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
Lyn Weinberg, MD

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
Thank You …
to the following who provided support

This conference provides a partnership effort of:

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▲ Allegheny Health Network — Forbes Family Medicine Residency Program
▲ 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
▲ UPMC Shadyside
▲ UPMC St. Margaret
▲ Washington Health System Geriatrics Fellowship

One-Stop Guide to Everything to See and Do in Pittsburgh!

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

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.

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.

### Thursday, March 5, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:25 am</td>
<td>Welcome and Announcements</td>
<td>Shuja Hassan, MD</td>
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<tr>
<td>7:30 am</td>
<td><strong>Issues in Geriatrics I</strong></td>
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<tr>
<td></td>
<td>Moderator: Christine Herb, MD</td>
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<tr>
<td>7:30 am</td>
<td>Hyponatremia Made Ridiculously Simple</td>
<td>Khaled Nashar, MD</td>
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<tr>
<td>8:05 am</td>
<td>The Hot Joint</td>
<td>Mary Chester Wasko, MD, MSc</td>
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<tr>
<td>8:40 am</td>
<td>De-Prescribing in an Era with Diagnosis Drift and Polypills</td>
<td>Sunny Linnebur, PharmD</td>
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<tr>
<td>9:25 am</td>
<td>BREAK – VISIT WITH EXHIBITORS</td>
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<tr>
<td>9:40 am</td>
<td>Vaccinations in the Elderly</td>
<td>David Nace, MD, MPH</td>
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<tr>
<td>10:15 am</td>
<td>Common Infections in the Geriatric Population</td>
<td>Nathan Shively, MD</td>
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<tr>
<td>10:50 am</td>
<td>Geriatrics: The Year in Review</td>
<td>David Nace, MD, MPH and Fred Rubin, MD</td>
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<tr>
<td>11:50 am</td>
<td>Lunch</td>
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<td></td>
<td><strong>Issues in Geriatrics II</strong></td>
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<td></td>
<td>Moderator: Fred Rubin, MD</td>
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<tr>
<td>12:40 pm</td>
<td>Falls – Clinical Pearls</td>
<td>Rollin Wright, MD, MPH, MS</td>
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<tr>
<td>1:20 pm</td>
<td>Neurocognitive Disorders – Diagnostic Strategies</td>
<td>Daniel Varon, MD</td>
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<tr>
<td>2:00 pm</td>
<td>Update on Bone Health</td>
<td>Susan Greenspan, MD</td>
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<td>2:40 pm</td>
<td>BREAK – VISIT WITH EXHIBITORS</td>
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<tr>
<td>3:00 pm</td>
<td>Managing Incontinence</td>
<td>Neil Resnick, MD</td>
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<tr>
<td>3:40 pm</td>
<td>Expert Panel Q&amp;A</td>
<td>Rollin Wright, MD, MPH, MS; Daniel Varon, MD; Susan Greenspan, MD; Neil Resnick, MD</td>
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<tr>
<td>4:20 pm</td>
<td>Clinician Wellness</td>
<td>Thomas Campbell, MD, MPH</td>
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<td>4:50 pm</td>
<td>Thursday Adjournment</td>
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<tr>
<td>5:15 pm</td>
<td>Dinner Symposium – 4M’s: Medication in an Age Friendly Health System</td>
<td>Sunny Linnebur, PharmD</td>
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<td>Lunch</td>
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### Friday, March 6, 2020

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

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Medical Director, UPMC Canterbury Place

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Thomas Detre Professor of Medicine
University of Pittsburgh School of Medicine
Chief, Division of Geriatric Medicine
Director, Hartford Foundation Center of Excellence in Geriatric Medicine
Associate Director, Aging Institute of UPMC and University of Pittsburgh

Lyn Weinberg, MD
Assistant Professor of Medicine
Temple University School of Medicine
Division Director of Geriatrics
Medical Director, Hospital Elder Life Program
Allegheny Health Network

Local Faculty

Robert Arnold, MD
Distinguished Service Professor of Medicine
Chief, Section of Palliative Care and Medical Ethics
Director, Institute for Doctor-Patient Communication
University of Pittsburgh School of Medicine
Medical Director, UPMC Palliative and Supportive Institute

Michael Babich, MD
Associate Professor of Medicine
Temple University School of Medicine
Director, GI Fellowship Program
Allegheny General Hospital
Allegheny Health Network

Elaine Berkowitz, DMD
Geriatric and Special Needs Dentistry

Patricia Bononi, MD
Medical Director, Center for Diabetes
Allegheny Health Network

Thomas P. Campbell, MD, MPH
Chairman, Emergency Medicine
Chief Wellness Officer
Allegheny Health Network

Matthew Flanagan, DO
Primary Care Sports Medicine
Allegheny Orthopedic Associates
Allegheny Health Network

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Director, Cardiac Rehabilitation
VA Pittsburgh Healthcare System

Susan L. Greenspan, MD
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Director, Bone Health, Magee-Womens Hospital of UPMC

Mary Korytowski, MD
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University of Pittsburgh School of Medicine

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University of Pittsburgh School of Medicine
Core Investigator, VA Pittsburgh Center for Health Equity Research and Promotion

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University of Pittsburgh School of Medicine
Director, Long Term Care
Chief of Medical Affairs, UPMC Senior Communities

Khaled Nasfar, MD
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Training Program Director, Nephrology Fellowship
Allegheny Health Network

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Medical Director, UPMC Comprehensive Sleep Disorders Program

Neil M. Resnick, MD
Thomas Detre Professor of Medicine
University of Pittsburgh School of Medicine
Chief, Division of Geriatric Medicine
Director, Hartford Foundation Center of Excellence in Geriatric Medicine
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Eric Rodriguez, MD, MPhil
Associate Professor of Medicine
Division of Geriatric Medicine
University of Pittsburgh School of Medicine

Fred Rubin, MD
Professor of Medicine
Division of Geriatric Medicine
University of Pittsburgh School of Medicine
Chief of Medicine, UPMC Shadyside

Jessica Sciulli, DPM
Podiatrist
Sciulli Foot and Ankle Clinics LLC.
How do I get my credits?

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

The UPMC Center for Continuing Education in the Health Sciences (CCEHS) implemented a new continuing education portal, http://cce.upmc.com to register, view, track and manage your continuing education credits. To receive credit for this activity, all participants will be required to login and complete the course evaluation and claim credits. The course evaluation will be available at the end of Day 1 and must be completed within 14 days. Upon completion of the course evaluation, certificates will be available to download and stored for future reference in your Completed Activities.

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 predesignated 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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Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 521-5050.
Thank You
to the following who provided support:

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Amgen
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Community LIFE
Encompass Health Harmarville Rehabilitation Hospital

GlaxoSmithKline
Hikma Specialty USA Inc
Janssen Pharmaceutical Companies of Johnson & Johnson
Merck
Novartis Pharmaceuticals
Novo Nordisk
Oasis Senior Advisors

Optum
Pfizer, Inc.
Pfizer Vaccines
Presbyterian SeniorCare Network
Sanofi Pasteur
Takeda
UPMC Centers for Rehab Services

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!

Faculty Disclosures

All individuals in a position to control the content of this educational activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

Michael Babich, MD, receives salary/royalties from North Shore Endoscopy Center, LLC and is part of the speakers’ bureau for Gilead, Abbvie, Salix, and Intracpet Pharmaceuticals.

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 Respircardia.

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this educational activity have relevant financial relationships to disclose.