

27th Annual Geriatric Medicine Refresher Day

Elder Care — Practical Strategies for Getting to Great

Wednesday, May 1, 2013

7:50 a.m. — 4:00 p.m.

London Convention Centre, London, Ontario



7:50 – 8:50 a.m. Registration, Displays and Refreshments

8:50 – 9:00 a.m. WELCOMING REMARKS

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

9:00 – 9:50 a.m. PLENARY SESSION

Ontario's seniors strategy: where we stand, where we need to go

Samir K. Sinha, MD, Provincial Lead, Ontario's Seniors Strategy

- Highlight the disconnects that currently exist in health, social and community care systems
- Demonstrate the ways communities and care delivery paradigms can adopt a more elder friendly approach

10:00 – 11:00 a.m. MORNING CONCURRENT WORKSHOPS I

1. **Key components and strategies to operationalize an elder friendly hospital**

Samir K. Sinha, MD, Provincial Lead, Ontario's Seniors Strategy

- Identify key components and strategies employed within one organization to develop an elder friendly hospital
- Describe the application of these principles in establishing an Acute Care of the Elderly Unit

2. **The various facets of vascular cognitive impairment (VCI)**

David F. Tang-Wai, MDCM, University Health Network, Toronto

- Discuss the definition of VCI
- Identify the various presentations of VCI

3. **IPPOD - interprofessional prevention of delirium - what you can do on your NEXT SHIFT to prevent delirium**

Jacques Lee, MD, Sunnybrook Health Sciences Centre

- Discuss why preventing delirium is important
- Identify what you can do on your next shift

4. **Hip pathology later in life - optimizing surgical outcomes**

James L. Howard, MD, London Health Sciences Centre

- Describe the perioperative considerations for management of hip fractures in the elderly
- Identify the spectrum of surgical options & the role of elective arthroplasty in the older patient with hip arthritis

5. **Applying a person centered approach to responsive behaviours in dementia care**

Karen Johnson, EPRC, Geriatric Mental Health Program

In Collaboration with the Alzheimer Outreach Services of McCormick Home

- Identify psycho-social components of responsive behaviours
- Describe 'person centered care' and 'meaningful activities' and show their relevance to managing responsive behaviours

6. **Mild cognitive impairment: what it is and what to do about it**

Kelly J. Murphy, Ph.D., Baycrest, University of Toronto

- Describe MCI and why raising awareness is important
- Describe current research on behavioural interventions for MCI

11:00 – 11:25 a.m. Refreshments, Displays and Networking

11:30 a.m. – 12:30 p.m. MORNING CONCURRENT WORKSHOPS II

7. **The various facets of vascular cognitive impairment**

Dave F. Tang-Wai (Repeat of Workshop #2)

8. **Ippod - what you can do on your NEXT SHIFT to prevent delirium**

Jacques Lee (Repeat of Workshop #3)

9. **Hip pathology later in life - optimizing surgical outcomes**

James L. Howard (Repeat of Workshop #4)

10. **Best practices in the management of hypertension in older adults**

George Dresser, MD, London Health Sciences Centre

- Discuss the rationale for changing blood pressure targets and optimal anti-hypertensive medications
- Describe an approach to orthostatic hypotension

11. **Mild cognitive impairment: what it is and what to do about it**

Kelly Murphy (Repeat of Workshop #6)

12. **Culture friendly engagement with elderly immigrants and their caregivers**

Dharshi Lacey, Team Lead, London InterCommunity Health Centre

- Discuss family context when working with diverse cultures
- Identify and clarify the role of the caregiver

12:30 – 1:30 p.m. Lunch, Displays and Networking

NEW AFTERNOON FORMAT: CHOOSE OPTION 1 OR OPTION 2

Option #1

1:35 – 4:00 p.m. FULL AFTERNOON WORKSHOP

(Includes a 20 minute working break with refreshments brought to room)

13. **Applied motivational interviewing (MI) for client-centered practice in geriatric care**

Jennifer Irwin, Ph.D., Faculty of Health Sciences, Western University

Don Morrow, Ph.D., Faculty of Health Sciences, Western University

This workshop will be an interactive, experiential and practical session devoted to 'hands on' motivational interview skills.

Participants will learn such applied skills as using powerful

questions, listening more acutely, moving status talk to change talk and rolling with patient resistance to facilitate behaviour change.

You will learn how to use MI skills specifically applied to older adults.

Option #2

Choose 2 concurrent afternoon workshops

1:35 – 2:35 p.m. AFTERNOON CONCURRENT WORKSHOPS I

14. **Oral anticoagulation therapy in older adults: the next generation**

Luis Viana, Pharmacist, Medical Pharmacies Group Limited

- Describe how the new generation of oral anticoagulants work in the treatment & prevention of thromboembolic events
- Discuss specific issues with the use of new generation oral anticoagulants in older adults

15. **Top geriatric papers of 2012**

Chris Brymer, MD, St. Joseph's Health Care London

- Describe how to critically appraise the best literature of 2012
- Discuss how literature may inform and alter primary elder care

16. **Osteoporosis guidelines: application to hip fracture patients**

Richard Crilly, MD, St. Joseph's Health Care London

- Understand the hip fracture phenomenon and the interaction of bone and trauma
- Define osteoporosis in the hip fracture patient and gain insight into whom to treat

17. **Pee pearls: update on urinary incontinence (UI)**

Sue O'Hara, NP, St. Joseph's Health Care London

- Describe best practice guidelines in UI for men and women
- Explore non-surgical treatments of UI

18. **Best practices in the management of hypertension in older adults**

George Dresser (Repeat of Workshop #10)

2:35 – 2:55 p.m. Afternoon Break

3:00 – 4:00 p.m. AFTERNOON CONCURRENT WORKSHOPS II

19. **Oral anticoagulation therapy in older adults: the next generation**

Luis Viana (Repeat of Workshop #14)

20. **Top geriatric papers of 2012**

Chris Brymer (Repeat of Workshop #15)

21. **Osteoporosis guidelines: application to hip fracture patients**

Richard Crilly (Repeat of Workshop #16)

22. **Pee pearls: update on urinary incontinence**

Sue O'Hara (Repeat of Workshop #17)

23. **Applying a person centered approach to responsive behaviours in dementia care**

Karen Johnson (Repeat of Workshop #5)

In Collaboration with the Alzheimer Outreach Services of McCormick Home

CLOSING COMMENTS AND EVALUATION

Who Should Attend

Given the interdisciplinary nature of geriatric care and the feedback from the 2012 conference evaluations, topics have been selected to appeal to a wide range of care providers including physicians, nurses, therapists (OT, PT, SLP, RT), pharmacists, dietitians, 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 27th 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 for the older adult. The plenary session encourages interdisciplinary discussion of a subject common to all, while concurrent sessions provide medical updates and review of best practices 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. We encourage you to visit our display area in the Exhibitor Ballroom.

Study 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 and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University (5.5 hours)

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University, for up to (5.5) Mainpro-M1 credits.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Industry Sponsors

This program has been made possible through educational grants from Merck, Novartis Pharmaceuticals Canada Inc., Pfizer Canada Inc., Eli Lilly Canada, Amgen Canada and Lundbeck Canada Inc.

Registration

All electronic registrations received prior to April 1, 2013 will be entered into our "Early Bird Draw" and are eligible to receive a full refund of the 2013 registration fee. We encourage all to register prior to April 1, 2013.

Registered participants who are unable to attend are welcome to send a colleague in their place. Notice of withdrawal in writing after April 24, 2013 will result in a \$40 administration fee. Registrations received after April 24th, 2013 will be considered only if space permits.

Parking

Parking is not included in your registration fee. Please be prepared to pay for your own parking. Parking is available at the London Convention Centre underground lot or in the Impark lot across the street for \$6 - \$10.

Please note

The London Convention Centre can get chilly - DRESS IN LAYERS. A coat check will be available on the ground floor of the Convention Centre. This is a FRAGRANCE FREE CONFERENCE, be considerate to those with allergies. Be sure to inform us of any special dietary needs.

ONLINE REGISTRATION ONLY

www.sjhc.london.on.ca/grd

Please register online to ensure that you receive next year's flyer.

To receive the 2014 flyer without registering this year, please e-mail Sarah Woolmore-Goodwin at sarah.woolmoregoodwin@sjhc.london.on

Date: Wednesday, May 1, 2013

Registration: 7:50 - 8:50 a.m.

Opening Remarks Begin: 8:50 a.m.

Location: London Convention Centre
300 York Street, London, ON N6B 1P8

Fees: \$150.00 per person

\$50.00 per full-time student/volunteer

Registration Deadline: April 24, 2013

