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Register
NOW!

THE UNIVERSITY OF VERMONT
LANEER COLLEGE OF MEDICINE
AHEC
AREA HEALTH EDUCATION CENTERS PROGRAM
Continuing Medical and Interprofessional Education
401 Water Tower Circle, Suite 102
Colchester, VT 05446

VERMONT GERIATRICS
CONFERENCE

April 11, 2018

Hampton Inn
Colchester, Vermont

The Vermont Area Health
Education Centers (AHEC) Network
presents the



VERMONT GERIATRICS CONFERENCE

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CONFERENCE DESCRIPTION

The thirteenth annual Vermont Area Health Education Centers (AHEC) Geriatrics Conference will be a one-day symposium covering practical and innovative approaches to the medical care of older adults. Physicians, nurses, nurse practitioners, physician assistants, pharmacists, and other health professionals with an interest in the care of older adults are encouraged to attend. The agenda will feature a keynote presentation on healthy aging, including factors that lead to healthy aging and steps to support the goals of older adults for healthy aging. There will also be presentations on obesity, sleep, and driving. The afternoon session will include a panel discussion on the management of controlled medications in the older adult with a history of substance use disorder. Participants will have the opportunity to choose two of three concurrent sessions. The common theme for the concurrent sessions is managing transitions of older adults across health service areas. There will be a session on managing patients with dementia and behaviors in the nursing home, hospital planning and difficult discharge, and outpatient care to reduce emergency room visits. Time for discussion and questions has been built into the schedule.

Vermont AHEC improves access to primary care through its focus on workforce development; it is a partnership between the Northern Vermont AHEC, Southern Vermont AHEC, and Larner College of Medicine at The University of Vermont AHEC Program. AHEC believes that success in healthcare innovation, transformation, and reform depends upon an adequate supply and distribution of well-trained healthcare professionals.

LEARNING OBJECTIVES

At the end of this conference, participants should be able to:

1. Identify key features of healthy aging and steps that health professionals can take to improve healthy aging.
2. Describe the impact of obesity on the health of older adults.
3. Describe the management of insomnia in the elderly.
4. Explain the process by which cognitive drivers may improve their driving or give up their keys.
5. Describe the challenges of caring for older adults with prescription medications and substance use disorder.
6. Describe the challenges and solutions regarding the transitions of select groups of older adults from the outpatient setting, the nursing home and the hospital.

REGISTRATION

\$250 for physicians, \$175 for other health professionals and medical residents and \$75 for students (proof of full-time student status required). The fee includes the online course syllabus, continental breakfast, lunch and coffee breaks. Enrollment is limited; please register by **March 23, 2018**. An additional \$50 will be added after that date. **Refunds** may be obtained, minus a \$50 administrative fee, if notice of cancellation is received by March 23, 2018. Refunds are not available after that date.

COURSE #18-801-64

FACULTY

John Batsis, MD, FACP, AGSF
Associate Professor, Medicine
and The Dartmouth Institute for
Health Policy and Clinical Practice
Geisel School of Medicine at
Dartmouth
Director, Clinical Research
Weight and Wellness Center

Valerie Cote, BS
Case Manager
Director of Social Work
Starr Farm Nursing Center

Susan Friedman, MD, MPH
Associate Professor, Medicine
University of Rochester School
of Medicine and Dentistry
Attending Physician
Highland Hospital
Director of Clinical Research
Rochester Lifestyle Magazine

Nicole Hackney, APRN
Psychiatric Nurse Practitioner
Northwestern Counseling and
Support Services

Patrick McManamon
Highway Safety Specialist
Vermont Department of Motor
Vehicles Enforcement and
Safety Division
Retired Lieutenant
Vermont DMV Enforcement
Division

John Paquette, RPH
Retail Community Pharmacy
Rutland Pharmacy

Heidi White, MD, MHS, MED
Associate Professor, Medicine
Duke University School
of Medicine

Geriatrics Medicine Specialist
Duke Geriatric Evaluation and
Treatment Clinic at Duke Health
Vice Chief, Clinical Affairs for
the Division of Geriatric
Medicine, Dept. of Medicine
Duke University School of
Medicine and Medical Center

UNIVERSITY OF VERMONT/ UVM MEDICAL CENTER FACULTY

Richard Dickhaut, RN, CCM
Supervisor, Case Management

Shaden Eldakar-Hein, MD, MS
Associate Professor, Medicine
Associate Residency Program
Director, Internal Medicine

Heather Finley, PhD, CBSM
Clinical Assistant Professor
Neurological Sciences
Licensed Psychologist-Doctorate
Sleep Program

Rosy Hill, MD
Assistant Professor, Medicine
Medical Director
Green Mountain Nursing Home

Jeanne Hutchins, MA
Executive Director
Center on Aging at UVM
Manager, Elder Care Services

Barbara McKennedy, RN, BSN
Nurse Educator
VNA of Chittenden and
Grand Isle Counties

Loretta McManus, RN, MS, INHA
Clinical Instructor
Nursing and Health Sciences

Isaura Menzies, MD, MPH
COURSE DIRECTOR
Associate Professor, General
Internal Medicine & Geriatrics
Medical Director
Starr Farm Nursing Center

**Mary Val Palumbo, DNP, APRN,
GNP-BC**
Professor, Nursing
Gerontological Nurse
Practitioner, UVM Medical
Center Memory Program

Richard Pinckney, MD, MPH
Associate Professor, Medicine
Co-Director, Internal Medicine
Resident Clinic

Gary Starechski, RPH
Academic Detailer-Pharmacist
The Vermont Academic
Detailing Program
Clinical Staff Pharmacist
Pharmacotherapy

Ellen Watson, MS, APRN
Clinical Instructor
Nursing and Health Sciences

Heather Zuk, OT
Certified Driver Rehab Specialist
VT Driving School Instructor

SCHEDULE

REGISTRATION FORM Vermont Geriatrics Conference - April 11, 2018

7:30 AM Registration, Exhibits & Continental Breakfast

8:00 Welcome & Introduction
Isaura Menzies, MD, MPH

8:05 **KEYNOTE**
Healthy Aging: What Do We Mean, and How Can We Promote it?
Susan Friedman, MD, MPH
Heidi White, MD, MHS, MEd

9:05 Obesity in the Elderly
John Batsis, MD, FACP, AGSF

10:05 Break and Exhibits

10:20 Sleep Medication: To Use or Not to Use, That is the Question
Heather Finley, PhD, CBSM
Gary Starecheski, RPh

11:20 Driving and the Elderly
Patrick McManamon
Heather Zuk, OT

12:20 PM Lunch (provided)

1:10 Managing High Risk Medications in the Elderly: Prescribing, Diversion and Education
Talk approved for 1 credit in Prescribing Controlled Substances
Moderator: Jeanne Hutchins, MA
Barbara McKennedy, RN, BSN
John Paquette, RPh
Richard Pinckney, MD, MPH
Ellen Watson, MS, APRN

2:30 Break and Exhibits

2:45 Case-Based Concurrent Sessions:
Care Transitions
1. Outpatient Care – The Role of Caregiving in Reducing Emergency Room Visits
Rosy Hill, MD
2. Hospital Planning and Discharge Challenges
Richard Dickhaut, RN, CCM
Shaden Eldakar-Hein, MD, MS
3. Nursing Home Care – Caring for Patients with Dementia and Behaviors: When to Send/Not Send to the Emergency Room
Mary Val Palumbo, DNP, APRN, GNP-BC
Valerie Cote, BS
Nicole Hackney, APRN
Loretta McManus, RN, MS, LNHA

3:55 Case-Based Concurrent Sessions:
Care Transitions
Repeat of 2:45 Sessions

5:00 Conference Adjourns

ACCREDITATION



In support of improving patient care, The Robert Larner, M.D. College of Medicine at The University of Vermont 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.

The University of Vermont designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been reviewed and is acceptable for up to 7.25 Nursing Contact Hours.

This program has been reviewed and is approved for pharmacists for up to 7.25 hours/.725 CEU.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Credit is pending for the following providers: Nursing Home Administrator, Psychology and Social Work.

This conference includes 1 credit in Prescribing Controlled Substances.

Determination of Pharmacotherapeutic Credit is pending.

SYLLABUS

The conference syllabus will be available as an electronic download with presentations as PDF files. Please bring your laptop/electronic device to view presentations as well as to complete the electronic conference evaluations. You will receive a notification via email prior to the conference start date with instructions for accessing the presentations. Printed syllabus, paper evaluations, and paper CME certificates will no longer be available.

CONFERENCE LOCATION

The conference will be held at the Hampton Inn in Colchester, Vermont.

Name (As you would like it to appear on name tag & CME Certificate)
Degree: DO OMD ND ONP OPA PharmD PhD ORN
 Other (please specify) _____

Your Worksite _____

Address _____

City _____ State _____ Zip _____

Phone _____ Specialty _____

Email Address _____

Breakout Sessions: Registrants will attend two of three breakout sessions offered. Please rank order your preferences from 1 (most) to 3 (least desirable). There is limited enrollment in each session. Based on receipt of registration, every effort will be made to provide you with your preferred sessions.

- Role of Caregiving in Reducing ER Visits
 Hospital Planning/Discharge Challenges
 Nursing Home Care - When to Send to ER

Registration Fee Summary

- \$250 Physicians
 \$175 Other Health Professionals and Residents
 \$75 Students
 Add \$50 after March 23, 2018

Payment Method

- To pay by credit card, please visit us on-line at: www.med.uvm.edu/cme
 To pay by check, payable to the University of Vermont, please mail your payment along with a completed registration form to the address below:

Mail to: UVM Continuing Medical and Interprofessional Education
401 Water Tower Circle, Suite 102
Colchester, Vermont 05446

Phone: (802) 656-2292 Fax: (802) 656-1925
Online: www.med.uvm.edu/cme

Registration requested by March 23, 2018

Required for program's grant funding; information will be reported in aggregate.

Gender: Female
 Male
 Prefer Not to Answer

Age: <20 Years
 20-29 Years
 30-39 Years
 40-49 Years
 50-59 Years
 60 or older
 Prefer Not to Answer

Ethnicity: Hispanic or Latino
 Not Hispanic or Latino
 Prefer Not to Answer

Race: African American
 American Indian/Alaskan Native
 Asian
 Native Hawaiian or Pacific Islander
 White
 More Than One Race
 Prefer Not to Answer

Worksite Info: Academic Institution
 Community Mental Health
 Federally Designated Practice (FQHC/CHC/RHC)
 Government
 Hospital-Owned Practice
 Private Practice
 Public Health
 School-Based Practice
 Other (Please specify) _____

Please select one option that BEST applies to your position:

- Advocacy
 Health Care Administration
 Health Care Delivery
 Health Care Policy
 Health Promotion/Education
 Mental Health/Substance Abuse
 Outreach
 Primary Care
 Public/Community Health
 Student
 Other (Please specify) _____