McMaster University | HEALTH SCIENCES Continuing Health Sciences Education

DEPARTMENT OF Medicine Geriatric Medicine

RGP Central Regional Geriatric Program Affiliated with McMaster University

GERAS CENTRE

8th Annual Update in GERIATRICS

"Health Promotion in our Aging Population"

Wednesday, November 28th, 2018 Liuna Station, 360 James St. N., Hamilton, ON

TARGET AUDIENCE

- Family Physicians
- General Internal Medicine Physicians
- Physician Assistants
- Nurses
- Occupational Therapists
- Physiotherapists
- Social Workers
- Pharmacists
- Other Health Care Professionals
- Students
- Residents

LEARNING OBJECTIVES

By attending this activity, participants will be able to:

- Acquire evidence-based and practical approaches to health promotion and prevention for older adults.
- Address key topics such as management/prevention of behavioural and psychological symptoms of dementia, wound care, falls and fractures, and social isolation, in addition to other important topics relating to healthy aging.

FEATURED SPEAKERS

DR. ROGER WONG

Roger Wong is Executive Associate Dean, Education in the Faculty of Medicine, University of British Columbia (UBC). He brings extensive leadership to this role, having served as the Associate Dean, Postgraduate Medical Education in 2012-2016. He is also a Clinical Professor in the Division of Geriatric Medicine in the Department of Medicine. Dr. Wong received his MD degree with Honours in Research (Medicine) from the University of Alberta and completed postgraduate and fellowship training there. His medical education achievements (CanMEDS, quality improvement) have been recognized with the UBC Killam Teaching Prize, Royal College of Physicians and Surgeons of Canada Donald Richards Wilson Award, and the UBC Medicine MasterTeacher Award. Dr. Wong was elected to Fellowship in the Canadian Academy of Health Sciences, one of the highest honours in the health sciences field in Canada. He was also elected to Fellowship in the American College of Physicians. Dr. Wong has received numerous awards of appreciation from the Alzheimer Society of British Columbia to recognize his advocacy work in the community.

DR. BARBARA RESNICK

Barbara Resnick, PhD, CRNP is a Professor in the Department of Organizational Systems and Adult Health at the University of Maryland School of Nursing, co-directs the Adult/Gerontological Nurse Practitioner Program and the Biology and Behavior Across the Lifespan Research Center of Excellence, holds the Sonya Ziporkin Gershowitz Chair in Gerontology, and does clinical work at Roland Park Place. Her research program is focused on optimizing function and physical activity among older adults, exploring resilience and genetics on function and physical activity, and testing dissemination and implementation of interventions in real world settings. Dr. Resnick has over 250 published articles, numerous chapters in nursing and medical textbooks, and books on Restorative Care and Resilience. She is the editor of Geriatric Nursing, an associate editor of numerous journals and on editorial board for numerous journals. She has held leadership positions in multiple organizations including the American Geriatrics Society and the Gerontological Society of America and has been recognized for numerous national awards.

Visit us on the web: **www.updateingeriatrics.ca**

FOR ACTIVITY INFORMATION

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F: 905-572-7099
W: www.fhs.mcmaster.ca/conted

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*Activity subject to change

AGENDA

07:30-08:30	**Registration/Breakfast/Visit Exhibitors**
08:30-08:35	Welcome **Dr. Sharon Marr, BSc, MD, FRCPC, MEd** Associate Professor, Division of Geriatric Medicine St. Peter's / McMaster University Chair in Aging Department of Medicine, McMaster University TChair of RGPc
08:35-08:50	**Lifelong Achievement Award Presentation to:** **Dr. Ronald P. Schlegel, OC, PhD, LLD** Award Presented By: **John G. Kelton, MD** Executive Director, Michael G. DeGroote Initiative for Innovation in Healthcare Distinguished University Professor McMaster University
08:50-09:40	**Keynote: Management/Prevention of Behavioural and Psychological Symptoms of Dementia (BPSD) using the Evidence Integration Triangle (EIT-4-BPSD) Approach** **Dr. Barbara Resnick, PHD, CRNP** Professor, Department of Organizational Systems and Adult Health University of Maryland School of Nursing
09:40-10:00	Question & Answer
10:00-10:15	**Morning Break**
10:15-10:40	**Falls & Fractures and Strategies for Prevention** **Dr. Alexandra Papaioannou, BScN, MD, MSc, FRCPC, FACP** Professor, Division of Geriatric Medicine Department of Medicine McMaster University Executive Director of the GERAS Centre for Research on Aging **Dr. Caitlin McArthur, MScPT, PhD.** Post-Doctoral Fellow GERAS Centre for Aging Research McMaster University
10:40-11:00	**Exercise & Cognition (DANCE)** **Dr. Courtney Kennedy, MSc, PhD** Clinical Scientist, GERAS Centre for Aging Research Hamilton Health Sciences, St. Peter's Hospital Assistant Professor (PT), Division of Geriatrics McMaster University
11:00-11:30	**Evidence-Based Management of Pressure Injuries** **Dr. Madhuri Reddy, MD, MSc** Specialist in Internal Medicine & Geriatric Medicine Harvard Medical School Boston, MA
11:30-11:50	Panel Discussion
11:50-12:50	**Lunch**
12:50-13:40	**Keynote: Preventing Social Isolation in Older Adults** **Dr. Roger Wong, MD, FRCPC, FACP, FCAHS** Executive Associate Dean Faculty of Medicine University of British Columbia (UBC)
13:40-13:55	Question & Answer
13:55-14:15	**Tackling Adverse Drug Events in the Older Adult** **Justin Lee, BScPhm, ACPR, MD, FRCPC** Clinical Scholar, Division of Geriatric Medicine McMaster University
14:15-14:35	**Approach to Insomnia in Older Adults** **Sophiya Benjamin, MBBS, FRCPC, DABPN** Assistant Clinical Professor of Psychiatry Department of Psychiatry & Behavioural Neurosciences McMaster University
14:35-14:50	Panel Discussion
14:50-15:05	**Afternoon Break**
15:05-15:25	**Promoting Optimal Aging at Home by Supporting Caregivers** **Dr. Carrie McAiney, B.A., M.A., Ph.D.** Schlegel Research Chair in Dementia Associate Professor, School of Public Health and Health Systems University of Waterloo
15:25-15:45	**Top 3 Research articles: Short Snappers** **Dr. Tricia Woo, MD, MSc, FRCP(C)** Associate Professor, Department of Medicine McMaster University
15:45-16:00	Panel Discussion
16:00-16:05	Closing & Evaluations

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

PLANNING COMMITTEE

Co-Chair
Alexandra Papaioannou, BScN, MD, MSc, FRCPC, FACP
Professor, Division of Geriatric
Medicine Department of Medicine, McMaster University
Chairholder, Eli Lilly Canada Chair in Osteoporosis
Scientific Director GERAS Centre

Co-Chair
Sharon Marr, BSc, MD, FRCPC, MEd
Associate Professor, Division of Geriatric Medicine
St. Peter's / McMaster University Chair in Aging
Department of Medicine, McMaster University
Chair of RGPc

Co-Chair
Christopher Patterson, MD, FRCPC, FACP, FRCP (Glasg.)
Professor, Division of Geriatric Medicine
Department of Medicine, McMaster University

Cheryl Allaby, MD, CCFP
Assistant Professor, Department of Family Medicine
Associate, Division of Geriatric Medicine
Department of Medicine, McMaster University

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Assistant Clinical Professor, Geriatrics Psychiatry
Department of Medicine, McMaster University

David Cowan, MD, FRCPC
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Department of Medicine, McMaster University

Pauline Fisher
Clinical Nurse Specialist
Hamilton Health Sciences

Joanne Ho, MD, FRCPC, MSc
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DIRECTIONS

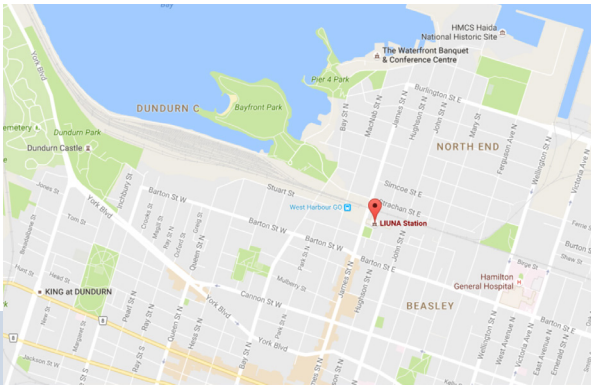
LIUNA STATION

www.liunastation.com
360 James St. North, Hamilton, ON

From Toronto
- QEW to Highway 403 West Hamilton. Exit on York Blvd.
- Follow York Blvd. to John St.
- Turn LEFT on John St. and Continue North to Murray.
- Turn LEFT on Murray.
- LIUNA Station is on the RIGHT.

From Guelph
- Highway 6 South to Highway 403 West Hamilton.
- Exit on Main St. East.
- Follow Main St. East to John St.
- Turn LEFT on John St. and continue North to Murray.
- Turn LEFT on Murray. LIUNA Station is on the RIGHT.

From Niagara / Buffalo
- QEW Toronto to Burlington St..
- Follow Burlington St. (using through traffic overpasses) to James St.
- Turn LEFT on James St. North & follow to Murray.
- LIUNA Station is on the LEFT.



GENERAL INFORMATION

ACCREDITATION STATEMENTS

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

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 McMaster University Continuing Health Sciences Program for up to **5.25 Mainpro+ credits.**

This activity 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 McMaster University, Continuing Health Sciences Education Program for up to **5.25 MOC Section 1 hours**.

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™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

*Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the activity. Receipts are emailed at the time of registration and an additional email will be sent after the activity, confirming your certificate of attendance is ready to download or print. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CHSE office.

CANCELLATION POLICY

McMaster University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **NOVEMBER 7, 2018** will be refunded less a 25% administrative fee to a maximum of $50.00. No refunds will be issued for cancellations received after this date.

LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:
- To any individual attending this activity.
- That may result from the use of technologies, program, products &/or services at this activity.
- That may arise out of, or during this activity.

ACTIVITY PACKAGES

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the conference, their meals are at their own cost and will be billed directly.

PHOTOGRAPHY

Photos will be taken at the activity. Your registration implies your permission for these photos to be used for promotional material. Individuals in photographs will not be identified.

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REGISTRATION FORM

8th Annual Update in Geriatrics
Wednesday, November 28, 2018
Liuna Station, 360 James St. North, Hamilton, ON

REGISTRATION FEES

*please check one	BEFORE November 1	AFTER November 1
☐ Physicians & Other Health Professionals	$175	$200
☐ Residents / Students	$75	$100

For those with special dietary needs some accommodation may be available:
Vegetarian:_____ **Allergies:** _____
Other: _____
(Pls note: special meal request may require an additional fee. Contact our office for details)

PLEASE IDENTIFY ANY ACCESSIBILITY NEEDS: _____
MEAL PACKAGES FOR GUESTS may be purchased. Contact the CHSE Coordinator for more information.
CHILDREN ARE NOT PERMITTED as it distracts from the learners.
If you require **PERSONAL SUPPORT** at this activity, the health aid provider must register in advance at the general public rate.

5 WAYS TO REGISTER

Accepted: VISA MasterCard AMERICAN EXPRESS

ONLINE @ www.fhs.mcmaster.ca/conted/calendar.html

BY PHONE
Call **905 525-9140 ext 22671** (Visa, MasterCard or AMEX are accepted)

IN PERSON
Bring your completed registration form with Visa, MasterCard, AMEX, cheque or cash payment to: *McMaster University, Continuing Health Sciences Education*
100 Main St. West, 5th Floor, Room 5004, Hamilton, ON L8P 1H6
Mon. to Fri. between the hours of 09:30 – 16:00

BY FAX
Fax the completed registration form with a Visa, MasterCard or AMEX number to **905-572-7099**

BY MAIL
Mail your completed registration form to:
McMaster University, Continuing Health Sciences Education
1280 Main St. West, DBHSC, Room 5004, Hamilton, ON L8S 4K1

Dr. ☐ Mr. ☐ Mrs. ☐ Miss. ☐ Ms. ☐

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Profession: FP ☐ Geriatrician ☐ INT ☐ Specialist ☐ _____ Please Specify PA ☐ RPN ☐ RN ☐ NP ☐ APN ☐ OT ☐ PT ☐ SW ☐ PHARM ☐ RES ☐ Student ☐ Other ☐ _____ Please Specify

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