

Care of the Older Adult

Loews Minneapolis Hotel | August 4-6, 2022

Thursday, August 4, 2022	
7:30 a.m.	Registration & Continental Breakfast
Cognitive Health	
7:50 a.m.	Welcome and Course Overview Christina Chen, M.D. and Brandon P. Verdoorn, M.D., C.M.D.
8:00 a.m.	Burning Issues in Alzheimer's Disease Vijay K. Ramanan, M.D., Ph.D. <ul style="list-style-type: none"> • Describe the age-related changes in sleep • Evaluate the psychiatric, medical, and neurological causes of sleep problems • Implement office-based and objective methods of evaluating sleep • Intervene with appropriate treatment of sleep problems
8:35 a.m.	Non-Pharm Management of the Neuropsychiatric Symptoms of Dementia Allyson K. Palmer, M.D., Ph.D. <ul style="list-style-type: none"> • Review the spectrum of Neuropsychiatric symptoms commonly encountered across the stages of dementia • Discuss an organized strategy of symptom assessment, identification of causes/triggers and application of non-pharmacologic management • Describe the evidence behind non-pharmacologic management of NPS and recommendations from expert guidelines
9:10 a.m.	Late-Life Psychosis Melanie T. Gentry, M.D. <ul style="list-style-type: none"> • Summarize clinical scenarios where late life psychosis may be encountered and differences between early vs. late onset schizophrenia • Recommend approaches to the use of pharmacotherapy & combination therapy • Briefly touch on new treatments available for psychosis in Parkinson's disease and considerations in management
9:45 a.m.	Insomnia in Older Adults Eric G. Tangalos, M.D., C.M.D. <ul style="list-style-type: none"> • Describe the age-related changes in sleep • Evaluate the psychiatric, medical, and neurological causes of sleep problems • Implement office-based and objective methods of evaluating sleep • Intervene with appropriate treatment of sleep problems
10:20 a.m.	Refreshment Break

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	Physical Function
10:40 a.m.	<p>Managing Degenerative Spinal Disease in the Older Adult Keith A. Bengtson, M.D.</p> <ul style="list-style-type: none">• Summarize the clinical manifestations and course of degenerative spine disease, including its impact on structures surrounding the spine• Review practical first line conservative treatment approaches, minimally invasive treatment options and when to consider surgical candidacy• Advise strategies for challenging scenarios such as refractory back pain in the frail older adult with limited function
11:15 a.m.	<p>Managing COPD in the Older Adult Megan Duloher Scrodin, M.D.</p> <ul style="list-style-type: none">• Briefly review pearls in Interpreting the PFT with multimorbid/complex cardiorespiratory physiology• Propose a comprehensive approach to treatment including pharmacologic and nonpharmacologic treatments for COPD• Discuss the interventions to preserve independence through symptom relief• Review the common comorbidities in older adults that contribute to dyspnea and respiratory failure in patients with COPD
11:50 a.m.	<p>Frailty – How to Identify and Use it in Your Day-to-Day Practice Gregory J. Hanson, M.D.</p> <ul style="list-style-type: none">• Describe frailty as a geriatric syndrome and available tools to screen in clinical practice• Summarize the impact of frailty on healthcare outcomes• Review strategies on how to identify risk factors of frailty and proactively implement preventive measures
12:25 p.m.	<p>Navigating Therapy in Post-Acute Care – What the Provider Needs to Know Kyle M. McKenzie, M.D.</p> <ul style="list-style-type: none">• Discuss the role of rehabilitation in post-acute care- its impact on outcomes, function, and independence• Outline key components of focus in therapy (mobility, cognitive functioning, environment, safety, restoration of ADL, etc) and how progress is typically measured• Compare rehabilitation at a facility vs. outpatient and how to assess for this need as a primary care provider• Summarize selection of gait aids
1:00 p.m.	Adjourn Morning Session

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2:00 – 3:30 PM	Optional Afternoon Workshops, Select one (additional fee to attend)
<p data-bbox="120 283 724 359">Addressing Goals of Care in Older Adults with Dementia</p> <p data-bbox="120 373 703 493">Ashley K. Kimeu, APRN, C.N.P., Natalie F. Mohammad, APRN, C.N.P., Daniel E. Sanchez Pellecer, M.D.</p> <ul data-bbox="168 533 764 951" style="list-style-type: none">• Describe barriers to effective end of life communication with patients with dementia• Describe the evidence-based benefits of early goals of care conversations for patients and families• Review tools and tips for a successful goals of care conversations<ul data-bbox="261 785 721 846" style="list-style-type: none">a. REMAPb. Serious Illness Conversation Guide• Use tools to carry a successful goals of care conversation with family members of patients with dementia	<p data-bbox="821 283 1422 317">Wound Care in Older Adults – Tips and Tricks</p> <p data-bbox="821 329 1479 449">Peggy V. Dunton, APRN, C.N.P., Megan D. Herbers, APRN, C.N.P., D.N.P., Faye A. Otis, APRN, C.N.P., M.S.N.</p> <p data-bbox="857 489 1495 722">This workshop will provide the learner with an opportunity to evaluate/manage chronic wounds and wound related complications with a focus on refining skills for bedside debridement, understanding the rationale behind wound dressing selection, and strategies to optimize wound healing success.</p> <ul data-bbox="873 772 1500 1199" style="list-style-type: none">• Develop an understanding of basic pathophysiology and barriers to healing of commonly encountered wounds in geriatric clients.• Develop an understanding of the creation of a comprehensive treatment plan including adjunctive modalities for wound healing.• Patient care and procedural skills: Increase competency in performing safe and effective wound debridement utilizing resources available in community based and long-term care settings.

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Friday, August 5, 2022	
7:30 a.m.	Continental Breakfast
	Managing Chronic Diseases and Symptoms
8:00 a.m.	<p>Pearls in Geriatric Dermatology Saranya P. Wyles, M.D., Ph.D.</p> <ul style="list-style-type: none">• Discuss Risk factors for skin disorders in the older adult (intrinsic and extrinsic)• Outline practical management pearls for common conditions (Xerosis, pruritus, rosacea, AK, purpura) and tailored treatment options• Review strategies for the management of skin cancer, hair, and nail health, highlighting any emerging or new evidence-based treatment strategies
8:35 a.m.	<p>How to Keep Your Older Patients Upright Brandon P. Verdoorn, M.D., C.M.D.</p> <ul style="list-style-type: none">• Adopt a comprehensive, “geriatric syndrome” approach to fall risk management• Quickly assess fall risk by history and exam• Develop a pragmatic, evidence-informed approach to fall risk reduction in older adults
9:10 a.m.	<p>Common Rheumatologic Issues in Older Adults Kerry Wright, M.B.B.S.</p> <ul style="list-style-type: none">• Describe differences in rheumatic disease of late onset (clinical and immunological profiles) compared to early onset• Review common rheumatologic conditions in older adults (gout, PMR) but also review other consider other presenting conditions (RS3PE, other vasculitides, older onset RA, late onset SLE)• Discuss special considerations to consider while treating rheumatologic diseases (cardiovascular risk, impact on frailty, etc)
9:45 a.m.	<p>Common Neurologic Issues in Older Adults Jennifer M. Martinez-Thompson, M.D.</p> <ul style="list-style-type: none">• Describe the approach to evaluating the older adult patient with symptoms of dizziness/vertigo• Review practical exam strategies in assessing a patient with suspected peripheral neuropathy• Discuss management options in the older adult with dizziness or refractory peripheral neuropathy
10:20 a.m.	Refreshment Break

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	Long-Term Care
10:40 a.m.	<p>Navigating the Geriatric Care Continuum Maria D. Mendoza De la Garza, M.D.</p> <ul style="list-style-type: none">• Discuss the basics of healthcare funding for older adults, particularly Medicare and Medicaid• Delineate differences between skilled nursing facilities, assisted living facilities, and memory care• Navigate transitions of care for older adult patients safely and effectively
11:15 a.m.	<p>Three Common Issues in Long-Term Care Practice and How to Address Them Eukeria T. Boila Epse Nsameluh, A.P.R.N., C.N.P., D.N.P. and Megan E. Lynch, A.P.R.N., C.N.P.</p> <ul style="list-style-type: none">• Judiciously diagnose and treat urinary tract infections• Describe best practices for pressure injury prevention and management• Address weight loss in frail long-term care residents
11:50 a.m.	<p>Management of Pain in the Nursing Home Resident Christina Chen, M.D.</p> <ul style="list-style-type: none">• Assess pain in the cognitively impaired patient• Describe how and when to safely utilize opioids for chronic pain• Outline adjunctive strategies for pain management in various clinical situations
12:25 p.m.	<p>End-of-Life Care in the Nursing Home Kristin M. Kirsch, M.D., C.M.D.</p> <ul style="list-style-type: none">• Determine hospice eligibility in the long-term care resident without a dominant life-limiting illness• Effectively manage common end-of-life symptoms in the nursing home• Outline tips and tricks for psychotropic medication use for nursing home residents receiving hospice services
1:00 p.m.	Adjourn Morning Session

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2:00 – 3:30 PM	Optional Afternoon Workshops, Select one (additional fee to attend)	
	<p data-bbox="168 283 781 352">Common Procedures in Older Adults – A Crash Course</p> <p data-bbox="168 361 764 394">David N. Brennan, M.D., Terin T. Sytsma, M.D.</p> <ul data-bbox="168 436 781 646" style="list-style-type: none">• Identify common joint injection / aspiration techniques used in older adult populations.• Discuss indications and techniques for common dermatologic procedures.• Briefly review high yield nail and ENT procedures.	<p data-bbox="824 283 1479 352">The Ins and Outs of Homebound Care – What the PCP Needs to Know</p> <p data-bbox="824 361 1479 430">Heidi A. Eisenman, APRN, C.N.P., M.S.N., Natalie F. Mohammad, APRN, C.N.P.</p> <p data-bbox="824 438 1503 548">This workshop will help the learner understand how to safely and effectively care for the frail, homebound older adult.</p> <ul data-bbox="873 590 1495 1087" style="list-style-type: none">• Review demographics of the homebound population and risk factors for adverse events• Discuss ways to promote safety and optimize function in the setting of recent health events, transition of care or progressive debility• Identify the vulnerable adult and verbalize when and how to involve adult protective services• Review strategies for contingency planning to reduce risk of emergency room visits & hospitalizations by prioritizing chronic health conditions• Discuss Office Visit Tips for the PCP• Home visit 101: Pearls for providers who have the capacity to go into the home

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Saturday, August 6, 2022	
7:30 a.m.	Continental Breakfast
	Prevention and Healthy Aging
8:00 a.m.	<p>Tools of the Trade: How to Quickly Assess Older Adults in the Office Daniel E. Sanchez Pellecer, M.D.</p> <ul style="list-style-type: none">• Describe a rapid geriatric assessment that can quickly screen for several common geriatric syndromes in the office• Choose the appropriate screening and assessment tool(s) to identify deficits• List the strengths and limitations of various assessment tools• Review strategies to optimize efficiency without compromising patient care
8:35 a.m.	<p>The Aging Eye Andrea A. Tooley, M.D.</p> <ul style="list-style-type: none">• Outline the three most common causes of age-related blindness, their detection, and management
9:10 a.m.	<p>Oral Health in Older Adults – What the Non-Dentist Needs to Know Katie Post, D.D.S.</p> <ul style="list-style-type: none">• Perform a quick, effective oral examination in the office• Address dental concerns in the context of bisphosphonate use• Manage common periprocedural issues including antibiotic prophylaxis and anticoagulation
9:45 a.m.	<p>CVD Prevention in Frail Older Adults Stephen Kopecky, M.D.</p> <ul style="list-style-type: none">• Determine which older adult patients may benefit from aspirin or statin for primary prevention• Decide when medications for CVD prevention can be stopped• Discuss common adverse effects of common CVD prevention medications in older adults
10:20 a.m.	Refreshment Break

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	Specialty Topics
10:40 a.m.	<p>Pearls in Managing the Geriatric Trauma Patient Sandeep P. Pagali, M.D., M.P.H.</p> <ul style="list-style-type: none">• Discuss best practices for effectively co-managing patients with the trauma surgical team• Review common geriatric consult observations and recommendations• Identify fragility fractures and optimize secondary preventive efforts
11:15 a.m.	<p>Perioperative Management of the Older Adult Karna K. Sundsted, M.D.</p> <ul style="list-style-type: none">• Describe a high-yield pre-operative evaluation for older adults, focusing on common geriatric syndromes• Identify best practices for prevention of post-operative delirium• Discuss situations in which “prehabilitation” may be beneficial
11:50 a.m.	<p>Common Men’s Health Concerns in Older Adults C. Scott Collins, M.D.</p> <ul style="list-style-type: none">• Describe the expected evolution of normal male sexual function with aging• Safely and effectively manage erectile dysfunction in older adult men• Discuss a framework for the management of BPH
12:25 p.m.	<p>Sexual Health in the Aging Female Carol L. Kuhle, D.O., M.P.H.</p> <ul style="list-style-type: none">• Describe the physiology and neurobiology of sexual functioning in women• Detail the changes of sexual functioning related to aging• Review the effect of chronic diseases on sexual functioning• List treatment options
1:00 p.m.	Adjourn