

28th Annual Clinical Update in

GERIATRIC MEDICINE

March 5-7, 2020

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors

Shuja Hassan, MD

Neil M. Resnick, MD

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Jointly provided by:

The Pennsylvania Geriatrics Society – Western Division

University of Pittsburgh Division of Geriatric Medicine

and

University of Pittsburgh School of Medicine

Center for Continuing Education in the Health Sciences

28th Annual Clinical Update in

GERIATRIC MEDICINE

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This conference provides a partnership effort of:

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- ▲ Community LIFE
- ▲ Heritage Valley Health System
- ▲ Highmark Blue Cross Blue Shield and Allegheny Health Network
- ▲ University Center for Social and Urban Research, Geriatric Workforce Enhancement Program
- ▲ UPMC McKeesport Family Medicine Residency Program
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- ▲ Washington Health System Geriatrics Fellowship

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Visit the link below to explore all Pittsburgh has to offer, including ideas on dining, attractions and events scheduled during your stay!

<https://www.visitpittsburgh.com/28th-annual-clinical-update-in-geriatric-medicine/>

Introduction

As the population continues to age, we are all seeing a tidal wave of older persons in our hospitals, clinics and nursing homes. Moreover, the fastest growing segment of the population comprises individuals above the age of 85 years. The purpose of our conference is to provide an evidence-based approach to help clinicians take exceptional care of these often-frail individuals.

Highlights

Speakers – Handpicked by a multidisciplinary committee of clinicians from academics, practice, and the payer community. Selection was based on two criteria:

- **Expertise** – which in most cases is nationally-recognized and often responsible for the advances relative to practice
- **Ability to convey information**, in a practical, succinct, and entertaining way that will allow attendees to immediately incorporate lessons into their practice

Topics and Structure

- ▲ “Year in Review” highlighting recent advances/controversies
- ▲ AGS President discusses “The 4 Ms” (mentation, mobility, meds, and what matters)
- ▲ “Deprescribing” by co-author of the updated Beers List (Linnebur)
- ▲ “Osteoporosis” by the President of the National Osteoporosis Foundation (Greenspan)
- ▲ “Immunizations” by a member of the ACIP and AMDA’s President (Nace)
- ▲ “Diabetes in the Elderly” by a co-author of ADA’s National Guidelines (Korytkowski)
- ▲ Geriatric Cardiology Symposium featuring authors of AHA/ACC Guidelines for the Elderly
- ▲ Practical tips on Difficult Conversations by the co-developer of the acclaimed “VitalTalk” (Arnold)
- ▲ State of the Art updates on geriatric syndromes, each tailored to relevant clinical settings
- ▲ Evidence-based solutions for multiple other relevant topics, including geriatric psychiatry, insomnia, electrolyte disorders, common infections, the hot joint, and pressure ulcers.
- ▲ Practical, implementable pearls on hearing aids, podiatry, dermatology, dentistry, elder abuse, etc.
- ▲ Special sessions on Wellness and the Ins/Outs and Consequences of “Obs” Admissions
- ▲ Interactive Panel Discussions and breakout sessions, allowing attendees to design their own course, and affording close interactions with experts on challenging topics and real-world cases

Learning Objectives

At the end of this course, participants should be able to:

- ▲ Provide evidence-based updates for common geriatric disorders
- ▲ Understand how the approach to geriatric care differs by clinical setting
- ▲ Understand innovative new initiatives and programs to improve the care of the older patient
- ▲ Get answers to specific clinical questions from their own practice

Who Should Attend

This course is designed for family practitioners, internists, geriatricians, and other health care professionals who provide care to older adults. Previous attendees will also be interested because of the conference’s continually changing topics, speakers and approach.

Continuing Education Credit

CME – In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and the Pennsylvania Geriatrics Society – Western Division. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians – The University of Pittsburgh School of Medicine designates this live activity for a maximum of **20.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing (CNE) – The maximum number of hours awarded for this Continuing Nursing Education activity is **20.0** contact hours.

Pharmacy (CPE) – This knowledge-based activity provides **20.0** contact hours of continuing pharmacy education credit.

Social Work – As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive **20.0** continuing education credits.

Other health care professionals – Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Thursday = 9.0; Friday = 7.75; Saturday = 3.25

The 20.0 credit hours includes the dinner; that is a one-hour presentation (1 credit).

For more information on conference details and credit offerings, please visit our website: <https://cce.upmc.com>, or email CCEHS_Support@upmc.edu.

See “How do I get my credits?” on page 7.

Schedule

Thursday, March 5, 2020

- 7:00 am Registration and Continental Breakfast
- 7:25 am **Welcome and Announcements**
Shuja Hassan, MD
- Issues in Geriatrics I**
Moderator: Christine Herb, MD
- 7:30 am **Hyponatremia Made Ridiculously Simple**
Khaled Nashar, MD
- 8:05 am **The Hot Joint**
Mary Chester Wasko, MD, MSc
- 8:40 am **De-Prescribing in an Era with Diagnosis Drift and Polypills**
Sunny Linnebur, PharmD
- 9:25 am BREAK – VISIT WITH EXHIBITORS
- 9:40 am **Vaccinations in the Elderly**
David Nace, MD, MPH
- 10:15 am **Common Infections in the Geriatric Population**
Nathan Shively, MD
- 10:50 am **Geriatrics: The Year in Review**
David Nace, MD, MPH and Fred Rubin, MD
- 11:50 am Lunch
- Issues in Geriatrics II**
Moderator: Fred Rubin, MD
- 12:40 pm **Falls – Clinical Pearls**
Rollin Wright, MD, MPH, MS
- 1:20 pm **Neurocognitive Disorders – Diagnostic Strategies**
Daniel Varon, MD
- 2:00 pm **Update on Bone Health**
Susan Greenspan, MD
- 2:40 pm BREAK – VISIT WITH EXHIBITORS
- 3:00 pm **Managing Incontinence**
Neil Resnick, MD
- 3:40 pm **Expert Panel Q&A**
Rollin Wright, MD, MPH, MS; Daniel Varon, MD;
Susan Greenspan, MD; Neil Resnick, MD
- 4:20 pm **Clinician Wellness**
Thomas Campbell, MD, MPH
- 4:50 pm Thursday Adjournment
- 5:15 pm **Dinner Symposium – 4M's: Medication in an Age Friendly Health System**
Sunny Linnebur, PharmD

Friday, March 6, 2020

- 7:00 am Registration and Continental Breakfast
- 7:30 am **Welcome and Announcements**
Shuja Hassan, MD
- Issues in Geriatrics III: Cardiology**
Moderator: Daniel Forman, MD
- 7:35 am **Statin Therapy for Older Adults: Evolving Concepts of Management**
Daniel Forman, MD
- 8:05 am **Hypertension Treatment in Older Adults: Balancing Efficacy with Safety**
Ashok Krishnaswami, MD, MAS
- 8:40 am **Heart Failure with Preserved Ejection Fraction – Embracing Complexity**
Parag Goyal, MD, MSc
- 9:15 am **Oral Anticoagulation and Stroke Prevention Strategies in Older Adults with Atrial Fibrillation**
Deirdre O'Neill, MD, MSc
- 9:50 am **Cardiology Expert Panel Q&A**
Daniel Forman, MD; Parag Goyal, MD, MSc;
Ashok Krishnaswami, MD, MAS; Deirdre O'Neill, MD, MSc
- 10:20 am BREAK – VISIT WITH EXHIBITORS
- 10:40 am **Breakout Workshop I** (repeats at 11:20 am)
- A. Ask the Endocrinologist**
Mary Korytkowski, MD
- B. Abuse, Neglect and Exploitation of Older Adults: A Primer for Primary Care Practitioners**
Lena Makaroun, MD, MS
- C. Ask the Psychiatrist**
James Tew, MD
- D. Ask the Dentist**
Elaine Berkowitz, DMD
- 11:20 am **Breakout Workshop II** (Repeated from 10:40)
- A. Ask the Endocrinologist**
Mary Korytkowski, MD
- B. Abuse, Neglect and Exploitation of Older Adults: A Primer for Primary Care Practitioners**
Lena Makaroun, MD, MS
- C. Ask the Psychiatrist**
James Tew, MD
- D. Ask the Dentist**
Elaine Berkowitz, DMD
- Noon LUNCH

Schedule

Issues in Geriatrics IV

Moderator: Namita Ahuja Yende, MD, MMM

12:45 pm **Geriatric Teacher of the Year Award Presentation**
Rollin Wright, MD, MPH, MS

1:00 pm **Case Studies in LFT Abnormalities**
Michael Babich, MD

1:35 pm **Why is My Patient in Observation Status?
What Can I Do About It?**
Eric Rodriguez, MD, MPhil

2:10 pm **Geriatric Dermatology for the Non-Dermatologist**
Justin Vujevich, MD

2:55 pm BREAK – VISIT WITH EXHIBITORS

3:10 pm **Breakout Workshop III** (Repeats at 3:50)

E. Evaluation and Treatment/Injection of Common Shoulder Complaints

Matthew Flanagan, DO

F. Hearing Loss: Evaluation and Management

Lori Zitelli, AuD

G. Podiatry in the Elderly

Jessica Sciulli, DPM

H. Ask the Cardiologist: 5 Most Common Hospital Cardiology Consults

Krishna Tummalapalli, MD

3:50 pm **Breakout Workshop IV** (Repeated from 3:10)

E. Evaluation and Treatment/Injection of Common Shoulder Complaints

Matthew Flanagan, DO

F. Hearing Loss: Evaluation and Management

Lori Zitelli, AuD

G. Podiatry in the Elderly

Jessica Sciulli, DPM

H. Ask the Cardiologist: 5 Most Common Hospital Cardiology Consults

Krishna Tummalapalli, MD

4:30 pm Friday Adjournment

Saturday, March 7, 2020

7:30 am Registration and Coffee

Issues in Geriatrics V

Moderator: Melissa Connelly, DNP

8:00 am **Early and Late Discussions of Goals of Care**
Robert Arnold, MD

9:00 am **Sleep Apnea in the Elderly**
Sanjay Patel, MD, MS

9:35 am **Treating Diabetes in the Older Adult**
Patricia Bononi, MD

10:10 am BREAK

10:25 am **Wound Care 101**
Elisa Taffe, MD, CWSP

11:00 am **Hazards of Hospitalization**
Lyn Weinberg, MD

11:35 am Closing Remarks and Conference Adjournment

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CME Presentations:

https://cce.upmc.com/presentations_geriatrics

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This activity is approved for AMA PRA Category 1 Credit™, ACPE, ANCC and ASWB credit.

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Please note the following:

AAFP Members: Please sign in at the registration desk and provide your AAFP number.

Social Workers: Please sign in and out at the registration desk each day.

Nurse Practitioners: Pharmacotherapeutics contact hours were not pre-designated by the speaker. These hours may be self-claimed. The educational presentation or conference agenda should be maintained as evidence to validate the contact hour calculation.

Pharmacists: As required by the Accreditation Council for Pharmacy Education (ACPE) credits for will be uploaded to the National Association of Boards of Pharmacy (NABP) within 60 days of completion. It is the responsibility of the pharmacist/pharmacy technician to provide the correct NABP Board ID and DOB. To review/edit your information, access your UPMC continuing education account at <http://cce.upmc.com> and choose "My Account."

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Plan on visiting the EXHIBIT AREA to discuss each vendor's products and services.

Vendor Bingo Reminder!

How to Participate: Take your Vendor Bingo Card when visiting the exhibit area.

Receive a vendor's initials from at least 15 participating vendor booths.

We will consider your card "full" and eligible to enter the drawing when you receive 15 vendor initials.

Deadline and Drawing: Drop your vendor card off at the Registration Desk no later than Friday, March 6th at 3:15 pm. The drawing will be held immediately following the afternoon break on Friday, March 6th.

Winners' names will be posted at the registration desk, where each can claim their prize.

Winners must be present!

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Patricia Bononi, MD, is a consultant for Eli Lilly, Medtronic, Novo Nordisk, and Sanofi.

Susan L. Greenspan, MD, receives grant/research support from Amgen and Radius.

Sanjay R. Patel, MD, MS, receives grant/research support from Bayer Pharmaceuticals, Philips Respironics, and Respicardia.

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