



## CME Day Halifax Marriott Harbourfront Hotel

Thursday, May 2, 2019

Facilitators: Drs. Chris MacKnight and Gary Altenkirk

This one-day course provides small-group learning opportunities for clinicians caring for geriatric patients in a variety of medical settings on common geriatric conditions such as delirium, osteoporosis, and palliation in severe dementia, deprescribing and more. The concept of frailty and how to apply it to your patients will be interwoven throughout the program. 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:

- integrate frailty into daily clinical geriatric care;
- expertly manage older adult patients with common medical conditions including heart failure, renal failure and osteoporosis; and
- determine which medications should be deprescribed in older adult patients at each stage of frailty.

Time	Event	Location
07:00 – 08:00	Registration Breakfast	Nova Scotia AB
08:00 – 08:15	<b>Welcome and Introductions</b> Dr. Chris MacKnight	Nova Scotia D
08:15 – 09:00	<b>Antihypertensives and Heart Failure in the Older Adult</b> Dr. Doug Hayami  At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• modify current antihypertensive guidelines for the frail older adult; and</li> <li>• customize cardiac failure management in the frail older adult.</li> </ul>	
09:05 – 09:50	<b>Family Practice Care in the Older Adult</b> Dr. Tim Stultz  At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• recognize frailty as a risk in their patients who are older adults;</li> <li>• apply the concept of frailty when developing treatment plans; and</li> <li>• educate patients and their families regarding frailty's effects on health.</li> </ul>	
09:50 – 10:15	<b>Networking Break</b>	Nova Scotia AB



10:15 – 11:00	<p><b>A Practical Approach to the Diagnosis and Management of Osteoporosis</b> Dr. Jenny Thain</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• assess patients to determine their risk of fragility fracture;</li> <li>• use current available treatments appropriately considering their indications, contraindications and significant side effects; and</li> <li>• develop an approach for assessing and treating fragility fractures and optimizing bone health in frail, older adults.</li> </ul>	Nova Scotia D
11:05 – 11:50	<p><b>Chronic Kidney Disease in the Frail Older Adult</b> Dr. Christine Dipchand</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• expertly manage chronic kidney disease in older adults living with frailty;</li> <li>• counsel patients and families living with frailty about the anticipated course and potential complications of chronic kidney disease</li> </ul>	
11:50 – 13:00	<p><b>Networking Lunch</b></p>	Nova Scotia AB
13:00 – 13:45	<p><b>End of Life Care and Palliation in Severe Dementia</b> Dr. Katalin Koller</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• effectively communicate with patients and families about end of life;</li> <li>• provide palliative care in patients with severe dementia</li> </ul>	Nova Scotia D
13:50 – 14:35	<p><b>Medications That Can Prolong the QT Interval in Older Adults</b> Dr. Susan Bowles</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• develop an evidence-based approach to using QT prolonging medications safely in the older adult;</li> <li>• explain the risks of using QT prolonging medications and how to mitigate them to patients</li> </ul>	
14:35 – 15:00	<p><b>Networking Break</b></p>	Nova Scotia AB
15:00 – 15:45	<p><b>Delirium Prevention and Recovery</b> Dr. Niamh O'Regan</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• develop feasible and effective methods for delirium prevention; and</li> <li>• apply effective management strategies to support recovery from delirium in the frail older adult.</li> </ul>	Nova Scotia D



15:50 – 16:35	<p><b>How to Engage Your Older Patients in Deprescribing Conversations</b> Dr. Leah Nemiroff and Dr. Michelle Kim</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"><li>• differentiate potentially inappropriate medications from beneficial medications at various stages of frailty;</li><li>• integrate deprescribing tools into daily clinical care.</li></ul>	
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