

5<sup>th</sup> Annual Update in

# GERIATRICS

## Frailty, Falls & Fractures

### Wednesday November 25<sup>th</sup>, 2015

Liuna Station, 360 James Street North, Hamilton, ON

#### TARGET AUDIENCE

Family Physicians, General Internal Medicine Physicians, Physician Assistants, Nurses, Occupational Therapists, Physiotherapists, Social Workers, Pharmacists, other Health Care Professionals, Students, and Residents.

#### LEARNING OBJECTIVES

By attending this activity, participants will be able to:

- Acquire evidence-based and practical approaches to frailty, falls, and fractures
- Address key topics such as MSK changes, nutrition, fracture prevention, medications, and exercise, in addition to other important topics relating to frailty, falls and fractures.



**Prof John Young, MB, BS (Hons), MSc, MBA, FRCP**

Dr. John Young trained at the Middlesex Hospital, London. In 2005 he was appointed as Head of the Academic Unit of Elderly Care & Rehabilitation, University of Leeds, now one of the largest elderly care health research units in the UK. Current research work includes multi-centre trials in stroke, delirium and dementia care. Between 2001 and 2007 John was seconded to the DH to assist with the NSF for Older People. He is currently seconded to NHS England as National Clinical Director for Integration and Frail Elderly.



**Vicky Scott, RN, PhD**

Dr. Vicky Scott is a Clinical Associate Professor with the School of Population and Public Health in the Faculty of Medicine at the University of British Columbia. Dr. Scott is an Osteoporosis Canada Advisory Board member and sits on the Osteoporosis Scientific Advisory Committee. For the past fourteen years Dr. Scott served as the Senior Advisor on Fall and Injury Prevention with the BC Injury Research and Prevention Unit and Ministry of Health. She is also the National lead for the Canadian Falls Prevention Curriculum.

**FEATURED  
SPEAKERS**

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ONLINE

[www.fhs.mcmaster.ca/conted/register.html](http://www.fhs.mcmaster.ca/conted/register.html)

#### FOR PROGRAM INFORMATION

**NATALIE PARK**, CHSE Coordinator  
Continuing Health Sciences Education  
McMaster University  
Phone: 905-525-9140 ext. 20763  
Email: parkna@mcmaster.ca

#### FOR REGISTRATION INFORMATION

Email: [cmereg@mcmaster.ca](mailto:cmereg@mcmaster.ca)  
Phone: 905-525-9140 ext. 22671  
Fax: 905-572-7099

Website: [www.fhs.mcmaster.ca/conted](http://www.fhs.mcmaster.ca/conted)



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# Program Agenda

\*program subject to change



07:30-08:30	Registration / Breakfast / Visit Exhibitors	13:00-13:55	<b>Seniors' Fall and Fracture Prevention in Primary Vicky Scott, RN, PhD</b> Clinical Associate Professor, School of Population and Public Health, Faculty of Medicine, University of British Columbia; Researcher, Centre for Hip Health and Mobility
08:30-08:35	<b>Welcome</b> <b>Sharon Marr, BSc, MD, FRCPC, MEd</b> Associate Professor, Division of Geriatric Medicine St. Peter's/McMaster University Chair in Aging Department of Medicine, McMaster University Chair of RGPc	13:55-14:15	<b>Falls in People with Parkinson's Disease: Same or Different</b> <b>Vanina Dal Bello-Haas, PhD, PT</b> Associate Professor, School of Rehabilitation Sciences Assistant Dean, Physiotherapy McMaster University
08:35-08:50	<b>Lifelong Achievement Award Presentation to: Suzanne Labarge, BA, MBA</b>  <b>PRESENTED BY:</b> <b>Paul O'Byrne, MB, FRCPI, FRCPC, FRCPE, FRCP(Glasg)</b> Professor, Division of Respiriology, Department of Medicine Chair Department of Medicine McMaster University Medical Centre St. Joseph's Healthcare  <b>John Kelton, MD, FRCPC</b> Professor, Pathology and Molecular Medicine Dean & Vice-President, Faculty of Health Sciences McMaster University	14:15-14:35	<b>Cognitive Impairment and Falls</b> <b>Manuel Montero-Odasso, MD, PhD, AGSF, FRCPC</b> Associate Professor of Medicine, Faculty of Medicine, Cross Appointment - Department of Epidemiology & Biostatistics University of Western Ontario
08:50-09:40	<b>Living Well with Frailty</b> <b>John Young, MB, BS (Hons), MSc, MBA, FRCP</b> Geriatrician Bradford Teaching Hospitals Head Academic Unit Elderly Care & Rehabilitation, University of Leeds National Clinical Director for the Frailty Elderly & Integration, NHS England	14:35-15:00	<b>Plenary 4-6 Panel Discussion</b> <b>Vicky Scott, Vanina Del-Bello Haas, Manuel Montero-Odasso</b>
09:40-10:00	<b>Question &amp; Answer</b>	15:00-15:15	<b>Afternoon Break / Visit Exhibitors</b>
10:00-10:15	<b>Morning Break / Visit Exhibitors</b>	15:15-15:35	<b>Deprescribing and Falls</b> <b>Justin Lee, BScPhm, ACPR, MD, FRCPC</b> Clinical Fellow, Geriatric Medicine McMaster University  <b>Mimi Wang, BSc, MD, FRCPC</b> Clinical Scholar, Geriatric Medicine McMaster University
10:15-10:40	<b>Normal Aging and MSK Changes</b> <b>Jonathan D. Adachi, MD, FRCPC</b> Alliance for Better Bone Health Chair in Rheumatology Professor, Department of Medicine Michael G. DeGroote School of Medicine St. Joseph's Healthcare - McMaster University	15:35-15:55	<b>Exercise Evidence into Practice for Older Adults</b> <b>Lora Giangregorio, PhD</b> Associate Professor Department of Kinesiology University of Waterloo GERAS Centre, Hamilton Health Sciences
10:40-11:00	<b>New Recommendations for Fracture Prevention in Frail Older Adults</b> <b>Alexandra Papaioannou, BScN, MD, MSc, FRCPC, FACP</b> Professor, Division of Geriatric Medicine Department of Medicine McMaster University Chairholder Eli Lilly Canada Chair in Osteoporosis, Scientific Director GERAS Centre	15:55-16:15	<b>Plenary 7-9 Panel Discussion</b> <b>Justin Lee, Mimi Wang, Lora Giangregorio</b>
11:00-11:30	<b>Frailty, Falls and Fractures: What Role can Nutrition Play in Alleviating Risk?</b> <b>Professor Stuart M. Phillips, Ph.D., FACSM, FACN</b> Department of Kinesiology, McMaster University, CANADA Exercise Metabolism Research Group – Protein Metabolism Research Lab Physical Activity Centre for Excellence (PACE) Researcher	16:15-16:30	<b>Closing &amp; Evaluations</b>
11:30-12:00	<b>Plenary 1-3 Panel Discussion</b> <b>Jonathan D. Adachi, Alexandra Papaioannou, Stuart M. Phillips</b>		
12:00-13:00	<b>Lunch / Visit Exhibitors</b>		

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

## Accreditation Statements

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

### The College of Family Physicians of Canada Mainpro-M1:

**7.25** This program meets the accreditation criteria of **The College of Family Physicians of Canada** and has been accredited by McMaster University, Continuing Health Sciences Education Program for up to **7.25** Mainpro-M1 credits.

### The Royal College of Physicians & Surgeons of Canada MOC Section 1:

**7.25** This activity is an Accredited Group Learning Activity (Section 1) as defined by the **Maintenance of Certification** program of **The Royal College of Physicians and Surgeons of Canada** and approved by McMaster University, Continuing Health Sciences Education Program for up to **7.25** MOC Section 1 credits.

**Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.**

# Planning Committee

## **Co-Chair - Alexandra Papaioannou, BScN, MD, MSc, FRCPC, FACP**

Professor, Division of Geriatric Medicine  
Department of Medicine, McMaster University  
Chairholder, Eli Lilly Canada Chair in Osteoporosis  
Scientific Director GERAS Centre

## **Co-Chair - Sharon Marr, BSc, MD, FRCPC, MEd**

Associate Professor, Division of Geriatric Medicine  
St. Peter's/McMaster University Chair in Aging  
Department of Medicine, McMaster University  
Chair of RGPc

## **Co-Chair - Christopher Patterson, MD, FRCPC, FACP, FRCP (Glasg.)**

Professor, Division of Geriatric Medicine  
Department of Medicine, McMaster University

## **Cheryl Allaby, MD, CCFP**

Assistant Professor, Dept. of Family Medicine  
Associate, Division of Geriatric Medicine  
Department of Medicine

## **Anne Braun, MD, MSc, FRCPC, FACP**

Associate Clinical Professor  
Division of Geriatric Medicine, Dept. of Medicine  
Associate Clinical Professor, Dept. of Psychiatry  
McMaster University

## **Anisha Patel, M.A.**

Education Coordinator  
Regional Geriatric Program Central

## **David Jewell, M.S.W., MHSc**

Director, Regional Geriatric Program Central

## **Sue Baptiste**

Professor  
School of Rehabilitation Science  
McMaster University

## **Norma J. MacIntyre, BSc (Physical Therapy), MSc, PhD**

Associate Professor, School of Rehabilitation Science  
Faculty of Health Sciences, McMaster University

## **David Lewis, PhD**

Assistant Clinical Professor  
Division of Geriatrics  
Department of Medicine, McMaster University  
Service Delivery Division, Resource Management Branch  
Ministry of Children and Youth Services

## **Lynn Pacheco**

Geriatric Program Coordinator  
Division of Geriatric Medicine  
Operations Site Coordinator, St. Peter's Hospital  
Department of Medicine, McMaster University

## **Ziyaad Al-Khateeb**

Medical Resident, Geriatric Medicine  
McMaster University

## **Pauline Fisher**

Clinical Nurse Specialist  
Hamilton Health Sciences

## **Tahani Altamimi, MBBS, SBFM, ABFM, MFM (AU)**

Geriatric Medicine Clinical Fellow  
McMaster University

## **John H. Parker, RN, BScN, MN**

Director – Interprofessional Development  
Hamilton Health Sciences

## **Sandra Ireland, RN, PhD**

Director of Nursing Practice-Acute Care Services,  
Ambulatory, Complex Care & Rehab  
St. Joseph's Healthcare Hamilton  
Assistant Clinical Professor  
McMaster University

## **Sheilah Laffan**

CHSE Program Manager  
Continuing Health Sciences Education Program  
Faculty of Health Sciences, McMaster University

## **Natalie Park**

CHSE Coordinator  
Continuing Health Sciences Education Program  
Faculty of Health Sciences, McMaster University

## General Information

### CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent via email to registrants prior to the activity. Receipts will be provided in your registrant package upon arrival at the activity.

### CANCELLATION POLICY

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **WEDNESDAY NOVEMBER 11<sup>th</sup>, 2015** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

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- To any individual attending this activity.
- That may result from the use of technologies, program, products &/or services at this activity.
- That may arise out of, or during this activity.

### ACTIVITY PACKAGES

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

## Directions to Liuna Station

### 360 JAMES STREET NORTH, HAMILTON, ON

#### From Toronto >

QEW to Highway 403 West Hamilton. Exit on York Blvd., Follow York Blvd. to John Street, Turn LEFT on John Street and Continue North to Murray. Turn LEFT on Murray. LIUNA Station on RIGHT.

#### From Guelph >

Highway 6 South to Highway 403 West Hamilton. Exit on Main St. East. Follow Main St. East to John Street. Turn LEFT on John Street and Continue North to Murray. Turn LEFT on Murray. LIUNA Station on RIGHT.

#### From Niagara/ Buffalo >

QEW Toronto to Burlington Street. Follow Burlington Street (using through traffic overpasses) to James Street. Turn LEFT on James Street North & Follow to Murray. LIUNA Station on LEFT.

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5th Annual Update in Geriatrics  
Wednesday, November 25, 2015  
Liuna Station, 360 James Street North, Hamilton, ON

## Registration Fees:

Early Bird After Oct 25

<input type="checkbox"/> Physicians & Other Health Professionals	\$150	\$175
<input type="checkbox"/> Residents/Students	\$75	\$100

For those with special dietary needs some accommodation may be available:

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(Pls note: special meal request may require an additional fee. Contact our office for details)

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Call **905 525-9140 ext 22671** (Visa, MasterCard or AMEX are accepted)

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Fax the completed registration form with a Visa, MasterCard or AMEX number to:  
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### IN PERSON

Bring your completed registration form with Visa, MasterCard, AMEX, cheque or cash payment to:

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100 Main Street West, 5th Floor, Room 5004, Hamilton, ON L8P 1H6  
Mon. to Fri. between the hours of 09:30 – 16:00

### BY MAIL

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