**2023 Toronto Geriatrics Virtual Update Course**

**Friday November 10th, 8:40 AM – 3:30 PM EST**

**FINAL AGENDA + Objectives**

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| **TIME** | **SESSION TITLE + SPEAKERS** |
| 8:40 AM – 8:50 AM | Login |
| 8:50 AM – 9:00 AM | Opening Remarks – **Dr. Samir Sinha (Director of Geriatrics, Sinai Health & University Health Network)** |
| 9:00 AM – 9:50 AM | Severe Persistent Mental Illness and Ageing – **Dr. Mark Lachmann (Geriatric Psychiatrist & Physician Lead, Hennick Bridgepoint Hospital)*** **What happens to patients with schizophrenia, bipolar disorder and personality disorder**
* **Challenges and opportunities in communication**
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| 9:50 AM – 10:40 AM | Update on Managing COPD, Asthma, and Respiratory Diseases in Older Persons – **Dr. Alina Blazer (Respirologist, Mount Sinai Hospital & Toronto General Hospital)*** **Review Common respiratory disorders in older adults, their diagnosis, management and treatment**
* **What Buffers to Use, What Vaccinations to Recommend etc**
* **When to Refer to Respirology**
* **Navigating respiratory season; what to focus on**
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| 10:40 AM – 11:00 AM | Break |
| 11:00 AM – 11:50 AM | Vaccines Update for Older Adults – **Dr. Vivien Brown (Family Physician & Assistant Professor, University of Toronto)*** **Learn About the new RSV Vaccine(s) that are now available for Older Adults**
* **Appreciate what are the latest vaccines and vaccine recommendations for Older Canadians related to Influenza, COVID-19 Pneumococcal Disease, and Shingles**
* **Understand Effective Strategies to Address Vaccine Hesitancy amongst Older Adults**
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| 11:50 AM – 12:40 PM | Top Geriatric Medicine Articles of 2023 – **Dr. Barry Goldlist (Geriatrician, Sinai Health & University Health Network), Dr. Carolyn Tan (Geriatric Medicine Resident, University of Toronto) & Dr. Natasha Lane (Geriatric Medicine Resident, University of Toronto)*** **Comprehend the top geriatric-related articles of 2023**
* **Apply the latest evidence to the care of patients in primary, community and hospital settings**
* **End with “Take Away Points” to summarize what attendees can apply to their own practices**
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| 12:40 PM – 1:10 PM | Lunch Break |
| 1:10 PM – 2:10 PM | Concurrent Breakout Rooms #1Option 1: Managing Complex Pharmacological Scenarios – Deprescribing and Polypharmacy – **Katie Mok (Internal Medicine Pharmacist, Mount Sinai Hospital) & Andrea Hudson (Pharmacist, Home and Community Care Support Services)*** **Learn key concepts that underpin polypharmacy**
* **Identify prescribing cascades and opportunities for pharmacological debridement and augmentation**
* **Appreciate case studies in a patient with mismanagement issues**

**Review key concepts of inappropriate polypharmacy, prescribing cascades and deprescribing.****Utilize a complex patient case to apply a framework for deprescribing medications in a patient with falls and delirium.****Appreciate differences in the opportunities and timeframes of deprescribing that occur as inpatients compared to outpatients, and discuss ways to facilitate collaboration at transitions of care.**OR Option 2: Wound Care – **Shana Pieser (Nurse Practitioner, Kensington Health); Dr. Carol Ott (Geriatrician and Wound Care Specialist, Baycrest Health Sciences); Dr. Alana Miller (Geriatrician, Sinai Health and University Health Network); Dr. Karen Chien (Hospitalist and Wound Care Specialist, Bridgepoint Hospital)*** **Measures to put in place**
* **Practical advice; when to get wound care, nursing intervention…**

**In the wound care workshop, you will learn an evidence based approach to assessment and management of chronic wounds through case based learning.** **You will gain an understanding of different wound cleansers and dressings commonly available and learn when to use them.****Finally, you will be presented with information about local wound care opportunities for additional learning, research and teaching.** |
| 2:10 PM – 2:20 PM | Break |
| 2:20 PM – 3:20 PM | Concurrent Breakout Rooms #2Option 3: Managing Complex Dementia Responsive Behaviours **– Dr. Carole Cohen (Psychiatrist, Sunnybrook Research Institute); Dr. Paris Lai** **(Geriatric Psychiatrist, Scarborough Health Network);** **Cara Macanuel (Occupational Therapist & Clinical Manager, Behaviour Support Outreach Teams)*** **Develop an approach to assessing dementia responsive behaviours**
* **Appreciate when to use non-pharmacological and pharmacological strategies to manage these behaviours**
* **Identify potential resources to assist in managing these behaviours**

**Using a case, we will review the assessment of physically responsive behaviours in a patient with dementia living in the community. We will review current best practice informed guidelines and discuss non-pharmacological and pharmacological treatment approaches.** OR Option 4: Ageing in Place: A Social Work Perspective – **Samuel Leite (Social Worker, Toronto Rehabilitation Institute)*** **Supporting ageing in place – medical and admin supports**
* **Practical tips for delivering home-based care**
* **The importance of a team**
* **What’s available for seniors? What to do if home is no longer working?**

**Older adults are often wary to verbalize challenges they are facing in activities of daily living to a loved one. This session will identify some of these risks and how they may impact an older adult’s ability to safely and independently age in place. Attention is placed on ways to reduce these risks, while covering alternatives to aging in place when it is no longer a safe option.**  |
| 3:20 PM – 3:30 PM | Closing Remarks – **Dr. Samir Sinha (Director of Geriatrics, Sinai Health & University Health Network)** |