## The Regional Geriatric Programs of Ontario Education Day 2014

**Building Skills – The “Nuts and Bolts” of Geriatrics**

International Plaza Hotel – Toronto Airport  
April 9, 2014

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| 9:00 – 10:00| Tumbles, Muddled, and Dribbles: Demystifying Frailty – Causes, Assessment, and Treatment  
Dr John Puxty |
| 10:00 – 11:00| **CONCURRENT WORKSHOPS 1 (CHOOSE ONE TO ATTEND):**  
A. Falls: Organizing and Addressing the Top 100 Causes  
Dr Frank Molnar  
B. Optimizing Medication Use in Elderly Patients: Pearls and Pitfalls  
Debbie Kwan |
| 11:00 – 11:15| NETWORKING BREAK |
| 11:15 – 12:15| **CONCURRENT WORKSHOPS 2 (CHOOSE ONE TO ATTEND):**  
A. Role of a Periodic Health Exam in Flagging Frailty  
Dr John Puxty  
B. Discharge Communications as a Knowledge-to-Practice Process  
Dr David Ryan and Lyne Marcil |
| 12:15 – 1:15| LUNCH AND NETWORKING |
| 1:15 – 2:15| Community Services and Nutrition Care: How do I Identify and Manage the Nutritional Risks of my Patients?  
Dr Heather Keller |
| 2:15 – 2:45| Patients’ Tales: A View from the Other Side  
Mr Lawrence Crawford, interviewed by Dr David Ryan |
| 2:45 – 3:00| NETWORKING BREAK |
| 3:00 – 4:00| Evidence-based Co-design and Health System Collaboration  
Maryanne Brown |
| 4:00 – 4:15| EVALUATION AND WRAP-UP |
**PROGRAM**

**Tumbles, Muddled, and Dribbles: Demystifying Frailty – Causes, Assessment, and Treatment**

**Keynote Address**

Dr. John Puxty, MB ChB MRCP(UK) FRCP(C), is currently an Associate Professor and Chair of the Division of Geriatric Medicine in the Department of Medicine at Queen’s University. He is co-Director of the Centre for Studies in Aging and Health at Providence Care. He is also the Chair of the Executive of the Seniors’ Health Knowledge Network and Chair of the Ontario Network of RGP. He is an experienced academic geriatrician who has an extensive list of publications and academic presentations, and is the co-editor of two books. He has special interests in the development of eldercare services, quality improvement and the use of information technology both as an aid to learning and strategies for effective knowledge and information transfer.

**CONCURRENT WORKSHOPS 1 (Choose one to attend):**

**A. Falls: Organizing and Addressing the Top 100 Causes**

Participants will learn to assess the many causes of falls in geriatrics and identify appropriate interventions using a systematic approach.

Dr. Frank J. Molnar is a specialist in Geriatric Medicine at the Ottawa Hospital, an Associate Professor of Medicine at the University of Ottawa, an Affiliate Investigator at the Ottawa Hospital Research Institute Clinical Epidemiology Program, and an Affiliate Scientist in the Elizabeth Bruyère Research Institute. Dr. Molnar currently serves as the Medical Director of the Regional Geriatric Program of Eastern Ontario, Co-chair of the Champlain Regional Geriatric Advisory Committee, Co-Chair of the Champlain Dementia Network, and is on the Executive of the Canadian Geriatrics Society. He is an investigator on 12 peer-reviewed grants totaling greater than $8 million and is an author on more than 60 publications.

**B. Optimizing Medication Use in Elderly Patients: Pearls and Pitfalls**

This presentation will review tips on obtaining a best possible medication history and discuss strategies for reducing the risks associated with polypharmacy.

Debbie Kwan is a primary care pharmacist in the Family Health Team at the Toronto Western Hospital, University Health Network. She has previously worked in various settings focusing on elderly patients including the Geriatric Day Hospital, Seniors Wellness program, and Falls prevention program at the University Health Network.

**CONCURRENT WORKSHOPS 2 (Choose one to attend):**

**A. Role of a Periodic Health Exam in Flagging Frailty**

Participants will learn about key elements of a periodic health exam and how they can be applied to early detection of frailty.

Dr. John Puxty (see biography in the description of the keynote address)

**B. Discharge Communications as a Knowledge-to-Practice Process**

In this workshop, participants will be encouraged to consider discharge communications following engagement with specialized geriatrics services from a knowledge-to-practice perspective. Research on the optimization of adherence to health care recommendations will be reviewed and participants will have an opportunity to apply these research findings to health communications drawn from our own practices.

Dr. David Patrick Ryan is a consulting psychologist in aging, organizational behavior, inter-professional education and practice and knowledge translation. He is Director of Education and Knowledge Processes for the Regional Geriatric Program of Toronto and an Assistant Professor in the Faculty of Medicine at the University of Toronto. His interests include inter-professional practice and inter-organizational collaboration, networked practice, and the knowledge to practice (KTP) process. He builds online resources such as the RGP Knowledge to Practice Portal, directs a distributed inter-professional team of 11 educators in the Psychogeriatric Resource Consultation Program in Toronto, and chairs the Geriatric Emergency Management Nursing Network. His inventions include the "Build-a-Case" variant of case-based learning and the Dimensions of Teamwork Survey. He provides leadership in geriatric service development in several LHINs including emergency mobile nursing, geriatric emergency management and network integration measurement. He provides consultation services to several projects including inter-professional coaching and mentorship, inter-professional practice in long-term care, and the inter-professional prevention of delirium in the emergency department.

Lyne Marcil graduated from the University of Ottawa as an occupational therapist in 1993 and completed her MScOT in 2013. She joined the Regional Geriatric Assessment Program of Eastern Ontario in 2001 as a Geriatric Assessor, and was also a Geriatrics, Inter-professional, and Inter-organizational Collaboration (GiiC) consultant in the Ottawa and Champlain region from 2008 to 2010, working to enhance geriatrics capacity and collaboration in primary care and other community organizations working with seniors.
Community Services and Nutrition Care: How do I Identify and Manage the Nutritional Risks of my Patients?
Poor food intake is a common problem in community living older adults. This session will review the basics of screening and nutrition assessment using standardized tools so that older adults at risk are identified and provided with opportunities to reduce their nutrition risk.

Dr. Heather Keller, RD PhD, Schlegel Research Chair Nutrition and Aging, is a nutritional epidemiologist and dietitian. Her research expertise includes nutrition risk screening, assessment and nutrition intervention for seniors in general and seniors with dementia in particular. Her research spans community and institutional sectors. She is a Professor in the Department of Kinesiology, University of Waterloo and a Schlegel Research Chair in Nutrition & Aging. Dr. Keller has published extensively in the area of nutrition and older adults. Her current research is focused on eating in dementia, social aspects of eating, weight loss, nutrition risk programs and interventions. She is Chair of the Canadian Malnutrition Task Force.

Patients' Tales: A View from the other Side
Dr. David Ryan will interview Mr. Lawrence Crawford, a past specialized geriatrics services patient, helping session participants gain a unique perspective on the patient experience.

Evidence-based Co-design and Health System Collaboration
This session will outline what experience-based co-design is, how it can transform health care, and its practical implementation. Evidence and lessons learned in utilizing the approach will be shared. Integration of experience-based co-design and a gerontological practice foundation will also be explored.

Maryanne Brown, RN MSc, has 30 years experience in gerontology with clinical specialty in dementia care, palliative care and interpersonal relationships. Maryanne obtained her Master’s of Science from the Faculty of Nursing at University of Toronto. Her research involves soothing interventions for persons with dementia while experiencing agitation. She has presented at numerous provincial, national and international conferences including the International Congress of Nursing. She has received many awards and has also published in Nursing and the area of Energy Therapeutics. Maryanne is recognized for her strength in leadership, analysis and interpersonal abilities. She brings in-depth theoretical nursing knowledge, extensive clinical experience and knowledge in the development of research and its application. Maryanne has worked across all sectors of health care including: complex continuing care, acute care, community care, long term care and independent practice. She currently provides Clinical Leadership Services in Gerontology to various organizations in her independent practice. Her services include: facilitation for evidence based practice changes, process consultation, program development and evaluation, client outcomes and professional team development.

Register for the 2014 RGP of Ontario Education Day and the 33rd Annual OGA Conference at:
www.gerontario.org