

28th Annual Clinical Update in

GERIATRIC MEDICINE

March 5-7, 2020

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

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

We are going green this year! Please find all course handouts online at
https://cce.upmc.com/presentations_geriatrics

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Center for Continuing Education in the Health Sciences
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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

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
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28th Annual Clinical Update in

GERIATRIC MEDICINE

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



Location and Accommodations information on page 3.

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-frail 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

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>, 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

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

1-2 Hours	\$10.00
2-12 Hours	\$14.00
12-24 Hours	\$20.00
Self-Parking Rate	\$26.00 (includes in and out privileges)
Valet Rate	\$30.00 (includes in and out privileges)

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>

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.

Schedule

Thursday, March 5, 2020

7:00 am Registration and Continental Breakfast

7:25 am **Welcome and Announcements**
Shuja Hassan, MD

Issues in Geriatrics I

Moderator: Christine Herb, MD

7:30 am **Hyponatremia Made Ridiculously Simple**
Khaled Nashar, MD

8:05 am **The Hot Joint**
Mary Chester Wasko, MD, MSc

8:40 am **De-Prescribing in an Era with Diagnosis Drift and Polypills**
Sunny Linnebur, PharmD

9:25 am BREAK – VISIT WITH EXHIBITORS

9:40 am **Vaccinations in the Elderly**
David Nace, MD, MPH

10:15 am **Common Infections in the Geriatric Population**
Nathan Shively, MD

10:50 am **Geriatrics: The Year in Review**
David Nace, MD, MPH and Fred Rubin, MD

11:50am Lunch

Issues in Geriatrics II

Moderator: Fred Rubin, MD

12:40 pm **Falls – Clinical Pearls**
Rollin Wright, MD, MPH, MS

1:20 pm **Neurocognitive Disorders – Diagnostic Strategies**
Daniel Varon, MD

2:00 pm **Update on Bone Health**
Susan Greenspan, MD

2:40 pm BREAK – VISIT WITH EXHIBITORS

3:00 pm **Managing Incontinence**
Neil Resnick, MD

3:40 pm **Expert Panel Q&A**
Rollin Wright, MD, MPH, MS; Daniel Varon, MD; Susan Greenspan, MD; Neil Resnick, MD

4:20 pm **Clinician Wellness**
Thomas Campbell, MD, MPH

4:50 pm Thursday Adjournment

5:15 pm **Dinner Symposium – 4M's: Medication in an Age Friendly Health System**
Sunny Linnebur, PharmD

Friday, March 6, 2020

7:00 am Registration and Continental Breakfast

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

Issues in Geriatrics III: Cardiology

Moderator: Daniel Forman, MD

7:35 am **Statin Therapy for Older Adults: Evolving Concepts of Management**
Daniel Forman, MD

8:05 am **Hypertension Treatment in Older Adults: Balancing Efficacy with Safety**
Ashok Krishnaswami, MD, MAS

8:40 am **Heart Failure with Preserved Ejection Fraction – Embracing Complexity**
Parag Goyal, MD, MSc

9:15 am **Oral Anticoagulation and Stroke Prevention Strategies in Older Adults with Atrial Fibrillation**
Deirdre O'Neill, MD, MSc

9:50 am **Cardiology Expert Panel Q&A**
Daniel Forman, MD; Parag Goyal, MD, MSc; Ashok Krishnaswami, MD, MAS; Deirdre O'Neill, MD, MSc

10:20 am BREAK – VISIT WITH EXHIBITORS

10:40 am **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

Schedule continued

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 Tummalapalli, MD

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

4:30 pm Friday Adjournment

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

Course Directors

Shuja Hassan, MD

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Local Faculty

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Director, Institute for Doctor-Patient
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University of Pittsburgh School of Medicine
Medical Director, UPMC Palliative and
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Allegheny Health Network

Elaine Berkowitz, DMD

Geriatric and Special Needs Dentistry

Patricia Bononi, MD

Medical Director, Center for Diabetes
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Chairman, Emergency Medicine
Chief Wellness Officer
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Matthew Flanagan, DO

Primary Care Sports Medicine
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Director, Bone Health, Magee-Womens
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Lena Makaroun, MD, MS

Assistant Professor
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University of Pittsburgh School of Medicine
Core Investigator, VA Pittsburgh Center for
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Chief of Medical Affairs, UPMC Senior
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Medical Director, UPMC Comprehensive Sleep
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Podiatrist
Sciulli Foot and Ankle Clinics LLC.

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Elisa C. Taffe, MD, CWSP

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James Tew, MD

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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

Local Faculty (continued)

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Assistant Professor of Psychiatry
University of Pittsburgh

Justin Vujevich, MD

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Chief, Dermatology, St. Clair Hospital
Chief, Dermatology, The Washington Hospital

Mary Chester Wasko, MD, MSc

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University of Pittsburgh School of Medicine
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UPMC Internal Medicine Residency
Training Program

Lori Zitelli, AuD

Audiologist
UPMC Eye & Ear Institute

Planning Committee

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Daphne Bicket, MD

Judith S. Black, MD, MHA

Melissa Connelly, DNP

Lauren Dornin, DNP, AGNP

Shuja Hassan, MD

Christine Herb, MD

Jordan F. Karp, MD

David Nace, MD, MPH

Karen A. Powers, MD

Neil M. Resnick, MD

Benjamin Reynolds, MSPAS, PA-C

Fred Rubin, MD

Victor M. Rudkin, MD

Heather Sakely, PharmD

Lianne Glaus Vighetti, DHCE, LSW

Lyn Weinberg, MD

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.

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

MD (*non-member* of PA Geriatrics Society - Western Div.)
 MD (*member* of PA Geriatrics Society - Western Div.)
 Nurses and health care professionals
 (*non-member* of PA Geriatrics Society - Western Div.)
 Nurses and health care professionals
 (*member* of PA Geriatrics Society - Western Div.)
 Residents, fellows, and other trainees
 Pre-professional degree

Early Registration (postmarked on or before Feb. 17, 2020)	Registration (postmarked after Feb. 17, 2020)
\$360	\$390
\$330	\$360
\$280	\$310
\$255	\$285
\$220	\$250
\$130	\$130

"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.

Attending the conference?
 Visit the link below to explore all Pittsburgh has to offer,
 including ideas on dining, attractions and events
 scheduled during your stay!
<https://www.visitpittsburgh.com/28th-annual-clinical-update-in-geriatric-medicine/>



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