
The Five Weekend Care of the Elderly Certificate Course

Toronto Rehabilitation Institute
550 University Avenue, Toronto, ON

Weekend 4 Agenda

Saturday May 6, 2017

Toronto Rehabilitation Institute, University Health Network

Management of Common Medical Problems in the Elderly

Amy Freedman, MD CCFP (COE), FCFP

Family Physician, Care of the Elderly Physician, St. Michael's Hospital & Baycrest Hospital; Assistant Professor, Department of Family and Community Medicine, University of Toronto

This weekend will explore common medical problems presenting in the elderly (e.g. diabetes, cardiovascular, pulmonary, and renal disease). Current guidelines will be reviewed as they pertain to the elderly. Case studies will provide the basis for group work, highlighting family physician's skills as chronic disease managers. Pharmacological issues and advanced directives will also be highlighted.

Learning Objectives:

- 1 List five drugs in the elderly to avoid and be able to explain reasons why they should be avoided.
- 2 Calculate estimated renal clearance and modify treatment of elderly patients with poor renal and / or hepatic function.
- 3 Discuss relevant management issues in type 2 diabetes, chronic renal insufficiency, congestive heart failure, atrial fibrillation and respiratory disease as they pertain to the elderly.
- 4 Role play discussion of advanced directives with elderly patients suffering from chronic disease.

07:30 - 08:00

Continental Breakfast

08:00 - 09:30

**Debriefing of Weekend 3: Mental Health and Chronic Pain
Management Assignments**

Bachir Tazkarji, MD, CCFP

Care of the Elderly Physician, Geriatric Rehabilitation Program, Toronto Rehabilitation Institute / UHN; Assistant Professor, Department of Family Medicine, University of Toronto

Robert Lam, MD CCFP, FCFP

09:30 – 09:45

Nutrition Break

09:45 – 11:00

Type 2 Diabetes Mellitus in the Elderly

Debbie Kwan, BScPhm, MSc, FCSHP

*Pharmacist, Family Health Team, Toronto Western Hospital
Assistant Professor, Leslie Dan Faculty of Pharmacy and Department of
Family Medicine, University of Toronto*

This presentation will be a review of current best practices and will discuss treatment approaches in the context of a variety of cases.

11:00 – 12:30

The Top Five Drugs to Avoid in the Elderly

Debbie Kwan, BScPhm, MSc, FCSHP

This section will discuss drugs and drug classes that should be used with caution in the elderly. Evidence supporting the minimal use of these drugs will be presented and alternatives discussed. Participants will work through various cases, assessing appropriateness of drug therapy in specific individuals.

12:30 – 01:15

Lunch

01:15 – 02:15

Practice Procedure

Robert Lam, MD CCFP, FCFP

Ian Waters, MSW, RSW

Registered Social Worker, University Health Network (TWH)

Katie Stock, MSW RSW

Registered Social Worker, University Health Network (TRI)

Advance directives and the elderly patient; when to change from active to palliative treatment. Learn how to discuss advance directives with patients suffering from chronic disease.

02:15 – 02:30

Nutrition Break

02:30 – 03:45

Chronic Kidney Disease in the Elderly

Amy Freedman MD CCFP (COE), FCFP

Gabrielle Lafreniere, MD

*Internist & Geriatrician, Geriatric Nephrology Fellow, Department of
Nephrology, UHN; CHU de Quebec - Universite Laval*

This presentation will review normal changes that occur with ageing in the renal system and how these “normal” changes may predispose the elderly to disease, renal insufficiency, or systemic decline. It will look at the current Canadian Guidelines for Chronic Renal Insufficiency and, using case studies identify clinical challenges and current controversies in chronic renal insufficiency in the elderly. Finally, chronic renal insufficiency will be discussed in a group situation, highlighting practice experience and acknowledging where clinical practice and published guidelines may differ.

