

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

## 13th Annual Behavioral Health and Aging Conference “Helping the Aging Brain”

(EC13)

**October 12, 2023 – 8:30 AM to 4:30 PM**

*Cumberland Woods Village Conference Center  
700 Cumberland Woods Dr., Allison Park, PA 15101*

### **Course Director:**

Ellen M Whyte, MD

Service Chief & Medical Director, Geriatric Psychiatry  
Medical Director, Integrated Behavioral Health – Primary Care  
UPMC Western Psychiatric Hospital  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

*Recovery and Wellness: The Journey Starts Here*  
A Joint Effort Sponsored by Community Care Behavioral Health Organization,  
UPMC HealthChoices, and UPMC Western Psychiatric Hospital

## **Program Description**

This year's conference will focus on two broad themes -- sleep and cognitive impairment. Our morning session will focus on sleep. Our speakers will discuss the link between sleep and both emotional and cognitive health in later life, behavioral approaches to improve sleep and the rationale use of hypnotic medications in later life. The afternoon sessions will focus on dementia, with the initial presentation reviewing the rational use of pharmacological agents to manage behavioral disturbances in dementia, with a special focus on the place of the recently FDA approved medication within our pharmacological armamentarium. Subsequently, we will hear about the rapidly evolving field of biomarkers for the diagnosis of Alzheimer's disease. Currently, diagnosis is mainly based on clinical history and presentation with a few highly specialized diagnostic tests being available at some medical centers. However, a blood-based test for Alzheimer's disease is within reach. Clinicians working with older adults will need to understand the limitations of the current and future tests. We will close the day with a discussion of the also rapidly evolving field of Alzheimer disease modifying agents (monoclonal antibodies e.g., Lecanemab, Aducanumab). While these medications have been much discussed in the lay press, it is important for clinicians to understand the benefits and limitations associated with their use and to understand which patients might benefit from these treatments.

This program is designed for all providers serving the aging population.

## **Educational Objectives**

**At the completion of this program participants should be able to:**

1. Identify which sleep-wake patterns are associated with depression and cognitive performance deficits in older adults.
2. Describe novel behavioral approaches aimed at modifying sleep-wake disruption.
3. Describe the risk and benefits associated with use of hypnotic medications in the elderly.
4. Describe algorithms for rational medication use for behavioral disturbance in dementia.
5. Describe the current 'state of the art' for using diagnostic testing to confirm a diagnosis of Alzheimer's disease.
6. Describe the 'ideal patient' for monoclonal antibody therapy in Alzheimer's disease.

## **Target Audience**

Providers working with older adults including physicians, nurses, front-line staff, case managers/service coordinators, therapists, and clinicians. Family and caregivers are welcome to attend.

## Course Directors

### **Ellen M Whyte, MD**

Service Chief & Medical Director, Geriatric Psychiatry  
Medical Director, Integrated Behavioral Health – Primary Care  
UPMC Western Psychiatric Hospital  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

## Steering Committee

### **Candace Fraser, DO**

UPMC Western Psychiatric Hospital  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Jennifer H. Lingler, PhD, CRNP, FAAN**

Professor and Vice Chair for Research  
Department of Health and Community Systems  
University of Pittsburgh School of Nursing  
Pittsburgh, PA

### **Holly Rearick, PAc**

UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Jennifer L. Volek, LCSW**

UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## Presenters

### **Candace Fraser, DO**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine

### **Venkatesh B. Krishnamurthy, MBBS**

Associate Professor of Medicine  
University of Pittsburgh School of Medicine

### **Oscar L. Lopez, MD, FAAN**

Chief, Cognitive and Behavioral Neurology Division  
Levidow - Pittsburgh Foundation Endowed Chair in Alzheimer's Disease and Related Dementias  
Director, Alzheimer's Disease Research Center  
Professor of Neurology, Psychiatry and Clinical & Translational Sciences  
University of Pittsburgh School of Medicine

### **Tharick Pascoal, MD, PhD**

Associate Professor of Psychiatry and Neurology  
University of Pittsburgh School of Medicine

### **Stephen F Smagula, PhD**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Assistant Professor of Epidemiology  
University of Pittsburgh Graduate School of Public Health

### **Christine Sun, PharmD**

PGY2 Psychiatric Pharmacy Resident  
University of Pittsburgh School of Pharmacy

## 2023 Behavioral Health and Aging Conference October 12, 2023

8:30-8:40 AM	<b>Welcome Remarks</b> <i>Ellen M Whyte, MD</i>
8:40-10:10 AM	<b>Sleep is good for your brain. Behavioral approaches to improve sleep and health in older adults.</b> <i>Stephen Smagula PhD</i>
9:55 – 10:10 AM	<b>Q&amp;A</b>
10:10 – 10:25 AM	Break
10:10-11:10 AM	<b>Pharmacological Management of Insomnia in the Elderly</b> <i>Venkatesh B. Krishnamurthy, MBBS</i>
11:10 – 11:25 AM	<b>Q&amp;A</b>
11:25 AM-12:25 PM	<b>LUNCH</b>
12:25-12:30 PM	<b>ANNOUNCEMENTS</b> <i>Candace Fraser, DO</i>
12:30-1:30 PM	<b>New Treatment for an Old Problem? Understanding the role of Brexpiprazole and other medications in the management of agitation associated with dementia</b> <i>Candace Fraser, DO</i> <i>Christine Sun, PharmD</i>
1:30-1:45 PM	<b>Q&amp;A</b>
1:45-2:00 PM	Break
2:00 – 3:00 PM	<b>Can we diagnose Alzheimer’s disease with a blood test? The current and future role of biomarkers in the diagnosis of Alzheimer’s disease.</b> <i>Tharick Pascoal, MD, PhD</i>
3:00 PM - 3:15 PM	<b>Q &amp;A</b>
3:15 – 4:15 PM	<b>Are the new treatments for Alzheimer’s disease the big breakthrough we have been waiting for? Understanding the effectiveness and risks of monoclonal antibody treatment in Alzheimer’s disease.</b> <i>Oscar Lopez, MD, FAAN</i>
4:15 PM – 4:30 PM	<b>Q&amp;A</b>
4:30-4:35 PM	<b>Wrap up and Adjourn</b> <i>Ellen M. Whyte, MD</i>

For additional information about the speakers or presentations, please contact  
Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu)

## CONTINUING EDUCATION UNIT/CONTINUING MEDICAL EDUCATION CREDITS

### Physicians

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.



### Psychologists (Pending approval)

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer psychology continuing education by the American Psychological Association. University of Pittsburgh maintains responsibility for this course. Psychologists completing this course receive 6.0 continuing education credits.

### Counselors



UPMC Western Psychiatric Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for a maximum of 6.0 continuing education hours.

### Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

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. The University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 6.0 continuing education credits.

### Other Healthcare Professionals

Nurses and other health care professionals are awarded a maximum of .60 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming a maximum of 6.0 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania.

- *Please retain your certificates in a safe place. Replacements cost \$30 for those that come from our office (Gen. CEU; NCC).*
- *Participants requesting Continuing Education/Continuing Medical Education (CE/CME) credits must attend the entire day. Variable credits are not provided.*
- *Although the evaluation is not mandatory, we appreciate your participation. Please expect the certificates from our office in four to six weeks post-conference. Those obtained from the registration site can be accessed immediately.*

## Registration Information

Please register by October 6, 2023, at: [13th Annual Behavioral Health and Aging Conference “Helping the Aging Brain” | UPMC - Center for Continuing Education in the Health Sciences](#)

Physicians (non-UPMC)	\$60
UPMC Physicians and non-UPMC Professionals	\$50
UPMC Professionals/Employees	\$40
Students/Residents ( <i>No continuing education credits</i> )	No fee
Families/Caregivers ( <i>No continuing education credits</i> )	No fee

### Tuition Includes:

- Registration and course materials
- Continuing education credit (at professional rate only)

A Departmental Journal Transfer form for UPMC participants can be found [here](#). Please have your supervisor complete it and register with this code: **AGING2023-DT**

Full tuition must accompany your registration. A \$10 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please contact Delphine Giles at [giledy@upmc.edu](mailto:giledy@upmc.edu) to cancel your registration.



We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.