



2021 Update in Geriatrics for Primary Care: *Keeping our Seniors and their Caregivers Safe in the Community*

Friday, May 7, 2021
Virtual Conference

The University of Ottawa, Office of Continuing Professional Development is pleased to offer this 1-day course on the practical clinical management of geriatric patients. This program is designed to highlight strategies that primary care physicians, nurse practitioners and primary care allied health team members can utilize to improve the quality of life of their patients.

OVERALL LEARNING OBJECTIVES

By the end of the educational activity, participants will be able to:

1. Apply current evidence and best practices provided to diagnose and manage select common conditions in seniors in the primary care setting, including sleep disorders, Parkinson's disease and dementia.
2. Develop approaches to manage care and successfully engage in difficult but important conversations with seniors including in situations of suspected elder abuse and of advanced care planning in face of advanced chronic diseases.
3. Network with primary care colleagues and others working with seniors with a focus on creating opportunities and partnerships for quality patient care.

ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **5.75 hours** (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **5.75 Mainpro+ credits**.

PLANNING COMMITTEE

Special thanks to the following committee members who participated in the planning of this event:

Dr. Shirley Huang and Dr. Giovanni Bonacci (Co-Chairs)

Mr. Kelly Milne

Dr. Frank Molnar

Ms. Lisa Richardson

Dr. Ben Robert

Dr. Mononita Roy

Dr. Maggie Thompson

Dr. Andrew Wiens

REGISTRATION

Conference Registration Fees (fees are in CAD and inclusive of taxes)	Early Bird Online Rate On or before April 9	Regular Online Rate After April 9
Physician	\$175 + HST	\$225 + HST
Other Healthcare Professional	\$125 + HST	\$175 + HST
Resident	\$125 + HST	\$175 + HST
Student	\$50 + HST	\$75 + HST

<https://uottawacpd.eventsair.com/qeri2021/info> to register online today!

Cancellation Policy: Refunds less \$75 administrative charge will be issued in writing by **April 9, 2021**. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

COURSE PRESENTATIONS

All course presentations will be recorded and available for viewing one year from the event date.

PROGRAM AT A GLANCE

07:30	Registration & Networking
08:00	Welcome and Introductory Comments <i>Dr. Shirley Huang</i>
08:10	New Guidelines for Parkinson Disease <i>Dr. David Grimes</i> By the end of this session, participants will be able to: - Recall the highlights of the new Canadian Guideline for Parkinson Disease; - Indicate the current evidence-based diagnosis and treatment of Parkinson Disease; - Identify how the new guideline can be applied at the primary care level.
08:55	Transition
09:00	Traumatic Brain Injuries <i>Dr. Shawn Marshall</i> By the end of this session, participants will be able to: - Review the epidemiology and pathophysiology of traumatic brain injury; - Discuss prognosis and outcome of the older person with TBI; - Review rehabilitation interventions for persons with TBI.
9:45	Stretch Break & Networking with Exhibitors
10:00	Advance Care Planning / End of Life Conversations—Panel Discussion Moderated by Dr. Jill Rice By the end of this session, participants will be able to: - Describe common end-of-life issues facing older adults living with advanced dementia, heart failure and Parkinson's Disease; - Explain to patients and their families about these end-of-life challenges; - Develop an approach to manage these challenges through advance care planning with their patients and families. Dementia Presented by: Dr. Benoit Robert Parkinson Presented by: Dr. David Grimes Heart Failure Presented by: Dr. Lisa Mielniczuk
12:00	Lunch & Networking with Exhibitors
13:00	Vaccinations in Geriatrics <i>Dr. Genevieve Casey and Dr. Michaeline McGuinty</i> By the end of this session, participants will be able to: - Outline normal changes of aging in immunology and the subsequent effect on illnesses and vaccinations; - Review the COVID vaccination in the elderly, current evidence and other research areas - Outline the current vaccination schedule and recent changes; - Explain advice for special populations.
13:40	Transition to Workshops
13:45 - 14:30	AFTERNOON CONCURRENT SESSIONS <i>(please select one)</i>
CS1	Elder Abuse <i>Dr. Shirley Huang & Ms. Kindra Lewis</i> By the end of this session, participants will be able to: - Explain what is Elder abuse/mistreatment; - Explain how common Elder abuse is and what are the negative consequences; - Describe a proposed general approach to address Elder abuse at the primary care level.
CS2	Medications that Cause Falls <i>Dr. Allen Huang & Mr. Derek Dyks</i> By the end of this session, participants will be able to: - Identify two reasons why older people react differently to medications; - Identify three types of medications that increase fall risk; - Describe a strategy to manage a patient at risk.

PROGRAM AT A GLANCE

CS3	Advance Care Planning: What is the role of physicians in these crucial conversations? <i>Dr. Nick Busing, Ms. Natasha Poushinsky and Ms. Nadine Valk</i> By the end of this session, participants will be able to: • Discuss the benefits of, and evidence for, advance care planning as patient centered care and positive patient/family experiences in care; • Differentiating advance care planning and advance care directives; • Describe the pivotal role that physicians can play in starting the conversation about advance care planning; • Describe resources available to patients and families, including referrals to community resources, to continue the conversation about ACP.
CS4	Sleep Disorders <i>Dr. Elliott Lee and Dr. Soojin Chun</i> By the end of this session, participants will be able to: • Describe insomnia in the elderly and its consequences; • Examine the bidirectional relationship of sleep with a number of problems including pain, memory and depression; • Develop an approach for assessing insomnia complaints in the elderly, including screening for common sleep disorders, such as obstructive sleep apnea .
14:30	Nutrition Break & Transition
14:45	New Guidelines in Dementia <i>Dr. Neil Thomas</i> By the end of this session, participants will be able to: • Explain updates in our current understanding of dementia; • Describe the new Canadian guidelines on evaluating and diagnosing individuals with cognitive impairment; • Describe the new Canadian guidelines on management of individuals with dementia.
15:30	Concluding Remarks & Evaluation <i>Dr. Giovanni Bonacci</i>