



North East Specialized
Geriatric Centre
Centre gériatrique
spécialisé du Nord-Est

NESGC GERIATRIC REFRESHER DAY 2022

Bringing Clarity to Complexity: Clinical Pearls in Caring for Older Adults

October 20th, 2022

8:00am to 3:00pm

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

1. Describe and integrate promising practices in geriatrics to optimize care of frail older adults.
2. Engage patients, families, and interdisciplinary health professionals in shared decision-making when caring for older adults.
3. Enhance the practice of maintaining professional and personal wellbeing while providing specialized care to frail older adults in Northeastern Ontario.

8:00am **Welcome & Opening remarks from the PGLO**

8:30am **Understanding Baseline Function: The Common Thread of Caring for Older Adults**

Dr. Mark Lachmann

After this session, participants will be able to:

1. Incorporate assessment findings to understand how to best support a patient in their particular situation.
2. Develop a care plan that is relevant to both health care provider and the patient and family.
3. Develop resilience amidst the pandemic by applying strategies to help you work in alignment with patients and families.

9:15am **Understanding Compassion Fatigue**

Tammy Whelen

After this session, participants will be able to:

1. Discuss the key factors that increase risks of compassion fatigue, burnout and secondary trauma.
2. Recognize signs of stress, burnout, and vicarious trauma in themselves.
3. Build resiliency through self-awareness.
4. Develop early intervention strategies, and self-care plans.

10:15am **Morning break**

10:45am **A Caregiver's Experience**

Tammy Marsh

Tammy will share her personal experience in caring for her mother and mother in law who are both living with dementia.



11:00am	Concurrent Session 1: The role of Primary Care in avoiding sub-acute ED visits for older adults with Dementia Dr. Claire Godard-Sebillotte, Dr. Isabelle Vedel, Dr. Nadia Sourial After this session, participants will be able to: <ol style="list-style-type: none">1. Describe the role of primary care in the care of persons with dementia as currently recommended in Canada.2. Describe the impact of primary care in persons with dementia's care trajectories: what is known, what is still controversial.3. Reflect on their own practices and the changes they could implement as of tomorrow to improve care trajectories of persons with dementia.	Concurrent Session 2: Elder Abuse: A Closer Look Laura Proctor After this session, participants will be able to: <ol style="list-style-type: none">1. Describe the different types of elder abuse and the signs to look for.2. Recognize ageist discrimination and discuss the negative impacts this has on the care of elderly patients.3. Give examples of the dynamic of power and control an abuser may have over their victims.4. Identify the risk factors and complexities of elder abuse.5. Recognize signs of elder abuse and intervene appropriately.
12:00pm	Lunch Break	
12:45pm	"Life doesn't stop": Using the Driving and Dementia Roadmap to Support Driving Cessation Dr. Gary Naglie & Dr. Mark Rapoport After this session, participants will be able to: <ol style="list-style-type: none">1. Describe the impact of dementia on driving.2. Employ strategies to address the issue of driving in persons with dementia while preserving the therapeutic relationship.3. Utilize the online educational resource, the Driving and Dementia Roadmap (DDR) to support people with dementia and their family/friend carers through the decision-making and transition to non-driving.	
1:45pm	Afternoon Break	
2:00pm	Planning and Delivering Quality End of Life Care for the Frail Older Adult Dr. Jo-Anne Clarke & Caroline Duquette After this session, participants will be able to: <ol style="list-style-type: none">1. Distinguish the difference between curative vs. palliative care.2. Describe the concepts of frailty and utilize frailty tools in clinical practice.3. Communicate effectively with both the patient and their family about Advance Care Planning and/or Goals of Care.4. Outline practical considerations when addressing needs of the patient and family.5. Describe an approach and tools for de-prescribing medications at end of life.	
2:45pm	Wrap Up & Evaluation	

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at NOSM University for up to 4.5 Mainpro+ credit(s).

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 Continuing Education and Professional Development Office at NOSM University. You may claim a maximum of 4.5 hour(s) (credits are automatically calculated)