

UPMC Center for Continuing Education in the Health Sciences  
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29th Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

April 8-9, 2021

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

29th Annual Virtual Clinical Update in

# GERIATRIC MEDICINE

*This conference provides a partnership effort of:*

## Premier Partner

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

## Partnering Institutions

- ▲ Allegheny Health Network — Forbes Family Medicine Residency Program
- ▲ Community LIFE
- ▲ Heritage Valley Health System
- ▲ UPMC McKeesport Family Medicine Residency Program
- ▲ UPMC Shadyside
- ▲ UPMC St. Margaret
- ▲ 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 29th 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 often responsible for the recent 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

- ▲ Pragmatic, implementable clinical pearls on dementia, dermatology, pain management, and infectious diseases in the older adult
- ▲ Tips for de-prescribing high-risk medications by an international expert in Geriatric Pharmacy
- ▲ Updates on COVID-19 in the Post-Acute/Long Term Care population from AMDA's President and a front-line geriatric physician from University of Pennsylvania Health System
- ▲ "Osteoporosis" by the President of the National Osteoporosis Foundation
- ▲ Geriatric Cardiology Symposium featuring authors of AHA/ACC Guidelines for the Elderly
- ▲ Practical tips on Palliative Medicine by the co-developer of the acclaimed "VitalTalk"
- ▲ Pearls on Incontinence by the co-developer of the AHRQ, MDS, and WHO guidelines
- ▲ Strategies for optimizing telemedicine visits for the geriatric patient
- ▲ 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, nephrology, diabetes, and anemia
- ▲ Interactive "Ask the Expert" discussions in pulmonology and cardiology

## 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

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.

**Physician (CME)** – The University of Pittsburgh designates this live activity for a maximum of **15.0 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 **15.0** contact hours.

**Pharmacy (CPE)** – This knowledge-based activity provides **15.0** 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 **15.0** 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 **15.0** 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 = **7.5** 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, April 8, 2021

- 7:00 am **Conference Opens: Technical Support and Visit with Exhibitors**
- 7:35 am **Welcome and Announcements**  
Shuja Hassan, MD
- 7:45 am **Case Studies in Anemia**  
Rama Bhagavatula, MD
- 8:20 am **Deprescribing Anticholinergics Made Easy: Avoid SLUDG-ing Your Way Through**  
Justin Turner, MD, PhD, BPharm, MClInPharm
- 8:55 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 9:05 am **Antimicrobial Management of Pneumonia**  
Nathan Shively, MD
- 9:40 am **Update on Osteoporosis Management**  
Susan Greenspan, MD
- 10:15 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 10:25 am **The Role of Benzodiazepines in the Elderly**  
Alicia Kaplan, MD
- 11:00 am **Practical Use of Telemedicine**  
Elizabeth Mohan, MD
- 11:35 am **Management of AKI**  
Jane Schell, MD
- 12:10 pm **LUNCH – VISIT VIRTUAL EXHIBIT HALL**
- 1:00 pm **Depression in the Elderly**  
Ellen Whyte, MD
- 1:35 pm **Dementia Related Psychosis**  
James Tew, MD
- 2:10 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**

## Schedule continued

- 2:20 pm **Case Studies in Pain Management**  
Debra Weiner, MD, FACP
- 2:55 pm **Void Where Prohibited: Incontinence Cases from the Trenches**  
Neil Resnick, MD
- 3:35 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 3:45 pm **COVID-19 Update – Part 1: COVID-19 What Did We Really Learn? \***  
Joshua Uy, MD
- 4:30 pm **Thursday Adjournment**

### Friday, April 9, 2021

- 7:00 am **Technical Support and Virtual Exhibits Open**
- 7:30 am **Welcome and Announcements**  
Shuja Hassan, MD
- 7:45 am **Update in Heart Failure**  
Parag Goyal, MD, MSc
- 8:20 am **Post-Acute Cardiac Management**  
Nicole Orr, MD, FACC
- 8:55 am **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 9:05 am **A Case Based Approach of Balancing Benefit and Harm During Hypertension Treatment in Older Adults**  
Ashok Krishnaswami, MD, MAS, FACC
- 9:40 am **Statins Update**  
Daniel Forman, MD
- 10:15 am **BREAK – VISIT WITH EXHIBITORS**
- 10:25 am **LIVE Rapid-Fire Q&A with Cardiology Panel**  
Daniel Forman, MD; Nicole Orr, MD, FACC; Parag Goyal, MD, MSc; Ashok Krishnaswami, MD, MAS, FACC

\* Patient-Safety Risk Management Credit

## Schedule continued

- 11:00 am **LIVE Ask The Pulmonologist**  
Jennifer McComb, MD
- 11:35 am **LIVE Ask The Cardiologist**  
Krishna Tummalapalli, MD
- 12:10 pm **LUNCH – VISIT VIRTUAL EXHIBIT HALL**
- 12:50 pm **Putting the Mystery Back in Cognitive Assessment – Curve Balls from the Clinic**  
Eric Rodriguez, MD, MPhil
- 1:25 pm **Geriatrics Lumps, Bumps and Rashes**  
Justin Vujevich, MD
- 2:00 pm **BREAK – VISIT VIRTUAL EXHIBIT HALL**
- 2:10 pm **COVID-19 Update – Part 2 \***  
David Nace, MD, MPH
- 3:05 pm **Diabetes Management – Real Life Case Challenges**  
Patricia Bononi, MD
- 3:40 pm **Palliative Care – My Top 5 Questions/Responses**  
Robert Arnold, MD
- 4:15 pm **Thank You Remarks and Conference Adjournment**  
Shuja Hassan, MD

\* Patient-Safety Risk Management Credit

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

Our Internet address is: <http://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.

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

## Guest Faculty

### Parag Goyal, MD, MSc

Assistant Professor of Medicine  
Director, Heart Failure with Preserved Ejection  
Fraction Program  
Divisions of Cardiology and  
General Internal Medicine  
Weill Cornell Medicine  
New York, New York

### Ashok Krishnaswami, MD, MAS, FACC

Cardiologist  
Clinician Researcher  
Kaiser Permanente, San Jose Medical Center  
San Jose, California

### Nicole M. Orr, MD, FACC

Cardiologist  
Assistant Professor  
Tufts University School of Medicine  
Wellesley, Massachusetts

### Justin Turner, MD, PhD, BPharm, MClInPharm

Associate Professor of Otolaryngology –  
Head and Neck Surgery  
Associate Professor of Biomedical Engineering  
Centre de Recherche, Institut Universitaire de  
Gériatrie de Montréal  
Montréal, Quebec, Canada

### Joshua D. Uy, MD

Associate Professor of Clinical Medicine  
Geriatric Medicine Fellowship Program Director  
University of Pennsylvania  
Philadelphia, Pennsylvania

## 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

### Rama Bhagavatula, MD

Division of Hematology and Cellular Therapy  
West Penn Hospital  
Allegheny Health Network

### Patricia Bononi, MD

Division of Endocrinology  
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

### 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, UPMC Magee-  
Womens Hospital

### Alicia J. Kaplan, MD

Department of Psychiatry  
Allegheny Health Network

### Jennifer Gonzalez McComb, MD

Clinical Associate Professor of Medicine  
Division of Pulmonary, Allergy and  
Critical Care Medicine  
Medical Thoracic Associates  
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### Elizabeth Mohan, MD

Associate Program Director, Geriatric  
Fellowship Program  
Medical Director, Geriatric Care Center  
UPMC St. Margaret Family Medicine  
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### Dave 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  
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  
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### Eric Rodriguez, MD, MPhil

Associate Professor of Medicine  
Division of Geriatric Medicine  
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### Jane Schell, MD

Associate Professor of Medicine  
General Internal Medicine, Renal-Electrolyte  
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### Nathan R. Shively, MD

Medical Director, Antimicrobial Stewardship Program  
Allegheny Valley Hospital  
Infectious Diseases  
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### James Tew, MD

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

### Krishna Tummalapalli, MD

Clinical Instructor of Medicine  
Division of Cardiology  
University of Pittsburgh School of Medicine

### Justin Vujevich, MD

Medical Director, Vujevich Dermatology Associates  
Chief, Dermatology  
St. Clair Hospital  
Chief, Dermatology  
The Washington Hospital

### Debra K. Weiner, MD, FACP

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

### Ellen M. Whyte, MD

Assistant Professor of Psychiatry and Physical  
Medicine and Rehabilitation  
Medical Director, WPH Geriatric Psychiatry  
Ambulatory Services  
Department of Psychiatry  
University of Pittsburgh

## Planning Committee

Namita Ahuja, MD

Daphne Bicket, MD

Judith S. Black, MD, MHA

Melissa Connelly, DNP

Lauren Dornin, DNP, AGNP

Shuja Hassan, MD

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Neil M. Resnick, MD

Benjamin Reynolds, MSPAS, PA-C

Fred Rubin, MD

Heather Sakely, PharmD

Lianne Glaus Vighetti, DHCE, LSW

Lyn Weinberg, MD

## Registration Information

**Pre-register** – All pre-registrations are due by **March 8, 2021**.

As of this year, all registrations must be submitted online. To receive the early registration price, you must register by March 8, 2021. However, we will accept late registrations, that will incur an additional fee, until April 1, 2021. 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/29th-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 **March 8, 2021**. 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.

**Late Registrations** – As of **April 1, 2021**, all registrations for this course are accepted only as late registrations. Registration after April 1 will incur an additional \$25 to the late registration fee.

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. If you do not receive this letter within 5-7 days of registration, or you are having difficulty registering online please contact the CCEHS office at [ccehs\\_support@upmc.edu](mailto:ccehs_support@upmc.edu) or 412-647-7050.

**Cancellation** – All cancellations must be sent via e-mail to Nadine Popovich [npopovich@acms.org](mailto:npopovich@acms.org). Cancellations received before **March 22** will be completely refunded. After **March 22** a \$50 administrative fee will be assessed, and no refunds will be made after **March 29, 2021**.

### 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 James Ireland at [jireland@acms.org](mailto:jireland@acms.org).

Registration Information – continued from page 8

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

MD, DO ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$275	\$295
MD, DO ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$245	\$245
Nurse, PA, PharmD and other health care professionals ( <i>non-member</i> of PA Geriatrics Society - Western Div.)	\$210	\$230
Nurse, PA, PharmD and other health care professionals ( <i>member</i> of PA Geriatrics Society - Western Div.)	\$180	\$180
Residents, fellows, and other trainees	\$100	\$100
Pre-professional degree	\$75	\$75

Early Registration (received on or before March 8, 2021)	Registration (received after March 8, 2021)
\$275	\$295
\$245	\$245
\$210	\$230
\$180	\$180
\$100	\$100
\$75	\$75

Late Registrations after April 1, 2021, will pay an additional \$25 in each category.

**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

For additional information, e-mail: [ccehs\\_support@upmc.edu](mailto:ccehs_support@upmc.edu)

## 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 Michelle Besanceney at [michelle@acms.org](mailto:michelle@acms.org) or 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.

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