

5th Annual Update in

GERIATRICS

Frailty, Falls & Fractures

Wednesday November 25th, 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**

REGISTER
ONLINE

www.fhs.mcmaster.ca/conted/register.html

FOR PROGRAM INFORMATION

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Program Agenda

*program subject to change



07:30-08:30	Registration / Breakfast / Visit Exhibitors	13:00-13:55	Seniors' Fall and Fracture Prevention in Primary Vicky Scott, RN, PhD 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	Welcome 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	13:55-14:15	Falls in People with Parkinson's Disease: Same or Different Vanina Dal Bello-Haas, PhD, PT Associate Professor, School of Rehabilitation Sciences Assistant Dean, Physiotherapy McMaster University
08:35-08:50	Lifelong Achievement Award Presentation to: Suzanne Labarge, BA, MBA PRESENTED BY: Paul O'Byrne, MB, FRCPI, FRCPC, FRCPE, FRCP(Glasg) Professor, Division of Respiratory, Department of Medicine Chair Department of Medicine McMaster University Medical Centre St. Joseph's Healthcare John Kelton, MD, FRCPC Professor, Pathology and Molecular Medicine Dean & Vice-President, Faculty of Health Sciences McMaster University	14:15-14:35	Cognitive Impairment and Falls Montero-Odasso, MD, PhD, AGSF, FRCPC Associate Professor of Medicine, Faculty of Medicine, Cross Appointment - Department of Epidemiology & Biostatistics, University of Western Ontario
08:50-09:40	Living Well with Frailty John Young, MB, BS (Hons), MSc, MBA, FRCP 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	Plenary 4-6 Panel Discussion Vicky Scott, Vanina Del-Bello Haas, Manual Montero-Odasso
09:40-10:00	Question & Answer	15:00-15:15	Afternoon Break / Visit Exhibitors
10:00-10:15	Morning Break / Visit Exhibitors	15:15-15:35	Deprescribing and Falls Justin Lee, BScPhm, ACPR, MD, FRCPC Clinical Fellow, Geriatric Medicine McMaster University Mimi Wang, BSc, MD, FRCPC Clinical Scholar, Geriatric Medicine McMaster University
10:15-10:40	Normal Aging and MSK Changes Jonathan D. Adachi, MD, FRCPC Alliance for Better Bone Health Chair in Rheumatology Professor, Department of Medicine Michael G. DeGroot School of Medicine St. Joseph's Healthcare - McMaster University	15:35-15:55	Exercise Evidence into Practice for Older Adults Lora Giangregorio, PhD Associate Professor Department of Kinesiology University of Waterloo GERAS Centre, Hamilton Health Sciences
10:40-11:00	New Recommendations for Fracture Prevention in Frail Older Adults 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	15:55-16:15	Plenary 7-9 Panel Discussion Justin Lee, Mimi Wang, Lora Giangregorio
11:00-11:30	Frailty, Falls and Fractures: What Role can Nutrition Play in Alleviating Risk? Professor Stuart M. Phillips, Ph.D., FACSM, FACN 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	Closing & Evaluations
11:30-12:00	Plenary 1-3 Panel Discussion Jonathan D. Adachi, Alexandra Papaioannou, Stuart M. Phillips		
12:00-13:00	Lunch / Visit Exhibitors		

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 RCPC 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

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

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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.)

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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 11th, 2015** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- 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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