



Risky Business ... The Geriatrics Balancing Act

DESCRIPTION of Concurrent Sessions

Concurrent Session A: 10:20 – 11:20

A1 Dr. Allen Huang / Dr. Barbara Farrell *"iatroGerosis" – how medications can contribute to the syndromes of the Geriatric Giants. Implications for physicians and pharmacists*

This presentation will focus on helping physicians identify medications that could contribute to confusion, falls, weight loss and incontinence. Participants will be able to develop plans to minimize the impact of these medications and discuss opportunities for physician/pharmacist collaboration

A2 Alison Timmons / Isabelle Coady / Elaine F. Rufiange *Finding Solutions to Cases of Elder Abuse*

This presentation will include:

- Cases of elder abuse: when it becomes criminal.
- A brief description of the role of the police in relation to cases of elder abuse and its interaction with social agencies.
- guardianship investigations undertaken by the Public Guardian and Trustee
- A brief description of the EARRS program including a case example.

A3 Dr. Frank Molnar *Falls – Organizing and Addressing the Top 100 Causes*

This presentation will systematically review the myriad causes of falls that span several medical specialties including ENT, Neurology, Cardiology, Rheumatology, Psychiatry, Endocrinology, Physical Medicine and Rehabilitation, and Ophthalmology as well as the numerous medication related factors. Attendees will leave with a system to help frame their approach to a patient who presents with falls or near falls.

Concurrent Session B : 11:30 – 12:30

B1 Dr. Bill Dalziel *Dementia Screening and Assessment*

This presentation will include:

- Dementia Screening in 2 minutes: Why to screen, who to screen and how to screen
- Dementia assessment in a concise practical action oriented guide

B2 Dr. Tom Foreman *Living at Risk – Whose Choice Is It?*

This presentation will explore the question of living at risk and patient choice in the context of the Geriatric patient through the lens of Clinical Ethics.

B3 Dr. Cuong Ngo-Minh *Challenges in Pain Management in the Elderly? Description to be confirmed.*

Challenges with the management of pain in the elderly often result in our elderly left suffering. These challenges are not limited to but include changes in physical capabilities that affect our elder's ability to adopt non pharmacological methods of pain control. When pharmacological methods are used concerns regarding medication interactions, cognitive impairment and other side effects often result. Economics as well as family and patient beliefs and perceptions surrounding the use of pain medication can also impacts care decisions. This interactive workshop is designed to share practical tools and strategies for all health care providers to deliver appropriate care options to assess and manage pain in the elderly.

Concurrent Sessions C: 1:15 – 2.12

C1 Dr. Andrew Frank *The Atypical Dementias*

Not all dementia is Alzheimer's disease. This presentation will review the rarer forms of dementia, in terms of diagnosis and treatment options.

C2 Dr. Fraser Miller *Congestive Heart Failure and the Frail Elderly*

Comprehensive and successful management of congestive heart failure requires a recognition of the unique needs of the frail elderly. Multiple co-morbidities, mood disorders, cognitive impairment and limited reserve often cluster in this population. This review will emphasize that the approach to the elder with CHF requires more than a cookbook clinical guideline approach

C3 Dr. Robert Ross *Obesity Reduction in older Adults: Does Exercise Modality Matter?*

Whether or not weight loss should be a target for obesity reduction is the subject of considerable debate. Problems associated with concomitant reduction in adiposity and skeletal muscle associated with weight loss in older adults confounds interpretation of efficacious strategies. This presentation will focus on this issue and consider whether exercise modality helps to resolve the debate.

Description of Keynote Addresses:

9.00 – 10.00

Dr. Jeffrey Turnbull

Title: Social Determinates of Health – Are we Failing our Most Vulnerable Including the Elderly?

The social determinants of health will be discussed in the context of a health care system that is unsustainable. With rising social inequity, the cost implications of failing to address inequity in society including the elderly will have serious implications. An example of a strategy to address the effects of health inequity will be provided.

2.30 – 3.30

Dr. Robert Ross

Title: Physical Activity and Health in Older Adults. How much and how often?

Physical inactivity remains a public health problem and this is especially true among older adults. Issues related to how much exercise, how often and what type remain to be firmly resolved. Current knowledge regarding the dose-response issues related to exercise and health outcomes specific to older adults will be the focus of this session.