

UPMC Center for Continuing Education in the Health Sciences  
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30th Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

March 31 - April 1, 2022

To register, please visit: <https://cce.upmc.com>

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## 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 Institute on Aging

and

University of Pittsburgh School of Medicine

Center for Continuing Education in the Health Sciences

30th Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

*This conference provides a partnership effort of:*

## Premier Partners

- ▲ Highmark Blue Cross Blue Shield and Allegheny Health Network
- ▲ UPMC Health Plan

## Partnering Institutions

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

## 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 30th 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 provider committee of academics, clinicians, and payers. Selection was based on two criteria:

- **Expertise** – which in most cases is nationally-recognized and often responsible for 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 clinical pearls on challenges that primary care clinicians face daily in the care of older adults, including behavioral symptoms of dementia, dizziness, urinary tract infections, and polypharmacy
- ▲ New, proven strategies for aligning care with the specific priorities and goals of older adults coping with multiple health conditions – delivered by the renowned expert who devised and tested them
- ▲ Exploration of aging's impact on cardiovascular function, dysfunction, and falls, delivered by the pioneer in the field.
- ▲ A Geriatric Cardiology Symposium featuring authors of AHA/ACC's national Guidelines for the Elderly
- ▲ Interactive expert Q/A sessions on: osteoporosis by the President of the National Osteoporosis Foundation; and urinary incontinence by the co-developer of the AHRQ, MDS, and WHO guidelines
- ▲ Guidance on real-world decision-making for management of chronic pain in older adults, presented by an innovative leader in Geriatric Pain Medicine
- ▲ Practical tips on Palliative Medicine by the co-developer of the widely acclaimed "VitalTalk" approach
- ▲ Update on management of acute and long-term effects of COVID-19 in older adults
- ▲ State of the art models focused on emergency department care through a geriatric lens
- ▲ Evidence-based solutions for multiple other relevant topics specific to the geriatric population, delivered by specialists in Infectious Diseases, Endocrinology, and Gastroenterology

## 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 **16.0 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 **16.0** contact hours.

**Pharmacy (CPE)** – This knowledge-based activity provides **15.5** 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 **16.0** AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

**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 **16.0** 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 = 8.50 Friday = 7.25**

## 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 31, 2022

- 7:00 am **Conference Opens: Technical Support and Visit with Exhibitors**
- 7:30 am **Welcome and Announcements**  
Shuja Hassan, MD
- 7:45 am **Aligning Care with Patient's Priorities**  
Mary Tinetti, MD
- 8:45 am **Falls and Syncope – Red Flags**  
Lewis Lipsitz, MD \*
- 9:45 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 9:55 am **LIVE Speaker Q&A Session**  
Mary Tinetti, MD and Lewis Lipsitz, MD
- 10:15 am **Bedside Assessment of Executive Dysfunction (Beyond the MoCA)**  
James Tew, MD \*
- 10:50 am **Severe Behavioral and Psychological Symptoms of Dementia – Off the Map Prescribing**  
Crystal White, MD \*
- 11:25 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 11:35 am **Geriatric Pharmacy Updates**  
Zachary Marcum, PharmD, PhD \*
- 12:10 pm **LIVE Speaker Q&A Session**  
James Tew, MD; Crystal White, MD; Zachary Marcum, PharmD, PhD
- 12:40 pm **LUNCH – VISIT VIRTUAL EXHIBIT HALL**
- 1:15 pm **Older Adults with Dizziness: Clinical Examination Techniques**  
Susan Whitney, DPT, PhD \*
- 1:50 pm **Assessing Complex Medical Problems in Older Persons**  
Eric Rodriguez, MD, MPhil \*
- 2:25 pm **LIVE Speaker Q&A Session**  
Susan Whitney, DPT, PhD and Eric Rodriguez, MD, MPhil

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

## Schedule continued

2:45 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**

2:55 pm **Controversies in Antimicrobial Therapy**  
Nathan Shively, MD \*

3:30 pm **Calcium Conundrums for the Internist**  
Helena Levitt, MD

4:05 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**

4:15 pm **LIVE Speaker Q&A Session**  
Nathan Shively, MD

4:30 pm **Thursday Adjournment**

### Friday, April 1, 2022

7:00 am **Technical Support and Virtual Exhibits Open**

7:30 am **Welcome and Announcements**  
Shuja Hassan, MD

7:40 am **Medication Management in Older Adults with Heart Failure**  
Parag Goyal, MD, MSc \*

8:15 am **Considerations and Nuances when Prescribing Anticoagulation in Older Adults with Atrial Fibrillation**  
Deirdre O'Neill, MD \*

8:50 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**

9:00 am **Tailoring Hypertension Guidelines for the Older Patient**  
Daniel Forman, MD \*

9:35 am **LIVE Rapid-Fire Q&A with Cardiology Panel**  
Parag Goyal, MD, MSc; Deirdre O'Neill, MD; Daniel Forman, MD

10:10 am **BREAK – VISIT WITH EXHIBITORS**

10:20 am **Approach to Thyroid Function Studies in Older Adults**  
Saira Khan, MD \*

## Schedule continued

10:55 am **A Lost Art - An Emergency Physician's Geriatric Education**  
Jason Chang, MD \*

11:30 am **LIVE Speaker Q&A Session**  
Saira Khan, MD and Jason Chang, MD

Noon **LUNCH – VISIT VIRTUAL EXHIBIT HALL**

12:30 pm **LIVE Ask the Experts Session: Osteoporosis and Incontinence**  
Susan Greenspan, MD and Neil Resnick, MD

1:10 pm **What's New in COVID-19**  
Thomas Walsh, MD, FIDSA \*

1:45 pm **Starting and Stopping Opioids Wisely in Older Adults**  
Debra Weiner, MD, FACP \*

2:20 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**

2:30 pm **LIVE Speaker Q&A Session**  
Thomas Walsh, MD, FIDSA and Debra Weiner, MD, FACP

2:50 pm **Important Articles That May Change Your Long Term Care Practice**  
David A. Nace, MD, MPH \*

3:25 pm **Case Studies in GI**  
Heitham Abdul-Baki, MD \*

4:00 pm **LIVE Speaker Q&A Session**  
David A. Nace, MD, MPH and Heitham Abdul-Baki, MD

4:20 pm **Holding Hope for Patients with Serious Illness**  
Robert Arnold, MD \*

4:55 pm **LIVE Speaker Q&A Session**  
Robert Arnold, MD

5:10 pm **Thank You Remarks and Conference Adjournment**  
Shuja Hassan, MD

\*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  
Chief, Division of Geriatric Medicine  
University of Pittsburgh and UPMC

### Lyn Weinberg, MD

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

## Guest Faculty

### Parag Goyal, MD, MSc

Etingen Family Clinical Scholar of Medicine  
Assistant Professor of Medicine  
Director, Heart Failure with Preserved Ejection  
Fraction Program  
Director, Cardiac Amyloidosis Program  
Department of Medicine, Weill Cornell Medicine  
New York, NY

### Lewis Lipsitz, MD

Professor of Medicine, Harvard Medical School  
Chief Academic Officer and Irving and  
Edyth S. Usen and Family Director of the  
Hinda and Arthur Marcus Institute for  
Aging Research, Hebrew Senior Life  
Chief, Division of Gerontology, Beth Israel  
Deaconess Medical Center  
Editor-in-Chief, Journal of Gerontology  
Medical Sciences  
Boston, MA

### Zachary Marcum, PharmD, PhD

Associate Professor  
University of Washington School of Pharmacy  
Seattle, WA

### Deirdre O'Neill, MD

Assistant Professor  
Faculty of Medicine & Dentistry – Medicine Dept.  
University of Alberta  
Edmonton, AB

### Mary Tinetti, MD

Gladys Phillips Crofoot Professor of Medicine  
Professor, Institute for Social Policy Studies  
Yale School of Medicine  
New Haven, CT

## Local Faculty

### Heitham A. Abdul-Baki, MD

Director of Celiac Center  
Allegheny Center for Digestive Health  
Allegheny Health Network

### Robert Arnold, MD

Distinguished 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

### Jason Chang, MD

Assistant Professor of Emergency Medicine  
University of Pittsburgh  
Associate Chief of Emergency Services,  
UPMC Magee  
Emergency Medicine Residency Evaluation  
Coordinator, Magee Site Director

### 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

### Susan L. Greenspan, MD

Professor of Medicine, Clinical and  
Translational Research  
University of Pittsburgh School of Medicine  
Director, Osteoporosis Prevention and Treatment  
Center UPMC  
Director, Bone Health, UPMC Magee  
Women's Hospital

### Saira Khan, MD

Fellowship Program Director, Endocrinology  
Allegheny Health Network

### Helena Levitt, MD

Clinical Assistant Professor of Medicine  
Endocrinology and Metabolism  
University of Pittsburgh School of Medicine

### David A. Nace, MD, MPH

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

### Neil M. Resnick, MD

Thomas Detre Professor of Medicine  
Chief, Division of Geriatric Medicine  
University of Pittsburgh and UPMC

### 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

### Thomas L. Walsh, MD, FIDSA

Medical Director, Antimicrobial Stewardship Program  
Allegheny Health Network  
Medical Director, Quality, Allegheny General Hospital  
Faculty, Division of Infectious Diseases, Allegheny  
Health Network

### Debra K. Weiner, MD, FACP

Professor of Medicine, Psychiatry, Anesthesiology  
and Clinical & Translational Science  
University of Pittsburgh School of Medicine  
Associate Director for Research  
VA Pittsburgh Geriatric Research, Education, and  
Clinical Center

### Crystal White, MD

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine

### Susan Whitney, DPT, PhD

Neurologic Clinical Specialist  
Professor in Physical Therapy and Otolaryngology  
University of Pittsburgh

## Planning Committee

Daphne Bicket, MD

Judith S. Black, MD, MHA

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

Lianne Glaus Vighetti, DHCE, HEC-C, LCSW

Lyn Weinberg, MD

Namita Yende, MD

## Registration Information

### Important dates to register:

**Early Registrations** – All early registrations are due through **February 28, 2022**. As of this year, all registrations must be submitted online.

**Registration** – Registration with no additional late fee is open from **March 1 through March 19, 2022**.

**Late Registrations** – As of **March 20, 2022**, all registrations for this course are accepted only as late registrations. Registration after this date will incur an additional \$25 to the registration fee. We cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

### How to register:

- 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/30th-annual-clinical-update-geriatric-medicine#group-tabs-node-course-default6>.
- 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.

### Confirmation notification:

When you register online, 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 25, 2022**. 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 or Eileen Taylor at [taylor4@upmc.edu](mailto:taylor4@upmc.edu)/ 412.692.2387.

**Cancellation** – All cancellations must be sent via e-mail to Nadine Popovich: [npopovich@acms.org](mailto:npopovich@acms.org). Cancellations received before **March 23** will be completely refunded. After **March 23** a \$50 administrative fee will be assessed, and no refunds will be made after **March 28, 2022**.

## VIRTUAL MEETING ACCESS: PLEASE NOTE!

*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.*

*Registrants will receive an email with a link to the Virtual Program a week before the event.*

**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 [taylor4@upmc.edu](mailto:taylor4@upmc.edu).

Registration Information – continued from page 8

### Registration Fee:

	Early Registration (received on or before Feb. 28, 2022)	Registration (received after Feb. 28 through March 19, 2022)	Late Registration (received after March 19, 2022)*
MD, DO ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$275	\$295	\$320
MD, DO ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$245	\$245	\$270
Nurse, PA, PharmD and other Health Care Professionals ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$210	\$230	\$255
Nurse, PA, PharmD and other Health Care Professionals ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$180	\$180	\$205
Residents, fellows, and other trainees	\$100	\$100	\$125
Pre-professional degree	\$75	\$75	\$100

\*Additional \$25 late fee for all categories

**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 30 days after

## 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 Mary Ellen Muth at [memuth@acms.org](mailto:memuth@acms.org) or to 412.321.5030.

## On Demand Viewing 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.

**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.

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