28th Annual Clinical Update in Geriatric Medicine

March 5-7, 2020

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors
Shuja Hassan, MD
Neil M. Resnick, MD
Lyn Weinberg, MD

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

We are going green this year! Please find all course handouts online at https://cce.upmc.com/presentations_geriatrics
This conference provides a partnership effort of:

Premier Partner

▲ UPMC Health Plan

Partnering Institutions

▲ Allegheny Health Network — Forbes Family Medicine Residency Program

▲ Community LIFE

▲ Heritage Valley Health System

▲ Highmark Blue Cross Blue Shield and Allegheny Health Network

▲ University Center for Social and Urban Research, Geriatric Workforce Enhancement Program

▲ UPMC McKeesport Family Medicine Residency Program

▲ UPMC Shadyside

▲ UPMC St. Margaret

▲ Washington Health System Geriatrics Fellowship

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-fragile individuals.

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 often responsible for the advances relative to practice

• Ability to convey information, in a practical, succinct, and entertaining way that will allow attendees to immediately incorporate lessons into their practice

Topics and Structure

▲ “Year in Review” highlighting recent advances/controversies

▲ AGS President discusses “The 4 Ms” (mentation, mobility, meds, and what matters)

▲ “Deprescribing” by co-author of the updated Beers List (Linnebur)

▲ “Osteoporosis” by the President of the National Osteoporosis Foundation (Greenspan)

▲ “Immunizations” by a member of the ACIP and AMDA’s President (Nace)

▲ “Diabetes in the Elderly” by a co-author of ADA’s National Guidelines (Korytkowski)

▲ Geriatric Cardiology Symposium featuring authors of AHA/ACC Guidelines for the Elderly

▲ Practical tips on Difficult Conversations by the co-developer of the acclaimed “VitalTalk” (Arnold)

▲ State of the Art updates on geriatric syndromes, each tailored to relevant clinical settings

▲ Evidence-based solutions for multiple other relevant topics, including geriatric psychiatry, insomnia, electrolyte disorders, common infections, the hot joint, and pressure ulcers.

▲ Practical, implementable pearls on hearing aids, podiatry, dermatology, dentistry, elder abuse, etc.

▲ Special sessions on Wellness and the Ins/ Outs and Consequences of “Obs” Admissions

▲ Interactive Panel Discussions and breakout sessions, allowing attendees to design their own course, and affording close interactions with experts on challenging topics and real-world cases

Location and Accommodations information on page 3.
Learning Objectives

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

- Provide evidence-based updates for common geriatric disorders
- Understand how the approach to geriatric care differs by clinical setting
- Understand innovative new initiatives and programs to improve the care of the older patient
- Get 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

**CME** – 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 healthcare team.

**Physicians** – The University of Pittsburgh School of Medicine designates this live activity for a maximum of 20.0 *AMA PRA Category 1 Credits™*. Physicians should only claim 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 20.0 contact hours.

**Pharmacy (CPE)** – This knowledge-based activity provides 20.0 contact hours of continuing pharmacy education credit.

**Social Work** – As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 20 continuing education credits.

**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 = 9.0 Friday = 7.75 Saturday = 3.25

**The 20.0 credit hours includes the dinner; that is a one-hour presentation (1 credit).**

For more information on conference details and credit offerings, please visit our website: [https://cce.upmc.com](https://cce.upmc.com), or email CCEHS_Support@upmc.edu.

Meeting Location

**Pittsburgh Marriott City Center**

112 Washington Place • Pittsburgh, Pennsylvania 15219

Phone: (412) 471-4000, Fax: (412) 553-5252

**Overnight Accommodations**

The conference has contracted a limited number of hotel rooms at the **Pittsburgh Marriott City Center** for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the **Clinical Update in Geriatric Medicine Conference**. The room block is limited and only available until **Monday, February 17, 2020** at 3:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.

Room rates are $149.00 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call Nadine Popovich at (412) 321-5030 or email to npopovich@acms.org.

**Parking**

<table>
<thead>
<tr>
<th>Time</th>
<th>Rate</th>
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<tr>
<td>1-2 Hours</td>
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<tr>
<td>2-12 Hours</td>
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<tr>
<td>12-24 Hours</td>
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<tr>
<td>Self-Parking Rate</td>
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<tr>
<td>Valet Rate</td>
<td>$30.00 (includes in and out privileges)</td>
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</table>

Parking is on your own and not covered by conference tuition.

The entrance is located on the side of the Pittsburgh Marriott City Center hotel. Additional parking can be found across the street from the hotel at PPG Paints Arena.

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

Our Internet address is: [https://cce.upmc.com](https://cce.upmc.com)

The University of Pittsburgh Center for Continuing Education in the Health Sciences invites you to visit our web location. Receive information on CME programs, earn CME 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.
### Thursday, March 5, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:25 am</td>
<td>Welcome and Announcements</td>
</tr>
<tr>
<td></td>
<td>Shuja Hassan, MD</td>
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<tr>
<td></td>
<td><strong>Issues in Geriatrics I</strong></td>
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<tr>
<td></td>
<td><em>Moderator: Christine Herb, MD</em></td>
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<tr>
<td>7:30 am</td>
<td>Hyponatremia Made Ridiculously Simple</td>
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<td></td>
<td>Khaled Nashar, MD</td>
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<tr>
<td>8:05 am</td>
<td>The Hot Joint</td>
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<td></td>
<td>Mary Chester Wasko, MD</td>
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<tr>
<td>8:40 am</td>
<td>De-Prescribing in an Era with Diagnosis Drift and Polypills</td>
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<td></td>
<td>Sunny Linnebur, PharmD</td>
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<tr>
<td>9:25 am</td>
<td>BREAK – VISIT WITH EXHIBITORS</td>
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<tr>
<td>9:40 am</td>
<td>Vaccinations in the Elderly</td>
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<td></td>
<td>David Nace, MD, MPH</td>
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<tr>
<td>10:15 am</td>
<td>Common Infections in the Geriatric Population</td>
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<td></td>
<td>Nathan Shively, MD</td>
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<tr>
<td>10:50 am</td>
<td>Geriatrics: The Year in Review</td>
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<td></td>
<td>David Nace, MD, MPH and Fred Rubin, MD</td>
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<tr>
<td>11:50 am</td>
<td>Lunch</td>
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<td><strong>Issues in Geriatrics II</strong></td>
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<tr>
<td></td>
<td><em>Moderator: Fred Rubin, MD</em></td>
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<tr>
<td>12:40 pm</td>
<td>Falls – Clinical Pearls</td>
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<tr>
<td></td>
<td>Rollin Wright, MD, MPH, MS</td>
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<tr>
<td>1:20 pm</td>
<td>Neurocognitive Disorders – Diagnostic Strategies</td>
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<td></td>
<td>Daniel Varon, MD</td>
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<tr>
<td>2:00 pm</td>
<td>Update on Bone Health</td>
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<td></td>
<td>Susan Greenspan, MD</td>
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<tr>
<td>2:40 pm</td>
<td>BREAK – VISIT WITH EXHIBITORS</td>
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<tr>
<td>3:00 pm</td>
<td>Managing Incontinence</td>
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<td></td>
<td>Neil Resnick, MD</td>
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<tr>
<td>3:40 pm</td>
<td>Expert Panel Q&amp;A</td>
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<td></td>
<td>Rollin Wright, MD, MPH, MS, Daniel Varon, MD, Susan Greenspan, MD, Neil Resnick, MD</td>
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<tr>
<td>4:20 pm</td>
<td>Clinician Wellness</td>
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<td>Thomas Campbell, MD</td>
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<tr>
<td>4:50 pm</td>
<td>Thursday Adjournment</td>
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<tr>
<td>5:15 pm</td>
<td>Dinner Symposium – 4M’s: Medication in an Age Friendly Health System</td>
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<td></td>
<td>Sunny Linnebur, PharmD</td>
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### Friday, March 6, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
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<td>Welcome and Announcements</td>
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<tr>
<td></td>
<td>Shuja Hassan, MD</td>
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<td></td>
<td><strong>Issues in Geriatrics III: Cardiology</strong></td>
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<tr>
<td></td>
<td><em>Moderator: Daniel Forman, MD</em></td>
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<tr>
<td>7:35 am</td>
<td>Statin Therapy for Older Adults: Evolving Concepts of Management</td>
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<td></td>
<td>Daniel Forman, MD</td>
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<tr>
<td>8:05 am</td>
<td>Hypertension Treatment in Older Adults: Balancing Efficacy with Safety</td>
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<td>Ashok Krishnaswami, MD</td>
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<tr>
<td>8:40 am</td>
<td>Heart Failure with Preserved Ejection Fraction — Embracing Complexity</td>
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<td>Parag Goyal, MD, MSc</td>
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<td>9:15 am</td>
<td>Oral Anticoagulation and Stroke Prevention Strategies in Older Adults with Atrial Fibrillation</td>
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<td>Deirdre O’Neill, MD, MSc</td>
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<tr>
<td>9:50 am</td>
<td>Cardiology Expert Panel Q&amp;A</td>
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<td></td>
<td>Daniel Forman, MD, Parag Goyal, MD, Ashok Krishnaswami, Deirdre O’Neill, MSc, MSc</td>
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<tr>
<td>10:20 am</td>
<td>BREAK – VISIT WITH EXHIBITORS</td>
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#### Breakout Workshop I (repeats at 11:20 am)

- **A. Ask the Endocrinologist**
  - Mary Korytkowski, MD

- **B. Abuse, Neglect and Exploitation of Older Adults: A Primer for Primary Care Practitioners**
  - Lena Makaroun, MD, MS

- **C. Ask the Psychiatrist**
  - James Tew, MD

- **D. Ask the Dentist**
  - Elaine Berkowitz, DMD
Saturday, March 7, 2020

7:30 am  Registration and Coffee

Issues in Geriatrics V
Moderator: Melissa Connelly, DNP

8:00 am  Early and Late Discussions of Goals of Care
Robert Arnold, MD

9:00 am  Sleep Apnea in the Elderly
Sanjay Patel, MD, MS

9:35 am  Treating Diabetes in the Older Adult
Patricia Bononi, MD

10:10 am  BREAK

10:25 am  Wound Care 101
Elisa Taffe, MD, CWSP

11:00 am  Hazards of Hospitalization
Lyn Weinberg, MD

11:35 am  Closing Remarks and Conference Adjournment

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11:20 am  Breakout Workshop II (Repeated from 10:40)

Noon  LUNCH

Issues in Geriatrics IV
Moderator: Namita Ahuja Yende, MD, MMM

12:45 pm  Geriatric Teacher of the Year Award Presentation
Rollin Wright, MD, MPH, MS

1:00 pm  Case Studies in LFT Abnormalities
Michael Babich, MD

1:35 pm  Why is My Patient in Observation Status? What Can I Do About It?
Eric Rodriguez, MD, MPhil

2:10 pm  Geriatric Dermatology for the Non-Dermatologist
Justin Vujevich, MD

2:55 pm  BREAK — VISIT WITH EXHIBITORS

3:10 pm  Breakout Workshop III (Repeats at 3:50)

E. Evaluation and Treatment/Injection of Common Shoulder Complaints
Matthew Flanagan, DO

F. Hearing Loss- Evaluation and Management
Lori Zitelli, AuD

G. Podiatry in the Elderly
Jessica Sciulli, DPM

H. Ask the Cardiologist: 5 Most Common Hospital Cardiology Consults
Krishna Tummala Palli, MD

3:50 pm  Breakout Workshop IV (Repeated from 3:10)

4:30 pm  Friday Adjournment
Course Directors
Shuja Hassan, MD  
Assistant 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  
Chief, Division of Geriatric Medicine  
Director, Hartford Foundation Center of Excellence in Geriatric Medicine  
Associate Director, Aging Institute of UPMC and University of Pittsburgh  

Lyn Weinberg, MD  
Assistant Professor of Medicine  
Temple University School of Medicine  
Division Director of Geriatrics  
Medical Director, Hospital Elder Life Program  
Allegheny Health Network  

Local Faculty
Robert Arnold, MD  
Distinguished Service 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  

Michael Babich, MD  
Associate Professor of Medicine  
Temple University School of Medicine  
Director, GI Fellowship Program  
Allegheny General Hospital  
Allegheny Health Network  

Elaine Berkowitz, DMD  
Geriatric and Special Needs Dentistry  

Patricia Bononi, MD  
Medical Director, Center for Diabetes  
Allegheny Health Network  

Thomas P. Campbell, MD, MPH  
Chairman, Emergency Medicine  
Chief Wellness Officer  
Allegheny Health Network  

Matthew Flanagan, DO  
Primary Care Sports Medicine  
Allegheny Orthopedic Associates  
Allegheny Health Network  

Daniel Forman, MD  
Professor of Medicine  
Division of Geriatric Medicine  
University of Pittsburgh School of Medicine  
Chair, Geriatric Cardiology, UPMC  
Director, Cardiac Rehabilitation  
VA Pittsburgh Healthcare System  

Deirdre O’Neill, MD, MSc  
Assistant Professor of Medicine  
Division of Cardiology  
University of Alberta Hospital  
Edmonton, Alberta, Canada  

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

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

Lena Makaroun, MD, MS  
Assistant Professor  
Division of Geriatric Medicine  
University of Pittsburgh School of Medicine  
Core Investigator, VA Pittsburgh Center for Health Equity Research and Promotion  

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

Khaled Nashar, MD  
Clinical Assistant Professor  
Director, Division of Nephrology and Hypertension  
Training Program Director, Nephrology Fellowship  
Allegheny Health Network  

Sanjay Patel, MD, MS  
Professor of Medicine and Epidemiology  
University of Pittsburgh School of Medicine  
Director, Center for Sleep and Cardiovascular Outcomes Research  
Medical Director, UPMC Comprehensive Sleep Disorders Program  

Neil M. Resnick, MD  
Thomas Detre Professor of Medicine  
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Division of Geriatric Medicine  
University of Pittsburgh School of Medicine  

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

Jessica Sculli, DPM  
Pediatri  
Sculli Foot and Ankle Clinics LLC.  

Nathan Shively, MD  
Medical Director, Antimicrobial Stewardship Program  
Allegheny Valley Hospital  
Allegheny Health Network  

Elisa C. Taffe, MD, CWSP  
Medical Director, Allegheny General Hospital  
Advanced Wound Healing and Lymphedema Center  
Allegheny Health Network  

James Tew, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Associate Chief, WPIC Inpatient Medical Director, Quality & Clinical Pathways  

Krishna Tummalapalli, MD  
Clinical Instructor of Medicine  
Division of Cardiology  
University of Pittsburgh School of Medicine  

continued on page 10
Registration Information

Pre-register – All pre-registrations are due by March 1, 2020. 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 http://cce.upmc.com/28th-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

When 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, please contact us at CCEHS_Support@upmc.edu.

Early registrations are those postmarked by February 17, 2020. 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 1, 2020, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.

Cancellation – All cancellations must be in writing, via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before February 27, 2020 will be completely refunded. After February 27, 2020 a $50 administrative fee will be assessed. No refunds will be made after March 3, 2020. Cancellation requests can be made to:

Nadine Popovich, Conference Planner
713 Ridge Ave Pittsburgh PA 15212
Phone: (412) 321-5030 Fax: (412) 321-5323 or email: npopovich@acms.org*
*preferred method to cancel your registration

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.
**Registration Fee:** (does not include dinner/symposium)

<table>
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<tr>
<th>Category</th>
<th>Early Registration (postmarked on or before Feb. 17, 2020)</th>
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<tr>
<td>MD (non-member of PA Geriatrics Society - Western Div.)</td>
<td>$360</td>
<td>$390</td>
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<tr>
<td>MD (member of PA Geriatrics Society - Western Div.)</td>
<td>$330</td>
<td>$360</td>
</tr>
<tr>
<td>Nurses and health care professionals</td>
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<td></td>
</tr>
<tr>
<td>(non-member of PA Geriatrics Society - Western Div.)</td>
<td>$280</td>
<td>$310</td>
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<tr>
<td>Nurses and health care professionals</td>
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<tr>
<td>(member of PA Geriatrics Society - Western Div.)</td>
<td>$255</td>
<td>$285</td>
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<td>Residents, fellows, and other trainees</td>
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<tr>
<td>Pre-professional degree</td>
<td>$220</td>
<td>$250</td>
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<tr>
<td>Pre-professional degree</td>
<td>$130</td>
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*On-Site* registrations will pay an additional $25 in each category.

**Dinner Symposium** – Thursday, March 5

(all participants – *optional* at additional cost) $60

Half-day (each session) — indicate which day(s) on registration form $100 ea.

Tuition includes:

- Registration
- Admission to Geriatric Annual program and to the exhibit hall
- Continuing education credit
- Continental breakfast and 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) 321-5030.

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