HELP Dinner Presentation Attendees @ \$50 = \$____

____ **Geriatric Medicine Conference Attendees @ \$85** = \$____

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Tuition includes:

- Registration and comprehensive course syllabus
- Admission to the HELP program and to the exhibit hall
- Continuing education credit
- Breaks and meals

Total Registration Fee Enclosed \$_____

PAYMENT MUST ACCOMPANY REGISTRATION.

Method of Payment

The following methods of payment are acceptable for the registration fee:

- **Checks** (personal or employer)
- **Credit Card**

1. Checks. Make payable to UPMC Presbyterian Shadyside.

- ☐ Employer check included
- ☐ Personal check included
- ☐ Employer or Personal check to arrive under separate cover. If your personal or employer check is arriving under separate cover, you may send or fax in your completed registration form **now**, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.

There is a \$25.00 returned check fee.

2. Credit Card Payments

☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Credit Card No.

Expiration Date (Month/Year)

Signature

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

Mail payment, accompanied by the registration form to:

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