
The Five Weekend Care of the Elderly Certificate Course

Toronto Rehabilitation Institute
550 University Avenue, Toronto, ON

Weekend 5 Agenda

Saturday June 3, 2017

Auditorium, Toronto Rehab, University Health Network

Approach to Elderly Patients with Failure to Thrive

Robert Lam, MD CCFP, FCFP

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

This weekend will provide the family physician with a practical approach to the medically frail elderly patient. These patients may present with mild anemia, depression, fatigue or weight loss. The management of symptomatic late onset hypogonadism (andropause) and menopause will be discussed as well as osteoporosis. *Choosing Wisely* initiatives "lists of things physicians and patients should question" in clinical care will be discussed. Pessary insertion and urinary catheterization are useful office procedures that will be demonstrated.

Learning Objectives:

1. Describe a practical approach to anemia presenting in a frail elderly patient.
2. Formulate an approach to urinary incontinence in elderly patients including non-pharmacological management.
3. Explain the *Choosing Wisely* initiatives
4. Describe a practical approach to weight loss and fatigue in the elderly.
5. Diagnose elderly men with andropause or symptomatic late onset hypogonadism and compare management options.
6. Review the evidence for the management of menopausal symptoms.
7. Use the 2010 Osteoporosis Canada Clinical Practice Guidelines to calculate fracture risk and propose appropriate interventions to reduce fractures.
8. Demonstrate proper technique to fit and maintain a pessary.
9. Demonstrate proper technique for urinary catheterization to determine post void residual bladder volumes.

07:30 - 08:00

Continental Breakfast

08:00 - 09:30

Debriefing of Weekend 4, Management of Common Medical Problems in the Elderly, Assignments

Amy Freedman, MD CCFP (COE), FCFP & Robert Lam, MD CCFP, FCFP

09:30 - 09:45

Nutrition Break

09:45 – 10:45

Home Visits in Frail Elderly
Amy Freedman, MD CCFP (COE), FCFP

This session will focus on the clinical challenges and the practicalities of providing home visits to frail elderly.

10:45 – 11:45

UI in the Elderly
Christopher Frank, MD, CCFP
Care of the Elderly Physician, St. Mary's of the Lake Hospital; Associate Professor, Division of Geriatric Medicine, Queen's University

Problems with urinary incontinence (UI) and constipation are common in older patients but family physicians are not always sure of a practical approach to either problem. This session will use cases to develop an approach to management of urinary incontinence and constipation.

11:45 – 12:30

Lunch

12:30 – 01:30

Choosing Wisely
Christopher Frank, MD, CCFP

This session will review some of the relevant recommendations related to care of the elderly found in the Choosing Wisely initiatives "lists of things physicians and patients should question" in clinical care. This initiative focuses on improving quality and cost effectiveness of care by engaging patients and physicians in discussions about care decisions. Lists of recommendations from Academy of Family Physicians, American Geriatrics Society, American Psychiatric Association and Hospitalist Society will be discussed. The link to professionalism and goal setting with elderly will also be considered.

01:30 – 01:45

Nutrition Break

01:45 – 02:45

Practice Procedure
Learn how to insert a pessary.
Robert Lam, MD, CCFP, FCFP

Learn how to do urinary catheterization to determine post void residual
Christopher Frank, MD CCFP

02:45 – 03:45

Fatigue and Weight Loss in the Elderly
Christopher Frank, MD, CCFP

Fatigue and weight loss are common problems in older patients but are not easy to manage in a family medicine setting. This session will use cases to review common medical, social and environmental factors contributing to this presentation. Less common but important geriatrics conditions such a polymyalgia rheumatica will be discussed as will mental health causes such as depression and dementia. Resources to assist with management of "failure to thrive" will be discussed.

Sunday June 4, 2017

Auditorium, Toronto Rehab, University Health Network

07:30 - 08:00

Continental Breakfast

08:00 – 09:00

Approach to Patients with Anemia and Possible Occult Malignancies

Robert Lam, MD, CCFP, FCFP

This presentation will highlight the physiological changes in hemoglobin measures with normal aging and provide a practical approach to patients with mild anemia. Common myeloproliferative and lymphoproliferative disorders including monoclonogammopathy of unknown significance (MGUS) and multiple myeloma will be covered.

09:00 – 10:00

An Approach to Osteoporosis

Sid Feldman MD, CCFP

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

This session will consider how it feels to be kyphotic, will discuss osteoporosis pathology and exercise, and will look at the consequences of osteoporosis for the individual and for the health care system. A review of osteoporosis risk factors will be explored through interactive group discussion. Small group cases will be used to practice decision making regarding who needs BMD/xrays.

10:00 - 10:15

Nutrition Break

10:15 - 11:15

A Tired Old Man

Robert Lam, MD CCFP, FCFP

This presentation will provide an approach to symptomatic late onset hypogonadism. Diagnosis and management options will be reviewed.

11:15 – 11:30

Post-Reflective Exercise and Closing Remarks

Robert Lam, MD CCFP, FCFP

11:30 – 11:40

Evaluation of Session

11:40 – 12:25

Lunch