

Pennsylvania Geriatric Society  
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Pittsburgh, PA 15212

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31st Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

March 23-24, 2023

To register, please visit:

<https://cce.upmc.com/31st-annual-clinical-update-geriatric-medicine>

31st Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

March 23-24, 2023

## Course Directors

Shuja Hassan, MD

Neil M. Resnick, MD

Lyn Weinberg, MD

Jointly provided by:

The Pennsylvania Geriatrics Society – Western Division

UPMC / University of Pittsburgh Division of Geriatric Medicine

and

University of Pittsburgh School of Medicine

Center for Continuing Education in the Health Sciences

31st Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

*This conference provides a partnership effort of:*

## Premier Partner

- ▲ UPMC Health Plan

## Partnering Institutions

- ▲ Allegheny Health Network (AHN) — Forbes Family Medicine Residency Program
- ▲ Community LIFE
- ▲ Heritage Valley Health System
- ▲ UPMC McKeesport Family Medicine Residency Program
- ▲ UPMC Mercy
- ▲ UPMC Palliative and Supportive Institute
- ▲ UPMC Senior Communities
- ▲ UPMC Shadyside Department of Medicine
- ▲ UPMC St. Margaret Geriatric Fellowship Program
- ▲ Washington Health System — Division of Graduate Medical Education

## Introduction

The fastest growing segment of the population comprises individuals over age 85. The purpose of our annual conference is to provide an evidence-based approach to help clinicians take exceptional care of these often complex and frail individuals.

This year, we are excited to bring you the 31st Clinical Update in Geriatric Medicine in a virtual format. Our Course Directors and Conference Planning team have created a program that will deliver a practical as well as an evidence-based approach. This year's conference also includes Q&A sessions, vendor halls, and opportunities to engage in conversations with speakers, exhibitors, and fellow attendees.

## Highlights

**Speakers** — Handpicked by a multidisciplinary committee of clinicians from academics, practice, and the payer community. Selection was based on two criteria:

- **Expertise** — which in most cases is nationally recognized and responsible for the recent advances relevant to practice
- **Ability to convey information**, in a practical, succinct, and entertaining way that will allow attendees to immediately incorporate lessons into their practice and feel inspired to advance the quality of care for their older adult patients

## Topics and Structure

- ▲ Pragmatic, implementable, clinical pearls on everyday challenges that primary care clinicians face in the care of older adults, including management of diabetes, depression, common infectious diseases, dysphagia, dementia, and hearing loss
- ▲ Update on the diagnosis and management of delirium, delivered by a nationally renowned clinician/researcher from Harvard Medical School (Marcantonio)
- ▲ Several sessions highlighting multidisciplinary team-based care, delivered by experienced faculty from fields such as physical therapy, speech pathology, and audiology
- ▲ Interactive Q/A sessions on disease-modifying therapy in dementia and management of behavioral and psychological symptoms of dementia, delivered by local experts in geriatric medicine and geriatric psychiatry
- ▲ Geriatric Cardiology Symposium featuring national authorities on maintaining functional status in heart failure and controversies in hypertension management (Forman, O'Neill, Gorodeski)
- ▲ Practical tips on communication for patients with serious illness by the co-developer of the acclaimed "VitalTalk" (Arnold)
- ▲ Guidance on slowing progression of chronic kidney disease in older adults (Nashar)
- ▲ Update on antiviral pharmacotherapy options for COVID-19 in the elderly (Nace)
- ▲ Evidence-based solutions for patients in the post-acute/long term care setting, including management of infectious diseases and maximizing rehabilitation potential

## Learning Objectives

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

- ▲ Describe how to approach and prioritize the clinical care of a complex older adult with multiple chronic illnesses
- ▲ Provide evidence-based updates for common geriatric syndromes and disorders
- ▲ Explore multidisciplinary-based models and system changes needed to improve the quality of care of the older patient
- ▲ Have enhanced confidence in best practices and clinical decision-making for older adult patients
- ▲ Obtain answers to specific clinical questions from their own practice

## 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

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and The Pennsylvania Geriatrics Society – Western Division. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

**Physician (CME)** – The University of Pittsburgh designates this live activity for a maximum of **14.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing (CNE)** – The maximum number of hours awarded for this Continuing Nursing Education activity is **14.75** contact hours.

**Pharmacy (CPE)** – This knowledge-based activity provides **14.25** contact hours of continuing pharmacy education credit.

**Physician Assistant (AAPA)** – The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for **14.75** AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

**Physical Therapy (PT)** – Application for Physical Therapy continuing education credits is pending.

**Other Health Care Professionals** – Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

**Thursday = 7.25 Friday = 7.5**

## Center for Continuing Education in the Health Sciences

For more information on conference details and credit offerings, please visit our website: <https://cce.upmc.com>.

# Schedule

## Thursday, March 23, 2023

- 7:00 am - **Conference Opens: Technical Support and Visit with Exhibitors**  
7:35 am
- 7:35 am - **Welcome and Announcements**  
7:40 am Neil Resnick, MD
- 7:45 am - **The Amyloid Cascade Hypothesis Confronts Some Hard Facts**  
8:20 am Eric Rodriguez, MD, MPhil \*
- 8:20 am - **Delirium: Reducing Confusion**  
8:55 am Edward R. Marcantonio, MD, SM \*
- 8:55 am - **BREAK – VISIT VIRTUAL EXHIBIT HALL**  
9:05 am
- 9:05 am - **LIVE Speaker Q&A Session**  
9:30 am Eric Rodriguez, MD, MPhil; Edward R. Marcantonio, MD, SM
- 9:30 am - **“I Can’t Hear You” – Hearing Issues in the Elderly**  
10:05 am Catherine Palmer, PhD \*
- 10:05 am - **BREAK – VISIT VIRTUAL EXHIBIT HALL**  
10:25 am
- 10:25 am - **Delaying the Inevitable (How to Effectively Slow CKD Progression)**  
11:00 am Khaled Nashar, MD, FACP, FASN, FNKF \*
- 11:00 am - **When One is Not Enough (Combination Psychopharmacology for Depression)**  
11:35 am James Tew, MD \*
- 11:35 am - **LIVE Speaker Q&A Session**  
12:10 pm Catherine Palmer, PhD; Khaled Nashar, MD, FACP, FASN, FNKF; James Tew, MD
- 12:10 pm - **LUNCH – VISIT VIRTUAL EXHIBIT HALL**  
1:00 pm
- 1:00 pm - **Antiviral Therapy in COVID-19**  
1:35 pm David Nace, MD, MPH \*
- 1:35 pm - **Psychiatric Emergencies in Dementia**  
2:10 pm Candace Fraser, DO \*

\*Asterisk indicates speaker is available to answer chat questions during their recorded session.

## Schedule continued

- 2:10 pm - **BREAK – VISIT VIRTUAL EXHIBIT HALL**  
2:25 pm
- 2:25 pm - **To 100 and Beyond – Physical Activity as a Way to Extend Life and Function**  
3:00 pm Michelle Criss, PT, DPT, PhD \*
- 3:00 pm - **LIVE Speaker Q&A Session**  
3:35 pm David Nace, MD, MPH; Candace Fraser, DO; Michelle Criss, PT, DPT, PhD
- 3:35 pm - **Helping a Patient Prepare for Serious Illness and Death: Ambiguity, Reluctance, and Uncertainty**  
4:10 pm Robert Arnold, MD \*
- 4:10 pm - **LIVE Speaker Q&A Session**  
4:30 pm Robert Arnold, MD
- 4:30 pm - **Closing Remarks**  
4:35 pm Neil Resnick, MD
- 4:35 pm **Thursday Adjournment**

### Friday, March 24, 2023

- 7:00 am - **Technical Support and Virtual Exhibits Open**  
7:30 am
- 7:30 am - **Welcome and Announcements**  
7:40 am Shuja Hassan, MD
- 7:45 am - **Beware the Elevated Office Blood Pressure Assessment**  
8:20 am Deirdre O'Neill, MD \*
- 8:20 am - **Ideal Heart Failure Care: Pearls for Geriatrics**  
8:55 am Eiran Gorodeski, MD, MPH \*
- 8:55 am - **BREAK – VISIT VIRTUAL EXHIBIT HALL**  
9:05 am
- 9:05 am - **Optimizing Functional Status in Older Adults with Cardiovascular Disease**  
9:40 am Daniel Forman, MD \*
- 9:40 am - **LIVE Rapid-Fire Q&A with Cardiology Panel**  
10:15 am Deirdre O'Neill, MD; Eiran Gorodeski, MD, MPH; Daniel Forman, MD

## Schedule continued

- 10:15 am - **BREAK – VISIT WITH EXHIBITORS**  
10:25 am
- 10:25 am - **Physiatry in Long Term Care**  
11:00 am Natasa Miljkovic, MD, PhD \*
- 11:00 am - **Controversies in Antimicrobial Therapy**  
11:35 am Nathan Shively, MD \*
- 11:35 am - **LIVE Speaker Q&A Session**  
Noon Natasa Miljkovic, MD, PhD; Nathan Shively, MD
- Noon - **LUNCH – VISIT VIRTUAL EXHIBIT HALL**  
12:50 pm
- 12:50 pm - **Prognostication in Dementia**  
1:35 pm Sinthana Ramsey, DO
- 1:35 pm - **Infection in Long-Term Care Residents: Recognition and Response**  
2:10 pm Robin L.P. Jump, MD, PhD \*
- 2:10 pm - **BREAK – VISIT VIRTUAL EXHIBIT HALL**  
2:20 pm
- 2:20 pm - **Innovative Approaches to Dysphagia**  
2:55 pm Paula Leslie, FRCSLT, Reg HCPC, CCC-SLP \*
- 2:55 pm - **LIVE Speaker Q&A Session**  
3:20 pm Robin L.P. Jump, MD, PhD; Paula Leslie, FRCSLT, Reg HCPC, CCC-SLP
- 3:20 pm - **Case-based Approach to Starting Diabetes Drugs in the Elderly**  
3:55 pm Patricia Bononi, MD \*
- 3:55 pm - **LIVE Speaker Q&A Session**  
4:15 pm Patricia Bononi, MD
- 4:15 pm - **Closing Remarks**  
4:20 pm Lyn Weinberg, MD
- 4:20 pm **Conference Adjournment**

\*Indicates speaker is available to answer chat questions during their recorded session.



## Course Directors

### Shuja Hassan, MD

Associate Professor of Medicine, Geriatrics  
University of Pittsburgh School of Medicine  
Medical Director, UPMC Canterbury Place

### Neil M. Resnick, MD

Thomas Detre Professor of Medicine  
University of Pittsburgh School of Medicine  
Division of Geriatric Medicine

### Lyn Weinberg, MD

Assistant Professor of Medicine  
Director, Division of Geriatrics  
Medical Director, Hospital Elder Life Program  
Allegheny Health Network

## Guest Faculty

### Eiran Gorodeski, MD, MPH

Senior Attending Physician  
Advanced Heart Failure and Transplant  
Cardiology  
University Hospitals Health System  
Professor of Medicine  
Case Western Reserve University  
School of Medicine  
Cleveland, OH

### Paula Leslie, FRCSLT, Reg HCPC, CCC-SLP

Center for Bioethics & Health Law  
University of Pittsburgh (Research Ethics &  
Society Initiative)  
Clinical Scientist, Northern Regional Medical  
Physics & Clinical Engineering  
Newcastle upon Tyne NHS Foundation Trust,  
United Kingdom

### Edward R. Marcantonio, MD, SM

Professor of Medicine, Harvard Medical School  
Section Chief for Research and Director Aging  
Research, Division of General Medicine,  
BIDMC  
Program Director, General Medicine Fellowship,  
Harvard University  
Cambridge, MA

### Deirdre O'Neill, MD

Geriatric and Palliative Care Cardiology  
University of Alberta Hospital  
Assistant Professor of Medicine  
University of Alberta  
Edmonton, Alberta, Canada

## Local Faculty

### Robert M. Arnold, MD

Distinguished Service Professor of Medicine  
Chief, Section of Palliative Care and Medical  
Ethics  
Director, Institute of Doctor-Patient  
Communication  
University of Pittsburgh School of Medicine  
Chief Medical Director, UPMC Palliative and  
Supportive Institute

### Patricia Bononi, MD

Program Director, Endocrine Fellowship  
Allegheny Health Network Medical  
Education Consortium  
Assistant Professor, Drexel University  
College of Medicine  
Center for Diabetes and Endocrine Health  
Allegheny Health Network

### Michelle Criss, PT, DPT, PhD

Assistant Professor, Chatham University  
Physical Therapist, UPMC Rehabilitation Institute  
Faculty, UPMC Physical Therapy Geriatric  
Residency Program

### Daniel Forman, MD

Chair, Section of Geriatric Cardiology  
Division of Geriatric Medicine  
University of Pittsburgh Medical Center  
Director of Cardiac Rehabilitation  
VA Pittsburgh Healthcare System  
Professor of Medicine  
University of Pittsburgh School of Medicine

### Candace Fraser, DO

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
UPMC Western Psychiatric Hospital

### Robin L.P. Jump, MD, PhD

Associate Professor, Division of Geriatric Medicine  
University of Pittsburgh  
Associate Director, Geriatric Research Education  
and Clinical Center (GRECC)  
Director of Antimicrobial Stewardship  
VA Pittsburgh Healthcare System

### Natasa Miljkovic, MD, PhD

Assistant Professor  
Dept of Physical Medicine and Rehabilitation  
University of Pittsburgh School of Medicine  
Medical Director, Rehabilitation Services  
in Transitional Care

### David A. Nace, MD, MPH

Associate Professor of Medicine  
Chief, Division of Geriatric Medicine  
Director, Long Term Care  
University of Pittsburgh School of Medicine  
Chief of Medical Affairs, UPMC Senior  
Communities

### Khaled Nashar, MD, FACP, FASN, FNKF

Chief, Division of Nephrology and Hypertension  
Program Director, Nephrology Fellowship Training  
Medical Director, AHA Comprehensive  
Hypertension Center  
Associate Professor, Drexel University  
College of Medicine  
Allegheny Health Network

### Catherine Palmer, PhD

Interim Chair and Professor  
Communication Science and Disorders  
Department of Otolaryngology  
University of Pittsburgh School of Medicine  
Director Audiology UPMC

### Sinthana Ramsey, DO

Clinical Assistant Professor  
Division of General Internal Medicine  
University of Pittsburgh School of Medicine

### Eric Rodriguez, MD, MPhil

Associate Professor of Medicine  
Division of Geriatric Medicine  
University of Pittsburgh School of Medicine

### Nathan R. Shively, MD

Medical Director, Antimicrobial Stewardship  
Program, Allegheny Valley Hospital  
Division of Infectious Diseases  
Allegheny Health Network

### James Tew, MD

Associate Professor of Psychiatry,  
University of Pittsburgh School of Medicine  
Associate Chief of Clinical Services,  
UPMC Western Psychiatric Hospital

## Planning Committee

Daphne Bicket, MD

Judith S. Black, MD, MHA

Michelle Criss, PT, DPT, PhD

Lauren Dornin, DNP, AGNP

Shuja Hassan, MD

Christine Herb, MD

David A. Nace, MD, MPH

Neil M. Resnick, MD

Benjamin Reynolds, MSPAS, PA-C

Fred Rubin, MD

Heather Sakely, PharmD

James Tew, MD

Pamela E. Toto, PhD, OTR/L, BCG, FAOTA, FGSA

Lianne Glaus Vighetti, DHCE, HEC-C, LCSW

Lyn Weinberg, MD

Namita Yende, MD, MMM

## Registration Information

### Pre-register – All pre-registrations are due by February 15, 2023

All registrations must be submitted online. To receive the early registration price, you must register by **February 15, 2023**. After this date, registrations are accepted until **March 9, 2023**. We will accept late registrations (which will incur an additional fee of \$50.00) until **March 20, 2023**.

Please note that our registration system only accepts credit cards as payment at the time of registering. Payment via checks, journal transfers, etc. cannot be accepted.

Visit our online registration site at <https://cce.upmc.com/31st-annual-clinical-update-geriatric-medicine>

### Log-in or create an account in the CCEHS system.

- 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 submitted online by **February 15, 2023**.

Registration with no additional late fee is open until **March 9, 2023**.

Late Registration will be accepted with an additional fee of \$50.00 from **March 10** through **March 20, 2023**.

When you register on-line, you will receive an immediate e-mail confirmation message. Please note: **Registration is not complete until you receive this confirmation.** No registrations will be accepted after **March 20, 2023**.

If you do not receive this letter within 5-7 days of registration, or you are having difficulty registering online please contact Nadine Popovich at [npopovich@acms.org](mailto:npopovich@acms.org) / 412.321.5030 x110 or Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org) / 412.321.5030 x105.

**Cancellation** – All cancellations must be sent via e-mail to Nadine Popovich [npopovich@acms.org](mailto:npopovich@acms.org). Cancellations received before March 20 will be completely refunded. No refunds will be made after **March 20, 2023**.

### VIRTUAL MEETING ACCESS: PLEASE NOTE!

Registrants will receive an email with a link to the Virtual Program several days before the event.

The email address you use to register must also be the email address you log into on the CE21 Virtual platform to attend the meeting. A cell phone number would be helpful if you are using your phone to log in to the program.

**Important:** Please remember to use the email you registered under to access the Virtual Meeting Platform. If you do not receive the Virtual meeting link, please contact Nadine Popovich at [npopovich@acms.org](mailto:npopovich@acms.org) or Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org).

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

Registration Information – continued from page 8

### Registration Fee:

	Early Registration (received on or before Feb. 15, 2023)	Registration (received Feb. 15 through March 9, 2023)	Late Registration (received March 10 through March 20, 2023)*
MD, DO ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$275	\$295	\$345
MD, DO ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$245	\$245	\$295
Nurse, PA, PharmD and other Health Care Professionals ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$210	\$230	\$280
Nurse, PA, PharmD and other Health Care Professionals ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$180	\$180	\$230
Residents, fellows, and other trainees	\$100	\$100	\$150
Pre-professional degree	\$75	\$75	\$125

\*Late Registrations will pay an additional \$50.00 in each category. No registrations will be accepted after March 20, 2023.

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

### Tuition includes:

- ▲ Registration and comprehensive course materials
- ▲ Admission to Virtual Geriatric Annual program and to the Virtual Exhibit Hall
- ▲ Continuing education credit
- ▲ On demand viewing and access to the course for one year (CME credit can be obtained for 30 days after the conclusion of the program)

## Pennsylvania Geriatrics Society – Western Division – Membership

Interested in becoming a member of the Pennsylvania Geriatrics Society-Western Division? Go to <https://pagswd.org/> or contact Eileen Taylor at [etaylor@acms.org](mailto:etaylor@acms.org) or to 412.321.5030 x105.

### On Demand Viewing To Receive Credit - After the Conference

If you cannot attend all or some of the sessions, they will be available, for up to 30 days, after the course. You will have the ability to log into the platform to view them and submit for continuing education credits within this timeframe. The timeframe after the course to receive credit is **Monday, March 27th through Monday, April 24th 2023**.

**Please Note:** This option is only available for registrants.

### Visit the Center for Continuing Education in the Health Sciences Web Site

Our Internet address is: <https://cce.upmc.com>

The Center for Continuing Education in the Health Sciences at UPMC / University of Pittsburgh Medical Center invites you to visit our web location. Receive information on CE programs; earn CE credits on the Internet, and access information about our formal courses and much more. Discover who we are and how you can contact us. Please visit our web location often to get updated information on upcoming programs.