25th Annual Clinical Update in GERIATRIC MEDICINE

April 6-8, 2017
Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors
Shuja Hassan, MD
Judith S. Black, MD, MHA
Neil M. Resnick, MD

Jointly provided by:
The Pennsylvania Geriatrics Society – Western Division
UPMC / University of Pittsburgh Aging Institute
University of Pittsburgh School of Nursing
and
University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences

To register, please visit: https://ccehs.upmc.com/liveFormalCourses.jsf
Introduction
As the population continues to age, we are all seeing a tidal wave of older persons in our hospitals, clinics and nursing homes. Moreover, the fastest growing segment of the population comprises individuals above the age of 85 years. The purpose of our conference is to provide an evidence based approach to help clinicians take exceptional care of these often frail individuals.

Highlights
Our speakers for the conference have been hand-picked by a multidisciplinary committee of clinicians from academics, practice, and the payer community and were based on two criteria: Speakers expertise – which in most cases is nationally-recognized and often responsible for the advances relative to practice, and (2) their ability to convey it in a practical, succinct, and entertaining way that will allow attendees to incorporate lessons learned into their practice.

- Offered in conjunction with Sharon Inouye and Fred Rubin’s course on delirium and allowing for some overlap.
- Evidence-based evaluation and treatment of common clinical problems seen in the office, hospital and long term care.
- Symposium on common neurodegenerative diseases including Parkinson’s disease and Alzheimer’s.
- Symposium covering the latest updates for common cardiovascular conditions, including hypertension and acute MI in the elderly.
- Keynote talk on frailty by a national expert.
- Practical, case based solutions to difficult end of life issues.
- Multiple breakout sessions including, among others, Prognostication in Chronic Disease, Decision Making Capacity, Using Antipsychotics in Long Term Care, and Foot problems.
- “Ask The Expert” sessions, allowing participants to get answers to their most vexing questions. This year’s sessions focus on Infectious Disease, Cardiology and Psychiatry.
- A special dinner talk regarding the past, present and future of geriatrics by William Applegate, MD, MPH, MACP, one of America’s foremost experts. Dr. Applegate is the former President of the American College of Physicians, dean and head of the health system at Wake Forest, editor of the Journal of the AGS (JAGS), and primary investigator for the seminal SHEP study of systolic hypertension and, most recently, the landmark SPRINT trial.

This course provides a partnership effort of:

- Aging Institute of UPMC Senior Services and University of Pittsburgh
- Allegheny Health Network – Department of Medicine
- Allegheny Health Network – Forbes Family Medicine Residency Program
- Heritage Valley Health System
- Highmark Blue Cross Blue Shield
- UPMC Health Plan
- UPMC McKeosport
- The UPMC Palliative and Supportive Institute
- UPMC Shadyside
- UPMC St. Margaret
- Washington Health System

Location and Accommodations information on page 16.
Learning Objectives

At the end of this course, participants should be able to:

▲ Provide evidence-based updates for common geriatric disorders including dementia, delirium, Parkinson’s disease, osteoporosis, and stroke.

▲ Update their knowledge in pulmonary hypertension, acute coronary syndrome, and hypertension in the elderly.

▲ Improve their knowledge in the evaluation and management of patients with pressure ulcers, hip fractures, PVD, and sleep disorders.

▲ Learn strategies to improve their communication in patients with difficult family issues, and at end of life.

Who Should Attend

This course is designed for family practitioners, internists, geriatricians, and other health care professionals who provide care to older adults. Previous attendees will also be interested because of the conference’s continually changing topics, speakers and approach.

Continuing Education Credit

Types of credit: CME, AAFP, Nursing, Risk, and ACPE

CME – This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Pennsylvania Geriatrics Society – Western Division. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 20.75 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. (The 20.75 includes the 1 hour dinner symposium.)

AAFP – Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing – The University of Pittsburgh School of Medicine’s Center for Continuing Education in the Health Sciences and School of Nursing are collaborating in the development of this educational activity. Nurse participants successfully completing this learning activity (attending the full session, completing and submitting a program evaluation and a CE verification form) may receive up to a maximum of 18.3 contact hours.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Social Work Credits – This program is offered for 20 hours of Social Work continuing education through co-sponsorship of the University of Pittsburgh School of Social Work, a Council of Social Work Education accredited school and, therefore, a Pennsylvania pre-approved provider of social work continuing education. These credit hours satisfy the requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For more information on social work continuing education call (412) 624-3711.

The University of Pittsburgh School of Social Work, a Council of Social Work Education accredited school and, therefore, a Pennsylvania pre-approved provider of social work continuing education. These credit hours satisfy the requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For more information on social work continuing education call (412) 624-3711.

ACPE – This program is sponsored by the University of Pittsburgh Center for Continuing Education in the Health Sciences. The University of Pittsburgh Center for Continuing Education in the Health Sciences is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a Provider of continuing pharmacy education. The assigned universal program numbers are:

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Program Number</th>
<th>Contact Hours</th>
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<td>Why Must Geriatric Care Differ?</td>
<td>0481-9999-16-154-L04-P</td>
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<td>Practical Diabetes Management (Choosing the Right Medication)</td>
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<td>Approach to Aspiration</td>
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<td>Top 5 Articles That Could Make a Difference in Your Long Term Care Practice</td>
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<td>Case Studies in Nephrology</td>
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<tr>
<td>Chronic Constipation Case Studies</td>
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<td>Addressing Cognitive Concerns in the Office</td>
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<td>Update on Stroke</td>
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<td>Delirium and Palliative Care</td>
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<td>parkinson’s disease</td>
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<td>Novel Approaches to Dementia</td>
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<td>Controversies in Hypertension</td>
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<td>Patient Centered Care for the Older Cardiac Patient</td>
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<td>Ask the Psychiatrist</td>
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<td>Prognostication of Chronic Disease</td>
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<td>Ask the ID Specialist</td>
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<td>Evaluation of Decision Making Capacity</td>
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<td>Going Viral: Something Catchy for Your Old Age</td>
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<td>Peripheral Vascular Disease / Lower Extremity Wounds</td>
<td>0481-9999-16-176-L04-P</td>
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<td>Management of Pressure Ulcers</td>
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<td>Dermatology</td>
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<td>New Concepts in Preoperative Evaluation of the Elderly</td>
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<td>Ask the Cardiologist</td>
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<td>Post Acute World</td>
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<td>Huh? What? How Hearing Loss Impacts Geriatric Patient Care</td>
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<td>Antipsychotic Use in the Nursing Home</td>
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<td>Common Foot Problems in the Elderly</td>
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<td>How to Work with Difficult Patients and Families: Building Bridges</td>
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<td>Conducting the Home Visit</td>
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<td>Fibromyalgia</td>
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<td>Depression Management</td>
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<td>What’s New in Osteoporosis</td>
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<td>Pearls in Pharmacologic Therapy</td>
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<td>Sleep Disorders in Older Persons</td>
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<td>Clinical Vignettes at End of Life</td>
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The maximum amount of continuing education credit that can be granted for this program is **20.75** contact hours. Participants must complete the course outcomes assessment, evaluation and credit designation form to receive credit. Continuing Pharmacy Education (CPE) credits will be uploaded using the participant’s National Association of Boards of Pharmacy (NABP) eMonitor number. (The 20.75 includes the 1 hour dinner symposium.)
# Schedule

## Thursday, April 6, 2017

- **7:00 am** Registration and Continental Breakfast
- **7:25 am** Welcome and Announcements  
  Shuja Hassan, MD  
  *Moderator: Karen A. Powers, MD*
- **7:30 am** Why Must Geriatric Care Differ?  
  Neil M. Resnick, MD
- **8:15 am** Practical Diabetes Management (Choosing the Right Medication)  
  Mary Korytkowski, MD
- **9:00 am** Approach to Aspiration  
  Jonas Johnson, MD
- **9:35 am** BREAK AND VISIT EXHIBITS
- **9:55 am** Top 5 Articles That Could Make a Difference in Your Long Term Care Practice  
  David A. Nace, MD, MPH
- **10:35 am** BREAK AND VISIT EXHIBITS
- **10:55 am** Keynote: Update on Frailty in the Elderly  
  Stephanie Studenski, MD, MPH
- **11:00 am** Addressing Cognitive Concerns in the Office  
  Eric G. Rodriguez, MD, MPH
- **11:25 am** Update on Stroke  
  Lawrence Wechsler, MD
- **11:45 am** BREAK AND VISIT EXHIBITS
- **12:45 pm** Delirium and Palliative Care  
  Sharon K. Inouye, MD, MPH
- **2:00 pm** Parkinson’s Disease  
  Houman Homayoun, MD

## Friday, April 7, 2017

- **7:00 am** Registration and Continental Breakfast
- **7:30 am** Welcome and Announcements  
  Judith S. Black, MD, MHA  
  *Moderator: Victor M. Rudkin, MD*
- **7:35 am** Pulmonary Hypertension in the Elderly  
  Jennifer Gonzalez McComb, MD, MPH, FACP
- **8:15 am** Medical Management of Non-STEMI/Acute Coronary Syndrome  
  Mark Schmidhofer, MD
- **8:55 am** Controversies in Hypertension  
  William B. Applegate, MD, MPH, MACP
- **9:35 am** MANAGEMENT OF PRESSURE ULCERS  
  Carol Mathews, BSN, RN, CWOCN
- **10:15 am** BREAK AND VISIT EXHIBITS
- **10:35 am** Case Study in Hyponatremia  
  David L. Levenson, MD
- **11:10 am** MANAGEMENT OF PRESSURE ULCERS  
  Carol Mathews, BSN, RN, CWOCN
- **11:55 am** LUNCH
- **1:00 pm** Keynote: Update on Frailty in the Elderly  
  Stephanie Studenski, MD, MPH
- **2:00 pm** Addressing Cognitive Concerns in the Office  
  Eric G. Rodriguez, MD, MPH
- **2:35 pm** Update on Stroke  
  Lawrence Wechsler, MD
- **3:00 pm** BREAK AND VISIT EXHIBITS
- **3:10 pm** Keynote: Update on Frailty in the Elderly  
  Stephanie Studenski, MD, MPH
- **3:35 pm** Delirium and Palliative Care  
  Sharon K. Inouye, MD, MPH
- **4:05 pm** Parkinson’s Disease  
  Houman Homayoun, MD
Saturday, April 8, 2017

7:00 am  Registration and Continental Breakfast

8:00 am  Breakout Workshop V (repeats at 8:50 am)

8:40 am  Breakout Transition

8:50 am – 9:30 am  Breakout Workshop VI (repeated from 8:00 am)

K. How to Work with Difficult Patients and Families: Building Bridges
   Grace A. Cordts, MD, MPH, MS and Craig Ronco, CRNP

L. Conducting the Home Visit
   Christine Herb, MD

M. Gynecologic Assessment
   Kathleen McIntyre-Seltman, MD
   (This presentation is not eligible for pharmacy credit)

N. Going Viral: Something Catchy for Your Old Age
   Donald Middleton, MD

O. Depression Management
   Lalith Kumar Solai, MD

9:30 am  BREAK AND VISIT EXHIBITS

Moderator: Lisa Hilal, CRNP

9:50 am  What's New in Osteoporosis
   Susan L. Greenspan, MD

10:25 am  Pearls in Pharmacologic Therapy
   Christine Ruby-Scelsi, PharmD, BCPS

11:00 am  Sleep Disorders in Older Persons
   Daniel J. Buysse, MD

11:35 am  Clinical Vignettes at End of Life
   Robert Arnold, MD

12:10 pm  Conference Adjournment

Schedule continued
Course Directors

Shuja Hassan, MD
Assistant Professor of Medicine
Division of Geriatric Medicine
University of Pittsburgh School of Medicine

Judith S. Black, MD, MHA
Clinical Associate Professor of Medicine
University of Pittsburgh School of Medicine
Medical Advisor, Jewish Healthcare Foundation
Geriatrician, Allegheny Health Network

Neil M. Resnick, MD
Thomas Detre Professor of Medicine
Medical Advisor, Jewish Healthcare Foundation
Clinical Associate Professor of Medicine
University of Pittsburgh School of Medicine

Guest Faculty

William B. Applegate, MD, MPH, MACP
Professor of Gerontology and Geriatric Medicine
Wake Forest Baptist Health
Winston-Salem, NC

Sharon K. Inouye, MD, MPH
Professor of Medicine, Beth Israel Deaconess Medical Center,
Harvard Medical School, Milton and Shirly F. Levy Family Chair,
Director, Aging Brain Center, Institute for Aging Research, Hebrew SeniorLife
Boston, MA

Becky Brott Powers, MD
Assistant Professor of Medicine (Geriatrics and Palliative Care)
University of Texas Health Science Center at San Antonio
San Antonio, TX

Deborah W. Robin, MD, MHCM
Corporate Medical Director, naviHealth
Nashville, TN

Stephanie Studenski, MD, MPH
Senior Investigator
Chief, Longitudinal Studies Section
National Institute of Aging
Baltimore, MD

Arnold Wald, MD
Professor of Medicine
Division of Gastroenterology & Hepatology
University of Wisconsin School of Medicine and Public Health
Madison, WI

Michael J. Yao, MD, CMD
Choctaw Health Services
Durant, OK
Former Chief Medical Officer, Golden Living
Plano, TX

Local Faculty

Robert Arnold, MD
Professor of Medicine
Chief, Section of Palliative Care and Medical Ethics
Director, Institute for Doctor-Patient Communication
University of Pittsburgh School of Medicine
Medical Director
UPMC Palliative and Supportive Institute

Daniel J. Buysse, MD
Professor of Psychiatry and Clinical and Translational Science
University of Pittsburgh School of Medicine
UPMC Endowed Chair in Sleep Medicine

Grace A. Cordts, MD, MPH, MS
Medical Director Pennsylvania
Optum Complex Management Population

David Forman, MD
Professor of Medicine
Division of Geriatric Medicine
University of Pittsburgh School of Medicine
Chair, Geriatric Cardiology Section
UPMC
Director, Cardiac Rehabilitation
VA Pittsburgh Healthcare System
Immediate Past Chair, Geriatric Cardiology Section
American College of Cardiology

Susan L. Greenspan, MD
Professor of Medicine
Division of Geriatric Medicine
University of Pittsburgh School of Medicine
Director of the Osteoporosis Center and Treatment Center, UPMC
Director of Bone Health, Magee-Womens Hospital of UPMC

Carl T. Hasselman, MD
Orthopaedic Surgeon
Three Rivers Orthopedic Associates, UPMC

Christine Herb, MD
Allegheyn Health Network
Director of Geriatric Education

Richard Hoffmaster, MD
Director of Palliative Care Education
Family Medicine Residency Program
UPMC St. Margaret

Houman Homayoun, MD
Assistant Professor of Neurology
University of Pittsburgh School of Medicine

Jonas Johnson, MD
The Eugene N. Myers, M.D., Professor and Chair of Otolaryngology
University of Pittsburgh School of Medicine

Jordan F. Karp, MD
Associate Professor of Psychiatry, Anesthesiology, and Clinical and Translational Science
University of Pittsburgh School of Medicine

Mary Korytkowski, MD
Professor of Medicine
Division of Endocrinology
University of Pittsburgh School of Medicine

David L. Levenson, MD
Clinical Professor of Medicine
University of Pittsburgh School of Medicine
Partners In Nephrology & Endocrinology (PINE)

Carol Mathews, BSN, RN, CWOCN
Wound, Ostomy, Continence Nurse Clinician
UPMC Presbyterian Shadyside
Department of Enterostomal Therapy
UPMC Clinical Coordinator
Wound Treatment Associates (WTA) Program

Jennifer Gonzalez McComb, MD, MPH, FACP
Section Chief, Pulmonary and Critical Care Medicine
UPMC Shadyside Hospital

Kathleen McIntyre-Seltman, MD
Professor of Obstetrics, Gynecology and Reproductive Sciences
University of Pittsburgh School of Medicine

Donald B. Middleton, MD
Professor, Department of Family Medicine
Vice President, UPMC St. Margaret Family Medicine Residency Education
University of Pittsburgh School of Medicine

David A. Nace, MD, MPH
Associate Professor of Medicine
Division of Geriatric Medicine
UPMC Pittsburgh Health System

Raymond Pontzer, MD, FACP
Clinical Associate Professor of Medicine
Chief, Infectious Diseases
UPMC St. Margaret Hospital

Eric G. Rodriguez, MD, MPH
Associate Professor of Medicine
University of Pittsburgh School of Medicine
Co-Investigator, NIH Alzheimer’s Center
Medical Director, UPMC Staying at Home

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Optum Complex Management Population

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Fred Rubin, MD
Chair, Department of Medicine
Division of Geriatric Medicine
UPMC Shadyside
Professor of Medicine
University of Pittsburgh School of Medicine

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**Planning Committee**

- Daphne Bicket, MD
- Judith S. Black, MD, MHA
- George Gleeson, MD
- Shuja Hassan, MD
- Christine Herb, MD
- Lisa Hilal, CRNP
- Rachel Jantea, MD
- David Nace, MD, MPH
- Karen A. Powers, MD
- Neil M. Resnick, MD
- Charles F. Reynolds III, MD
- Fred Rubin, MD
- Víctor M. Rudkin, MD
- Heather Sakely, PharmD, BCPS
- Richard Shulz, PhD
- Carey Vinson, MD

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**Registration Information**

**Pre-register** – All pre-registrations are due by **March 31, 2017**. Registrations after this date are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at [https://ccehs.upmc.com](https://ccehs.upmc.com)
- Scroll to the Clinical Update in Geriatric Medicine section on the web page
- Click the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

Early registrations are those postmarked by **March 1, 2017**. Late registrations will be accepted at an additional fee and we cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

**On-site Registrations** – As of **March 31, 2017**, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.

A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate e-mail confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-7050.

**You must bring this confirmation with you to the conference.**

**Cancellation** – All cancellations must be in writing, via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before **March 27, 2017** will be completely refunded. After **March 27, 2017** a $55 administrative fee will be assessed. No refunds will be made after **April 3, 2017**. Cancellation requests can be made to:

Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536
Phone: (412) 647-8232 or (412) 647-7050
Fax: (412) 647-8222 • E-mail: [ccehsconfmgmt101@upmc.edu](mailto:ccehsconfmgmt101@upmc.edu)

The University of Pittsburgh Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

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*continued on page 12*
Registration Information – continued from page 11

Registration Fee: (does not include dinner/symposium)

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<td>MD (member of PA Geriatrics Society - Western Div.)</td>
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<td>Residents, fellows, and other trainees</td>
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<td>Pre-professional degree</td>
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"On-Site" registrations will pay an additional $25 in each category.

Dinner Symposium – Thursday, April 7
(All participants – optional at additional cost) $50

Half-day (each session) – indicate which day(s) on registration form $85 ea.

Tuition includes:

▲ Registration and comprehensive course syllabus

▲ Admission to Geriatric Annual program and to the exhibit hall

▲ Continuing education credit

▲ Continental breakfast each morning, lunch on Thursday and Friday, and coffee breaks for full conference registrants.

For information on becoming a Geriatric Society member, please contact Nadine Popovich at (412) 321-5035, ext. 110.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-8232 or (412) 647-7050.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Registration Form (for use only if not registering online)

Please type or print; photocopy all sides for additional registrants. No registration will be accepted without payment.

Last five digits of Social Security Number ___ – ___ ___ ___ ___
Prefix □ Mr. □ Mrs. □ Dr. □ Ms. □ Other, please indicate:

First Name ____________________________________________

Last Name ____________________________________________

Suffix (Jr., Sr., etc.) ____________________________________

Company/Institutional Affiliation ________________________________

Specialty ________________________________________________

E-mail Address ____________________________________________

Degree (choose only one) □ MD □ DO □ Resident □ PhD □ MPH □ RN

□ Other, please indicate: ______________________________________

Address ________________________________________________

City ___________________________ State _______ ZIP Code _________

Work Telephone (_______) ___________________ Fax (_______) __________

Registration Fee: Please check appropriate fee:

"On-Site" registrations will pay an additional $25 in each category.

<table>
<thead>
<tr>
<th></th>
<th>Early Registration (postmarked prior to March 1, 2017)</th>
<th>Late Registration (postmarked after March 1, 2017)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MD (nonmember of PA Geriatrics Society - Western Div.)</td>
<td>$310</td>
<td>$340</td>
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<tr>
<td>MD (member of PA Geriatrics Society - Western Div.)</td>
<td>$280</td>
<td>$315</td>
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<tr>
<td>Nurses and health care professionals (nonmember of PA Geriatrics Society - Western Div.)</td>
<td>$245</td>
<td>$275</td>
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<tr>
<td>Nurses and health care professionals (member of PA Geriatrics Society - Western Div.)</td>
<td>$220</td>
<td>$250</td>
</tr>
<tr>
<td>Residents, fellows, and other trainees</td>
<td>$220</td>
<td>$250</td>
</tr>
<tr>
<td>Pre-professional degree</td>
<td>$105</td>
<td>$105</td>
</tr>
</tbody>
</table>

□ Dinner Symposium – Thursday, April 6
(All participants – optional at additional cost) $50

□ Half-day (each session) Please indicate which day(s): ____________ @ $85 ea. = $ _____

Please indicate below which session(s) you are planning to attend:

□ Thursday morning, April 6 (includes breakfast and morning break)
□ Thursday afternoon, April 6 (includes lunch and afternoon break)
□ Friday morning, April 6 (includes breakfast and morning break)
□ Friday afternoon, April 6 (includes lunch and afternoon break)
□ Saturday morning, April 8 (includes breakfast and morning break)

Total Registration fee enclosed $ ____________________________

continued on other side
Method of Payment

The following methods of payment are acceptable for the registration fee:

- Checks, personal or employer
- Credit Card
- UPMC Transfers

**Checks.** Make payable to University of Pittsburgh Physicians

- Employer check included
- Personal check included

There is a $25.00 returned check fee.

**Credit Card Payments**

- Visa
- MasterCard
- American Express
- Discover

Credit Card No. __________________________________________
Expiration Date (Month/Year) ____________________________
Signature ____________________________________________

**UPMC Journal Entry Transfer.** If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. **DO NOT SUBMIT a disbursement to UPMC Accounts Payable.** Complete the following:

Business unit ____________________________
Account number ____________________________
Department ID number ____________________________
Authorized department signature ____________________________
Telephone number ____________________________

**NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.**

Mail payment with the Registration Form on pages 13, 14 and 15 to:
University of Pittsburgh Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302 • 200 Lothrop Street
Pittsburgh, PA 15213-2536

For additional information, contact:
Telephone: (412) 647-8232 or (412) 647-7050 • Fax: (412) 647-8222
E-mail: ccehsconfgmt101@upmc.edu

How did you hear about this conference?

- I require vegetarian lunch.
- I require kosher lunch.
- I have no special dietary requirements.
- Other ____________________________
- YES! Send me information about becoming a member of the PA Geriatrics Society – Western Division.

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BREAKOUT WORKSHOPS

PLEASE RANK IN ORDER OF PREFERENCE EACH GROUP OF BREAKOUT SESSIONS. ADMITTANCE WILL BE BASED ON A FIRST-COME, FIRST-SERVED BASIS.

**Friday morning, April 7, 2017**

10:30 AM – 11:10 AM Breakout Workshop I • 11:20 AM – Noon Breakout Workshop II

**Rank 1-5 in order of preference, 1 being highest preference.**

- □ A. Ask the Psychiatrist
- □ B. Prognostication of Chronic Disease
- □ C. Ask the ID Specialist
- □ D. Evaluation of Decision Making Capacity
- □ E. Going Viral: Something Catchy for Your Old Age

**Friday afternoon, April 7, 2017**

3:40 PM – 4:20 PM Breakout Workshop III • 4:30 PM – 5:10 PM Breakout Workshop IV

**Rank 1-5 in order of preference, 1 being highest preference.**

- □ F. Ask the Cardiologist
- □ G. Post Acute World
- □ H. Huh? What? How Hearing Loss Impacts Geriatric Patient Care
- □ I. Antipsychotic Use in the Nursing Home
- □ J. Common Foot Problems in the Elderly

**Saturday morning, April 8, 2017**

8:00 AM – 8:40 AM Breakout Workshop V • 8:50 AM – 9:30 AM Breakout Workshop VI

**Rank 1-5 in order of preference, 1 being highest preference.**

- □ K. How to Work with Difficult Patients and Families: Building Bridges
- □ L. Conducting the Home Visit
- □ M. Gynecologic Assessment
- □ N. Fibromyalgia
- □ O. Depression Management

continued on page 15
Directors: Sarah Dowal, LICSW, MPH; Sharon K. Inouye, MD, MPH; and Fred Rubin, MD

This two-day international conference is designed to educate Hospital Elder Life Program (HELP) teams regarding strategies for delirium prevention, using HELP to improve hospital-wide care of older adults, and creating a climate of change. Expert clinicians and experienced members of the HELP sites will share evidenced-based information and clinical insights on selected topics regarding the influence of HELP, delirium updates, and the larger policy implications of care for older adults. Updates on collaborative papers, expansion of the program and innovative site projects will also be presented.

Learning Objectives
At the end of this course, participants should be able to:
• Understand how delirium impacts older adults in the hospital
• Identify nonpharmacologic approaches to prevent delirium
• Apply strategies to engage patients with the Hospital Elder Life Program protocols
• Identify the ways that delirium impacts palliative care
• Understand the features of an annual report and how to write one for their program
• Identify the key first steps in implementing HELP at their facility
• Conduct program planning for HELP sustainability and expansion at their facility
• Identify ways that HELP volunteers impact care of hospitalized older adults
• Describe the health effects of mobility and balance as people age