

2018 GERIATRICS UPDATE: CLINICAL PEARLS

› Friday, September 28, 2018

Best Western Plus Village Park Inn, 1804 Crowchild Trail NW, Calgary, AB

REGISTER ONLINE
cumming.ucalgary.ca/cme

PAPERLESS CONFERENCE
Access to handouts will be available prior
to conference

ON-SITE REGISTRATION
Based on availability, is not guaranteed and
a surcharge may be applied

Check the website for any program updates
cumming.ucalgary.ca/cme/courses

ACCOMMODATION

Registrants must make their own
accommodation arrangements.
We recommend:

Best Western Plus Village Park Inn
1804 Crowchild Trail NW
Calgary, AB T2M 3Y7
Phone 403.289.0241
www.villageparkinn.com

To obtain the University rate of \$129.00 per
night plus taxes, please call 403.289.0241
and indicate the promotion code UOFC
upon booking. NOTE: Online bookings will
not receive the University rate.

COURSE OVERVIEW

This course uses a blend of plenaries, interactive small group workshops and panel discussions to share latest knowledge and best practices in managing challenging health issues that commonly present in the older adult, across the continuum of care.

COURSE OBJECTIVES

At the end of this course, learners will be equipped to:

- support optimal aging across the continuum of care
- assess and implement current evidence to manage complex chronic conditions affecting older adults across the continuum of care
- recognize and manage patients with end-stage chronic disease across the continuum of care

WHO SHOULD ATTEND

Family physicians, care of the elderly physicians, nurse practitioners and other medical specialists interested in caring for older adults. Registered nurses, pharmacists and other healthcare providers working with older adults are also welcome to attend.

CREDITS

Mainpro+ Group Learning – 5.5 credits
MOC Section 1 – 5.5 credits

COURSE PROGRAM – PRELIMINARY

Friday, September 28

0745-0815 Registration / Light Breakfast

0815-0945 Welcome by the Course Chair
– Heidi Schmaltz

OPENING PLENARY

Too Much of a Good Thing? How to Successfully Deprescribe

– Cara Tannenbaum

Sponsored by the Brenda Strafford
Foundation Chair in Geriatrics Medicine

- explain the risks of over-medication and the benefits of deprescribing to patients and caregivers
- develop an approach to deprescribing common high-risk medications in older adults across the care continuum
- manage and foster safe medication use in older adults

0945-1000 Nutrition Break

1000-1100 **CONCURRENT WORKSHOPS 1-5**

1100-1105 Move to Next Workshops

1105-1205 **CONCURRENT WORKSHOPS 1-5**

1205-1300 Lunch

1300-1400 **CONCURRENT WORKSHOPS 1-4, 6**

1400-1420 Nutrition Break

1420-1540 **PANEL DISCUSSION**

Transitions and Responsive Behaviours: Connecting Care Across the Continuum

MODERATOR Vivian Ewa

– Melanie Brophy, Mollie Cole, Darrin Leung,
Loralee Fox

- evaluate the impact of transfers on responsive behaviours in dementia
- identify the locus of responsibility for managing responsive behaviours that happen around transfers
- identify and implement resources and strategies for minimizing impact of transfers on older adults with dementia – what works, how to access it
- implement the new AHS restraint as last resort policy across settings

1540-1600 Closing Remarks
– Heidi Schmaltz

1600 Adjournment

CONCURRENT WORKSHOPS

1 Handling That Cannabis Conversation

– Lori Montgomery, Jim Silvius

- use a structured approach to discussions about cannabis use in the older adult
- uncover the beliefs and hopes driving cannabis-seeking by families and older adult patients
- explain limitations of evidence for cannabis use and potential harm in older adults
- work with patients and their families to explore alternatives to cannabis use

2 Managing Responsive Behaviours in Dementia

– Lorelee Fox

- list key triggers for responsive behaviours in dementia
- optimize use of non-pharmaceutical management options
- adhere to the Least Restraint Policy across all settings

3 Jagged Little Pill – Non-pharmacological Strategies for Managing Insomnia

– David Hogan

- summarize evidence for non-pharmacological management of insomnia in older patients in primary care
- counsel older patients about non-pharmacological strategies for managing insomnia
- use basic principles of cognitive behavioural therapy and/or problem-solving therapy to help manage insomnia in older patients

4 Successfully Supporting Dying in Supportive Living

– Marion Banes, Stratton Steed, Debra Vermunt

- discuss the characteristics that make the Tudor Manor palliative care program successful
- identify simple, easy to implement changes that can be incorporated into your facility in order to increase capacity for on-site palliative care
- recognize common barriers and challenges to palliative care in supportive living and identify potential solutions

5 Assessment and Management of Depression in Older Adults

– Suparna Madan

- develop an approach to recognizing depression in older adults, and how it may differ in presentation in a younger population
- manage depression in older adults, including non-pharmacological, pharmacological and neuro-stimulation options
- approach to patients who don't respond to treatment and when to refer

6 Is This Parkinson's?

– Justyna Sarna

- compare and contrast typical and atypical Parkinsonism
- describe the features of "Parkinson's Plus" disorders
- apply treatment principles for both motor and non-motor features of these disorders

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

PLANNING COMMITTEE

Heidi Schmaltz MDCM FRCPC Course Chair
Clinical Assistant Professor, University of Calgary;
Geriatrician, Seniors' Health, Alberta Health Services

Laurie Champagne BSc Pharm APA
Clinical Pharmacist, Home Care Geriatric Consult Team

Tammy Damberger NP MN GNC(C) DCA
Nurse Practitioner, Facility Living, Continuing Care,
Edmonton Zone, Alberta Health Services

Rachel DeFina CCFP (CoE)
Clinical Assistant Professor, University of Calgary;
Physician, Care of the Elderly

Vivian Ewa MBBS CCFP (CoE) MMed FCFP FRCP Edin
Clinical Assistant Professor, University of Calgary;
Care of the Elderly Physician, Seniors Health,
Alberta Health Services – Calgary Zone

Heather Gooden CCFP
Medical Director, Sagewood

Cassandra Hoggard CCFP (CoE)
Family Physician, Care of the Elderly, Calgary Rural PCN

Kimberly Shapkin MSN NP GNC(C) DCA
NP Instructor, University of Calgary; Nurse Practitioner,
Supportive & Facility Living, Calgary Zone

Jed Shimizu CCFP CAC (CoE)
Assistant Clinical Professor, University of Alberta

Lindsay Torbiak BComm
PGY4 Geriatric Medicine, University of Calgary

Hilary Delver BVSc MSc CME Representative
Rural Educational Consultant, Office of Continuing Medical
Education and Professional Development

FACULTY

Marion Banes RN
Program Manager, Clinical Operations, Tudor Manor

Melanie Brophy BSc RN
Director, Transition Services, Calgary Zone, Alberta Health
Services

Mollie Cole RN MN GNC(C) NCA
Clinic Manager, Specialized Geriatric Services,
Alberta Health Services

Vivian Ewa MBBS CCFP (CoE) MMed FCFP FRCP Edin
Clinical Assistant Professor, University of Calgary;
Care of the Elderly Physician, Seniors Health,
Alberta Health Services – Calgary Zone

Loralee Fox RN MN GNC(C)
Clinical Associate, University of Calgary;
Clinical Nurse Specialist, Specialized Geriatric Services

David Hogan FACP FRCPC SPEC COMP
Professor, University of Calgary; Geriatrician,
Alberta Health Services

Darrin Leung FRCPC
Clinical Lecturer, University of Calgary; Geriatric Consultation
Liaison Team, Geriatric Inpatient Psychiatry, Alberta Health
Services; Geriatric Psychiatry Consultant, Bethany Care Centre

Suparna Madan FRCPC
Clinical Associate Professor, Section Head, Geriatric
Psychiatry, University of Calgary; Program Medical Director,
Geriatric Mental Health

Lori Montgomery CCFP
Clinical Lecturer, University of Calgary; Medical Director,
Chronic Pain Centre, Alberta Health Services, Calgary Zone

Justyna Sarna PhD FRCPC
Clinical Assistant Professor, University of Calgary

Jim Silvius FRCPC SPEC COMP
Clinical Associate Professor, University of Calgary;
Provincial Medical Director, Community Seniors Addiction
& Mental Health; Senior Medical Director, Seniors Health
Strategic Clinical Network

Stratton Steed CCFP
Clinical Associate Professor, University of Calgary;
Family Physician, Urgent Care Center, Okotoks, AB;
Pinnacle Medical Centre and Tudor Manor, Okotoks, AB;
Sunrise Village, High River, AB

Cara Tannenbaum MSc FRCPC
Professor, Medicine and Pharmacy, Université de Montréal;
Endowed Chair, Geriatric Pharmacology, Health and Aging
Co-Director, Canadian Deprescribing Network

Debra Vermunt RN BScN NP
Designated Capacity Assessor, Alberta Health Services

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker's presentation.

ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING

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 Calgary Office of Continuing Medical Education and Professional Development for up to 5.5 Mainpro+ credits.

AACP

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC

Members of the American Academy of Family Physicians are eligible to receive up to 5.5 prescribed credits for attendance at this meeting/event due to a reciprocal agreement with The College of Family Physicians of Canada.

RCPSC

MOC SECTION 1

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 University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 5.5 hours (credits are automatically calculated).

AMA-PRA CATEGORY 1 CREDIT

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. More information on the process to convert Royal College MOC credit to AMA credit at <https://www.ama-assn.org/education/earn-credit-participation-international-activities>.

Read more on the Royal College agreement with the American Medical Association at <http://www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e>.

ADDITIONAL PROGRAM INFORMATION

DRESS

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

MEALS

In general, each course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

SCENT FREE

To ensure the comfort of everyone attending this event, please do not wear scented products.

CONFIRMATION OF REGISTRATION

Confirmation will be sent by email to registrants.

COURSE CANCELLATION POLICY

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY

A registration refund will be made upon written request if made at least two weeks before the start of the program; however \$50 will be retained for administrative costs. No refunds will be available for cancellations made within two weeks of the start of the program and thereafter.

REIMBURSEMENT OF REGISTRATION FEES

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT

Monica Rast, Program Assistant
Phone 403.220.6493
Email monica.rast@ucalgary.ca

ABOUT REGISTRATION

Phone 403.220.7032
Email cmereg@ucalgary.ca

SPONSORSHIP

This program has received an educational grant or in-kind support from The Brenda Stafford Foundation.



REGISTRATION FORM**2018 Geriatrics Update: Clinical Pearls
September 28, 2018**

PROFESSION	PHYSICIAN ☐	OTHER HEALTH PROFESSIONAL - PLEASE SPECIFY 	STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY) ☐
FIRST NAME			
LAST NAME			
ADDRESS			
CITY	PROVINCE	POSTAL CODE	
AREA CODE	PHONE	EXT	FAX
EMAIL			

REGISTRATION FEE

PLUS 5% GST - UCalgary GST Registration #108102864RT0001
 ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before August 10, 2018

☐	\$ 325.00	Physician
☐	\$ 230.00	Other Health Professional
☐	\$ 150.00	Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE after August 10, 2018

☐	\$ 340.00	Physician
☐	\$ 255.00	Other Health Professional
☐	\$ 150.00	Student / Resident (FULL-TIME STUDENTS ONLY)

ON-SITE RATE (Based on availability and not guaranteed)

☐	\$ 425.00	Physician
☐	\$ 350.00	Other Health Professional
☐	\$ 150.00	Student / Resident (FULL-TIME STUDENTS ONLY)

PAYMENT BY

CHEQ	AMEX	VISA	MASTERCARD	M	M	Y	Y
☐	☐	☐	☐				

CARD NUMBER

SIGNATURE

SELECT WORKSHOPS**SELECT 6**

Number in order of preference
with 1 being most important

☐	1 Handling That Cannabis Conversation
☐	2 Managing Responsive Behaviours in Dementia
☐	3 Jagged Little Pill - Non-pharmacological Strategies for Managing Insomnia
☐	4 Successfully Supporting Dying in Supportive Living
☐	5 Assessment and Management of Depression in Older Adults
☐	6 Is This Parkinson's?

REGISTER**ONLINE**

cumming.ucalgary.ca/cme

BY CONFIDENTIAL FAX

Fax 403.270.2330

For your protection, the University of Calgary does not accept and will not process credit card information provided via email or text messages

BY MAIL

Cheque Payable - UNIVERSITY OF CALGARY

CHEQUE MUST INCLUDE 5% GST

Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES

Phone 403.220.7032

Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.

cumming.ucalgary.ca/cme

Geriatrics Update is being formally evaluated as a resident research project (Study ID REB 18-0294) to better meet family physicians' learning needs. Participation is strictly voluntary and will not affect your ability to attend the conference.

- | | | |
|---|------------------------------|-----------------------------|
| 1. If you are a family physician, would you consider participating in a 20 minute interview? | ☐ YES | ☐ NO |
| If YES, do you give consent to the Office of Continuing Medical Education & Professional Development to share your contact info with study investigators? | ☐ YES | ☐ NO |
| 2. Have you previously attended the Geriatrics Update course? | ☐ YES | ☐ NO |