
The Five Weekend Care of the Elderly Certificate Course

Toronto Rehabilitation Institute
550 University Avenue, Toronto, ON

Weekend 3 Agenda

Saturday March 25, 2017

Auditorium, Toronto Rehab, University Health Network

Mental Health and Chronic Pain Management

Bachir Tazkarji, MD, CCFP, ABFM

*Care of the Elderly Physician, Geriatric Rehabilitation Program, Toronto Rehabilitation Institute / UHN;
Lecturer, Department of Family Medicine, University of Toronto.*

This weekend will provide participants with an overview of anxiety in the elderly along with practical tips for anxiety management. Acute and chronic pain issues, common diseases that present with pain, how to balance treatment choices while preserving the patient's independence and quality of life as well as a discussion about polymyalgia rheumatic diagnosis and management will be reviewed. Participants will learn about common neoplastic diseases and will identify when to screen or not to screen for common cancers and the controversy of PSA testing will be discussed.

Learning Objectives:

1. Describe an approach to elderly patients with anxiety.
2. Balance treatment choices for pain while preserving a patient's independence and quality of life.
3. Describe common neoplastic diseases and discuss factors that affect decisions to screen or not to screen.
4. Recognize signs of elder abuse in the family practice setting.
5. Demonstrate proper technique for steroid joint injection of shoulder and knee joints.

07:30 - 08:00

Continental Breakfast

08:00 - 09:30

Debriefing of Weekend 2: Approach to Physically Frail Elderly Patients with Falls Assignments

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

09:30 – 09:45

Nutrition Break

09:45 – 10:45

Elder Abuse

Bachir Tazkarji, MD CCFP

This presentation will provide an overview of elderly abuse including financial issues.

10:45 - 11:45

Wound Care

Robyn Evans, MD

This session will provide an overview of care for common wounds in the elderly and will teach you how to differentiate between wounds and pressure ulcers.

- 11:45 – 12:15** **Screening and Treatment of Common Cancers in the Elderly**
Bachir Tazkarji, MD, CCFP
- This presentation will describe general screening guidelines, identify reasons why we should continue or stop screening beyond what is recommended for the general population and will describe the benefit of screening for certain cancers beyond certain ages.
- 12:15 – 01:00** **Lunch**
- 01:00 – 02:00** **Practice Procedure**
Robert Lam, MD CCFP, FCFP & Bachir Tazkarji, MD CCFP
- Practice steroid joint injections of the shoulder and knee
- 02:00 – 03:00** **Joint Pain in the Elderly**
Bachir Tazkarji, MD, CCFP
- Brandusa Florica, MD, FRCPC**
Rheumatology Trillium Health Partners
Lecturer Department of Medicine, University of Toronto
- This session will cover common musculo -skeletal problems in the elderly and provide opportunity to differentiate between common rheumatological and non rheumatological illnesses.
- 03:00-04:00** **Pain Management in the Elderly**
Paul S. Tumber, MD, FRCPC
Pain Management Consultant, UHN and Mt. Sinai Hospital Wasser Pain Clinic
Assistant Professor Anesthesiology, University of Toronto

Sunday March 26, 2017
Auditorium, Toronto Rehab, University Health Network

- 07:30 - 08:00** **Continental Breakfast**
- 08:00 – 09:00** **The Palliative Care Approach to Pain Management in the Elderly**
Sarah Torabi, MD, FRCPC
Staff Physician and Education Lead, Department of Palliative Care,
Sunnybrook Health Sciences Center
- This presentation will review basic pain management principles in dealing with the elderly, seek to understand the role of pharmacotherapy for pain control in the elderly and will review a case of low back pain and neuropathic pain in the elderly.
- 09:00 – 10:00** **Palliative Care: Care of the Elderly Program**
Sarah Torabi, MD, FRCPC
Staff Physician and Education Lead, Department of Palliative Care,
Sunnybrook Health Sciences Center
- This presentation will focus on management of common symptoms in palliative care especially pain and nausea. General palliative care principles will also be reviewed.
- 10:00 - 10:15** **Nutrition Break**

10:15 - 11:15

Geriatric Depression and Anxiety in the Family Practice Setting
Richard Shulman

This lecture will touch upon common anxiety disorders in the elderly, including mood associated anxiety, panic disorder, generalized anxiety disorder, obsessive-compulsive disorder and anxiety associated with cognitive impairment. A brief description of how anxiety presents in the elderly will be provided as well as a description of the differential diagnosis and treatment strategies. Finally, cases will be presented to reinforce what has been learned.

11:15 – 11:30

Discussion of Assignments
Bachir Tazkarji, MD CCFP and Robert Lam, MD CCFP, FCFP

11:30 – 11:40

Evaluation of Workshop

11:40 – 12:40

Lunch

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