UPDATE IN GERIATRICS FOR PRIMARY CARE

Friday, June 3, 2016
| The Ottawa Hospital, Civic Campus, Amphitheatre | 1053 Carling Avenue, Ottawa, ON K1Y 4E9

COURSE DESCRIPTION

The University of Ottawa, Office of Continuing Professional Development is pleased to offer this 1-day course on the practical clinical management of geriatric patients. This program is designed to highlight strategies that primary care physicians, nurse practitioners and primary care allied health team members can utilize to improve the quality of life of their patients. Some of the topics that will be highlighted include:

- Physician Assisted Dying
- Dementia: Challenges in Management
- Common Eye Conditions in the Elderly
- Elder Abuse
- Family Engagement: Getting Back on Track with Patients & Families when Communication and Collaboration Breakdown

For further information, please contact the Office of CPD:
Tel: 613-761-4480 ext: 1 | Fax: 613-761-5262 | Email: cpd@toh.on.ca
www.med.uottawa.ca/cme

*subject to change

https://twitter.com/CME_uOttawa
**PLANNING COMMITTEE**

The Office of Continuing Professional Development extends a special thanks to the following physicians who participated in the planning of this event:

- Dr. Judy Chow, Family Medicine
- Dr. Ruth Ellen, Co-Chair, Geriatric Medicine
- Ms. Brenda Halabisky, CENP Curriculum Coordinator
- Dr. Anne Harley, Family Medicine
- Dr. Caroline Knight, Co-Chair, Family Medicine
- Dr. Geneviève Lemay, Geriatric Medicine
- Ms. Kelly Lumley-Leger, Advanced Practice Nurse
- Dr. Frank Molnar, Medical Director, RGPEO
- Dr. Helene O’Connor, Family Medicine
- Ms. Lisa Richardson, Pharmacist
- Dr. Anna Wilkinson, Family Medicine and Medical Oncology

**OVERALL LEARNING OBJECTIVES**

- Describe and appraise techniques and new knowledge relating to geriatric primary care.
- Discuss and implement ways to improve quality care for seniors.
- Network with colleagues working in geriatric primary care in the Champlain region, with a focus on creating opportunities and partnerships for improvement of patient care.

**ACCREDITATION**

The University of Ottawa’s Office of Continuing Professional Development is accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide accredited CPD activities for family physicians and specialists. This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited by the University of Ottawa, Office of Continuing Professional Development for up to 6 Mainpro-M1 credits. Members of the American Academy of Family Physicians are eligible to receive up to 6 prescribed credit hours for attendance at this event due to a reciprocal agreement with the College of Family Physicians of Canada. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

**COURSE PRESENTATIONS**

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

**DISCLOSURE**

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

**MARK YOUR CALENDAR!**

**April 14 & 15, 2016**

*Canadian Women’s Heart Health Summit*

The Westin, Ottawa

**April 27 - 29, 2016**

*65th Annual Refresher Course for Family Physicians*

Ottawa Conference and Event Centre

**May 6, 2016**

*Smarter Imaging for Physicians and Internists*

Ottawa Conference and Event Centre

**May 27, 2016**

*5th Annual Mental Health Update*

The Ottawa Hospital, Civic Campus, Amphitheatre

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**LIABILITY**

The University of Ottawa, Office of Continuing Professional Development (CPD) assumes no liability for any claims, personal injury or damage:

- to any individual attending this conference;
- that may result from the use of technologies, program, products and/or services at this conference;
- that may arise out of, or during this conference.

**COURSE CANCELLATION POLICY**

The University of Ottawa, CPD reserves the right to cancel courses. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for courses cancelled by the University of Ottawa, CPD will be refunded; however the University of Ottawa, CPD will not be liable for any loss, damages or other expenses that such cancellation may cause.

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### Update in Geriatrics for Primary Care

**7:30AM - 8:00AM**  
**REGISTRATION AND BREAKFAST**

**8:00AM - 8:10AM**  
**WELCOME AND OPENING REMARKS**  
Dr. Ruth Ellen  
Dr. Judy Chow

### Morning Lectures

**8:10AM - 8:40AM**  
**Top 2015 Articles in Geriatric Care**  
- Review the most significant recent articles in Geriatric Care significant to Primary Care of the Elderly.  
Dr. Allen Huang

**8:40AM - 9:15AM**  
**Elder Abuse**  
- Evaluate elders who may be at risk for abuse.  
- Involve appropriate community resources for the protection of elders in abusive situations.  
Dr. Mark Yaffe

**9:15AM - 10:00AM**  
**Family Engagement: Getting Back on Track with Patients and Family when Communication and Collaboration Breakdown**  
- Recognize the indications for transitioning complex frail (CHF, dementia) elderly patients to palliative care and when its time to start introducing the topics of palliative and comfort care.  
- Describe the importance of family dynamics, and assist families by facilitating discussions in decision making to transition to palliative care.  
- Use strategies to assist family members in decision making for frail elders.  
Dr. Frank Molnar and Joanne Green

### Morning Workshops 1

**10:20AM - 11:05AM**  
**Morning Workshops 1**

**W1: Considerations in Pharmacologic Management in Persons with Dementia**  
- Identify medications commonly used in dementia management.  
- Describe safe deprescribing of cognitive enhancing medications.  
- Review deprescribing considerations in persons with dementia.  
Dr. Linda Lee

**W2: Sleep Disorders: Insomnia in the Elderly**  
- Counsel elderly patients and their non-medication management of insomnia.  
- Use appropriate medication strategies where necessary for management of insomnia in the elderly in the primary care setting.  
Dr. Judith Leech

**W3: Common Eye Conditions in the Elderly**  
- Recognize common eye conditions in the elderly (e.g., cataracts, corneal ulcer, eyelid disorders, floaters, dry eyes, etc.).  
- Appropriately manage common eye conditions in a primary care clinic and/or recognize when to refer eye disorders in the elderly.  
Dr. Bonnie Weston

**W4: Deprescribing Psychotropic Medications in the Elderly**  
- Use an evidence-based guideline for deprescribing psychotropic medications in the elderly.  
- Identify appropriate patients for psychotropic deprescribing.  
- Be able to de-prescribe psychotropic medications appropriately with weaning, follow-up and monitoring.  
Dr. Geneviève Lemay

**W5: Practical Approach to Managing Diabetes in Frail Older Adults**  
- Demonstrate a frailty screening test.  
- Identify evidence-informed targets based on the patient’s degree of frailty.  
- Apply case-based management strategies.  
- List tools for use in primary care.  
Dr. Ruth Ellen
## Update in Geriatrics for Primary Care

### Morning Workshops 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
<th>Presenter</th>
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### Lunch

12:00PM - 1:00PM   | Lunch                                                                                                                  | Dr. Caroline Knight|

### 1:00PM - 1:15PM | Megacode Case Introduction                                                                                             |                    |
|                  | * Examine a complex case study and identify next steps for treatment.                                                    |                    |

### 1:20PM - 2:45PM | Megacode Case Circuit (Three 25 minute stations)                                                                       |                    |
| Sleep Disorders in Primary Care                                    | Dr. Judith Leech                                                      |
| * Review and practice applying what has been learned in the plenary and workshop sessions using the presented case study. |                    |
| Unintentional Weight Loss in Seniors                                | Dr. Frank Molnar                                                      |
| * Review and practice applying what has been learned in the plenary and workshop sessions using the presented case study. |                    |
| PPI Deprescribing Algorithm and Guidelines                          | Mr. Wade Thompson                                                    |
| * Review and practice applying what has been learned in the plenary and workshop sessions using the presented case study. |                    |

### 2:45PM - 3:05PM   | Nutrition Break                                                                                                        |                    |
### 3:05PM - 3:50PM   | Physician Assisted Dying                                                                                               | Dr. Jeff Blackmer   |
| * Evaluate the likely upcoming legislation and implications for practice in regard to physician assisted death in Canada. |                    |

### 3:50PM - 4:00PM   | Concluding Remarks and Evaluations                                                                                     | Dr. Ruth Ellen and Dr. Judy Chow|

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**Registration Information**

- No registration form will be processed without the full registration fee included.
- Post-dated cheques are not accepted.
- Continental breakfast, refreshment breaks and lunch are included in the registration fees.
- Refunds less $75 administrative charge will be issued for cancellations received in writing by May 6, 2016. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event date.
- All registrations that are faxed or mailed to the Office of CPD will automatically be charged the Fax / Mail registration fee. No exceptions.

**Fees**

<table>
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<tr>
<th>Early Bird Deadline: Friday, May 13</th>
<th>Online Early Bird Rate</th>
<th>Online Regular Rate</th>
<th>Fax, Mail or Onsite Rate</th>
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<tbody>
<tr>
<td>Physician</td>
<td>$240</td>
<td>$250</td>
<td>$260</td>
</tr>
<tr>
<td>Other Health Care Professional</td>
<td>$190</td>
<td>$200</td>
<td>$210</td>
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<tr>
<td>Resident</td>
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<tr>
<td>Student</td>
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**Workshop Selections:** Please use the codes listed in the program (i.e. W1, W2...)

First Choice: _________________________  Second Choice: _____________________  Alternate Choice: ___________________

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**Methods of Payment**

- Visa
- Mastercard
- Cheque

- Card Number _____________________________ Expiry Date _____________________________
- Name on the Card _____________________________

Fax: 613-761-5262  Email: cpd@toh.on.ca  Phone: 613-761-4480 (extension: 1)

Mail: Please make cheques payable to “University of Ottawa, CPD”
725 Parkdale Avenue; Loeb Research Room 158; Ottawa, ON K1Y 4E9