
The Five Weekend Care of the Elderly Certificate Course

Toronto Rehabilitation Institute
550 University Avenue, Toronto, ON

Weekend 2 Agenda

Saturday, February 4, 2017
Toronto Rehabilitation Institute

Approach to Physically Frail Elderly Patients with Falls

Patrick W Chu, MBBS MRCP(UK), FRCP(Edin), CCFP(COE)

Consultant, Geriatric Day Hospital, & Consultant, Geriatric Outreach Team, North York General Hospital
Lecturer, Department of Family and Community Medicine, University of Toronto

Joyce Lee MD CCFP Care of the Elderly

Physician Lead, Geriatric Clinic for Parkinson's, Seniors' Health Centre, North York General Hospital

This weekend will provide the participants an overview of the multifaceted approach to frail elderly patients with mobility problems. The physiological changes associated with aging, the diseases and conditions which contribute to balance and gait problems will be reviewed. The participants will learn practical approaches to assess fall risk, manage vertigo, and prevent future falls.

Learning Objectives:

1. Develop an approach to evaluation of falls in frail elderly patients. List the intrinsic and extrinsic risk factors which contribute to falls.
2. Discuss the physiological changes and various pathological conditions in the elderly that increase the risk of falls, such as Parkinsonism, vertigo and postural hypotension.
3. Demonstrate the Dix-Hallpike and Epley maneuvers in the context of evaluating and treating conditions related to falls.
4. Perform a gait and balance assessment in the elderly.
5. Compare the risks and benefits of different gait aids.
6. Integrate a plan to deal with geriatric falls in one's daily practice.

07:30 - 08:00	Continental Breakfast
08:00 - 09:30	<p>Debriefing of Weekend 1: Diagnosis and Management of Dementia and Mild Cognitive Impairment Assignments</p> <p>Linda Lee, MD, CCFP, FCFP Director, Memory Clinic, The Centre for Family Medicine FHT, Kitchener; Associate Professor, Department of Family Medicine, McMaster University, University of Western Ontario, and Queen’s University</p> <p>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</p>
09:30 – 09:45	Nutrition Break
09:45 – 10:45	<p>Office Assessment of Balance and Gait Disorders in the Elderly</p> <p>Robert Lam, MD, CCFP, FCFP (Care of the Elderly)</p> <p>This presentation will provide a practical approach for gait disorders in the elderly. “Senile gait” disorders are now felt to be early presentations of disease rather than normal aging.</p>
10:45 – 11:45	<p>Approach to Parkinsonism in the Elderly</p> <p>Joyce Lee MD CCFP Care of the Elderly Physician Lead, Geriatric Clinic for Parkinson's Seniors' Health Centre, North York General Hospital</p> <p>This presentation will provide an overview of the spectrum of Parkinsonism disorders, the differentiating features, and tips on pharmacological and non-pharmacological management of motor and non-motor features. Relevant cases will be discussed to highlight the learning points.</p>
11:45 – 12:30	Lunch
12:30 – 1:30	<p>Not All the Same: Focus on Atypical Parkinsonism</p> <p>Joyce Lee MD CCFP Care of the Elderly</p> <p>This talk will provide an overview of and practical approach to atypical parkinsonian syndromes. Case studies will be utilized to assist the learner in considering the diagnosis of these conditions.</p>
1:30 – 1:45	Nutrition Break

1:45 – 2:45

Practice Procedure

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

Patrick W Chu, MBBS MRCP(UK), FRCP(Edin)

Joyce Lee MD CCFP Care of the Elderly

Practice measurement of postural vitals and differentiate between different causes of postural hypotension. Practice Dix-Hallpike and particle repositioning manoeuvre.

2:45 – 3:45

Dizziness (Vertigo, Disequilibrium)

Daniel Wong, MD FRCP(C)

Neurologist, Medicine Department, North York General Hospital

This presentation will provide a review of neurological conditions causing the common complaint of “dizziness”. The approach to differentiating these conditions and their management will be discussed.

Sunday February 5, 2017

Toronto Rehabilitation Institute

07:30 - 08:00

Continental Breakfast

08:00 – 09:00

Evaluating a Physically Frail Elderly Patient with Falls

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

This presentation will review the problem of falls in Canada and provide an approach to evaluation for family physicians.

09:00 – 10:00

Prescription Walking Aids

Teresa Chen, BSc, MScPT

Physiotherapist, University Health Network

This presentation will provide a hands-on introduction to gait aids used to optimize a patient’s mobility function.

10:00 – 10:15

Nutrition Break

10:15 – 11:15

Physiological Changes of Normal Aging

Patrick W. Chu, MBBS MRCP (UK), FRCP (Edin)

This presentation will explore cardiovascular, neurological, bone and joint and metabolic changes in the elderly as well as drug metabolism in the elderly.

11:15 – 11:30

Discussion of Assignment

Patrick W Chu, MBBS MRCP(UK), FRCP(Edin) & Robert Lam, MD, CCFP

11:30 – 11:40

Evaluation of Workshop

11:40 – 12:40

Lunch

This will be a boxed lunch, you’re more than welcome to stay and eat or you can take it to go!