



CME Day

The Westin Calgary

Thursday, April 25, 2024

Facilitator: Dr. Ali Jamal

This one-day course provides small group learning opportunities for clinicians caring for geriatric patients in a variety of medical settings with common geriatric conditions. Experts will be available to answer your questions on how to approach older adults with dizziness, Parkinson’s disease, behavioral and psychiatric symptoms of dementia, heart failure with preserved ejection fracture, incontinence, deprescribing and non-pharmacological treatments of cognitive impairment. Come join us for practical clinical education that you can apply in your daily clinical care!

CME Day Learning Objectives

At the end of this session, participants will be able to:

- discuss common presentations and approaches to care in older adults;
- use non-pharmacological approaches to manage behaviors and psychiatric symptoms of dementia and cognitive impairment; and
- demonstrate physical exam maneuvers relevant to Parkinson’s disease and vestibular dysfunction.

This event is an Accredited **Group Learning Activity** (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, and approved by the Canadian Geriatrics Society. You may claim a maximum of 6 hours (6 credits).

This **Group Learning** program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 6 Mainpro+ credits.

A minimum of 25% of each session will be dedicated to participant interaction.

Time	Event	Location
07:00 – 08:00	Registration	Grand Foyer
	Breakfast	Britannia
08:00 – 08:15	Welcome and Introductions	Mayfair
08:15 – 09:00	<p>Falls, Vertigo, and the Dizzy Patient Dr. David Hogan</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • differentiate dizziness into its commoner types including vertigo, disequilibrium, presyncope, and/or a combination of these and other types; and 	Mayfair

Disclaimer: Speaker opinions and presentations are their own and not necessarily supported by the Canadian Geriatrics Society.

	<ul style="list-style-type: none"> implement disease-directed management (when there is a specific underlying causative diagnosis) and general measures aimed at reducing symptoms and fall risk. 	
09:05 – 09:50	<p>Approach to Parkinson’s Disease & Things About PD You Weren't Taught in Medical School Dr. Joyce Lee</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> name the key symptoms and signs in diagnosing Parkinson’s disease, and know the "red flags" for atypical syndromes; review the pharmacologic management of Parkinson’s disease; understand the importance of non-motor symptoms and manage the “low-hanging fruits”; and discuss the importance of exercise. 	Mayfair
09:50 – 10:15	Networking Break	Britannia
10:15 – 11:00	<p>Neurological Assessment of Older Patients At-Risk for Falls - Parkinson's Disease and Vestibular Function Dr. Joyce Lee and Dr. David Hogan</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> demonstrate physical exam maneuvers relevant to Parkinson’s disease; assess fall risk in a patient with Parkinson’s disease with a self-report 3-risk factor assessment tool (history of falls in the previous year, freezing of gait [FOG] in the past month, and slow gait speed); and perform a Head Impulse Test for the routine evaluation of a dizzy patient and the HINTS (Head Impulse, Nystagmus, and Test of Skew) battery for patients with an acute vestibular syndrome. 	Mayfair
11:05 – 11:50	<p>Managing Responsive Behaviors in Dementia: Navigating the Challenges with Compassion and Skill Dr. Vivian Ewa</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> employ practical approaches to the assessment and management of responsive behaviors in dementia; distill the evidence on non-pharmacological and pharmacological interventions; and discuss when and how to deprescribe medications used in the management of responsive behaviors. 	Mayfair
11:50 – 13:00	Networking Lunch	Britannia
12:00 – 13:00	Perioperative Geriatrics SIG Annual Meeting	Barclay
13:00 – 13:45	<p>HFpEF Dr. Jonathan Howlett</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> describe etiologies for heart failure with preserved ejective fraction; list treatment options for those with heart failure with preserved ejection 	Mayfair

	<p>fraction; and</p> <ul style="list-style-type: none"> • identify older adults who ought to be referred with heart failure. 	
13:50 – 14:35	<p>Deprescribing Dr. Frances Carr</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss WHY we CARE about polypharmacy in older adults; • describe the challenges and nuances around deprescribing; and • list key principles of deprescribing, and deprescribing resources. 	Mayfair
14:35 – 15:00	Networking Break	Britannia
15:00 – 15:45	<p>Incontinence Dr. Adrian Wagg</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • identify the underlying lower urinary tract pathology leading to principal subtypes of urinary incontinence in older adults; • recognize factors outside the lower urinary tract which lead to incontinence and unsuccessful toileting in older adults; and • choose an appropriate treatment plan based upon a comprehensive history and directed examination of an older adult with urinary incontinence. 	Mayfair
15:50 – 16:35	<p>Non-pharmacologic Treatments of Cognitive Impairment Dr. Karen Leung</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • review modifiable risk factors associated with progression from mild cognitive impairment to dementia; and • review current evidence for lifestyle strategies for preventing dementia. 	Mayfair

SPONSORS

This program has received an educational grant or in-kind support from the following:

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