

# 37<sup>th</sup> Annual Geriatric Medicine Refresher Day

## *Current and Practical Knowledge To Inspire and Advance Care*

WEDNESDAY, MAY 1, 2024 . RBC PLACE, LONDON, ONTARIO . 7:30 A.M. - 4:00 P.M.

**Overall Learning Objectives:** By the end of this program, participants will be able to:

1. Apply current literature in care of the older adult
2. Apply practical knowledge in the advancement of care of the older adult

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 and Refreshments

### 8:30- 8:40 a.m. WELCOMING REMARKS

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

### 8:40 - 9:45 a.m. PLENARY SESSION

#### SHARED TEACHINGS OF ELDERS/ANCESTORS-CARING FOR COMMUNITY Elder Roberta Price

- Describe how colonialism impacts lived experience of First Nations older adults
- Reflect on ways that healthcare providers can show humility when engaging First Nations older adults in their healthcare
- Create a personal action plan that ensures culturally safe care for First Nations older adults

### 10:00 - 11:05 a.m. MORNING CONCURRENT WORKSHOPS I

#### 1. THE POWER OF STORYTELLING: CREATING INDIGENOUS CULTURAL SAFETY TOGETHER (A,N,P)

Elder Roberta Price

- Acknowledge the importance of storytelling in an indigenous context and perspective
- Explore the meaning and importance of cultural safety when working with indigenous peoples
- Discuss the meaning of spirit of reconciliation from an indigenous perspective

#### 2. NEW ADVANCES IN THE BIOLOGICAL DIAGNOSIS OF DEMENTIA (A,N,P)

Jaspreet Bhangu, MD, St. Joseph’s Health Care London

- Identify new biomarkers used to make a biological diagnosis
- Discuss local availability and testing capacity
- Discuss potential therapeutic considerations for the use of these biomarkers

#### 3. A NEURON’S APPROACH TO THE EVALUATION OF FALLS (A,N,P)

David F. Tang-Wai, MD, FRCPC, University of Toronto

- Identify how the “fall” is not as important as the evaluation of antecedent factors causing the fall
- Discuss a quick assessment of gait and how falls are preceded by a change in gait
- Examine the relevant historical elements that lead to the fall

#### 4. MEDICAL AID IN DYING (MAiD)—WHERE DID WE COME FROM, WHERE WE ARE AT, AND WHERE ARE WE GOING (A,N,P)

George Kim, MD, Byron Family Medical Centre

- Describe the history, current state and future of MAiD in Canada, including unresolved ethical questions
- Examine challenging clinical scenarios related to MAiD

#### 5. OSTEOPOROSIS GUIDELINES (A,N,P)

Jenny Thain, MD, St. Joseph’s Health Care London

- Identify key updates of the new guidelines and compare the 2023 guidelines to other Canadian guidelines
- Describe recent changes to osteoporosis drug access and funding in Ontario

#### 6. MY VAGINA HAS FALLEN AND CAN’T GET UP—PELVIC ORGAN PROLAPSE AND INCONTINENCE CONSIDERATIONS IN THE AGING WOMAN (A,N,P)

Yvonne Leong, MD, London Health Sciences Centre

- Assessment for the presence of prolapse
- Discuss lifestyle and medical management options for incontinence, nocturia and recurrent urinary tract infections

### 11:05 - 11:25 a.m. Refreshments, Displays and Networking

### 11:30 a.m. - 12:35 p.m. MORNING CONCURRENT WORKSHOPS II

#### 7. THE POWER OF STORYTELLING: CREATING INDIGENOUS CULTURAL SAFETY TOGETHER (A,N,P)

Elder Roberta Price (Repeat of Workshop #1)

#### 8. A NEURON’S APPROACH TO THE EVALUATION OF FALLS (A,N,P)

David F. Tang-Wai, MD, FRCPC (Repeat of Workshop #3)

### 11:30 a.m. - 12:35 p.m. MORNING CONCURRENT WORKSHOPS II

#### 9. MEDICAL AID IN DYING (MAiD)—WHERE DID WE COME FROM, WHERE WE ARE AT, AND WHERE ARE WE GOING (A,N,P)

George Kim, MD (Repeat of Workshop #4)

#### 10. STAYING DRY AND COMFORTABLE: TIPS AND TRICKS TO IMPROVE QUALITY OF LIFE FOR AGING MEN FACING INCONTINENCE (A,N,P)

Jeffrey Campbell, MD, St. Joseph’s Health Care, London

- Explore the various causes and types of male incontinence
- Discuss available treatments, lifestyle modifications, and coping strategies to empower those affected by male incontinence
- Identify novel minimal invasive technologies for treatment

#### 11. SOCIAL ISOLATION AND LONELINESS (SIL)—THE HIDDEN COST AND THINGS THAT WORK TO IMPROVE IT (A,N,P)

Jacques S. Lee, MD, Schwartz/Reisman Emergency Medicine Institute

- Identify the unknown implications of social isolation and loneliness and effective interventions for treatment
- Review the preliminary results from a randomized clinical trial

#### 12. A PARADIGM SHIFT TOWARDS AGEISM-FREE & HUMAN RIGHTS BASED CULTURE OF CARE (A,N,P)

Kiran Rabheru, MD,

- Discuss the principles underlying ageism against older adults and foster a paradigm shift towards a culture of care that is rooted in human rights free from ageism
- Recognize interventions in caregiving that are grounded in human rights principles and free from ageism

### 12:35 - 1:15 p.m. Lunch, Displays and Networking

### 1:15 - 2:20p.m. PLENARY SESSION

#### AI - ARTIFICIAL INTELLIGENCE IN MEDICINE - THE GOOD THE BAD THE UGLY

Peter Lin, MD, CCFP, Associate Editor, Elsevier WebPortal - PracticeUpdate Primary Care

- Discuss the pros and cons of AI and define the terms - AI, AGI , Generative AI
- Discuss how AI could help or hurt the older adult

### 2:20 - 2:40 p.m. Refreshments, Displays and Networking

### 2:45 - 3:50 p.m. AFTERNOON CONCURRENT WORKSHOPS

#### 13. DRUG INTERACTIONS FOR NORMAL PEOPLE (A,N,P)

Peter Lin, MD, CCFP, Associate Editor, Elsevier WebPortal - PracticeUpdate Primary Care

- Describe how drug interactions can occur and how they might manifest
- Identify steps to reduce drug interaction risks for the older adult

#### 14. OSTEOPOROSIS AND EXERCISE FOR OLDER ADULTS (A,N,P)

Christina Ziebart, PT, PhD, Western University

- Discuss the difference between osteoporosis exercise recommendations and general exercise recommendations
- Identify key movements to avoid and how to scale exercise for a wide range of physical abilities in people with osteoporosis

#### 15. DEVELOPING AN APPROACH TO COMPLEX CASES IN OLDER ADULTS (A,N,P)

Sheri-Lynn Kane, MD, St. Joseph’s Health Care London

- Discuss and apply a framework to tackle complexity in older adults
- Examine methods to obtain accurate information
- Generate ideas for assembling the team to assess and treat the older adult with complexity

#### 16. MEETING DEMENTIA EDUCATION NEEDS FOR ALLIED HEALTH PROFESSIONALS (A,N,P)

Susan Hunter, PT PhD, Western University

- Review Canada’s National Dementia Strategy recommendations for the healthcare workforce, outline education needs and ways to facilitate development of programs
- Discuss the research linking dementia knowledge, confidence and attitudes towards working with people living with dementia

#### 17. SOCIAL ISOLATION AND LONELINESS (SIL)—THE HIDDEN COST AND THINGS THAT WORK TO IMPROVE IT (A,N,P)

Jacques S. Lee, MD (Repeat of workshop #11)

#### 12. A PARADIGM SHIFT TOWARDS AGEISM-FREE & HUMAN RIGHTS BASED CULTURE OF CARE (A,N,P)

Kiran Rabheru, MD (Repeat Workshop #12)

### 3:50 - 4:00 p.m. EVALUATION

Who Should Attend

Given the interdisciplinary nature of geriatric care and the feedback from previous 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 37th 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

CFPC (Mainpro+ Certification)

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 **XX Mainpro+ credits**.

For RCPSC (MOC Section 1)

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. You may claim a maximum of **XX hours** (credits are automatically calculated).

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

Registration

*All electronic registrations received prior to April 1, 2024 will be entered into our “Early Bird Draw” and are eligible to receive a full refund of the 2024 registration fee. We encourage all to register prior to April 1, 2024.*

Registered participants who are unable to attend are welcome to send a colleague in their place. Notice of withdrawal in writing after April 24, 2024 will result in a \$40 administration fee. Registrations received after April 26, 2024 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 RBC London underground lot or in the Canada Wide Parking lot (get ticket and pay at machine) across the street for roughly \$10. Carpool and arrive early as parking downtown is limited.

Please note

*RPC Place 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

[www.sjhc.london.on.ca/events/grd](http://www.sjhc.london.on.ca/events/grd)

General Registration \$175 . Volunteer/Students \$85

Inquiries: [Jennifer.whytock@sjhc.london.on.ca](mailto:Jennifer.whytock@sjhc.london.on.ca)

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