
The Five Weekend Care of the Elderly Certificate Course

Toronto Rehabilitation Institute
550 University Avenue, Toronto, ON

Weekend 1 Agenda

Saturday January 7, 2017
Toronto Rehabilitation Institute

Diagnosis and Management of Mild Cognitive Impairment and Dementia

Linda Lee, MD, CCFP, FCFP

Director, Memory Clinic, The Centre for Family Medicine FHT; Associate Professor, Department of Family Medicine, McMaster University, University of Western Ontario, and Queen's University; Clinical Associate Professor, University of Waterloo School of Pharmacy

This weekend will provide the family physician with an approach to the diagnosis and management of patients with mild cognitive impairment and dementia in ambulatory care. Topics to be covered include: delirium, the clinical differentiation of the different kinds of dementias, management of driving issues, and separating patients that can safely be diagnosed and managed by the family physician from those requiring referral to a specialist. As well, principles of pharmacologic and non-pharmacologic management will be reviewed.

Learning Objectives:

1. Describe the clinical features of delirium, its diagnosis, and management. List features which differentiate normal aging, mild cognitive impairment (MCI), and dementia, and describe office-based tests that can be used to assess cognitive, visuospatial, and executive function.
2. Describe the clinical features that differentiate the various types of dementia. List findings which might suggest that the cognitively-impaired patient is unsafe to drive, and findings which would require reporting to the Ministry of Transportation. Describe an approach to assessment of capacity.
3. Describe current evidence for effect on cognitive function of diet, exercise, cognitive training and social networks.
4. Describe principles of non-pharmacologic management and pharmacologic management for different types of dementia.
5. Discuss management of caregiver stress.

Schedule provided on the following pages...

7:30 - 8:00

Continental Breakfast

8:00 - 8:30

Welcome to the Course

Robert Lam, MD, CCFP, FCFP (Care of the Elderly)

Family Physician, Family Health Team and Consultant, Falls Clinic, University Health Network; Attending Physician, Geriatric Rehabilitation Program, Toronto Rehabilitation Institute; Associate Professor, Department of Family Medicine, University of Toronto

Review University of Toronto Certificate Requirements for Completion and Attendance.

8:30 – 8:40

Introduction

Linda Lee, MD, CCFP, FCFP

8:40 – 9:20

Delirium, Depression and Reversible Causes

Linda Lee, MD, CCFP, FCFP

Delirium is a common, debilitating, costly, and at times, life-threatening condition. It is reversible and preventable. This presentation will highlight the importance of prevention, assessment, and management of acute confusion in the older adult.

9:20 – 10:05

Is it Normal, MCI or Dementia?

Linda Lee, MD, CCFP, FCFP

This presentation will provide a review of features that differentiate normal aging, MCI and dementia and office-based cognitive testing that can be used in the assessment.

10:05 – 10:20

Nutrition Break

10:20 – 11:00

Executive Function

Linda Lee, MD, CCFP, FCFP

This presentation will describe the clinical manifestations of executive dysfunction and office-based tests that can be used to assess executive functioning.

11:00 – 12:15

What Kind of Dementia Is It?

Linda Lee, MD, CCFP, FCFP

This presentation will provide a review of clinical features that differentiate the various types of dementia, and an approach to diagnosis.

12:15 – 1:00

Lunch

1:00 – 2:15

Driving

Linda Lee, MD, CCFP, FCFP

This presentation will provide a review of findings that might indicate that the cognitively-impaired patient is unsafe to drive and require reporting to the Ministry of Transport, as well as an approach to how this information might be communicated to the patient.

2:15 – 2:30

Nutrition Break

2:30 – 3:40

Practice Procedure

Obtaining Informed Consent and Capacity Testing

Robert Lam, MD, CCFP, FCFP (Care of the Elderly);

Ian Waters, MSW, RSW and Katie Stock, MSW RSW

4:00 – 6:00

Cocktail Reception

DoubleTree by Hilton Toronto Downtown

108 Chestnut Street, Toronto, Ontario, M5G 1R3

This is a great opportunity for you to get to know your fellow course colleagues, course speakers and weekend leads!

Sunday January 8, 2017

Toronto Rehabilitation Institute

07:30 - 08:00

Continental Breakfast

08:00 – 09:00

Non-Pharmacologic Management

Linda Lee, MD, CCFP, FCFP

Chief, Department of Family and Community Medicine, Baycrest Geriatric Healthcare System; Associate Professor and Director, Care of the Elderly Program, Department of Family and Community Medicine, University of Toronto

This presentation will provide a review of behavioural and psychological symptoms of dementia (BPSD) and important non-pharmacologic strategies such as U.R.A.F. key-question approach and the P.I.E.C.E.S. approach.

09:00 – 10:15

Pharmacologic Management

Linda Lee, MD, CCFP, FCFP

This presentation will review practical aspects of the use of pharmacologic treatments in dementia.

10:15 – 10:30

Nutrition Break

10:30 – 11:30

Caregiver Stress and Resources

Maria Martinez, MSW, RSW

Registered Social Worker, Memory Clinic, University Health Network (Toronto Western Hospital)

Linda Lee, MD, CCFP, FCFP

This presentation will provide an update on our current understanding of the stress that caregivers experience in caring for patients with dementia and practical ways of screening and managing caregiver stress.

11:30 – 12:00

How to Communicate with Persons with Dementia, and System Navigation

Stephanie Long-Riley, OT Reg. (Ont)

Psychogeriatric Resource Consultant for Primary Care

The Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer Support and Training, Mount Sinai

12:00 – 12:15

Discussion of Assignment

Linda Lee, MD, CCFP, FCFP

Robert Lam, MD, CCFP, FCFP (Care of the Elderly)

12:15 – 12:50

Lunch

This will be a boxed lunch. You are welcome to stay and eat or you can take it to go.