PROGRAM OVERVIEW

With the ageing of our population, there exists a growing demand for high quality accessible continuing medical education in Geriatrics.

We invite you to attend our sixth annual Geriatrics CPD Course which has been designed to provide front-line practitioners with the latest practical and evidence-based knowledge they need to better manage the care of their older patients.

This two-day CPD Course will feature high-quality interactive lectures by leading faculty from the University of Toronto and beyond and will focus on the assessment and management of geriatric syndromes and common issues that arise in the care of an older patient.

PROGRAM OBJECTIVES

After this educational conference, participants will be able to:

- Recognize and assess common geriatric syndromes in older patients.
- Manage common single and multifactorial medical issues in older patients.
- Establish an approach to address the common and often inter-related medical and social issues that occur within older patients.

PROGRAM HIGHLIGHTS

- Interactive Lectures
- Concurrent Workshops
- Small Group “Lunch With the Professor” Sessions
- Most Difficult Case Conference

TARGET AUDIENCE

Family Physicians, Nurse Practitioners, Nursing Professionals, Therapists, Social Workers, Geriatricians, Internists and other Professionals working with older patients.

CONTACT DETAILS

Mashiat Haque, Program Assistant
T: 416-586-4800 ext. 7380
E: geriatrics.msh@sinaihealthsystem.ca
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:45 A.M.</td>
<td>REGISTRATION AND LIGHT BREAKFAST</td>
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<tr>
<td>8:45 - 9:00 A.M.</td>
<td>OPENING REMARKS</td>
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<tr>
<td>9:00 – 9:40 A.M.</td>
<td>TOP ARTICLES OF 2018</td>
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<tr>
<td></td>
<td>Dr. Dov Gandell, MD, FRCPC, Staff Geriatrician, Sunnybrook Health</td>
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<tr>
<td></td>
<td>Sciences Centre; Assistant Professor, Faculty of Medicine, University</td>
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<td>of Toronto</td>
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<td>9:40 - 10:20 A.M.</td>
<td>CAREGIVER ENGAGEMENT</td>
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<td></td>
<td>Dr. Elena (Irina) Nica-Graham, MD, FRCPC, Geriatric Psychiatrist,</td>
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<td></td>
<td>Outpatient Geriatric Psychiatry Program, Sinai Health System</td>
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<tr>
<td>10:20 - 10:50 A.M.</td>
<td>REFRESHMENT BREAK</td>
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<tr>
<td>10:50 A.M. – 12:10 P.M.</td>
<td>KEYNOTE SPEAKER:</td>
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<td>DEMENTIA PREVENTION</td>
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<td>Dr. Tarek Rajji, MD, Chief in Geriatric Psychiatry, Centre for</td>
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<td></td>
<td>Addiction and Mental Health (CAMH); Associate Professor, Faculty of</td>
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<td>Medicine, University of Toronto</td>
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<td>12:10 - 12:40 P.M.</td>
<td>LUNCH AND NETWORKING</td>
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<tr>
<td>12:40 - 2:00 P.M.</td>
<td>LUNCH WITH THE PROFESSOR SESSIONS</td>
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<td>L1 Complex Case Conference with a Geriatrician</td>
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<td></td>
<td>L2 Understanding Home and Community Care Options</td>
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<td>L3 Managing Urinary Incontinence</td>
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<td>L4 The Latest on Gait Aids and Other Assistive Devices</td>
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<td>2:00 – 2:40 P.M.</td>
<td>TREATMENT UPDATES IN ANXIETY, MOOD AND PRIMARY PSYCHOTIC DISORDERS</td>
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<td>IN THE ELDERLY AND TIPS FOR STARTING AND STOPPING PSYCHOTROPIC</td>
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<td>MEDICATIONS</td>
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<tr>
<td>2:40 – 3:00 P.M.</td>
<td>BREAK</td>
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<tr>
<td>3:00 – 3:40 P.M.</td>
<td>SMART PRESCRIBING FOR COMMON HEALTH ISSUES IN OLDER ADULTS</td>
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<td>Chris Fan-Lun, Geriatric Pharmacist, Sinai Health System; Lecturer,</td>
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<td></td>
<td>Leslie Dan Faculty of Pharmacy, University of Toronto</td>
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<td>3:40 – 4:20 P.M.</td>
<td>COMMON SKIN PROBLEMS IN OLDER ADULTS</td>
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<td>Dr. Sanjay Siddha, MD, FRCPC, Staff Dermatologist, University Health</td>
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<tr>
<td></td>
<td>Network and Women’s College Hospital; Assistant Professor, Faculty</td>
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<td>of Medicine, University of Toronto</td>
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## PROGRAM AGENDA

### SATURDAY, NOVEMBER 3, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>8:00 – 8:45 A.M.</td>
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<td>OPENING REMARKS</td>
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<tr>
<td>9:00 - 9:40 A.M.</td>
<td>AGEING AT HOME&lt;br&gt;Dr. Samir Sinha, MD, DPhil, FRCPC, Director of Geriatrics, Sinai Health System and University Health Network; Associate Professor, Faculty of Medicine, University of Toronto</td>
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<tr>
<td>9:40 - 10:20 A.M.</td>
<td>UPDATE IN MEDICAL ASSISTANCE IN DYING&lt;br&gt;Dr. Joshua Wales, MD, CCFP (PC), Palliative Care Physician, Temmy Latner Centre for Palliative Care, Sinai Health System</td>
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<td>10:20 - 10:50 A.M.</td>
<td>REFRESHMENT BREAK</td>
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<td>10:50 - 11:50 A.M.</td>
<td>MOST DIFFICULT CASE CONFERENCE: BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA (BPSD)&lt;br&gt;Dr. Mark Lachmann, MD, Medical Lead, Bridgepoint, &amp; Geriatric Psychiatrist, Sinai Health System&lt;br&gt;Anna Siciliano, Social Work Care Navigator, Independence at Home Community Outreach Team&lt;br&gt;Carla Loftus, Clinical Nurse Specialist, Psychiatry Consultation Liaison Teams, Sinai Health System&lt;br&gt;Linus Chui Fan Ip, Clinical Leader, Baycrest Community Support Outreach Team</td>
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<tr>
<td>11:50 A.M - 12:45 P.M.</td>
<td>LUNCH AND NETWORKING</td>
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<tr>
<td>12:45 - 1:45 P.M.</td>
<td>LUNCH WITH THE PROFESSOR SESSIONS&lt;br&gt;P1 Complex Case Conference with a Geriatrician&lt;br&gt;P2 Understanding Home and Community Care Options&lt;br&gt;P3 Managing Urinary Incontinence&lt;br&gt;P4 The Latest on Gait Aids and Other Assistive Devices&lt;br&gt;P5 Palliative Care and Symptom Management&lt;br&gt;P6 Complex Case Conference with a House Calls Physician&lt;br&gt;P7 Geriatrics Mental Health Complex Case Conference&lt;br&gt;P8 Wellness and Stress Reduction</td>
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<tr>
<td>1:45 - 2:00 P.M.</td>
<td>TRAVEL TIME</td>
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<td>2:00 - 3:30 P.M.</td>
<td>CONCURRENT WORKSHOPS&lt;br&gt;W1: Vertigo, Dizziness, Mobility and Falls&lt;br&gt;Dr. Eric Monteiro, MD, Otolaryngologist, Sinai Health System; Assistant Professor, Department of Otolaryngology - Head &amp; Neck Surgery, University of Toronto</td>
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<td></td>
<td>W2: Supporting Caregivers in Your Practice&lt;br&gt;Rehana Hirji, Andrea Cain, Lisa Brousseau, Cyril &amp; Dorothy, Joel &amp; Jill Reitman Centre for Alzheimer’s Support and Training, Sinai Health System</td>
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<td></td>
<td>W3: Managing Dementia in Your Patients: Latest Treatment Strategies&lt;br&gt;Dr. Mark Lachmann, MD, Medical Lead, Bridgepoint, and Geriatric Psychiatrist, Sinai Health System</td>
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<td>W4: How to Prescribe and Monitor Older Adults Using Medical Marijuana&lt;br&gt;Dr. Amanjot (Mona) Sidhu, Geriatrician, Division of Geriatrics, McMaster University</td>
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<td></td>
<td>W5: Accessing and Providing Medical Assistance in Dying&lt;br&gt;Dr. Joshua Wales, MD, Palliative Care Physician, Temmy Latner Centre for Palliative Care, Sinai Health System and Dr. Ed Weiss, MD, CCFP, Family Physician, Community MAID Provider</td>
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<tr>
<td></td>
<td>W6: Managing Elder Abuse&lt;br&gt;Clara McGregor, BA, J.D, Staff Litigation Lawyer, Advocacy Centre for the Elderly</td>
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</table>
These highly interactive sessions will allow you and others to converse directly with subject matter experts in their given fields. You are encouraged to bring questions and your patient cases to enhance the group discussion.

Registration will be processed on a first-come, first-served basis. Please enter “L#” for November 2 and “P#” for November 3.

**LUNCH WITH THE PROFESSOR (LWP) SESSIONS (MAX 12 PARTICIPANTS)**

**L1/P1**  COMPLEX CASE CONFERENCE WITH A GERIATRICIAN
- Bring your questions and patient cases to discuss with experts in Geriatric Medicine as we try and help solve issues that you may be struggling with.

**L2/P2**  UNDERSTANDING HOME AND COMMUNITY CARE OPTIONS
- This session helps you to understand the wide variety of community support services that exist, such as transportation, Meals on Wheels services or day programs and home care services like those available through the CCAC. Learn how to effectively access these services for your patients.

**L3/P3**  MANAGING URINARY INCONTINENCE
- Older adults are more likely to experience urinary incontinence. Our incontinence advisor will guide you on how to manage urinary incontinence and help alleviate patient discomfort.

**L4/P4**  THE LATEST ON GAIT AIDS AND OTHER ASSISTIVE DEVICES
- If you want to strengthen your knowledge on gait aids and other assistive devices, this would be a great opportunity to learn what is available, where to find it and how to get it covered by the government whenever possible.

**L5/P5**  PALLIATIVE CARE AND SYMPTOM MANAGEMENT
- This session focuses on how to engage patients who require palliative care and how to manage their symptoms.

**L6/P6**  COMPLEX CASE CONFERENCE WITH A HOUSE CALLS PHYSICIAN
- Bring your questions and patient cases to discuss with experts in House Call Medicine as we try and help solve issues that you may be struggling with. This is also a great session for people interested in getting into or expanding their house calls duties.

**L7/P7**  GERIATRIC MENTAL HEALTH COMPLEX CASE CONFERENCE
- Bring your questions and patient cases to discuss with experts in Geriatric Psychiatry as we try and help solve issues that you may be struggling with when working with patients in the hospital or the community.

**L8/P8**  WELLNESS AND STRESS REDUCTION
- Bring your questions and cases to our newly added compassion fatigue session. Discuss with experts on how to deal with and manage compassion fatigue in the hospital or community.
PLANNING COMMITTEE MEMBERS

Dr. Samir Sinha, MD, DPhil, FRCPC
(Course Director)
Director of Geriatrics, Sinai Health System and University Health Network

Associate Professor, Departments of Medicine, and Institute of Health Policy, Management and Evaluation, and Institute of Medical Sciences, University of Toronto

Dr. Asenath Steiman, MD
Staff Geriatrician, Sinai Health System and University Health Network

Dr. Barry Goldlist, MD, FRCPC, FACP, AGSF
Staff Geriatrician, Sinai Health System and University Health Network

Professor, Department of Medicine, University of Toronto

Ms. Leanne Ginty, RN, BScN, MEd, GNCC
Director, Professional Practice, Nursing, Sinai Health System

Adjunct Lecturer, Lawrence S. Bloomberg Faculty of Nursing, University of Toronto

Ms. Carli Blanchard, RN
Clinical Nurse Specialist, General Internal Medicine and Geriatrics, Sinai Health System

Dr. Dan Liberman, MD, FRCPC
Staff Geriatrician, Sinai Health System and University Health Network

Assistant Professor, Department of Medicine, University of Toronto

Dr. Don Melady, BA, MD, CCFP(EM), FCFP
Emergency Physician, Schwartz Reisman Emergency Centre Mount Sinai Hospital

Assistant Professor, Department of Family and Community Medicine, University of Toronto

Dr. Karen Ng, MD, FRCPC
Staff Geriatrician, Sinai Health System and University Health Network

Lecturer, Department of Medicine, University of Toronto

Ms. Carli Blanchard, RN
Clinical Nurse Specialist, General Internal Medicine and Geriatrics, Sinai Health System

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Assistant Professor, Department of Family and Community Medicine, University of Toronto

Dr. Karen Ng, MD, FRCPC
Staff Geriatrician, Sinai Health System and University Health Network

Lecturer, Department of Medicine, University of Toronto

Dr. Mark Nowaczynski, PhD, MD, CCFP, FCFP
Clinical Director, SPRINT Senior Care House Calls Program

Assistant Professor, Department of Family and Community Medicine, University of Toronto

Mr. Chris Fan-Lun, BScPhm, ACPR, BCGP
Geriatric Medicine Pharmacist, Sinai Health System

Adjunct Lecturer, Leslie Dan Faculty of Pharmacy, University of Toronto

Ms. Nicola Foster, MPH
Project Manager, Geriatrics, Sinai Health System

Mr. Allan McKee
Program Course Administrator, Geriatrics, Sinai Health System

Ms. Mashiat Haque
Program Course Administrator, Geriatrics, Sinai Health System

REGISTRATION INFORMATION

REGISTRATION DEADLINE:

Wednesday, October 31, 2018

COURSE FEES:

<table>
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<tr>
<th>Profession</th>
<th>Regular Pricing</th>
<th>Early Bird Rate Until Sept. 28, 2018</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$250 per day; or $400 for both days</td>
<td>$200 per day; or $350 for both days</td>
</tr>
<tr>
<td>Nurses, Allied Health Professionals &amp; Trainees</td>
<td>$200 per day; or $300 for both days</td>
<td>$150 per day; or $250 for both days</td>
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TO REGISTER:

Please see the registration form below for full details.

CONFIRMATION OF REGISTRATION

You will receive a ticket via email that confirms your registration. You must bring this ticket with you on the day of the event as proof of registration. You are not considered registered unless you have received a ticket with your registration information included.

CANCELLATION/REFUND POLICY

Cancellations received before October 5, 2018 will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.
This year’s Toronto Geriatrics Update Course will be held at The Michener Institute located at 222 St. Patrick Street, one block north of Dundas Street two blocks west of University Avenue. The Auditorium is located on the ground floor.

**PUBLIC TRANSIT**
The Michener Institute is a short walk northwest of St. Patrick station on the University-Spadina subway line, or from the College or Dundas streetcar stops at McCaul Street or University Avenue.

**PARKING**
There are several public parking garages close to the Michener Institute, including on Murray Street (behind Mount Sinai Hospital). There are also a limited number of parking meters on nearby side streets.

**ACCOMODATION**
The closest hotel to the event venue is Chelsea Hotel on 33 Gerrard Street West. Reservations can be made on its website: www.chelseatoronto.com or by calling 1-800-CHELSEA.

**SPONSORS/PROMOTERS**

The Toronto Geriatrics Update Course thanks the below organizations for their generosity in supporting our event:
CONFERECE REGISTRATION

☐ I am attending both days
☐ I am only attending the sessions on Friday, November 2
☐ I am only attending the sessions on Saturday, November 3

LUNCH WITH THE PROFESSOR (LWP)
(No extra fee, pre-registration is required as space is limited to 12 for LWP. Please refer to conference program for session codes)

☐ I will NOT be registering for the Lunch with the Professor or Workshop sessions
☐ I would like to attend LWP __________ on Friday, November 2 (please fill in the session code)
☐ I would like to attend LWP __________ on Saturday, November 3 (please fill in the session code)

Please indicate your second choice for Lunch with the Professor sessions:

If the above sessions are full, I would like to attend LWP session _____ on Friday, November 2 (please fill in the session code)
If the above sessions are full, I would like to attend LWP session _____ on Saturday, November 3 (please fill in the session code)

WORKSHOPS – DAY 2 ONLY
(No extra fee, pre-registration is required. Please refer to Program Agenda for sessions codes)

☐ I would like to attend Workshop session __________ on Saturday, November 3 (please fill in the session code)

Please indicate your second choice for Workshop sessions:

☐ If the above session is full, I would like to attend Workshop session _____ on Saturday, November 3 (please fill in the session code)

TITLE

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. ☐ Miss

Last Name: __________________________ First Name: __________________________

PROFESSION

☐ Family Physician ☐ Geriatrician ☐ Internist ☐ RN/RPN ☐ NP ☐ OT ☐ PT ☐ SW
☐ Pharm. ☐ Resident ☐ Student ☐ Other (Please specify): __________________________

BILLING INFORMATION

Address: __________________________________________

City: __________________________ Province: __________________________

Country: __________________________ Postal Code: __________________________

Telephone: __________________________ Email: __________________________

PAYMENT INFORMATION

☐ $400 ☐ $300 ☐ $250 ☐ $200 (Regular Pricing)
☐ $350 ☐ $250 ☐ $200 ☐ $150 (Early Bird Rate Until September 28, 2018)

☐ Cash ☐ Cheque (please make cheque payable to MSH Geriatrics) ☐ AMEX ☐ Visa ☐ Mastercard

Name on Card: __________________________ Card Number: __________________________

CVD (3 digit number on back): ____________ Expiry Date (MM/YY): ____ / ____