

# PROGRAM



**7th**  
Annual Joint Meeting, 2014

**FRIDAY NOVEMBER 7, 2014**

**CANADIAN MEDICAL DIRECTORS CONJOINT MEETING**

**7:00 am – 5:15 pm** REGISTRATION OPEN

**7:00 am – 8:15 am** CONTINENTAL BREAKFAST

**8:15 am – 8:30 am** OPENING REMARKS

**CHAIRPERSON: PATRICK QUAIL MB, PRESIDENT, LTCMDAC**

**8:30 am – 9:30 am** QUALITY OF LIFE IN THE NURSING HOME AND MDS  
Speakers: John Hirdes PhD, George Heckman MD

**Learning Objective:**

An international quality improvement collaborative (Seniors Quality Leap Initiative) that aims to improve the quality of life for Nursing Home residents using and sharing MDS data.

**9:30 am – 10:15 am** PROVINCIAL REPORT: DEVELOPMENTS IN LTC FROM ACROSS THE COUNTRY  
Speaker: Serge Gingras MD, Deviani Maher MD; Andrea Moser MD, Barry Clarke MD

**Learning Objective:**

An update from across the country from LTCMDAC Board members on key developments in Long Term Care of interest to the Medical Director.

**10:15 am – 10:45 am** REFRESHMENT BREAK AND EXHIBITS

**10:45 am – 11:45 am** PALLIATIVE CARE FOR NURSING HOME RESIDENTS WITH ADVANCED DEMENTIA:  
WHAT PROVIDERS NEED TO KNOW  
Speaker: Susan Mitchell MD

**Learning Objectives:**

1. Describe clinical course of advanced dementia.
2. Present most common complications in the long term care setting.
3. Outline an approach to decision-making based on the best available evidence.

**11:45 am – 12:30 pm** POLYPHARMACY  
Speaker: Brian Steeves MD

**Learning Objective:**

Of residents living in LTC, 61% receive 10 or more medications which is more than twice that of community-dwelling seniors. A Canadian initiative to reduce inappropriate medication use in the elderly will be pertinent to the nursing home where paradoxically there is little evidence for most drug use yet utilization is among the most intensive of all care settings.

**12:30 pm – 1:45 pm** BUFFET LUNCHEON AND EXHIBITS

**1:45 pm – 2:30 pm** APPROPRIATE USE OF ANTISYCHOTICS IN LTC AND BEYOND: AN INITIATIVE OF  
ALBERTA'S SENIORS HEALTH SCN  
Speaker: Duncan Robertson, MD

**Learning Objective:**

In Alberta 26.7% (a recent review of CIHI data from 5 provinces, utilization in Canada was 41%) of Nursing Home residents are prescribed antipsychotics without a diagnosis of psychosis. This session will describe an initiative that has successfully reduced utilization in test sites and is about to be generalized to the whole province.

**2:30 pm – 3:15 pm** HOW BC IS ENCOURAGING FAMILY PHYSICIANS TO WORK IN RESIDENTIAL CARE  
Speaker: Larry Barzelai MD

**Learning Objective:**

A key role for the Medical Director is physician resource planning i.e. recruitment and retention. With the average age of the NH physician workforce in the mid-50's and a looming need for medical care in the Nursing Home, this session will outline an initiative in BC aimed at rejuvenating their medical staff.

**3:15 pm – 3:45 pm** REFRESHMENT BREAK AND EXHIBITS

**3:45 pm – 4:30 pm** LTC MEDICINE: THE DUTCH EXPERIENCE  
Speaker: Martin Smalbrugge MD

**Learning Objective:**

Holland has developed their own speciality of Nursing Home medicine. This session will outline their model with possible application to the Canadian care setting.

**4:30 pm – 5:15 pm** LTCMDAC ANNUAL GENERAL MEETING

**5:15 pm – 7:00 pm** WINE AND CHEESE WELCOME RECEPTION  
Open to all OLTCP and LTCMDAC attendees.

## SATURDAY NOVEMBER 8, 2014

### LONG TERM CARE FOR PRACTICING CLINICIANS

7:00 am—5:30 pm

REGISTRATION OPEN

7:00 am – 8:15 am

CONTINENTAL BREAKFAST

8:15 am – 8:30 am

OPENING REMARKS

Lyla Graham MD; Andrea Moser MD

**CHAIRPERSON: LYLA GRAHAM MD, EXECUTIVE, OLTCP**

8:30 am – 9:30 am

**CARE AT THE END OF LIFE: AN EVOLVING CANADIAN LANDSCAPE**

Speaker: Jeff Blackmer MD

**Learning Objectives:**

1. Be able to describe the current state of Canadian legal initiatives in the area of assisted dying.
2. Be aware of the different international approaches to assisted dying.

9:30 am – 10:30 am

**PSYCHIATRIC DISORDERS IN LONG-TERM CARE: CHALLENGES & OPPORTUNITIES**

Speaker: David K. Conn MB, BCh, BAO, FRCPC

**Learning Objectives:**

1. Review the prevalence of psychiatric disorders in LTC Homes.
2. Provide an overview of the management of major psychiatric disorders in the LTC population.
3. Consider some of the unique challenges related to caring for this group of residents.

10:30 am – 11:00 am

REFRESHMENT BREAK AND EXHIBITS

11:00 am – 12:00 pm

**VIOLENCE AND AGGRESSION IN LTC: PREDICTION AND MANAGEMENT**

Speaker: Kiran Rabheru MD

**Learning Objectives:**

1. Develop an approach to the assessment of persons with aggressive behaviours in LTC homes.
2. Develop an approach to management of individuals with escalating aggressive behaviours with risk to self or others.
3. Be knowledgeable in pharmacologic strategies and appropriate use of psychotropic medications in the management of persons with aggressive behaviours.

12:00 pm – 12:10 pm

**LTC PHYSICIAN OF THE YEAR**

Presenter: Fred Mather MD

12:10 pm – 1:15 pm

BUFFET LUNCHEON AND EXHIBITS

1:15 pm – 2:30 pm &

**CONCURRENT WORKSHOPS (101A-110A)**

3:00 pm – 4:15 pm

*Please choose one session per time slot*

**Note:** Workshops are repeated at 3:00 pm (101B-110B)

**Session 101A—1:15 pm —2:30 pm**

**Session 101B—3:00 pm—4:15 pm**

**URINARY TRACT INFECTION IN OLDER ADULTS**

Speaker: Baldwin Toye MD

**Learning Objectives:**

Participants will be able to:

1. Describe the management of asymptomatic bacteriuria and symptomatic UTI.
2. Identify the challenge in differentiating asymptomatic bacteriuria from symptomatic UTI in long term care residents.
3. List two negative consequences of overutilization of antimicrobials for suspected UTI.

**Session 102A —1:15 pm —2:30 pm**

**Session 102B —3:00 pm—4:15 pm**

**BOTULINUM TOXIN IN ELDERLY PEOPLE WITH INCREASED TONE: INDICATIONS AND TREATMENT GOALS**

Speaker: Galit Kleiner-Fishman MD

**Learning Objectives:**

1. Discuss spasticity and use of Botulinum Toxin.
2. Discuss dementia “epidemic” and burden of paratonic rigidity in people with dementia.
3. Describe the results of pilot trial using botulinum toxin in people with dementia, paratonia and involuntary postures interfering with care.

**SATURDAY NOVEMBER 8, 2014** *(Continued)*  
**LONG TERM CARE FOR PRACTICING CLINICIANS**

**Session 103A**—1:15 pm —2:30 pm

**Session 103B**—3:00 pm—4:15 pm

**ANEMIA**

**Speaker: Janet MacEachern MD**

**Learning Objectives:**

1. Provide common causes of anemia in the frail elderly.
2. Review appropriate investigations for anemia.
3. Recommend the appropriate use of iron and related therapies, transfusion and erythropoiesis-stimulating agents.
4. Provide or elicit case-based examples.

**Session 104A**—1:15 pm —2:30 pm

**Session 104B**—3:00 pm—4:15 pm

**CONGESTIVE HEART FAILURE**

**Speaker: George Heckman MD**

**Learning Objectives:**

1. Advise on the resources for diagnosis and monitoring of CHF in LTC.
2. Give strategies to avoid transfer to ER.
3. Differentiate between active and palliative management.

**Session 105A**—1:15 pm —2:30 pm

**Session 105B**—3:00 pm—4:15 pm

**APPROPRIATE PRESCRIBING IN LTC**

**Speakers: Joint Presentation OMA/MOHLTC, speaker to be determined**

**Learning Objectives:**

1. To introduce the concept of appropriate prescribing in Long Term Care Patients.
2. To study the role of Academic Detailing and Audit and Feedback as techniques to improve prescribing pattern in Long Term Care. Antipsychotics, benzodiazepines as well as antibiotics use in asymptomatic bacteriuria will be used in the study.
3. To share evidence and ideas on risk and benefit of medication use in long term care residents with multiple co-morbidities and limited end of life care plans.
4. To seek input on Appropriate Prescribing projects which might improve patient care.

**Session 106A**—1:15 pm —2:30 pm

**Session 106B**—3:00 pm—4:15 pm

**CHALLENGING DERMATOLOGIC ISSUES IN LTC**

**Speaker: Esiahas Amdemichael MD**

**Learning Objectives:**

1. To give an approach to blistering disorders with emphasis on bullous pemphigoid.
2. To outline the management of venous stasis/ulcers.

**Session 107A**—1:15 pm —2:30 pm

**Session 107B**—3:00 pm—4:15 pm

**RESIDENT RIGHTS IN LTC**

**Speaker: Jane Meadus LL.B**

**Learning Objectives:**

1. Gain a broader understanding of the legislative requirements of the Residents Rights set out in Section 2 of the Long Term Care Homes Act.
2. Understand how the Residents Rights intersect with the Health Care Consent Act, Public Health Information Protection Act and the requirements under the Medicine Act and other relevant legislation.
3. Understand the reporting duties under the Long Term Care Homes Act as they relate to abuse and neglect.

**Session 108A**—1:15 pm —2:30 pm

**Session 108B**—3:00 pm—4:15 pm

**SUPPORTING INTERDISCIPLINARY PRACTICE THROUGH UNDERSTANDING THE NEW BILLING CODES IN LONG TERM CARE**

**SPEAKER: Andrea Moser MD**

**Learning Objectives:**

1. Understand the fee for service options in LTC including fee codes outside of the monthly management fee.
2. To update on current OHIP codes and criteria.
3. To understand codes that support interdisciplinary care and quality initiatives.
4. To understand codes which may be used for high risk areas such as wound care and behaviour management.
5. To understand delegated acts within LTC.

## SATURDAY NOVEMBER 8, 2014 (Continued)

### LONG TERM CARE FOR PRACTICING CLINICIANS

**Session 109A**—1:15 pm —2:30 pm

**Session 109B**—3:00 pm—4:15 pm

TECHNOLOGIES FOR NEW MODELS OF CARE

Speaker: Ron Riesenbach P.Eng

**Learning Objectives:**

1. Get acquainted with a framework to better understand emerging technologies for patient care.
2. See examples how telemedicine, mhealth and personalized healthcare are transforming clinical care.
3. Get hands-on experience with several emerging technologies in a “speed-dating” like setting.
4. Recognize where new technologies and service models can be applied in your practice.

**Session 110A**—1:15 pm —2:30 pm

**Session 110B**—3:00 pm—4:15 pm

EDUCATION IN LONG TERM CARE: CONNECTING MEDICAL KNOWLEDGE, MENTORSHIP AND STORY-TELLING

Speaker: Doug Oliver MD

**Learning Objectives:**

1. Show how a physician can be a role model for students, care providers and colleagues in LTC.
2. Present cases of the role of patient narrative in LTC.
3. Give examples of ethical decision making in LTC.

**2:30 pm – 3:00 pm**

REFRESHMENT BREAK AND EXHIBITS

**3:00 pm – 4:15 pm**

CONCURRENT WORKSHOPS (101B-110B)

*Please choose one session per time slot  
(See listings on pages 6, 7 & 8)*

**Note:** These workshops are repeated from the 1:15 pm time block

**4:15 pm – 5:30 pm**

OLTCP ANNUAL GENERAL MEETING

**5:30 pm**

FREE EVENING

## SUNDAY NOVEMBER 9, 2014

### LONG TERM CARE FOR PRACTICING CLINICIANS

**7:30 am – 3:30 pm**

REGISTRATION OPEN

**7:30 am – 8:45 am**

CONTINENTAL BREAKFAST

**8:45 am – 10:00 am &**

**10:30 am – 11:45 am**

CONCURRENT WORKSHOPS (201A-210A)

*Please choose one session per time slot*

**Note:** Workshops are repeated at 10:30 am (201B-210B)

**Session 201A**—8:45 am—10:00 am

**Session 201B**—10:30 am—11:45 am

NEW ORAL ANTICOAGULANTS: RISKS AND BENEFITS TO RESIDENTS IN LONG TERM CARE

Speaker: David Newman MD

**Learning Objectives:**

1. Review the indications and contraindications for use.
2. Review the benefits and risks of use in frail residents with multiple co-morbidities.

**Session 202A**—8:45 am—10:00 am

**Session 202B**—10:30 am—11:45 am

“IT’S NOT THE RESIDENT, IT’S THE FAMILY”: COPING WITH CHALLENGING FAMILY MEMBERS IN LTC

Speaker: Christina Van Sickle MSW

**Learning Objectives:**

1. List the rights, responsibilities and limits of family members under the LTC Homes Act and Regulations.
2. Understand factors driving family behaviour.
3. Apply strategies to minimize disruptive behaviour.
4. Engage challenging family members as partners in care.



**SUNDAY NOVEMBER 9, 2014, (Continued)**  
**LONG TERM CARE FOR PRACTICING CLINICIANS**

**Session 203A**—8:45 am—10:00 am

**Session 203B**—10:30 am—11:45 am

**“DYING NOT IN VAIN” : HOW LESSONS LEARNED FROM THE ONTARIO CORONER’S GERIATRIC AND LONG TERM CARE REVIEW COMMITTEE CAN IMPROVE OUR NURSING HOME CARE**

**Speakers:** Roger Skinner MD; Sid Feldman MD

**Learning Objectives:**

1. List the problems that can lead to unnecessary deaths in LTC residents based on Coroner Committee reviews.
2. Recognize issues in LTC that can potentially lead to unnecessary death.
3. Apply strategies to minimize the likelihood of unnecessary death in LTC.

**Session 204A**—8:45 am—10:00 am

**Session 204B**—10:30 am—11:45 am

**PRACTICAL QUALITY IMPROVEMENT IN LONG TERM CARE**

**Speakers:** Andrea L. Moser MD; Evelyn Williams MD

**Learning Objectives:**

1. To be aware of the relevance of quality in LTC.
2. To apply common QI tools.

**Session 205A**—8:45 am—10:00 am

**Session 205B**—10:30 am—11:45 am

**“PLEASE KEEP ME OUT OF THE ER” A PALLIATIVE CARE APPROACH TO MANAGING ACUTE SYMPTOMS IN LTC**

**Speaker:** Daphna Grossman MD

**Learning Objectives:**

1. Have an approach to managing common acute symptoms associated with malignant and non-malignant terminal illness.
2. Have an approach to managing palliative care emergencies.
3. Feel comfortable using palliative care tools to determine when residents are approaching end of life.

**Session 206A**—8:45 am—10:00 am

**Session 206B**—10:30 am—11:45 am

**SEXUALITY IN LONG TERM CARE HOMES: ETHICAL CONSIDERATIONS AND BEST-CARE PRACTICES**

**Speakers:** Marcia Sokolowski PhD; Ken Schwartz MD

**Learning Objectives:**

1. Increasing understanding of the concepts of sexuality, intimacy, expression of sexuality in older adults.
2. Raise awareness of dementia-related sexual expression and the associated difficulties and challenges for staff and families.
3. Examine ethical considerations involved in interventions regarding the expression of sexuality by individuals with dementia.

**Session 207A**—8:45 am—10:00 am

**Session 207B**—10:30 am—11:45 am

**PREVENTION OF FALLS IN LTC**

**Speaker:** Sheri-Lynn Kane MD

**Learning Objectives:**

1. Review risk factors for falls.
2. Give strategies for fall prevention.
3. Address high risk situations, for example Parkinson’s and Huntington’s.
4. Provide or elicit case-based examples.

**Session 208A**—8:45 am—10:00 am

**Session 208B**—10:30 am—11:45 am

**CHALLENGING ORGANISMS IN CHALLENGING ENVIRONMENTS: COPING WITH DRUG-RESISTANT BACTERIA IN LTC**

**Speaker:** Allison McGeer MD

**Learning Objectives:**

1. Minimize the development of resistant bacteria in the nursing home through evidence based prevention.
2. Divide patients into those who should be treated and those who should not.
3. Provide effective therapy for common, serious drug resistant organisms.

**SUNDAY NOVEMBER 9, 2014** *(Continued)*  
**LONG TERM CARE FOR PRACTICING CLINICIANS**

**Session 209A**—8:45 am—10:00 am

**Session 209B**—10:30 am—11:45 am

**INTERACT: A QUALITY IMPROVEMENT APPROACH TO REDUCE UNNECESSARY TRANSFERS FROM LTCH'S**

**Speaker:** Paul Katz MD; Angela Uy RN

**Learning Objectives:**

1. Understand how PSW and nursing based communication tools can enhance physician decision making.
2. Describe how care paths and advance care planning impact on unnecessary hospitalizations.
3. Understand the resources and infrastructure necessary to successfully implement INTERACT.

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**Session 210A**—8:45 am—10:00 am

**Session 210B**—10:30 am—11:45 am

**OPHTHAMOLOGY**

**Speaker:** Lawrence Weisbrod MD

**Learning Objectives:**

1. Update in Glaucoma Management in the Elderly.
2. Ocular emergencies in LTC.
3. Common geriatric eye problems.
4. Tips and tricks for residents with dementia who require ophthalmic treatment.

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**10:00 am – 10:30 am**

**REFRESHMENT BREAK**

**10:30 am – 11:45 am**

**CONCURRENT WORKSHOPS (201B-210B)**

***Please choose one session per time slot  
(See listings on pages 8, 9 & 10)***

**Note:** These workshops are repeated from the 8:45 am time block

**11:45 am – 1:00 pm**

**BUFFET LUNCHEON**

**1:00 pm – 1:15 pm**

**OMA PRESENTATION**

**CHAIRPERSON: EVELYN WILLIAMS MD, VICE-PRESIDENT, OLTCP**

**1:15 pm – 2:00 pm**

**SLEEP DISORDERS IN DEMENTIA**

**Speaker:** Brian Murray MD

**Learning Objectives:**

1. Recognize and categorize common sleep problems in patients with dementia.
2. Have an approach to the assessment of common sleep issues in dementia.
3. Utilize non pharmacologic approaches to manage common sleep problems encountered in patients with dementia.

**2:00 pm – 2:45 pm**

**DEVELOPING AND USING DEPRESCRIBING GUIDELINES: EXAMPLE PPI**

**Speaker:** Barbara Farrell Pharm.D

**Learning Objectives:**

1. Discuss the application and limitations of current deprescribing research.
2. Explain the process of developing an evidence-based deprescribing guidelines for proton pump inhibitors.
3. Apply the PPI deprescribing guideline recommendations to individual patient cases.

**2:45 pm – 3:30 pm**

**HOT TOPICS IN LTC: A CMPA PERSPECTIVE**

**Speaker:** Ross Berringer MD

**Learning Objectives:**

1. To identify two medico legal risks when prescribing opiates and marijuana.
2. To be able to describe two areas of medical legal risk in the context of collaborative care.

**3:30 pm**

**CLOSING REMARKS**