

- Performance Improvement and Compliance Branch
- Hot Topics in Male Genital-Urinary Health
- It's Lymphedema! Now What?
- Mind, Body and Spirit
- Vitamin D Me!
- Diabetes
- Oral Health
- What's New for the Old
- Infection Prevention and Control
- Palliative Care in Alzheimer's Disease
- Interventions in Rehabilitation Medicine
- Head-to-Toe: A Review of Diagnostic Imaging Issues

# Geriatric Medicine Refresher Day

## Healthy Aging – Healthy Ideas

**London Convention Centre, London, Ontario**

7:30am–8:20am Registration, Displays and Refreshments

### 8:20am–8:30am WELCOMING REMARKS

**Laura Diachun**, Conference Chair, MD, Division of Geriatric Medicine, St. Joseph's Health Care, London

### 8:30am–9:20am PLENARY SESSION

**The Quest to Die with Dignity: Issues & Challenges in Persons with Alzheimer's disease**

**Lawrence Librach**, MD, Director of Palliative Care, Temmy Latner Centre for Palliative Care

#### *Learning Objectives:*

- Explore how Alzheimer's disease and related dementias are fatal illnesses
- Discover how the lack of advance care planning complicates Alzheimer's disease
- Discuss the need for improving the quality of dying for Alzheimer's disease patients

9:20am–9:50am Refreshments, Displays and Networking

### 9:50am–11:00am MORNING CONCURRENT WORKSHOPS

1. **Mind, Body and Spirit: Navigating the Interface between Psychiatry and Medicine in the Elderly**  
**Heather Whittle**, NP, **Tony O'Regan**, CNS, **Ann Jarvie**, CNS, St. Joseph's Health Care  
*Learning Objectives:*
  - Understand that the elderly present with complex physical, psychological and social challenges
  - Realize that an eclectic, multidimensional approach to care offers the most comprehensive health care strategy
2. **Vitamin D Me! Emerging Evidence and Health Implications**  
**Patti Hoddinott**, Registered Dietician, St. Joseph's Health Care  
**Claire Downey**, Registered Dietician, St. Joseph's Health Care  
*Learning Objectives:*
  - Learn about the association between vitamin D and health
  - Review recommendations for vitamin D blood levels and supplementation
3. **Truth & Myths about Oral Health**  
**Patricia Greenhorn**, Dentist, St. Joseph's Health Care  
**David Banting**, Dentist, St. Joseph's Health Care  
*Learning Objectives:*
  - Identify mechanisms of oral disease and the relationship to systemic health
  - Understand treatment options for common oral conditions
4. **Hot Topics in Male Genital-Urinary Health**  
**Hassan Razvi**, **Stephen Pautler**, **Gerry Brock**, MDs, St. Joseph's Health Care  
*Learning Objectives:*
  - Understand prostate cancer: screening and treatment issues
  - Review management of erectile dysfunction
  - Learn about voiding dysfunction
5. **What's New for the Old in London and Middlesex**  
Community agencies to provide overview of the following programs: **Lean on Me**, **Post Stroke Pool Program**, **Montessori**, **Post Rehab Exercise for Stroke (P.R.E.S)**  
*Learning Objectives:*
  - Increase awareness of geriatric program and services offered in the community in London and Middlesex
6. **Interventions in Rehabilitation Medicine**  
**Keith Sequeira**, MD, St. Joseph's Health Care  
*Learning Objectives:*
  - Appreciate the role of the Physiatrist in care of the older adult
  - Provide an overview of the indications for Botox, joint injections, EMGs in the context of rehabilitation

### 11:10am–12:20pm MORNING CONCURRENT WORKSHOPS

7. **What's New in Diabetes**  
**David Leeson**, Pharmacist, St. Joseph's Health Care  
*Learning Objectives:*
  - Discuss current clinical practice guidelines from the CDA
  - Review diabetic medications/ therapies and their use
8. **Palliative Care in Alzheimer's Disease: Case Studies**  
**Lawrence Librach**, MD, Director of Palliative Care, Temmy Latner Centre for Palliative Care  
*Learning Objectives:*
  - Explore issues of advance care planning, family conflict and withdrawing / withholding treatment
9. **Hot Topics in Male Genital-Urinary Health** (Repeat of #4)
10. **It's Lymphedema! Now What?**  
**Linda Evans**, Physiotherapist, London Health Sciences Centre  
*Learning Objectives:*
  - Develop an understanding of lymphedema and its causes
  - Discuss options in the management of lymphedema and learn the importance of early versus late intervention
11. **Infection Prevention and Control: Just the Basics**  
**Kathy McGhie**, Infection Control Practitioner, London Health Sciences Centre and St. Joseph's Health Care  
*Learning Objectives:*
  - Learn the basics, applications and precautions of infection control in non-acute care settings
  - Review the selection and use of personal protective equipment and recognize the "4 opportunities" for hand hygiene
12. **New Directions in the Performance Improvement and Compliance Branch**  
**Cathy Crane**, Manager, Ministry of Health and Long Term Care  
*Learning Objectives:*
  - Discuss the changes in the MOHLTC compliance program
  - Identify trends in compliance monitoring and compliance transformation

12:20pm–1:30pm Lunch, Displays and Networking

### 1:30pm–2:20pm PLENARY SESSION

**Year in Review: Ten Important Developments in Geriatric Care**, **Chris Brymer**, MD, St. Joseph's Health Care, London

#### *Learning Objectives:*

- Understand how to critically review the literature
- Become familiar with emerging concepts in Geriatric Care

2:20pm – 2:30pm Afternoon Break

### 2:35pm–3:45pm AFTERNOON CONCURRENT WORKSHOPS

13. **Head-to-Toe: A Review of Diagnostic Imaging Issues**  
**Zahra Kassam**, MD, London Health Sciences Centre  
*Learning Objectives:*
  - Review and stratify the current diagnostic imaging examinations appropriate to specific indications in the geriatric population
  - Understand "up and coming" imaging modalities that may be more suitable to the unique needs of the geriatric population
14. **Mind, Body & Spirit** (repeat of #1)
15. **What's New in Diabetes** (repeat of #7)
16. **What's New for the Old** (repeat of #5)
17. **Vitamin D Me!** (repeat # 2)

Who Should Attend

Given the interdisciplinary nature of geriatric care and the feedback from the 2008 conference evaluation, topics have been selected to appeal to a wide range of care providers including physicians, nurses, therapists, pharmacists, nutritionists, psychologists, social workers, researchers, educators, and discharge planners, as well as people serving primarily in administrative positions.

About the Conference

We are proud to present and celebrate our 23<sup>rd</sup> annual conference in Geriatric Medicine that provides professionals with another opportunity to broaden their knowledge base, to refine specific skills, and to meet with others who share their concern in improving quality care to the elderly. The plenary sessions encourage cross-disciplinary investigation of subjects common to all, while concurrent sessions provide medical updates and investigation of other topics in geriatric care. All sessions include time for questions from participants and many speakers are available for informal discussions throughout the day. Please visit our exhibits and book sale. *We look forward to seeing you!*

Sponsors

Division of Geriatric Medicine, St. Joseph’s Health Care, London; The University of Western Ontario, London, Ontario; Schulich School of Medicine and Dentistry; The Ontario Ministry of Health and Long Term Care; Southwestern Ontario Regional Geriatric Program.

Industry Sponsors

This program has been made possible through educational grants from Janssen-Ortho Inc and Pfizer Canada.

Study Credits

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 5.5 MAINPRO-MI credits.

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. This program has been reviewed and approved by Continuing Medical Education

Early Bird Fee

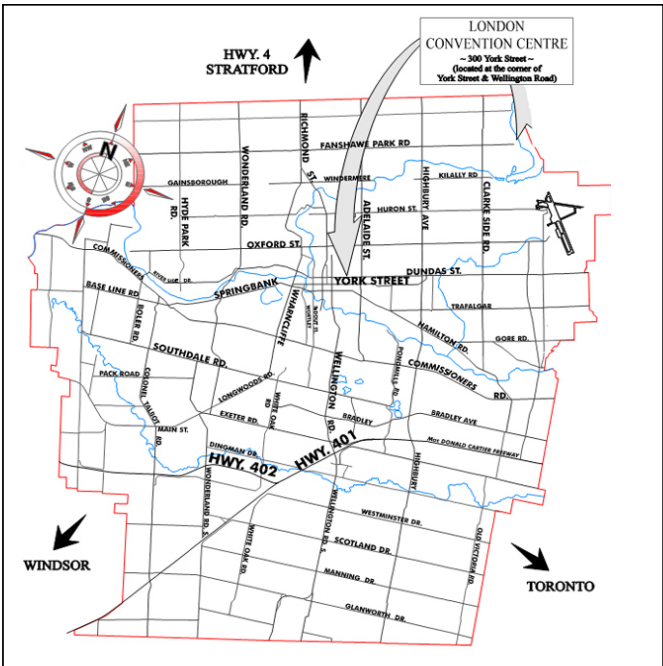
The “Early Bird” fee of \$135 is honoured up until April 6, 2009. Your registration must be postmarked no later than April 6, 2009 (mail, fax, email). Please complete the registration form included with the flyer and send along with payment.

Fees

After the early bird date the fee is \$150 per person (\$60 per student/volunteer) which includes parking, lunch, refreshments and conference package. The fee must accompany the registration and is nonrefundable after **April 29, 2009**. Registered participants who are unable to attend are welcome to send a colleague in their place. Notice of withdrawal in writing prior to April 29th, 2009 will result in a refund minus \$40. Registrations received after April 29th will be considered only if space permits.

Receipt

Your receipt is valuable. It is an official receipt and proof of registration. In case of refund, the original receipt must be returned to the Division of Geriatric Medicine, St. Joseph’s Health Care London. A \$5 fee is charged for a replacement receipt.



**Complete registration form and mail or fax to:**  
**Monica Dease, Parkwood Hospital**  
**801 Commissioners Road East**  
**London, ON N6C 5J1**  
**Phone: (519) 685-4292, Extension 42068**  
**Fax: (519) 685-4093**  
**Email: [monica.dease@sjhc.london.on.ca](mailto:monica.dease@sjhc.london.on.ca)**

LONDON CONVENTION CENTRE

York Street, London ON, Canada N6B 1P8  
Tel: 519-661-6200  
Toll Free: 1-800-203-1992  
<http://www.londoncc.com>

Directions:

The best route is **Wellington Road North** off **HWY 401**. Remain on Wellington Road to downtown London. You will pass under the railway tracks just before **York Street**. Turn **right (east)** off of Wellington on to York Street, the London Convention Centre is located on the **north side of York Street**. The entrance to the underground parking is located on the east side of the London Convention Centre.

Parking:

A limited amount of **FREE** Parking will be provided for conference registrants at the Convention Centre underground parking facility and the Impark parking lot located across the street from the Convention Centre. **YOU MUST PRESENT PARKING VOUCHER THAT WILL BE INCLUDED WITH YOUR CONFERENCE RECEIPT TO PARKING ATTENDANT.**

ACCOMMODATIONS

**Delta London Armouries**, 325 Dundas Street London, Ontario  
Tel: 679 -6111, Toll Free: 1-877-814-7706

**Hilton London**, 300 King Street, London, Canada N6B1S2  
Tel: 439-1661, Toll Free: 1-800-445-8667



# Geriatric Medicine Refresher Day

## Healthy Aging – Healthy Ideas

### Wednesday May 6, 2009

London Convention Centre, London, Ontario

Surname (Please print clearly)

Given Name & Middle Initial

Mailing Address

In Which County Do You Work?

Occupation

City

Province

Postal Code

Employer

Home Phone

Business Phone

Ext.

Email Address

*Geriatric Medicine Refresher Day*

☐ \$135 (Early Bird: Register by April 6<sup>th</sup>)

☐ Cheque\*/Money Order

☐ \$150 (Regular)

☐ Visa ☐ MasterCard

☐ \$ 60 (Volunteer/Student)

☐ Company Purchase Order\*\*

**Credit Card Information** (For Visa and MasterCard payment only)

Expiry Date /\_\_\_\_/\_\_\_\_/

Card No.

Cardholder's Signature

Date

Refreshments are served buffet style offering ample selection to accommodate food preferences. If you are on a medically prescribed diet, and require a specially prepared lunch, please indicate restrictions/allergies:

I Am Involved With: ☐ Long Term Care Home ☐ Acute Care Facility ☐ Community ☐ CHC/FHT ☐ Other \_\_\_\_\_  
(Check all that apply)

My Profession Is: ☐ Educator/Health Promoter ☐ Administrator/Manager ☐ Social Worker/Discharge Planner ☐ Nurse  
(Check all that apply) ☐ Physician ☐ Therapist ☐ Student ☐ Other \_\_\_\_\_

### Concurrent Workshops (Choose one session in each timeslot)

Selections may be changed at the conference, space permitting

#### 9:50 am Session

- ☐ 1. Mental Health and Medical Issues
- ☐ 2. Vitamin D Me!
- ☐ 3. Truth and Myths about Oral Health
- ☐ 4. Male Genital-Urinary Health
- ☐ 5. What's New for the Old
- ☐ 6. Interventions in Rehab Medicine

#### 11:10 am Session

- ☐ 7. What's New in Diabetes
- ☐ 8. Palliative Care in AD
- ☐ 9. Male Genital-Urinary Health
- ☐ 10. It's Lymphedema!
- ☐ 11. Infection Prevention and Control
- ☐ 12. New Directions - Compliance

#### 2:35 pm Session

- ☐ 13. Head-to-Toe
- ☐ 14. Mental Health and Medical Issues
- ☐ 15. What's New in Diabetes
- ☐ 16. What's New for the Old
- ☐ 17. Vitamin D Me!

\*Make cheques payable to St. Joseph's Health Care, London. \*\*Include a copy of the purchase order with this form.  
Registrants are responsible for knowing the Refund and Withdrawal policies (see conference brochure for full details).

**Early Bird  
Registration  
Discount Fee**

**\$135**

Register by April 6th

COMPLETE THIS FORM AND SEND TO:  
Division of Geriatric Medicine  
Parkwood Hospital  
Attention: Monica Dease  
801 Commissioners Road East  
London, ON N6C 5J1  
Telephone: (519) 685-4292 ext. 42068  
Fax: (519) 685-4093

**Regular  
Registration**

**\$150**

Registration Deadline  
April 29th