

Sinai Health System and University Health Network Proudly Present:

# 2019 TORONTO GERIATRICS UPDATE COURSE

TORONTO, ON | NOVEMBER 1 & 2 2019

## PROGRAM OVERVIEW

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With the ageing of our population, there exists a growing demand for high quality accessible continuing medical education in Geriatrics.

We invite you to attend our seventh annual Geriatrics CPD Course which has been designed to provide front-line practitioners with the latest practical and evidence-based knowledge they need to better manage the care of their older patients.

This two-day CPD Course will feature high-quality interactive lectures by leading faculty from the University of Toronto and beyond and will focus on the assessment and management of geriatric syndromes and common issues that arise in the care of an older patient.

## PROGRAM OBJECTIVES

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After this educational conference, participants will be able to:

- Recognize and assess common geriatric syndromes in older patients.
- Manage common single and multifactorial medical issues in older patients.
- Establish an approach to address the common and often inter-related medical and social issues that occur within older patients.



### PROGRAM HIGHLIGHTS

- Interactive Lectures
  - Concurrent Workshops
  - Small Group “Lunch With the Professor” Sessions
  - Most Difficult Case Conference
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### TARGET AUDIENCE

Family Physicians, Nurse Practitioners, Nursing Professionals, Therapists, Social Workers, Geriatricians, Internists and other Professionals working with older patients.

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### CONTACT DETAILS

Mashiat Haque, Program Assistant  
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## PROGRAM AGENDA

FRIDAY, NOVEMBER 1, 2019

8:00-8:45 AM.	REGISTRATION AND LIGHT BREAKFAST
8:45-9:00 AM.	OPENING REMARKS
9:00-10:20 AM.	KEYNOTE SPEAKER:  PRIORITIZING NEW WAYS OF CARING FOR OLDER PATIENTS  Dr. Robert Anderson, MD, Psychiatrist, Maine Medical Centre
10:20-10:50 AM.	REFRESHMENT BREAK
10:50-11:30 AM.	TOP ARTICLES OF 2019  Dr. Dov Gandell, MD, FRCPC, Staff Geriatrician, Sunnybrook Health Sciences Centre; Assistant Professor, Faculty of Medicine, University of Toronto
11:30 AM.-12:10 PM.	OSTEOPOROSIS UPDATE Dr. Angela Cheung, MD, FRCPC, Program Director, Osteoporosis Clinic, University Health Network
12:10-12:40 PM.	LUNCH AND NETWORKING
12:40-2:00 PM.	LUNCH WITH THE PROFESSOR SESSIONS L1 Complex Case Conference with a Geriatrician L2 Understanding Home and Community Care Options L3 Managing Urinary Incontinence L4 The latest on Gait Aids and Other Assistive Devices L5 Palliative Care and Symptom Management L6 Complex Case Conference with a House Calls Physician L7 Geriatrics Mental Health Complex Case Conference L8 Wellness and Stress Reduction L9: Common Skin Conditions Founder in the Elderly
2:00-2:40 PM.	UPDTE IN MEDICAL ASSISTANCE DYING  Dr. Joshua Wales, MD, FRCPC, Palliative Care Physician, Temmy Latner Centre for Palliative Care, Sinai Health System
2:40-3:00 PM.	BREAK
3:00-3:40 PM.	INS AND OUTS OF CAPACITY ASSESSMENTS  Nuala Kennedy, MSW, RSW, Capacity Assessor, Ministry of the Attorney General
3:40-4:20 PM.	HOW ONE SHOULD EFFECTIVELY MANAGE PAIN IN THE FACE OF THE OPIOID CRISIS  Dr. Matthew Sheppard, MD , Staff Physician, Wasser Pain Management Clinic, Sinai Health System

## PROGRAM AGENDA

**SATURDAY, NOVEMBER 2, 2019**

8:00–8:45 A.M.	REGISTRATION AND LIGHT BREAKFAST	
8:45–9:00 A.M.	OPENING REMARKS	
9:00–9:40 A.M.	<p>ONE YEAR LATER: THE EVOLVING USE OF MEDICAL CANNABIS</p> <p>Dr. Amanjot (Mona) Sidhu, MD, Geriatrician, Division of Geriatrics, McMaster University</p>	
9:40–10:20 A.M.	<p>MANAGING CHALLENGING ASPECTS OF DEMENTIA IN THE COMMUNITY</p> <p>Dr. Mark Lachmann, MD, Geriatric Psychiatrist, Sinai Health System</p>	
10:20–10:50 A.M.	REFRESHMENT BREAK	
10:50–11:50 A.M.	<p>MOST DIFFICULT CASE CONFERENCE: DIABETES MANAGEMENT IN THE ELDERLY</p> <p>Dr. Adam Millar, MD, Endocrinologist, Sinai Health System            Laura Teague, Nurse Practitioner, Sinai Health System            Sharon Dinsmore, Diabetes Instructor, The Michener Institute of Education</p>	
11:50 A.M.–12:45 P.M.	LUNCH AND NETWORKING	
12:45–1:45 P.M.	<p>LUNCH WITH THE PROFESSOR SESSIONS</p> <p>P1 Complex Case Conference with a Geriatrician            P2 Understanding Home and Community Care Options            P3 Managing Urinary Incontinence            P4 The latest on Gait Aids and Other Assistive Devices            P5 Palliative Care and Symptom Management</p>	<p>P6 Complex Case Conference with a House Calls Physician            P7 Geriatrics Mental Health Complex Case Conference            P8 Wellness and Stress Reduction            P9: Common Skin Conditions Founder in the Elderly</p>
1:45–2:00 P.M.	TRAVEL TIME	
2:00–3:30 P.M.	<p>CONCURRENT WORKSHOPS</p> <p>W1: How to Prescribe and Monitor Older Adults Using Medical Marijuana            Dr. Amanjot (Mona) Sidhu, Geriatrician, Division of Geriatrics, McMaster University</p> <p>W2: De-prescribing for Common Conditions found in the Elderly            Chris Fan-Lun, Geriatrics Pharmacist, Sinai Health System, Lecturer, Leslie Dan Faculty of Pharmacy, University of Toronto</p> <p>W3: Education Programs to Support Staff in Dementia Care, Leanne Ginty, Director, Professional Practice, Nursing</p> <p>W4: Ins and Outs: Accessing and Providing Medical Assistance in Dying, Dr. Joshua Wales, MD, Palliative Care Physician, Temmy Latner Centre for Palliative Care, Sinai Health System</p> <p>W5: Wound Care Management            Dr. Carol Ott, MD, Dermatologist, Women’s College Hospital</p>	

## LUNCH WITH THE PROFESSOR (LWP) SESSIONS

These highly interactive sessions will allow you and others to converse directly with subject matter experts in their given fields. You are encouraged to bring questions and your patient cases to enhance the group discussion.

Registration will be processed on a first-come, first-served basis.  
Please enter "L#" for November 1<sup>th</sup> and "P#" for November 2<sup>th</sup>.

### LUNCH WITH THE PROFESSOR SESSIONS (MAX 12 PARTICIPANTS)

#### L1/P1 COMPLEX CASE CONFERENCE WITH A GERIATRICIAN

*Bring your questions and patient cases to discuss with experts in Geriatric Medicine as we try and help solve issues that you may be struggling with.*

#### L2/P2 UNDERSTANDING HOME AND COMMUNITY CARE OPTIONS

*This session helps you to understand the wide variety of community support services that exist, such as transportation, Meals on Wheels services or day programs and home care services available. Learn how to effectively access these services for your patients.*

#### L3/P3 MANAGING URINARY INCONTINENCE

*Older adults are more likely to experience urinary incontinence. Our incontinence advisor will guide you on how to manage urinary incontinence and help alleviate patient discomfort.*

#### L4/P4 THE LATEST ON GAIT AIDS AND OTHER ASSISTIVE DEVICES

*If you want to strengthen your knowledge on gait aids and other assistive devices, this would be a great opportunity to learn what is available, where to find it and how to get it covered by the government whenever possible.*

#### L5/P5 PALLIATIVE CARE AND SYMPTOM MANAGEMENT

*This session focuses on how to engage patients who require palliative care and how to manage their symptoms.*

#### L6/P6 COMPLEX CASE CONFERENCE WITH A HOUSE CALLS PHYSICIAN

*Bring your questions and patient cases to discuss with experts in House Call Medicine as we try and help solve issues that you may be struggling with. This is also a great session for people interested in getting into or expanding their house calls duties.*

#### L7/P7 GERIATRIC MENTAL HEALTH COMPLEX CASE CONFERENCE

*Bring your questions and patient cases to discuss with experts in Geriatric Psychiatry as we try and help solve issues that you may be struggling with when working with patients in the hospital or the community.*

#### L8/P8 WELLNESS AND STRESS REDUCTION

*Bring your questions and cases to our newly added compassion fatigue session. Discuss with experts on how to deal with and manage compassion fatigue in the hospital or community.*

#### L9/P9 COMMON SKIN CONDITIONS FOUND IN THE ELDERLY

*Bring your questions and cases to our newly added skin conditions session. Discuss with experts on how to deal with and manage skin conditions found in the elderly in the hospital or community.*

## PLANNING COMMITTEE MEMBERS

**Dr. Samir Sinha, MD, DPhil, FRCPC**  
(Course Director)

Director of Geriatrics, Sinai Health System and University Health Network

Associate Professor, Departments of Medicine, and Institute of Health Policy, Management and Evaluation, and Institute of Medical Sciences, University of Toronto

**Dr. Stephanie Kim, MD**

Staff Geriatrician, Sinai Health System and University Health Network

**Dr. Barry Goldlist, MD, FRCPC, FACP, AGSF**

Staff Geriatrician, Sinai Health System and University Health Network

Professor, Department of Medicine, University of Toronto

**Ms. Leanne Ginty, RN, BScN, MEd, GNCC**

Director, Professional Practice, Nursing, Sinai Health System

Adjunct Lecturer, Lawrence S. Bloomberg Faculty of Nursing, University of Toronto

**Ms. Carli Blanchard, NP**

Nurse Practitioner, General Internal Medicine and Geriatrics, Sinai Health System

**Dr. Lindy Romanovsky, MD**

Staff Geriatrician, Sinai Health System and University Health Network

**Dr. Don Melady, BA, MD, CCFP(EM), FCFP**

Emergency Physician, Schwartz Reisman Emergency Centre Mount Sinai Hospital

Assistant Professor, Department of Family and Community Medicine, University of Toronto

**Dr. Karen Ng, MD, FRCPC**

Staff Geriatrician, Sinai Health System and University Health Network

Lecturer, Department of Medicine, University of Toronto

**Dr. Mark Nowaczynski, PhD, MD, CCFP, FCFP**

Clinical Director, SPRINT Senior Care House Calls Program

Assistant Professor, Department of Family and Community Medicine, University of Toronto

**Dr. Mark Nowaczynski, PhD, MD, CCFP, FCFP**

Clinical Director, SPRINT Senior Care House Calls Program

Assistant Professor, Department of Family and Community Medicine, University of Toronto

**Mr. Chris Fan-Lun, BScPhm, ACPR, BCGP**

Geriatric Medicine Pharmacist, Sinai Health System

Adjunct Lecturer, Leslie Dan Faculty of Pharmacy, University of Toronto

**Ms. Nicoda Foster, MPH**

Project Manager, Geriatrics, Sinai Health System

**Ms. Mashiat Haque**

Program Course Administrator, Geriatrics, Sinai Health System

**Ms. Belinda Pow**

Program Course Administrator, Geriatrics, Sinai Health System

## REGISTRATION INFORMATION

### REGISTRATION DEADLINE:

Wednesday, October 30, 2019

### COURSE FEES:

Profession	Regular Pricing	Early Bird Rate Until Sept. 27, 2019
Physicians	\$250 per day; or \$400 for both days	\$200 per day; or \$350 for both days
Nurses and Allied Health Professionals	\$200 per day; or \$300 for both days	\$150 per day; or \$250 for both days
Healthcare Trainees	\$75 per day; or \$150 for both days	Visit our website for details

### TO REGISTER:

Please see the registration form below for full details.

### CONFIRMATION OF REGISTRATION

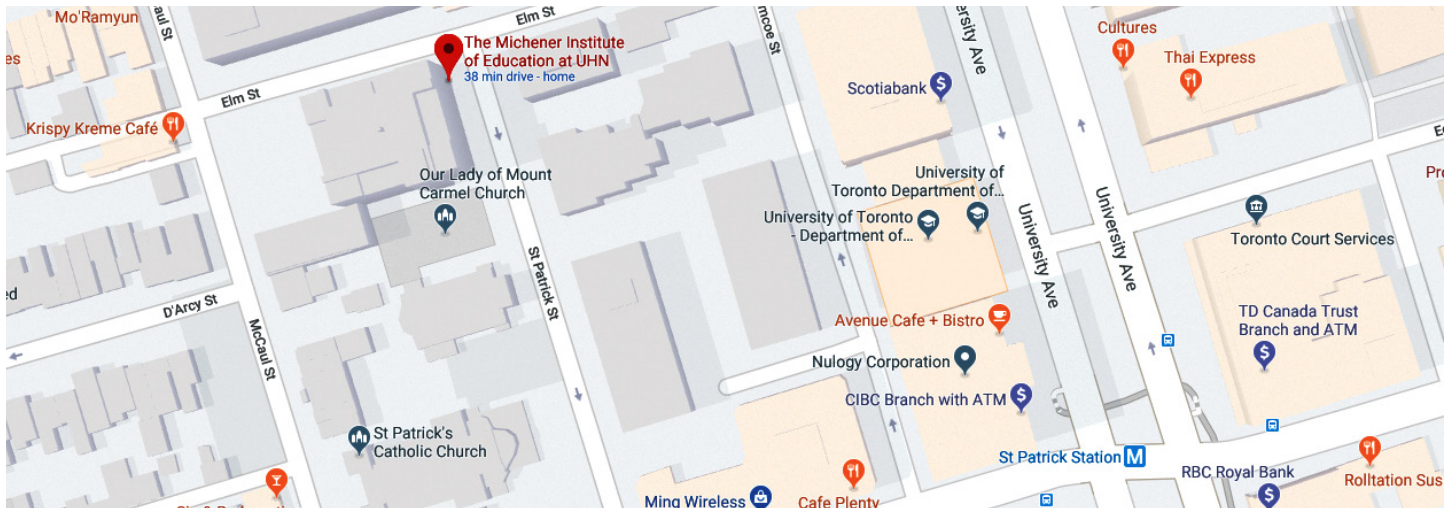
You will receive a ticket via email that confirms your registration. You must bring this ticket with you on the day of the event as proof of registration. You are not considered registered unless you have received a ticket with your registration information included.

### CANCELLATION/REFUND POLICY

Cancellations received before October 6, 2019 will be refunded less a 25% administrative fee.

No refunds will be issued for cancellations received after this date.

## LOCATION



This year's Toronto Geriatrics Update Course will be held at The Michener Institute located at 222 St. Patrick Street, one block north of Dundas Street two blocks west of University Avenue. The Auditorium is located on the ground floor.

### PUBLIC TRANSIT

The Michener Institute is a short walk northwest of St. Patrick station on the University-Spadina subway line, or from the College or Dundas streetcar stops at McCaul Street or University Avenue.

### PARKING

There are several public parking garages close to the Michener Institute, including on Murray Street (behind Mount Sinai Hospital). There are also a limited number of parking meters on nearby side streets.

### ACCOMODATION

The closest hotel to the event venue is Chelsea Hotel on 33 Gerrard Street West. Reservations can be made on its website: [www.chelseatoronto.com](http://www.chelseatoronto.com) or by calling 1-800-CHELSEA.

## SPONSORS/PROMOTERS

The Toronto Geriatrics Update Course thanks the below organizations for their generosity in supporting our event:

## HOW TO REGISTER

- Online: Pay via PayPal on our website: [www.sinaigeriatrics.ca/event/2019-toronto-geriatrics-update-course](http://www.sinaigeriatrics.ca/event/2019-toronto-geriatrics-update-course)
- Phone: Call 416-586-4800 ext. 7380 with your credit card information
- Fax: Fax the completed registration (below) to 416-586-5113

Please note: Registration will be processed on a first-come, first-served basis.

## REGISTRATION FORM

### CONFERENCE REGISTRATION

- I am attending both days
- I am only attending the sessions on Friday, November 1
- I am only attending the sessions on Saturday, November 2

### LUNCH WITH THE PROFESSOR (LWP)

(No extra fee, pre-registration is required as space is limited to 12 for LWP. Please refer to conference program for session codes)

- I will NOT be registering for the Lunch with the Professor or Workshop sessions
- I would like to attend LWP \_\_\_\_\_ on Friday, November 1 (please fill in the session code)
- I would like to attend LWP \_\_\_\_\_ on Saturday, November 2 (please fill in the session code)

Please indicate your second choice for Lunch with the Professor sessions:

- If the above sessions are full, I would like to attend LWP session \_\_\_\_\_ on Friday, November 1 (please fill in the session code)
- If the above sessions are full, I would like to attend LWP session \_\_\_\_\_ on Saturday, November 2 (please fill in the session code)

### WORKSHOPS - DAY 2 ONLY

(No extra fee, pre-registration is required. Please refer to Program Agenda for sessions codes)

- I would like to attend Workshop session \_\_\_\_\_ on Saturday, November 2 (please fill in the session code)

Please indicate your second choice for Workshop sessions:

- If the above session is full, I would like to attend Workshop session \_\_\_\_\_ on Saturday, November 2 (please fill in the session code)

### TITLE

- Dr.  Mr.  Mrs.  Ms.  Miss

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

### PROFESSION

- Family Physician  Geriatrician  Internist  RN/RPN  NP  OT  PT  SW
- Pharm.  Resident  Student  Other (Please specify): \_\_\_\_\_

### BILLING INFORMATION

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

### PAYMENT INFORMATION

- \$400  \$300  \$250  \$200 (Regular Pricing)
- \$350  \$250  \$200  \$150 (Early Bird Rate Until September 27, 2019)
- Cash  Cheque (please make cheque payable to "MSH Geriatrics")  AMEX  Visa  Mastercard

Name on Card: \_\_\_\_\_ Card Number: \_\_\_\_\_

CVD (3 digit number on back): \_\_\_\_\_ Expiry Date (MM/YY): \_\_\_\_\_ / \_\_\_\_\_