



# 2018 CONFERENCE

The Rising Tide of Change in Geriatric Care

April 27-29, 2018 • Richmond, VA

## Who Should Attend?

Physicians, registered nurses, nurse practitioners, physician assistants, pharmacists, social workers and other clinicians who work with older adults, and/or desire information about advances in treatments for our aging population.

## Jointly provided by Postgraduate Institute for Medicine & Virginia Geriatrics Society.

This program is endorsed by the Virginia Center on Aging (VCoA), Virginia Geriatric Education Center (VGEC), Hunter Holmes McGuire VA Medical Center, VCU Partnership in Geriatric Education and Virginia Health Quality Center (VHQC).



Postgraduate Institute  
for Medicine

This program was made possible in part by Geriatric Training and Education (GTE) funds appropriated by the General Assembly of Virginia and administered by the Virginia Center on Aging at Virginia Commonwealth University.

# VGS ANNUAL CONFERENCE 2018

## PLANNING COMMITTEE

### Faculty Chair

Peter Boling, MD

### Committee Members

Edward Ansello, PhD  
Daniel Bluestein, MD

Brittany Craven, MD  
Stacey Dean, PharmD

Kathy Fletcher, RN  
Michael Godschalk, MD

Hamid "Henry" Okhravi, MD  
Rachel Selby-Penczak, MD

## Course Description

This program has been designed to meet the educational needs of Physicians, Registered Nurses, Nurse Practitioners, Physician Assistants, Pharmacists, and Social Workers in the fields of geriatrics, family medicine and primary care and involved in the care of older patients.

Topics will include the latest information on diagnosis, management, treatment and health policy for common problems in the aging population. The 29th annual meeting of the Virginia Geriatrics Society will provide information designed for front-line care providers, including insight from experience and review of recent research which will help participants to improve their care of older adults.

## Course Objectives

As a result of attending this activity, the participant will be able to:

- Discuss current management issues for individuals with dementia, including social supports, behavior management without relying on drugs, and diagnostic tools
- Discuss current knowledge of older and newer anti-platelet agents in the older adult.
- Discuss current knowledge of hormonal therapies in older adults
- Utilize strategies to reduce opiate use, and substitute other types of medication and alternative therapies
- List 3 changes in practice he/she will make as a result of attending this conference.
- Discuss management of selected orthopedic problems including shoulder arthritis and infected artificial joints
- List some of the new treatments now available for pulmonary hypertension and cor pulmonale
- Employ tools to safely facilitate "de-prescribing" of medications in older patients

### Virginia Geriatrics Society

VGS is an affiliate of the American Geriatrics Society. Membership in VGS provides priority access to all educational opportunities, free continuing education units (CEs and CMEs) at dinner meetings, discounted registration fee for the annual Virginia Geriatrics Conference, networking with Geriatrics and Gerontology professionals and opportunity to impact Geriatrics at the state and national levels. Cost of membership is just \$50 annually.

### Virginia Commonwealth University

Virginia Commonwealth University is an equal opportunity/affirmative action institution providing access to education and employment without regard to age, race, color, national origin, gender, religion, sexual orientation, veteran's status, political affiliation or disability. Individuals with special needs (mobility, access, etc.) should contact Christine Heubusch at (434) 977-3716 or [christine.heubusch@easterassociates.com](mailto:christine.heubusch@easterassociates.com).

### Acknowledgement of Support

Funding for this program is provided by the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS), under Grant No. UB4HP19210 to Virginia Geriatric Education Center.

# The Virginia Geriatrics Society

is committed to advancing health care for the elderly through:

## Promoting high standards of health care

for the elderly and to advance the quality of episodic and long term institutional and non-institutional care in the Commonwealth of Virginia.

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## Assisting in the education

of medical students and physicians and other health care personnel in issues of particular concern regarding the elderly.

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## Fostering professional and public awareness

concerning issues in geriatric medicine.

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## Encouraging and promoting research

in the broad field of geriatrics and gerontology.

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## Serving as a forum

for discussion of issues pertaining to geriatric medicine by concerned physicians and health professionals.

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## Acting as a resource

to professional and lay organizations, government agencies, and community programs in the areas of care of the elderly.

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## Fostering the above objectives in cooperation with the American Geriatrics Society

and to coordinate activities with other professional societies and interested groups regarding issues in geriatrics.

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## Join us Friday for our Annual Dinner!

Registration is just \$10.00.

See registration form for details.

# EDUCATIONAL CREDIT

## PHYSICIAN CONTINUING MEDICAL EDUCATION

Application for credit has been filed with the Accreditation Council for Continuing Medical Education. Determination of credit is pending.

## PHARMACIST CONTINUING EDUCATION

Application for credit has been filed with the Accreditation Council for Pharmacy Education. Determination of credit is pending.

## NURSING CONTINUING EDUCATION

Application for credit has been filed with the American Nurses Credentialing Center's Commission on Accreditation. Determination of credit is pending.

## FAMILY PHYSICIAN MEDICAL EDUCATION

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

## DISCLOSURE OF CONFLICTS OF INTEREST

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. The existence or absence of COI for everyone in a position to control content will be disclosed to participants prior to the start of each activity.

# VGS ANNUAL CONFERENCE 2018



## R I C H M O N D

As the capital of Virginia, Richmond invites the world to come explore her beauty, history and culture. Richmond abounds with opportunities for fun, recreation and relaxation.

### Hilton Richmond Hotel (Short Pump)

The Hilton Richmond Hotel & Spa will welcome our guests with charming Southern comforts and hospitality. Accommodations at the hotel will be available at reduced rates starting at \$153 per night.

Reservations may be made by calling the Hilton directly at 1-804-364-3600 or online. (Please mention you are with the Virginia Geriatrics Conference.) Discounted rates are available through April 5, 2018.

### Friends & Fun

From shopping at the nearby Short Pump Town Center to dining in the historic Shockoe Slip district to visiting one of the many world-class museums in the area, there's something for everyone in

Richmond. Learn more about things to do by visiting: [www.visitrichmondva.com](http://www.visitrichmondva.com).

Please plan to attend the Friday afternoon cocktail reception, immediately following the lectures. Saturday allows plenty of time to experience all the beauty, culture, history and atmosphere of Richmond.

### Friday Reception

Join us Friday at 5:30 p.m. after the last general session to help kick-off the conference. Light hors d'oeuvres will be served during this one-hour reception.

This is the perfect opportunity to meet with the vendors whose support helps make the conference possible and network with attendees and speakers who work in the field of geriatric care.

## EXHIBITOR BINGO

Don't forget to visit each exhibitor booth while you're at the conference and complete your exhibitor BINGO card. All completed cards will be entered in a drawing to win prizes at the meeting! Take advantage of scheduled times with exhibitors during breakfast and/or breaks Friday through Saturday.

# F A C U L T Y

Robert “Bob” Adler, MD

Alan Alfano, MD

Cassandra Baker, PharmD, BCPS

Douglas Boardman, MD

Patricia “Trish” Bonwell, RDH, BSDH, MSG,  
PhD

Matthew Gregory Browning, MS, EP-C

Denise Butler, MA, CSA

Andrew Chapman, MD

Katherine Coffey-Vega, MD

Gregory Golladay, MD

Daniel Grinnan, MD

Andrew Heck, Psy.D, ABPP

Esther Oh, MD

Hamid “Henry” Okhravi, MD

Elvin Price, PharmD, PhD

Antonio Quidgley-Nevaras, MD

Julie Reznicek, DO

Rachel Selby-Penczak, MD

Patricia Slattum, PharmD, PhD

Phillip Sloane, MD, MPH

Kristin Williams, MD

Susan Wolver, MD

Kristin Zimmerman, PharmD, CGP

VGS faculty is carefully chosen by the planning committee for their experience and expertise in a range of fields that impact geriatric care. Each presenter brings a unique skill set and training background to create a well-rounded series of lectures designed for a multidiscipline group of attendees providing a full spectrum of care.

# A G E N D A

## FRIDAY APRIL 27

6:30 AM	<b>Registration Opens</b>	
7:00 - 7:30 AM	<b>Breakfast with Exhibitors</b> Exhibitor Bingo Begins	
7:30 - 8:30 AM	<b>De-Prescribing: How Less Can Be More</b> Kristin Zimmerman, PharmD, CGP	Objectives: 1) List techniques that have been demonstrated to yield success when attempting to decrease pharmaceutical burden in older patients. 2) Summarize literature on outcomes from using safe "de-prescribing" practices. 3) Identify some medications and medication classes that are often opportunities for "de-prescribing".
8:30 - 9:30 AM	<b>Precision Medicine: State of the Art in Personalized Prescribing</b> Elvin Price, PharmD, PhD	Objectives: 1) Define the current state of the art in testing patients to determine which drugs will work best for them based on their genetics and drug clearance mechanisms. 2) Outline future possibilities in the developing field of precision medicine.
9:30 - 10:00 AM	<b>Break with Exhibitors</b>	
10:00 - 11:00 AM	<b>Hospice Care Overview 2018</b> Rachel Selby-Penczak, MD	Objectives: 1) Define criteria for Medicare coverage of hospice care under common diagnoses. 2) Discuss emergent care needs when these arise during hospice care. 3) Suggest ways of managing patients in transition, not yet qualified but in decline.
11:00 AM - 12:00 PM	<b>Spasticity: What Works and What Doesn't</b> Alan Alfano, MD	Objectives: 1) Define the approaches that are most useful in treating older patients with muscle spasticity. 2) Review commonly ordered medications used for treatment of muscle spasticity. 3) Elaborate on outcomes of commonly used interventions for spasticity.
12:00 - 1:00 PM	<b>Lunch with Exhibitors</b>	
1:00 - 2:00 PM	<b>Platelet Inhibition: Who, When, How Much and For How Long?</b> Cassandra Baker, PharmD, BCPS	Objectives: 1) List the commonly used drugs for platelet inhibition. 2) Describe best practices for patient selection, dosing, and duration of treatment.
2:00 - 3:00 PM	<b>Flies in the Ointment: Late Infections in Orthopedic Joints, Prevention &amp; Management</b> Gregory Golladay, MD & Julie Reznicek, DO	Objectives: 1) Discuss prevention of established prosthetic joint infections. 2) Review data on incidence of prosthetic joint infections and how these are thought to occur. 3) Outline how to manage infections that develop in prosthetic joints are managed and related outcomes.
3:00 - 3:30 PM	<b>Break with Exhibitors</b>	
3:30 - 4:30 PM	<b>Complementary &amp; Alternative Medicine in Common Geriatric Pain Syndromes</b> Katherine Coffey-Vega, MD	Objectives: 1) Describe a variety of strategies for management of chronic pain that do not require prescription medication. 2) Review the evidence of effectiveness of techniques like acupuncture when managing chronic pain.
4:30 - 5:30 PM	<b>New Options for Treating Right-Sided Heart Failure</b> Daniel Grinnan, MD	Objectives: 1) Review the most common causes and presentations of pulmonary hypertension. 2) Discuss currently available and emerging treatments for this problem.
5:30 - 6:30 PM	<b>Networking Reception</b>	Preregistration is required.
6:30 - 8:30 PM	<b>Membership Dinner</b>	Preregistration is required.

# SATURDAY APRIL 28

6:30 AM

Registration Opens

7:00 - 7:30 AM

Breakfast with Exhibitors

7:30 - 8:30 AM

**Bathing Without a Battle**

Phillip Sloane, MD, MPH

Objectives:

- 1) List common situations in which there are conflicts between patients with dementia and their caregivers in the course of daily care.
- 2) Describe evidence-based methods that can be used to diminish conflict and improve care.

8:30 - 9:30 AM

**Can Anesthesia or Other Medications Cause Permanent Cognitive Changes?**

Esther Oh, MD

Objectives:

- 1) Describe the known permanent effects of anesthesia on the central nervous system.
- 2) List evidence that suggests ways to lessen anesthesia-related post-op delirium.
- 3) Review evidence that taking anticholinergic drugs over time can lead to dementia.

9:30 - 10:00 AM

Break with Exhibitors

10:00 AM - 12:00 PM

**Panel: Managing Memory Care Without Losing Your Mind**

Denise Butler, MA, CSA; Andrew Heck, Psy. D, ABPP; Hamid "Henry" Okhravi, MD; Patricia Slattum, PharmD, PhD

Objectives:

- 1) Delineate effective strategies for meeting the needs of dementia patients with problematic social behaviors.
- 2) Outline commonly helpful community resources that are of use to caregivers when managing the care of relatives with advancing dementia.

12:00 - 1:00 PM

Lunch/Final Break with Exhibitors

1:00 - 2:00 PM

**Imaging the Aging Brain: Does It Help Us Understand Dementia?**

Kristin Williams, MD

Objectives:

- 1) Describe what imaging methods are useful in the evaluation of dementia patients; are some patients more likely to benefit?
- 2) Identify emerging technologies for imaging in dementia and their future use in clinical practice.

2:00 - 3:00 PM

**My Legs Won't Work**

Phillip Sloane, MD, MPH

Objectives:

- 1) Detail the common causes of difficulty with walking and stiff weak legs in older patients.
- 2) Outline an efficient and clinically reasonable approach to evaluation and management.

3:00 - 3:15 PM

Break

3:15 - 4:15 PM

**Shoulder Treatment & Restorative Surgery**

Douglas Boardman, MD

Objectives:

- 1) Review the kinds of restorative shoulder surgery commonly offered to older patients.
- 2) Outline the criteria for patient selection and work-up.
- 3) Describe the outcomes of shoulder surgery.

4:15 - 5:15 PM

**Cardiopulmonary Rehabilitation**

Matthew Gregory Browning, MS, EP-C

Objectives:

- 1) Discuss patient selection for cardiopulmonary rehab.
- 2) Outline benefits that can be expected when cardiopulmonary rehab, done well, is provided to selected patients.



# SUNDAY APRIL 29

7:00 AM	<b>Registration Opens</b>	
7:00 - 7:30 AM	<b>Breakfast</b>	
7:30 - 8:30 AM	<b>The Way to An Older Person's Health is Through Their Mouth: Oral Health Update</b> Patricia "Trish" Bonwell, RDH, BSDH, MSG, PhD	Objectives: 1) Describe key elements of assessment and care related to optimal oral health in older patients. 2) Discuss health benefits that are derived from good oral health.
8:30 - 9:30 AM	<b>There's Life in the Old Man Yet: Testosterone Replacement</b> Robert "Bob" Adler	Objectives: 1) Outline the clinical and laboratory definitions of male hypogonadism. 2) Describe best practices regarding prescription of testosterone in older men.
9:30 - 9:45 AM	<b>Break</b>	
9:45 - 10:45 AM	<b>Winning the Battle of the Bulge: Medical Weight Loss</b> Susan Wolver, MD	Objectives: 1) List new and successful approaches to helping overweight older patients lose weight. 2) Review new medications that have been helpful in this regard.
10:45 - 11:45 AM	<b>Less Pain, Healthier Brain: How to Lower Opiate Doses</b> Antonio Quidgley-Nevaras, MD	Objectives: 1) Define strategies that are effective in reducing opiate consumption for patients with chronic pain. 2) Using understanding of opiate pharmacology to advantage in managing pain management regimens.
11:45 AM - 12:45 PM	<b>Mastering Pain: Drugs and Other Strategies to Control Pain Without Opiates</b> Andrew Chapman, MD	Objectives: 1) Define best practices in the use of buprenorphine and related regulations. 2) Outline the pharmacology of opiate addiction and how to limit this risk in patients with chronic pain.



## ECO-FRIENDLY CONFERENCE DETAILS

Access to presenter slides will be made available through an online attendee portal to save paper and make for a less bulky registration pack. These presentations will be available for you to print prior to the conference, if received by the faculty presenter. We encourage you to bring your laptop or other portable device to the sessions in order to access the learning materials, as needed during the conference, without the need for paper copies.

Printed binders can be purchased for an extra fee with registration but will not be available for purchase at the conference.

By registering for this event, you acknowledge and agree to grant VGS the right to record, film and photograph your likeness in its media, marketing, promotional and educational efforts.

"It was an excellent conference, the speakers had a wealth of information."

"Best clinically-based conference for the care of the elderly population!"

"Overall great experience and needed conference."

"Great conference - look forward to next year!"

"This was my third VGS conference and I was not disappointed."



# 2018 REGISTRATION

Registration Type	Early Registration <small>(before 3/30/2018)</small>	Late Registration <small>(after 3/30/2018)</small>	On-Site Registration	Amount Due
VGS Member <i>Physician</i>	\$450	\$500	\$525	_____
VGS Member <i>Non-MD</i> <small>(Physicians-in-training, Pharmacists, Nurse Practitioners, Physician Assistants)</small>	\$350	\$400	\$425	_____
Non-Member <i>Physician</i>	\$500	\$550	\$575	_____
Non-Member <i>Non-MD</i> <small>(Physicians-in-training, Pharmacists, Nurse Practitioners, Physician Assistants)</small>	\$400	\$450	\$475	_____
Qualified Students <small>Qualified students must show current proof of enrollment in a Medical PA, NP, RN, MSW/BSW, Pharmacy program, etc.*</small>	\$200	\$200	\$215	_____
<b>Daily Registration</b> <input type="checkbox"/> Friday \$275 <input type="checkbox"/> Saturday \$255 <input type="checkbox"/> Sunday \$195 <input type="checkbox"/> Saturday & Sunday \$450				_____
<b>Conference Binder</b> Printed Conference Binder <b>\$45</b> <small>Please note: Conference binders are printed several weeks ahead of the conference, and may contain outdated materials. Binders ONLY contain 3-slide per page printouts of presenter slides, which are available on the attendee portal.</small>				_____
<b>VGS Member Dinner</b> <input type="checkbox"/> Attendee Fee \$10 <input type="checkbox"/> Attendee Guest Fee \$10				_____
<b>TOTAL</b>				_____

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Discipline: \_\_\_\_\_

Institution: \_\_\_\_\_

**PHARMACISTS ONLY:** NABP ID No.: \_\_\_\_\_ DOB: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Daytime Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Will you attend the Friday evening Networking Reception from 5:30 p.m. - 6:30 p.m.?  Yes  No

Are you a first time attendee?  Yes  No

How did you hear about the conference?  Email  Website  Colleague Referral  AGS Email  Other \_\_\_\_\_

Mail or fax registration form to Devon Possanza, VGS Conference Coordinator, 250 West Main Street, Suite 100, Charlottesville, VA 22902 or fax to (434) 979-2439. To pay by credit card, registration is available online at [www.vgsconference.org](http://www.vgsconference.org).

For phone inquiries or special needs contact Devon Possanza at (804) 643-4433. **No registration refunds will be given after**

**March 20, 2018. Refund requests made before March 20 will be subject to a \$50 administrative fee.**

Deposit Check Rec'd	Init: _____
Date: _____	Check #: _____

\* Qualified students must mail valid student ID to [devon.possanza@easterassociates.com](mailto:devon.possanza@easterassociates.com) or fax to (434) 979-2439.