

8TH ANNUAL SHS/UHN:

TORONTO GERIATRICS UPDATE COURSE 2020 VIRTUAL EDITION

*Providing Excellent Geriatric Care During the
COVID-19 Pandemic*

October 30th, 2020

VIRTUALLY VIA ZOOM

PROGRAM BOOKLET



**Sinai
Health**

Healthy Ageing
and Geriatrics



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Princess Margaret
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PROGRAM OVERVIEW

VIRTUALLY VIA ZOOM | FRIDAY OCTOBER 30TH, 2020



PROGRAM OVERVIEW

With the ageing of our population, there exists a growing demand for high-quality and accessible continuing medical education in geriatrics. This year, recognizing the impact of the COVID-19 pandemic on our older patients, there exists a growing demand for high quality accessible continuing medical education in providing geriatric care at times like this.

We welcome you to our 8th annual Toronto Geriatrics VIRTUAL Update Continuing Professional Development (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 one day CPD Course will feature high quality/interactive lectures followed by concurrent breakout sessions by leading faculty from the University of Toronto and will focus on the assessment and management of geriatric syndromes and common issues that arise in the care of an older patient in light of a pandemic.



PROGRAM OBJECTIVES

After this educational conference, participants will be able to:

- Recognize and assess common geriatric syndromes in older patients;
- Understand approaches to manage common single and multifactorial medical and social issues in older patients during large scale emergencies such as a pandemic;
- Apply practical tips based on evidence based strategies to various inter-professional clinical settings when providing care to older patients



TARGET AUDIENCE

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



PROGRAM HIGHLIGHTS

- Interactive Lectures
- Concurrent Breakouts
- COVID 19- Focused topics

MESSAGE FROM THE COURSE DIRECTOR

Welcome to the 8TH Annual Toronto Geriatrics VIRTUAL Update Course - *Providing Excellent Geriatric Care During the COVID-19 Pandemic*. We have prepared this conference package for you to better enjoy today's sessions.

This booklet will provide you with the following materials:

- Your agenda for the day.
- A summary page on each session, including a session description, presenter information, and learning objectives.
- Technical instructions to join the sessions
- Blank note pages
- A link to the post-event survey. Please fill out the evaluation at the conclusion of all the sessions. You will need to fill out your evaluation in order to receive your Certificate of Attendance.

We hope you enjoy the presentations! Our course presentations will be available for download on our website after the conference at: sinaigeriatrics.ca

Dr. Samir K. Sinha, MD, DPhil, FRCPC, AGSF



Peter and Shelagh Godsoe Chair in Geriatrics and Director of Geriatrics,
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8:30 AM – 8:45 AM	COURSE REGISTRATION/LOGIN
8:45 AM - 9:00 AM	<p>OPENING REMARKS</p> <p>Dr. Samir Sinha, MD, DPhil, FRCPC, AGSF, Director of Geriatrics, Sinai Health System and University Health Network, Associate Professor, Department of Medicine, Institute of Health Policy, Management and Evaluation, University of Toronto</p>
9:00 AM – 9:45 AM	<p>CHALLENGES AND IMPACTS OF COVID-19 IN THE DELIVERY OF PRIMARY AND PALLIATIVE CARE IN COMMUNITY AND LONG TERM CARE SETTINGS</p> <p>Dr. Allan Grill, MD, CCFP (COE), MPH, FCFP, CCPE, Chief, Dept. of Family Medicine, Markham Stouffville Hospital and Associate Professor, Department of Family & Community Medicine, University of Toronto</p> <p>Dr. Cathy Faulds, MD, CCFP, FCFP CAC (PC), Family Physician with Focus Practice in Palliative care, Adjunct Professor Department of Family medicine, Western University</p> <p><i>Moderated by: Dr. Thuy-Nga Pham</i>, MSc, MD, CCFP, South East Toronto Family Health Team and Assistant Professor, Department of Family and Community Medicine, University of Toronto</p>
9:45 AM – 10:30 AM	<p>A WHOLE NEW WORLD: NAVIGATING A RAPIDLY EVOLVING POLICY LANDSCAPE IN LIGHT OF COVID-19</p> <p>Dr. Samir Sinha, MD, DPhil, FRCPC, AGSF, Director of Geriatrics, Sinai Health System and University Health Network, Associate Professor, Department of Medicine, Institute of Health Policy, Management and Evaluation, University of Toronto</p> <p>Dr. Nathan Stall, MD, FRCPC, Staff Geriatrician, Sinai Health System</p>
10:30 AM – 10:45 AM	BREAK
10:45 AM – 11:30 AM	<p>TOP 10 GERIATRIC MEDICINE ARTICLES OF 2020</p> <p>Dr. Barry Goldlist, MD, FRCPC, FACP, AGSF, Staff Geriatrician, Sinai Health System and University Health Network and Professor, Department of Medicine, University of Toronto</p>
11:30 AM - 12:15 PM	<p>HOW TO SUPPORT OLDER ADULTS WITH DEMENTIA AND RESPONSIVE BEHAVIOURS DURING A PANDEMIC</p> <p>Dr. Andrea Iaboni, MD, DPhil, FRCPC, Geriatric Psychiatrist and Medical Lead of Specialized Dementia Unit, Toronto Rehabilitation Institute</p>
12:15 PM – 1:00 PM	LUNCH BREAK
1:00 PM – 2:00 PM	<p>CONCURRENT BREAKOUT SESSION #1:</p> <p>OPTION 1: IN DEPTH: HOW TO SUPPORT OLDER ADULTS WITH DEMENTIA AND RESPONSIVE BEHAVIOURS DURING A PANDEMIC</p> <p>Dr. Andrea Iaboni, Geriatric Psychiatrist and Medical Lead of the Specialized Dementia Unit, Toronto Rehabilitation Institute</p> <p>OPTION 2: ADDRESSING MENTAL HEALTH, SOCIAL ISOLATION & ADDICTIONS DURING A PANDEMIC</p> <p>Ms. Leanne Ginty, RN, BScN, MEd, GNCC, Director, Nursing Education and Academic Affairs, Sinai Health</p> <p>Dr. Omar Ghaffar, MD, MSc, FRCPC, Geriatric Psychiatrist and Physician Lead of Mental Health, Bridgepoint Active Healthcare</p> <p>Anna Siciliano, B.A., MSW, RSW Social Worker Care Navigator, Circle of Care/Sinai Health System - Independence at Home Community Outreach Team</p>
2:00 PM - 3:00 PM	<p>CONCURRENT BREAKOUT SESSION #2:</p> <p>OPTION 3: HOW TO NAVIGATE A VIRTUAL CARE ASSESSMENT</p> <p>Dr. Elizabeth Niedra, MD, CCFP, Physician, Sprint Senior Cares House Calls Team, Lecturer, University of Toronto Department of Family and Community Medicine</p> <p>Dr. Christa Sinclair Mills, MD, CCFP, Physician, Sprint Senior Cares House Calls Team</p> <p>Dr. Angela Golas, MD, FRCPC, Medical Head, Geriatric Mental Health Outpatient Services and Geriatric Psychiatrist, Centre for Addiction and Mental Health</p> <p>Dr. Sarah Colman, MD, FRCPC, Geriatric Psychiatrist, Centre for Addiction and Mental Health and Assistant Professor, Department of Psychiatry, University of Toronto</p> <p>OPTION 4: EXPERT MANAGEMENT OF COVID-19 IN FRAIL OLDER PATIENTS</p> <p>Dr. Nathan Stall, MD, FRCPC, Staff Geriatrician, Sinai Health System</p>

SESSION DETAILS

SESSION	TIME	ZOOM INFORMATION
<p>Lecture Series:</p> <ul style="list-style-type: none"> Challenges and Impacts of COVID-19 in the Delivery of Primary and Palliative Care in Community and Long Term Care Settings A Whole New World: Navigating a Rapidly Evolving Policy Landscape in Light of COVID-19 Top 10 Geriatric Medicine Articles of 2020 How to Support Older Adults with Dementia and Responsive Behaviours During a Pandemic 	<p>8:30 AM - 12:15 PM</p>	<p>ZOOM Webinar Link:</p> <p>Please refer to the email sent by program staff VIA ZOOM that contains a unique link that will allow you to join the morning lecture series.</p> <p>If you cannot locate this email, please email geriatrics. msh@sinaihealth.ca to obtain a link to the webinar.</p>
<p>Concurrent Breakout Series #1:</p> <ul style="list-style-type: none"> Option 1: In Depth - How to Best Support Behavioural Issues in Older Adults with Dementia at Home and in Hospital and LTC Settings During a Pandemic Option 2: Addressing Mental Health, Social Isolation and Addictions During a Pandemic 	<p>1:00 PM - 2:00 PM</p>	<p>Please refer to the email sent by program staff that contains the ZOOM login information.</p> <p>If you cannot locate this email, please email geriatrics. msh@sinaihealth.ca to obtain your breakout session login information.</p>
<p>Concurrent Breakout Series #2:</p> <ul style="list-style-type: none"> Option #3: How to Navigate a Virtual Care Assessment Option #4: Expert Management of COVID-19 in Frail Older Patients 	<p>2:00 PM - 3:00 PM</p>	<p>Please refer to the email sent by program staff that contains the ZOOM login information.</p> <p>If you cannot locate this email, please email geriatrics. msh@sinaihealth.ca to obtain your breakout session login information.</p>
<p><i>Please note that you have been sent one link to join the morning lecture series and the two additional links for the two breakout sessions you have registered for.</i></p> <p><i>For compatible browser information for ZOOM, please visit: https://support.zoom.us/hc/en-us/articles/201362593-Launching-Zoom-from-a-web-browser</i></p>		

SESSION 1 | 9:00 AM - 9:45 AM



CHALLENGES AND IMPACTS OF COVID-19 IN THE DELIVERY OF PRIMARY AND PALLIATIVE CARE IN COMMUNITY AND LONG TERM CARE SETTINGS

TOPIC OVERVIEW:

This session will review the various impacts of COVID-19 on the delivery of primary and palliative care to older patients in long term care and community settings.

PRESENTER(S):

DR. ALLAN GRILL

Dr. Allan Grill is an Associate Professor in the Department of Family and Community Medicine at the University of Toronto, and Chief of Family Medicine at Markham Stouffville Hospital. He enjoys an active community-based clinical practice as the Lead Physician at the Markham Family Health Team, and works part-time in the Division of Long-Term Care at Sunnybrook Health Sciences Centre. Through his various primary care leadership roles, Dr. Grill has been involved in COVID-19 pandemic planning for the Eastern York Region North Durham Ontario Health Team as well as the Ontario Health Central Region Primary Care Leadership Planning Table. In 2016, Dr. Grill received the Canadian Certified Physician Executive (CCPE) credential from the Canadian Medical Association and Canadian Society of Physician Leaders recognizing competency and excellence in physician leadership.

DR. CATHY FAULDS

A graduate of Western University in 1986, Dr. Cathy Faulds received Certification in Family Medicine from the College of Family Physicians of Canada (CFPC) in 1989, and she became a Fellow in 2004. She completed her Certificate of Added Competence in Palliative Care from the CFPC in 2016 and her American Board of Palliative and Hospice Medicine in 2010. After practicing in rural southwestern Ontario, Dr. Faulds continued her comprehensive family medicine practice within the city of London and formed the London Family Health Team, which she served as the clinical lead from 2010-15. Since 1996, she has served as a clinical professor and mentor to undergraduate and graduate medical students at Western University. She retired from her comprehensive family practice after 34 years on June 30, 2020.

LEARNING OBJECTIVES:

1. Recognize important factors that challenge and impact the delivery of care in primary, palliative care, and long term care settings during the pandemic
2. Strategies and practical tips to deliver care in primary, community and long term care settings during a global pandemic
3. Collaborative efforts in primary, palliative and community care to prevent the spread of COVID-19



A WHOLE NEW WORLD: NAVIGATING A RAPIDLY EVOLVING POLICY LANDSCAPE IN LIGHT OF COVID-19

TOPIC OVERVIEW:

This session will provide an overview of the rapidly evolving policies in the long term care home sector and its affect on older patients currently and moving forward in a post COVID-19 society.

PRESENTER (s):

DR. SAMIR SINHA

Dr. Samir Sinha received his Medical Degree from Western University and completed his residency in Internal Medicine at the University of Toronto and fellowship training in Geriatrics at the Johns Hopkins University School of Medicine in Baltimore. He further holds a Masters in Medical History and a Doctorate in Sociology that he received from the University of Oxford as a Rhodes Scholar. He is an Associate Professor of Medicine, Family and Community Medicine and Health Policy, Management and Evaluation at the University of Toronto and an Assistant Professor of Medicine at the Johns Hopkins University School of Medicine. He has also been the Director of Geriatrics at Sinai Health System and the University Health Network since 2010. He has consulted and advised governments and health care organizations around the world and is the Architect of the Government of Ontario's Seniors Strategy

DR. NATHAN STALL

Dr. Nathan Stall received his medical degree from Western University and completed his residency in Internal Medicine and fellowship training in Geriatric Medicine at the University of Toronto. He is currently a research fellow at Women's College Research Institute at Women's College Hospital and is completing a PhD in Clinical Epidemiology & Health Care Research at the Institute of Health Policy, Management and Evaluation (IHPME) at the University of Toronto. He has been a Staff Geriatrician at Sinai Health System since 2017. His clinical work focuses on acute care geriatrics. Dr. Stall attends on the inpatient Geriatric Medicine Consultation Service and on the Internal Medicine Clinical Teaching Units at Mount Sinai Hospital.

LEARNING OBJECTIVES:

1. Understand the epidemiology of COVID-19 in older adults in community and residential care settings, and what we have experienced so far.
2. Understand why Canada has experienced the highest global rates of COVID-19 deaths in its residential care settings compared to any other jurisdiction
3. How should our COVID-19 experiences help accelerate how we consider the future delivery of geriatric care and long-term care in Canada



TOP 10 GERIATRIC MEDICINE ARTICLES OF 2020

TOPIC OVERVIEW:

This session will review the top Geriatric Medicine articles published over the past year. The articles were chosen based on its relevance to the ongoing COVID-19 pandemic and their potential to change practice and to advance the understanding of infectious diseases. The articles will be summarized and bottom line implications provided. Questions will be addressed.

PRESENTER:

DR. BARRY GOLDLIST

Dr. Barry Goldlist received his Medical Degree from the University of Toronto and completed his residency in Internal Medicine at the University of Toronto. He is a Professor of Medicine at the University of Toronto. He has also been a Staff Geriatrician at the University Health Network since 1979 and Sinai Health System since 2009. He previously served as both the immediate past Director of Geriatrics at Sinai Health System and the University Health Network in Toronto and the Director of the University of Toronto's Division of Geriatrics. A former editor-in-chief of The Canadian Geriatrics Society Journal of CME, his scholarly interests focus on supporting older patients with dementia and their caregivers.

LEARNING OBJECTIVES:

1. Review the top geriatric-related articles of 2020 with a particular focus on COVID-19 articles and its impact on older adults
2. Consider how to apply the latest evidence to the care of your patients in primary, community and hospital settings



HOW TO SUPPORT OLDER ADULTS WITH DEMENTIA AND RESPONSIVE BEHAVIOURS DURING A PANDEMIC

TOPIC OVERVIEW:

This session will highlight effective and practical strategies for practitioners to support and manage BPSD during a pandemic in older patients in a variety of clinical settings.

PRESENTER:

DR. ANDREA IABONI

Dr. Iaboni is a geriatric psychiatrist and clinical researcher based at the Toronto Rehabilitation Institute, University Health Network and is the Medical Lead of the Specialized Dementia Unit. She is an Assistant Professor in the Department of Psychiatry at the University of Toronto. She is the lead of the Dementia Isolation Toolkit Working Group, working to develop tools to support the safe, compassionate, and effective isolation of people living with dementia in the pandemic context.

LEARNING OBJECTIVES:

1. Identify responsive behaviours in older adults and their causes related to the pandemic
2. Develop strategies to address responsive behaviours related to feelings of isolation and agitation due to the COVID-19 pandemic
3. Describe care approaches specific to the community, hospital, and long term care home setting

CONCURRENT BREAKOUT SESSIONS #1 | 1:00 PM - 2:00 PM



OPTION 1

IN DEPTH: HOW TO SUPPORT BEHAVIOURAL ISSUES IN OLDER ADULTS WITH DEMENTIA AT HOME AND IN HOSPITAL AND LTC SETTINGS DURING A PANDEMIC

SESSION OVERVIEW:

The session will provide a more indepth overview of the application of managing behavioural issues in older patients in community, long term care and hospital settings.

PRESENTER:

Dr. Andrea Iaboni, MD, DPhil, FRCPC, Geriatric Psychiatrist and Medical Lead of Specialized Dementia Unit, Toronto Rehabilitation Institute

LEARNING OBJECTIVES:

1. Identify approaches to manage responsive behaviours in the midst of COVID-19 restrictions
2. Support the safe and compassionate isolation of patients with dementia who are COVID 19 positive
3. Develop strategies to address patient's families decisions to withdraw their family member from their LTC/Retirement homes



OPTION 2:

ADRESSING MENTAL HEALTH, SOCIAL ISOLATION & ADDICTIONS DURING A PANDEMIC

SESSION OVERVIEW:

The session will provide a overview of the practices clinicians can implement when addressing mental health, social isolation and addictions issues that arose during the COVID-19 pandemic.

PRESENTER(S):

Ms. Leanne Ginty, RN, BScN, MEd, GNCC, Director, Nursing Education and Academic Affairs, Sinai Health
Dr. Omar Ghaffar, MD, MSc, FRCPC, Geriatric Psychiatrist and Physician Lead of Mental Health, Bridgepoint Active Healthcare
Ms. Anna Siciliano, B.A., MSW, RSW Social Worker Care Navigator, Circle of Care/Sinai Health System - Independence at Home Community Outreach Team

LEARNING OBJECTIVES:

1. Tips and management strategies to help older patients cope with social isolation
2. How to monitor self-harm and addictions in older patients
3. How to prioritize health provider well-being and support each other in inter-professional team settings

CONCURRENT BREAKOUT SESSIONS #2 | 2:00 PM - 3:00 PM



OPTION 3

HOW TO NAVIGATE A VIRTUAL CARE ASSESSMENT

SESSION OVERVIEW:

The session will provide the ins and outs of mastering a various types of virtual care assessments.

PRESENTER(s):

Dr. Elizabeth Niedra, MD, CCFP, Physician, Sprint Senior Cares House Calls Team, Lecturer, University of Toronto Department of Family and Community Medicine

Dr. Christa Sinclair Mills, MD, CCFP, Physician, Sprint Senior Cares House Calls Team

Dr. Angela Golas, MD, FRCPC, Medical Head, Geriatric Mental Health Outpatient Services and Geriatric Psychiatrist, Centre for Addiction and Mental Health

Dr. Sarah Colman, MD, FRCPC, Geriatric Psychiatrist, Centre for Addiction and Mental Health and Assistant Professor, Department of Psychiatry, University of Toronto

LEARNING OBJECTIVES:

1. Tips to conduct an assessment virtually in specialized areas of work such as mental health, general care and practice of older adults, and neurocognitive areas
2. Strategies on how to connect with patients with resources and work virtually within the continuum of care to provide collaborative care



OPTION 4

EXPERT MANAGEMENT OF COVID-19 IN FRAIL OLDER PATIENTS

SESSION OVERVIEW:

The session will provide an overview of how clinicians can assess and manage COVID-19 in older patients.

PRESENTER:

Dr. Nathan Stall, MD, FRCPC, Staff Geriatrician, Sinai Health System

LEARNING OBJECTIVES:

1. Highlight the epidemiology of COVID-19 in older adults
2. Describe the assessment and management of older adults with confirmed or suspected COVID-19 infection
3. Review the active medical management of older adults with COVID-19
4. Explore strategies for mitigating the collateral damages of the COVID-19 pandemic among older adults

END OF DAY INSTRUCTIONS

Thank you for joining us for our 2020 Toronto Geriatrics VIRTUAL Update Course. We hope you enjoyed the sessions today and thank you for joining us!

Before you log off, please ensure that you:

1. Please complete the event survey provided through this link:
<https://www.surveymonkey.com/r/TOVIRTUALUPDATECOURSE>
2. Once you have completed the evaluation, program staff will send you your Certificate of Attendance.
3. Course materials will be posted on sinaigeriatrics.ca. A password protected link will be sent to attendees only.

Thank you in advance for your feedback and we hope to see you at next year's event!

PLANNING COMMITTEE MEMBERS

Dr. Samir Sinha, MD, DPhil, FRCPC, AGSF
(Course Director)

Director of Geriatrics, Sinai Health and University Health Network

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

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STUDY CREDITS

THIS EDUCATIONAL EVENT HAS BEEN APPROVED FOR THE FOLLOWING CME CREDITS:

- College of Family Physicians of Canada – Mainpro+: Certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 5 Mainpro+ credits.

SPONSORS AND PROMOTERS

The SHS/UHN Geriatrics Program thanks the below organizations for their generosity in supporting our event:

