33nd Annual Geriatric Medicine Refresher Day

Current and Practical Knowledge to Inspire and Advance Care

Wednesday, May 1, 2019
7:30 a.m. - 4:00 p.m.
London Convention Centre, London, Ontario

LEGEND - WORKSHOP SUITED FOR: (A) - Allied Health, (N) - Nurses, PSWs, (P) - Physicians, Pharmacists
A minimum of 25% of this program is dedicated to participant interaction.

7:30 - 8:30 a.m. - REGISTRATION, EXHIBITORS & REFRESHMENTS

8:30 - 8:45 a.m. - WELCOMING REMARKS
Laura Diachun, MD, Conference Chair, Division of Geriatric Medicine, St. Joseph's Health Care London

8:45 - 9:45 a.m. - PLENARY SESSION

UNDERSTANDING THE DIFFERENT DEMENTIAS – ONE SIZE DOES NOT FIT ALL
Teepa Snow, MS, OTR/L, CEO, Positive Approach to Care
- Distinguish between normal and abnormal changes to brain functions associated with the aging process
- Contrast initial symptoms, progression, and management for common dementias

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

1. DEMYSTIFYING RESISTANCE AND REFUSALS – UNDERSTANDING BEHAVIOURS AND THEN HELPING (A, N, P)
Teepa Snow, MS, OTR/L, CEO, Positive Approach to Care
- Discuss causes for refusal/resistance to care considering personal history, severity of dementia and caregiver approach
- Demonstrate key verbal and physical care skills that improve interactions and describe changes in task demands and environments that can positively impact care outcomes.

2. THE NEUROLOGICAL EXAMINATION ESSENTIALS II – CEREBELLAR AND GAIT ASSESSMENT (N, P) Limit 30 **Reflex Hammer Required**
David F. Tang-Wai, MDCM, University of Toronto
- Describe how to examine for cerebellar findings and gait disorders– as some neurodegenerative disorders (e.g. multiple system atrophy) and nutritional disorders (e.g. Wernicke) can be associated with these findings

3. PHARMACOGENOMICS - PERSONALIZED MEDICINE IN OLDER ADULTS (A, N, P)
Luis Viana, RPh, PharmD, North West Telepharmacy Solutions
- Describe common geriatric variations in enzymes responsible for drug metabolism
- Discuss how an individual's genetic profile can help predict whether a medication is likely to work as expected, whether it will be a therapeutic failure, or whether it can predispose a person to adverse effects

4. FRONTOTEMPORAL DEMENTIAS: PEARLS & PITFALLS IN THE ASSESSMENT & DIAGNOSIS OF LATE LIFE BEHAVIOURAL CHANGES (A, N, P)
Elizabeth Finger, MD, St. Joseph's Health Care, London
- Understanding frontotemporal dementia and how to distinguish FTD from mimics
- Describe current approaches to management and anticipated clinical trials of FTD

5. A PRACTICAL APPROACH TO CANNABIS IN THE OLDER ADULT WITH MULTIMORBIDITY AND POLYPHARMACY (A, N, P)
Joanne Ho, MD, Jack Bodkin, RPh, Sophiya Benjamin, MBBS, FRCPC, GeriMedRisk
- Describe a practical approach to cannabinoids in older adults with cognitive impairment and apply knowledge to complex cases involving cannabinoids with interdisciplinary support
- Discuss the current evidence for using cannabis in dementia and the medicolegal aspects of cannabinoids

6. CAPACITY MADE EASY: THE NUTS AND BOLTS OF CAPACITY ASSESSMENTS (A,N,P)
Paul Ferner, MD, Office of the Public Guardian and Trustee
- Understand what the legal test is for capacity
- Learn how to apply the test in your practice for any number of situations

11 - 11:25 a.m. - REFRESHMENTS, DISPLAYS & NETWORKING

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

7. RECOGNIZING AND ASSESSING MEDICAL AND HEALTH EMERGENCIES WHEN DEMENTIA IS PART OF THE PICTURE (A, N, P)
Teepa Snow, MS, OTR/L, CEO, Positive Approach to Care
- Screen for and identify signals that distinguish medical illness from a "bad day"
- Discuss common causes for acute changes in function, behaviour, or alertness/distress

8. TOP GERIATRIC PAPERS OF 2018 (A, N, P)
Chris Brymer, MD, St. Joseph's Health Care London
- Apply current literature to primary elder care

9. THE NEUROLOGICAL EXAMINATION ESSENTIALS II – CEREBELLAR AND GAIT ASSESSMENT (N,P) Limit 30 **Reflex Hammer Required**
David F. Tang-Wai, MDCM, University of Toronto
- (Repeat of Workshop #2)

10. A PRACTICAL APPROACH TO CANNABIS IN THE OLDER ADULT WITH MULTIMORBIDITY AND POLYPHARMACY (A, N, P)
Joanne Ho, MD, Jack Bodkin, RPh, Sophiya Benjamin, MBBS, FRCPC, GeriMedRisk
- (REPEAT OF WORKSHOP #5)

11. ETHICAL CHALLENGES IN GERIATRICS (A, N, P)
Raza Naqvi, MD, Markham Stouffville Hospital
- Discuss a variety of challenging clinical situations and discuss approaches
- Understand and better appreciate differing perspectives on difficult situations

12. AGE-RELATED CHANGES IN THE HUMAN NEUROMUSCULAR SYSTEM: A TALE OF NERVES, MUSCLES AND JUNCTIONS (A, N, P)
Tim Doherty , MD, St. Joseph's Health Care, London
- Discuss the concept and consequences of age-related neuromuscular decline (Sarcopenia)
- Describe the impact of aging on motor nerves, neuromuscular junction and muscle and consider interventions to ameliorate sarcopenia

12:30 - 1:15 p.m. - Lunch, Displays & Networking

1:15 - 2:15 p.m. - PLENARY SESSION

IS PREVENTION OF DEMENTIA POSSIBLE
Peter Lin, MD, Director of Primary Care Initiatives, Canadian Heart Research Centre
- Describe how dementia occurs and how physical activities may help delay dementia
- Discuss how other lifestyles may contribute to dementia

2:15 - 2:40 p.m. - AFTERNOON BREAK

2:45 - 3:45 p.m. - AFTERNOON CONCURRENT WORKSHOPS

13. HOW LOW SHOULD WE GO WITH BP AND CHOLESTEROL CONTROL IN THE OLDER ADULT (A, N, P)
Peter Lin, MD, Director of Primary Care Initiatives, Canadian Heart Research Centre
- Understand the risk and benefits of tight BP control
- Discuss the recommendations from the clinical trial data

14. TOP GERIATRIC PAPERS OF 2018 (A, N, P)
Chris Brymer, MD, St. Joseph's Health Care London
- (Repeat of Workshop #8)

15. DELIRIUM PREVENTION IN CLINICAL PRACTICE – WHAT CAN YOU DO (A, N, P)
Niamh O'Regan, MD, St. Joseph's Health Care, London
- Discuss the evidence base for delirium prevention in different settings
- Understand practical approaches to incorporating delirium prevention strategies into practice

16. PHARMACOGENOMICS – PERSONALIZED MEDICINE IN OLDER ADULTS (A, N, P)
Luis Viana, RPh, PharmD, North West Telepharmacy Solutions
- (Repeat of Workshop #3)

17. PSYCHOLOGICAL RESILIENCE – STRATEGIES FOR EVERYONE (A, N, P)
Cathy Parsons, RN, St. Joseph's Health Care, London
- Describe research-based strategies that improve resilience
- Discuss how to integrate the strategies a) into your personal life, and b) into your practice to enhance patient achievement goals

18. ETHICAL CHALLENGES IN GERIATRICS (A, N, P)
Raza Naqvi, MD, Markham Stouffville Hospital
- (Repeat of Workshop #11)

3:45 - 4:00 p.m. - EVALUATION

Schulich MEDICINE & DENTISTRY
St. JOSEPH'S HEALTH CARE LONDON
Western

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EVENT DETAILS

Wednesday, May 1, 2019
Registration: 7:30 - 8:30 a.m.
Opening Remarks: 8:30 a.m.
London Convention Centre, 300 York Street, London, ON
$160 per person
$60 per full-time student/volunteer (maximum of 30)

WHO SHOULD ATTEND

Given the interdisciplinary nature of geriatric care and the feedback from the 2018 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 33rd 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 Hallway.

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, approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 5.25 hours (credits are automatically calculated).

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 Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University for up to 5.25 Mainpro+ 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 McCormick Dementia Services and Bayshore HealthCare.

REGISTRATION

All electronic registrations received prior to April 1, 2019 will be entered into our "Early Bird Draw" and are eligible to receive a full refund of the 2019 registration fee. We encourage all to register prior to April 1, 2019. Registered participants who are unable to attend are welcome to send a colleague in their place. Notice of withdrawal in writing after April 27, 2019 will result in a $40 administration fee. Registrations received after April 27, 2019 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.

ADDITIONAL INFORMATION

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 of those with allergies. Be sure to inform us of any special dietary needs.

ONLINE REGISTRATION ONLY

Register at: **www.sjhc.london.on.ca/grd**
Questions or Issues Registering please contact: Jennifer.whytock@sjhc.london.on.ca

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