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The Pennsylvania Geriatrics Society - Western Division

UPMC/University of Pittsburgh Division of Geriatric Medicine and  
University of Pittsburgh School of Medicine Center for Continuing  
Education in the Health Sciences



32nd Annual **Virtual**  
Clinical Update in

# **Geriatric Medicine 2024**

Thursday & Friday

**APRIL 25-26**

**COURSE DIRECTORS:**

Shuja Hassan, MD

Neil M. Resnick, MD

Lyn Weinberg, MD

This course provides a partnership effort of:

PREMIER PARTNER

# UPMC HEALTH PLAN

## PARTNERING INSTITUTIONS

Allegheny Health Network – Forbes Family  
Medicine Residency Program

CommunityLIFE

UPMC McKeesport Family Medicine Residency  
Program

UPMC Mercy

UPMC Palliative and Supportive Institute

UPMC Shadyside Department of Medicine

UPMC St. Margaret Geriatric Fellowship Program

## 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

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.

## PHYSICIAN (CME)

The University of Pittsburgh designates this live activity for a maximum of 14.75 AMA PRA Category 1 Credits™. Physicians should claim only the 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 14.75 contact hours.

## PHARMACY (CPE)

This knowledge-based activity provides 14.25 contact hours of continuing pharmacy education credit.

## PHYSICAL THERAPY (PT)

This course provides 12.0 hours (12.0 GEN, 0 DA) of Physical Therapy credits. Approval Number: PTPR015904

## PHYSICIAN ASSISTANT (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 14.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

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 = 7.25**

**Friday = 7.5**

Center for Continuing Education in the Health Sciences

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

## INTRODUCTION

The fastest growing segment of the population comprises individuals over age 85. The purpose of our annual conference is to provide an evidence-based approach to help clinicians take exceptional care of these often complex and frail individuals.

This year, we are excited to bring you the 32nd Clinical Update in Geriatric Medicine in a virtual format. Our Course Directors and Conference Planning team have created a program that will deliver a practical as well as an evidence-based approach. This year's conference also includes Q&A sessions, vendor halls, and opportunities to engage in conversations with speakers, exhibitors, and fellow attendees.

**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 responsible for the recent advances relevant to practice
- Ability to convey information, in a practical, succinct, and entertaining way that will allow attendees to immediately incorporate lessons into their practice and feel inspired to advance the quality of care for their older adult patients

### Topics and Structure

- Pragmatic, relevant, clinical pearls for a broad range of topics facing clinicians who care for older adults, addressing everyday challenges in geriatric pharmacology, wound care, lymphedema, and end-of-life care.
- Keynote presentation on critical illness survivorship and humanistic care in the post-COVID era by Dr. Wes Ely, nationally renowned thought leader in critical care medicine and author of the award-winning book 'Every Deep-Drawn Breath.'
- Several sessions, highlighting practical strategies for the care of patients living with memory disorders including diagnosis, medication management, and patient communication tips, as delivered by local experts (Varon, Tew, Kowinsky, Page).
- Geriatric Cardiology Symposium featuring national authorities on cardiac diagnostic testing, management of heart failure, and frailty in cardiovascular disease (Hummel, O'Neill, and Forman).
- Practical communication skills for navigating patients and families through serious illness discussions by the co-developer of the acclaimed "VitalTalk" (Schell).
- A geriatrician's perspective on engaging older adults in conversations around sexuality, gender identity, and sexual health (Chandra).
- Important updates on vaccinations for older adults (Nace).
- Interdisciplinary approaches to the management of urinary incontinence, with opportunities for interactive Q/A with a physical therapist specializing in pelvic health (Glod) and a nationally recognized physician expert (DuBeau).

### Learning Objectives

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

- Describe how to approach and prioritize the clinical care of a complex older adult with multiple chronic illnesses.
- Provide evidence-based updates for common geriatric syndromes and disorders.
- Explore multidisciplinary-based models and system changes needed to improve the quality of care of the older patient.
- Have enhanced confidence in best practices and clinical decision-making for older adult patients.
- Obtain answers to specific clinical questions from their own practice.

**THURSDAY**

*Asterisk \* indicates speaker is available to answer chat questions during their recorded session.*

7:00 – 7:35 a.m.	<b>Conference Opens:</b> Technical Support and Visit with Exhibitors
7:35 – 7:40 a.m.	Welcome and Announcements
7:40 – 8:15 a.m.	Clinical Cases: An Evidenced Based Approach to Prescribing and Deprescribing in Older Adults <i>Heather Sakely, PharmD, BCPS, BCGP*</i>
8:15 – 8:50 a.m.	Behavioral Disturbances in Dementia - The Role of Antipsychotics <i>Daniel Varon, MD*</i>
8:50 – 9:20 a.m.	LIVE Speaker Q&A Session <i>Heather Sakely, PharmD and Daniel Varon, MD</i>
9:20 – 9:30 a.m.	<b>BREAK – VISIT VIRTUAL EXHIBIT HALL</b>
9:30 - 10:05 a.m.	Let's Talk About Sex: Discussing Sex & Sexuality with Older Adults <i>Anita Chandra, MD*</i>
10:05 – 10:40 a.m.	Lymphedema 101: From Diagnosis to Long Term Management <i>Jillian Caster DPT, CWS, CLT*</i>
10:40 – 11:10 a.m.	LIVE Speaker Q&A Session <i>Anita Chandra, MD and Jillian Caster DPT, CWS, CLT</i>
11:10 – 11:20 a.m.	<b>BREAK – VISIT VIRTUAL EXHIBIT HALL</b>
11:20 – 11:55 a.m.	Demystifying Distinctions in the 3 D's: Delirium, Dementia, and Depression <i>James Tew, MD*</i>
11:55 a.m. - 12:10 p.m.	LIVE Speaker Q&A Session <i>James Tew, MD</i>
12:10 – 1:00 p.m.	<b>LUNCH – VISIT VIRTUAL EXHIBIT HALL</b>
1:00 – 1:45 p.m.	LIVE KEYNOTE SPEAKER: Reclaiming What COVID Took: Harnessing the Power of Humanism & Science <i>Wes Ely, MD*</i>
1:45 – 2:05 p.m.	LIVE Speaker Q&A Session <i>Wes Ely, MD</i>
2:05 – 2:20 p.m.	<b>BREAK – VISIT VIRTUAL EXHIBIT HALL</b>
2:20 – 3:05 p.m.	LIVE Ask the ID Expert <i>Nathan Shively, MD*</i>
3:05 - 3:40 p.m.	The Best Care Possible: What Every Geriatrician Ought to Know About Hospice <i>Rachel Ombres, MD*</i>
3:40 – 4:00 p.m.	LIVE Speaker Q&A Session <i>Rachel Ombres, MD</i>
4:00 – 4:05 p.m.	<b>End of Day Remarks</b>

**FRIDAY**

*Asterisk \* indicates speaker is available to answer chat questions during their recorded session.*

7:00 – 7:30 a.m.	<b>Technical Support and Virtual Exhibits Open</b>
7:30 – 7:40 a.m.	<b>Welcome and Announcements</b>
7:40 – 8:15 a.m.	Case Studies in HFpEF <i>Scott Hummel, MD*</i>
8:15 – 8:50 a.m.	Coronary Imaging in the Elderly <i>Deirdre O’Neill, MD*</i>
8:50 – 9:25 a.m.	Relevance of Frailty in Management of Cardiovascular Disease <i>Daniel Forman, MD*</i>
9:25 – 9:40 a.m.	<b>BREAK – VISIT WITH EXHIBITORS</b>
9:40 – 10:20 a.m.	LIVE Rapid-Fire Q&A with Cardiology Panel <i>Dalane Kitzman, MD; Deirdre O’Neill, MD; Daniel Forman, MD</i>
10:20 – 10:30 a.m.	<b>BREAK – VISIT WITH EXHIBITORS</b>
10:30 – 11:05 a.m.	Physical Therapy Management of Pelvic Floor Dysfunction in Older Adults <i>Megan E. Glod, PT, DPT, WCS, CLT-LANA*</i>
11:05 – 11:40 a.m.	Evaluation and Management of Urinary Incontinence in Older Persons <i>Catherine DuBeau, MD*</i>
11:40 a.m. – 12:10 p.m.	LIVE Speaker Q&A Session <i>Megan E. Glod, PT, DPT and Catherine DuBeau, MD</i>
12:10 – 12:50 p.m.	<b>LUNCH – VISIT VIRTUAL EXHIBIT HALL</b>
12:50 – 1:25 p.m.	The Ever-Changing World of Wound Care <i>Shauna Assadzandi, MD*</i>
1:25 – 2:00 p.m.	Is There a Pill for This? Helping Families Manage the Behavioral & Psychological Symptoms of Dementia <i>Amy Kowinsky and Carrie Chiusano*</i>
2:00 – 2:10 p.m.	<b>BREAK – VISIT VIRTUAL EXHIBIT HALL</b>
2:10 – 2:45 p.m.	Vaccines in Older Adults <i>David Nace, MD*</i>
2:45 – 3:30 p.m.	LIVE Speaker Q&A Session <i>Shauna Assadzandi, MD, Amy Kowinsky, Deana Page, and David Nace, MD</i>
3:30 – 4:05 p.m.	How to Respond When Family Is Mad at You: Thinking Through Your Options <i>Jane Schell, MD*</i>
4:05 – 4:30 p.m.	LIVE Speaker Q&A Session <i>Jane Schell, MD</i>
4:30 – 4:35 p.m.	<b>Thank you Remarks and End of Conference</b>

### COURSE DIRECTORS

#### **Shuja Hassan, MD**

Associate Professor of Medicine, Geriatrics  
University of Pittsburgh School of Medicine  
Medical Director, UPMC Canterbury Place

#### **Neil M. Resnick, MD**

Thomas Detre Professor of Medicine  
University of Pittsburgh School of Medicine  
Division of Geriatric Medicine

#### **Lyn Weinberg, MD**

Assistant Professor of Medicine  
Director, Division of Geriatrics  
Medical Director, Hospital Elder Life Program  
Allegheny Health Network

### GUEST FACULTY

#### **Catherine DuBeau, MD**

Professor of Medicine  
Section of General Internal Medicine – Geriatric  
Dartmouth-Hitchcock Medical Center  
Geisel School of Medicine at Dartmouth,  
Lebanon, NH

#### **E. Wesley Ely, MD, MPH**

Grant W. Liddle Chair in Medicine Professor  
of Medicine  
Vanderbilt University Medical Center  
Co-Director, Critical Illness, Brain Dysfunction,  
and Survivorship (CIBS)  
Center Associate Director of Aging and Research,  
VA-GRECC

#### **Scott Hummel, MD**

Associate Professor, University of Michigan  
Section Chief, Cardiology, VA Ann Arbor

#### **Deirdre O'Neill, MD**

Geriatric and Palliative Care Cardiology  
University of Alberta Hospital  
Assistant Professor of Medicine  
University of Alberta, Edmonton, Alberta, Canada

### LOCAL FACULTY

#### **Shauna Assadzandi, MD**

Clinical Assistant Professor of Medicine  
Division of Geriatric Medicine  
University of Pittsburgh

#### **Jillian Caster DPT, CWS, CLT**

Certified Wound Specialist  
Certified Lymphedema Therapist  
Allegheny Health Network

#### **Anita Chandra, MD**

Primary Care – Geriatrics  
Assistant Clinical Professor of Medicine  
Allegheny Health Network

#### **Carrie Chiusano**

Executive Director, Dementia Care Center  
of Excellence  
Presbyterian SeniorCare Network

#### **Daniel Forman, MD**

Chair, Section of Geriatric Cardiology  
Division of Geriatric Medicine  
University of Pittsburgh Medical Center  
Director of Cardiac Rehabilitation  
VA Pittsburgh Healthcare System  
Professor of Medicine  
University of Pittsburgh

#### **Megan E. Glod, PT, DPT, WCS, CLT-LANA**

UPMC Rehabilitation Institute  
Assistant Program Director  
Women's Rehab/Men's Health Physical Therapy

**LOCAL FACULTY (cont)**

**Amy Kowinsky, BS**

Executive Director, Dementia360  
Presbyterian SeniorCare Network

**David A. Nace, MD, MPH**

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

**Rachel Ombres, MD**

Medical Director, Enhanced Community Care  
Management (ECCM)  
Highmark Health  
Division of Supportive Care & Palliative Medicine

**Heather Sakely, PharmD, BCPS, BCGP**

Director, Clinical Pharmacist Services  
Director, PGY2 Geriatric Pharmacy Residency  
UPMC St. Margaret Department of Medical  
Education

**Jane Schell, MD**

Associate Professor of Medicine  
General Internal Medicine  
University of Pittsburgh

**Nathan R. Shively, MD**

Assistant Professor of Medicine,  
Drexel University College of Medicine  
Medical Director, Tele-Antimicrobial  
Stewardship Program  
Division of Infectious Disease  
Allegheny Health Network

**James Tew, MD**

Vice President Medical Affairs,  
UPMC Western Psychiatric Hospital  
Associate Chief of Inpatient Clinical Services,  
Associate Professor of Psychiatry,  
University of Pittsburgh School of Medicine

**Daniel Varon, MD**

Assistant Professor of Psychiatry  
Medical Director TMS Services  
University of Pittsburgh School of Medicine  
Western Psychiatric Hospital

**PLANNING COMMITTEE**

**Daphne Bicket, MD**

**Judith S. Black, MD, MHA**

**Michelle Criss, PT, PhD**

**Lauren Dornin, DNP, AGNP**

**Shuja Hassan, MD**

**Anne-Marie Hanzes, LMSW**

**Christine Herb, MD**

**David A. Nace, MD, MPH**

**Neil M. Resnick, MD**

**Benjamin Reynolds, MSPAS, PA-C**

**Fred Rubin, MD**

**Heather Sakely, PharmD**

**James Tew, MD**

**Lyn Weinberg, MD**

**REGISTRATION INFORMATION**

Early registrations are those submitted online by March 11, 2024.

Registration with no additional late fee is open until April 10, 2024.

Late Registration will be accepted with an additional fee of \$50.00 from April 11 through April 22, 2024.

**No registrations will be accepted after April 22, 2024.**

Please note that our registration system only accepts credit cards as payment at the time of registering. Payment via checks, journal transfers, etc. cannot be accepted.

Visit our online registration site at <https://cce.upmc.com/32nd-annual-clinical-update-geriatric-medicine>

Log-in or create an account in the CCEHS system.

- Click the Registration button and enter all the requested information.
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

**REGISTRATION FEES**

	<b>Early Registration</b> (Received on or before March 11, 2024)	<b>Registration</b> (Received March 12 through April 10, 2024)	<b>Late Registration</b> (Received April 11 through April 22, 2024)
MD, DO (non-member of PA Geriatrics Society-WD)	\$275	\$295	\$345
MD, DO (member of PA Geriatrics Society)	\$245	\$245	\$295
Nurse, PA, PharmD and Other Health Care Professionals (non-member of PA Geriatrics Society-WD)	\$210	\$230	\$280
Nurse, PA, PharmD and Other Health Care Professionals (Member of PA Geriatrics Society-WD)	\$180	\$180	\$230
Residents, fellows, and other trainees	\$100	\$100	\$150
Pre-Professional Degree	\$75	\$75	\$125

Late Registrations, after April 11, 2024, will pay an additional \$50.00 in each category. No registrations will be accepted after April 22, 2024.



**TUITION INCLUDES:**

- Registration and comprehensive course materials
- Admission to Virtual Geriatric Annual program and to the Virtual Exhibit Hall
- Continuing education credit
- On demand viewing and access to the course for one year (CME credit can be obtained for 30 days after the conclusion of the program)

**NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.**

When you register on-line, you will receive an immediate e-mail confirmation message.

**Please note:**

Registration is not complete until you receive this confirmation. No registrations will be accepted after April 22, 2024.

If you have difficulty registering online, please contact Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org) / 412.321.5030 x105 or Nadine Popovich at [npopovich@acms.org](mailto:npopovich@acms.org) / 412.321.5030 x110.

**Cancellation** – All cancellations must be sent via e-mail to Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org). No cancellations will be accepted after April 22, 2024.

**VIRTUAL MEETING ACCESS – PLEASE NOTE!**

Registrants will receive an email with a link to the Virtual Program several days before the event.

The email address you use to register must also be the email address that you use to log into on the CE21 Virtual platform to attend the meeting. A cell phone number would be extremely helpful if you are using your phone to log in to the program.

**Important:** Please remember to use the email you registered under to access the Virtual Meeting Platform. If you do not receive the Virtual meeting link, please contact Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org).

**ON DEMAND VIEWING TO RECEIVE CREDIT - AFTER THE CONFERENCE**

Monday, April 29<sup>th</sup> – Wednesday, May 29<sup>th</sup>, 2024  
If you cannot attend all or some of the sessions, they will be available, for up to 30 days, after the course. You will have the ability to log into the platform to view them and submit for continuing education credits within this timeframe. The timeframe after the course to receive credit is Monday, April 29<sup>th</sup> – Wednesday, May 29<sup>th</sup>, 2024.

**Please Note:**

This option is only available for registrants.

Visit the Center for Continuing Education in the Health Sciences Web Site  
Our Internet address is: <https://cce.upmc.com/>

The Center for Continuing Education in the Health Sciences at UPMC / University of Pittsburgh Medical Center invites you to visit our web location. Receive information on CE programs, earn CE credits on the Internet, and access information about our formal courses and much more. Discover who we are and how you can contact us. Please visit our web location often to get updated information on upcoming programs.

**Pennsylvania Geriatrics Society – Western Division – Membership**

Interested in becoming a member of the Pennsylvania Geriatrics Society-Western Division?

Go to <https://pagswd.org/> or contact Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org) or 412.321.5030 x105.