29th Annual Geriatric Medicine Refresher Day

Elder Health — Body, Mind and Spirit

Wednesday, May 6, 2015
7:30 a.m. - 4:00 p.m.
London Convention Centre, London, Ontario

7:30 - 8:20 a.m. Registration, Displays and Refreshments

8:20 - 8:30 a.m. WELCOMING REMARKS
Laura Diachun, MD, Conference Chair, Division of Geriatric Medicine, St. Joseph's Health Care London

8:30 - 9:50 a.m. PLENARY SESSION
ALIVE INSIDE
Dan Cohen, MSW, Founder and Executive Director, Music & Memory
ALIVE INSIDE is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. This stirring documentary follows social worker Dan Cohen, founder of the nonprofit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

MORNING WORKSHOPS: CHOOSE OPTION 1 OR OPTION 2

Option #1

10:00 - 12:30 p.m. FULL MORNING WORKSHOP
(Includes a 25 minute break)

1. **STRATEGIES FOR SEXUAL HEALTH CONVERSATIONS WITH ELDERS**
   Lori Schindel Martin, PhD, RN, Ryerson University
   - Demonstrate enhanced communication skills with elders who have sexual health concerns by observing a sexual health discussion with a simulated patient. (40 participants maximum)

Option #2

Choose 2 concurrent Morning workshops

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

2. **IMPROVING THERAPUETIC OUTCOMES WITH PERSONALIZED MUSIC**
   Dan Cohen, MSW, Founder and Executive Director, Music & Memory
   - Discuss how music may mitigate antipsychotic use and describe best practice strategies for implementation
3. **DETECTING LANGUAGE DIFFICULTIES IN THE OFFICE**
   David F. Tang-Wai, MDCM, University of Toronto
   - Identify subtle indicators of aphasia
   - Determine when to obtain language testing and/or evaluation
4. **ANTIPSYCHOTIC MEDICATION USE IN OLDER PERSONS—AN APPROACH FOR EVERYDAY PRACTICE**
   Luis Viana, Pharm. D., Medical Pharmacies Group Limited
   - Discuss efficacy and safety of antipsychotics for BPSD
   - Propose a framework for their initial use and ongoing monitoring
5. **LIVING LOSSES - WHEN WHAT DIES IS INSIDE YOU**
   Darcy Harris, PhD, FT, King's University College
   - Identify types of non-death loss experiences and their unique features and implications
   - Describe clinical approaches for supporting individuals who experience non-death losses and grief
6. **TOP GERIATRIC PAPERS OF 2014**
   Chris Brymer, MD, St. Joseph's Health Care London
   - Apply current literature to primary elder care
7. **HEARING LOSS: EVALUATION AND TREATMENT**
   Jillian Price, M.Sc., Chief Audiologist, ListenUP! Canada
   - Discuss the process of hearing evaluation
   - Describe new technology available for those with hearing loss

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

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

8. **DETECTING LANGUAGE DIFFICULTIES IN THE OFFICE**
   David F. Tang-Wai (Repeat of Workshop #3)
9. **ANTIPSYCHOTIC MEDICATION USE IN OLDER PERSONS—AN APPROACH FOR EVERYDAY PRACTICE**
   Luis Viana (Repeat of Workshop #4)
10. **TOP GERIATRIC PAPERS OF 2014**
    Chris Brymer (Repeat Workshop #6)
11. **CARING FOR SELF**
    Janet Hunt, RN, MScN, St. Joseph's Health Care London
    - Identify sources of personal stress for health care professionals
    - Create a personal self-care tool kit

11:30 a.m. - 12:30 p.m. MORNING CONCURRENT WORKSHOPS II (con'd)

12. **EVIDENCE-BASED UPDATE ON PARKINSON'S DISEASE AND DRIVING**
    Sherrilene Classen, PhD, OT, Jeffrey Holmes, PhD, OT & Liliana Alvarez, PhD, OT, Western University
    - Identify indicators and critical driving errors made by drivers with PD that predict outcome of a driving assessment
    - Integrate PD evidence into clinical reasoning when determining fitness to drive
13. **INFECTION PREVENTION AND CONTROL IN LTC SETTINGS**
    Francine Paquette, CIC, Public Health Ontario
    - Identify how infection prevention and control measures are affected by the changes that come with aging
    - Identify environmental challenges that impact infection prevention and control in LTC settings

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

AFTERNOON FORMAT: CHOOSE OPTION 1 OR OPTION 2

Option #1

1:35 - 4:00 p.m. FULL AFTERNOON WORKSHOP
(Includes a 20 minute break)

14. **STRATEGIES FOR SEXUAL HEALTH CONVERSATIONS WITH ELDERS**
    Lori Schindel Martin, PhD, RN, Ryerson University
    (Repeat of Workshop #1) (40 participants maximum)

Option #2

Choose 2 concurrent afternoon workshops

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

15. **DRUG TREATMENTS FOR ANXIETY DISORDERS**
    Simon Davies, MD, University of Toronto
    - Discuss evidence base for drug treatment of anxiety disorders
    - Identify clinically relevant issues in prescribing antidepressants, benzodiazepines, pregabalin/gabapentin and other drugs
16. **HOW MANY PILLS IS YOUR ELDERLY PATIENT REALLY TAKING?**
    George Dresser, MD, London Health Sciences Centre
    - Define adherence and persistence
    - Discuss markers of adherence/non-adherence and helpful strategies
17. **RECOGNIZING ACUTE MEDICAL PRESENTATIONS IN COMPROMISED ELDERS: WHEN CAN THE EMERGENGY DEPARTMENT HELP**
    Jacques Lee, MD, Sunnybrook Health Sciences Centre
    - Identify acute medical problems in the frail or cognitively impaired
    - Identify when the ED is the best option for your patient
18. **ANTI-AGING AND ANTI-DEMENTIA: BEFORE PILLS**
    Jennie Wells, MD, St. Joseph's Health Care London
    - Describe the evidence for life-style changes (meditation, foods, exercise, music) that claim anti-aging or anti-dementia benefits
19. **LIVING LOSSES - WHEN WHAT DIES IS INSIDE YOU**
    Darcy Harris (Repeat of Works hop #5)

2:35 - 2:55 p.m. Afternoon Break

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

20. **DRUG TREATMENTS FOR ANXIETY DISORDERS**
    Simon Davies (Repeat of Workshop #15)
21. **HOW MANY PILLS IS YOUR ELDERLY PATIENT REALLY TAKING?**
    George Dresser (Repeat of Workshop #16)
22. **RECOGNIZING ACUTE MEDICAL PRESENTATIONS IN COMPROMISED ELDERS: WHEN CAN THE EMERGENCY DEPARTMENT HELP**
    Jacques Lee (Repeat of Workshop #17)
23. **ETHICS IN ELDER CARE: 65 SHADES OF GREY**
    Raza Naqvi, MD, London Health Sciences Centre
    - Develop a structured approach to ethical issues in clinical care
    - Explore complexities of medical decision making & decision capacity
24. **BEST PRACTICE RECOMMENDATIONS FOR RICH CONVERSATIONS WITH CLIENTS WHO "KNOW MORE THAN THEY CAN SAY"**
    Lorraine Podolsky, SLP, Aphasia Institute
    - Identify strategies that overcome communication breakdown and enable deeper conversation

4:00 - 4:15 p.m. EVALUATION

Who Should Attend

Given the interdisciplinary nature of geriatric care and the feedback from the 2014 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 29th annual conference in Geriatric Medicine that provides professionals with the 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 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 is sponsored in part by educational grants from Novartis Pharmaceuticals Canada and Amgen Canada.

Registration

All electronic registrations received prior to April 1, 2015 will be entered into our "Early Bird Draw" and are eligible to receive a full refund of the 2015 registration fee. We encourage all to register prior to April 1, 2015.

Registered participants who are unable to attend are welcome to send a colleague in their place. Notice of withdrawal in writing after April 29, 2015 will result in a $40 administration fee. Registrations received after April 29, 2015 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 2016 flyer without registering this year, please e-mail Jennifer Whytock at Jennifer.whytock@sjhc.london.on.ca

Date: Wednesday, May 6, 2015
Registration: 7:30 - 8:20 a.m.
Opening Remarks Begin: 8:20 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 (Maximum of 30)
Registration Deadline: April 29, 2015

Schulich MEDICINE & DENTISTRY

St JOSEPH's HEALTH CARE LONDON

Western