Fourteenth International HELP Conference

April 7–8, 2016

Jointly sponsored by:

The Hospital Elder Life Program (HELP)
and the
University of Pittsburgh School of Medicine
Center for Continuing Education
in the Health Sciences

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors:

Fred Rubin, MD
Chair, Department of Medicine,
UPMC Shadyside
Professor of Medicine
University of Pittsburgh School of Medicine
Pittsburgh, PA

Sharon K. Inouye, MD, MPH
Professor of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School
Milton and Shirley F. Levy Family Chair
Director, Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

Shin-Yi Lao, MPH, BSN, RN
Program Coordinator
Hospital Elder Life Program
The Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

UPMC
Introduction

This two-day international conference is designed to educate HELP teams regarding strategies for delirium prevention, using HELP to improve hospital-wide care of older adults, and creating a climate of change. Expert clinicians and experienced members of HELP sites will share evidence-based information and clinical insights on selected topics regarding the influence of HELP, delirium updates, and the larger policy implications of care for older adults. Updates on collaborative papers, expansion of the program, and innovative site projects will also be presented.

Learning Objectives

At the end of this course, participants should be able to:

• Understand how delirium impacts older adults in the hospital
• Identify delirium prevention strategies in persons with dementia
• Apply the AGS 2015 Beers Criteria to persons with dementia
• Describe nonpharmacologic management of behavioral disturbances in dementia and delirium
• Implement interventions for patients with dementia at their facility
• Conduct program planning for HELP implementation, sustainability, and expansion
• Describe the implementation of HELP in nursing homes
• Implement relaxation and stress management tools
• Describe the health effects, treatments, and future directions for caregiving for persons with dementia

Continuing Education Credit

• CME — This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Hospital Elder Life Program (HELP). The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

• Nursing — The University of Pittsburgh School of Medicine’s Center for Continuing Education in the Health Science and School of Nursing are collaborating in the development of this educational activity. Nurse participants successfully completing this learning activity (attending the full session, completing and submitting a program evaluation and a CE verification form) may receive up to a maximum of 10.5 contact hours.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

• Social Work — This program is offered for 10.5 hours of Social Work continuing education through co-sponsorship of the University of Pittsburgh School of Social Work, a Council of Social Work Education accredited school and, therefore, a Pennsylvania pre-approved provider of social work continuing education. These credit hours satisfy the requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For more information on social work continuing education call (412) 624-3711.

Meeting Location

Marriott Pittsburgh City Center
112 Washington Place • Pittsburgh, Pennsylvania 15219
Phone: (412) 471-4000, Fax: (412) 553-5252

Overnight Accommodations and Parking

The conference has contracted a limited number of hotel rooms at the Marriott Pittsburgh City Center for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the Geriatric Medicine Conference. The room block is limited and only available until Wednesday, March 16, 2016 at 5:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first. Room rates are $135.00 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call Krystal Golacinski at (412) 647-7050.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately $12.25/day. The entrance is located on the side of the Marriott Pittsburgh City Center hotel.

Note: Participants are welcome to remain and enjoy the Update in Geriatric Medicine conference, which will adjourn Saturday at noon. The full agenda can be viewed at https://ccejhs.upmc.com. There will be an additional registration fee of $85.

Topics on Saturday, April 9, 2016 at the Update in Geriatric Medicine:

• Geriatric Pharmacology • Acute Care of the Elderly • Symposium on Geriatric Syndromes
• Geriatric Cardiology • Appropriate Prescribing of Antibiotics for Older Adults
• Saturday Morning Symposium on Patient Care at the End of Life and Living with Hospice Care
• Advanced Practice Providers Session
### Schedule — Thursday, April 7, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Welcome</td>
</tr>
<tr>
<td></td>
<td>Fred Rubin, MD and Shin-Yi Lao, MPH, RN</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Update on HELP</td>
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<tr>
<td></td>
<td>Sharon K. Inouye, MD, MPH</td>
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<tr>
<td>9:00 am</td>
<td>Update on HELP Website/E-Learning</td>
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<tr>
<td></td>
<td>Shin-Yi Lao, MPH, RN</td>
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<tr>
<td>9:20 am</td>
<td>Keynote I</td>
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<tr>
<td></td>
<td>Delirium Prevention Strategies in Persons with Dementia: A Person-Centered Approach</td>
</tr>
<tr>
<td></td>
<td>Donna Fick, PhD, GCNS-BC, FGSA, FAAN</td>
</tr>
<tr>
<td>10:20 am</td>
<td>Break</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Breakout Sessions (repeat at 11:15 am)</td>
</tr>
<tr>
<td></td>
<td>Delirium Prevention and Management in Persons with Dementia</td>
</tr>
<tr>
<td></td>
<td>• How to Use the American Geriatrics Society 2015 Beers Criteria in Persons with Dementia and in your Healthcare System</td>
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<tr>
<td></td>
<td>Donna Fick, PhD, GCNS-BC, FGSA, FAAN</td>
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<tr>
<td></td>
<td>• Nonpharmacologic Management of Behavioral Disturbances in Dementia and Delirium</td>
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<tr>
<td></td>
<td>Jonny Macias, MD</td>
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<tr>
<td>11:05 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Breakout Sessions (repeat of 10:30 am sessions)</td>
</tr>
<tr>
<td>11:50 am</td>
<td>Lunch</td>
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**UPMC Geriatric Update: Geriatric Syndromes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00 pm</td>
<td>Hazards of Hospitalization OR Acute Care of Elderly</td>
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<tr>
<td></td>
<td>Robert M. Palmer, MD, MPH</td>
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<tr>
<td>2:00 pm</td>
<td>Differentiating Cognitive Decline</td>
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<tr>
<td></td>
<td>Daniel Blazer, MD, PhD, MPH</td>
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<tr>
<td>2:35 pm</td>
<td>Delirium Superimposed on Dementia: What Do We Know and What Can We Do?</td>
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<tr>
<td></td>
<td>Donna Fick, PhD, GCNS-BC, FGSA, FAAN</td>
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<tr>
<td>3:10 pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Management of Delirium: Nonpharmacologic and Pharmacomologic Approaches</td>
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<tr>
<td></td>
<td>Sharon K. Inouye, MD, MPH</td>
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</tbody>
</table>

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>4:05 pm</td>
<td>Panel Discussion: Hospital Interventions for Patients with Dementia</td>
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<tr>
<td></td>
<td>• Montessori Programming</td>
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<tr>
<td></td>
<td>Marsha Krueger, Grand River Hospital</td>
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<td>Rebekah Larter, Guelph General Hospital</td>
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<td></td>
<td>• PIECES Framework</td>
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<td>Alex Culkovic, Hamilton General Hospital</td>
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<td></td>
<td>• Simple Pleasures and Therapeutic Recreation</td>
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<td></td>
<td>Kaitlin King, Maine Medical Center</td>
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<td></td>
<td>• Staff Education, “Dementia Virtual Tour”</td>
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<td></td>
<td>Rita Linheiser, Abington Hospital</td>
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<tr>
<td>5:00 pm</td>
<td>Thursday Adjournment</td>
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<tr>
<td>6:00 pm</td>
<td>Dinner Symposium</td>
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<td></td>
<td>IOM Report on Cognitive Aging</td>
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<tr>
<td></td>
<td>Daniel Blazer, MD, PhD, MPH</td>
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</tbody>
</table>

### Schedule — Friday, April 8, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Announcements and Coordination</td>
</tr>
<tr>
<td></td>
<td>Shin-Yi Lao, MPH, RN</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Program Planning for HELP Implementation, Sustainability, and Expansion</td>
</tr>
<tr>
<td></td>
<td>Lynn Spragens, MBA; Fred Rubin, MD; Shin-Yi Lao, MPH, RN</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Break</td>
</tr>
<tr>
<td>9:40 am</td>
<td>Preliminary Data: HELP-LTC to Prevent Delirium and Complications of Acute Illness in Nursing Home Residents</td>
</tr>
<tr>
<td></td>
<td>Kenneth Boockvar, MD</td>
</tr>
<tr>
<td>10:25 am</td>
<td>Tips and Tools for Relaxation and Stress Management</td>
</tr>
<tr>
<td></td>
<td>Carol M. Greco, PhD</td>
</tr>
<tr>
<td>11:25 am</td>
<td>HELP Awards and Recognitions</td>
</tr>
<tr>
<td>11:35 am</td>
<td>HELP Photo</td>
</tr>
<tr>
<td>11:50 am</td>
<td>Lunch</td>
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<tr>
<td></td>
<td>ELS, ELNS, Geriatrician, and Other HELP Staff Networking in Breakout Rooms</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm</td>
<td>Keynote II</td>
</tr>
<tr>
<td></td>
<td>Caregiving for Persons with Dementia: Health Effects, Treatments, and Future Directions</td>
</tr>
<tr>
<td></td>
<td>Richard Schulz, PhD</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Farewell and Conference Adjournment</td>
</tr>
<tr>
<td></td>
<td>Sharon K. Inouye, MD, MPH</td>
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</tbody>
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*PLEINARY SESSION (Combined with the Geriatric Conference)*

Note: Participants are welcome to remain and enjoy the continuing *Update in Geriatric Medicine* conference, which will adjourn Saturday at noon. The full agenda can be viewed at https://ccehs.upmc.com. There will be an additional registration fee of $85.

Topics will include:
- Treatment of Osteoporosis
- Symptom Management of End of Life
- Ask the Cardiologist
- Prescription-Deprescription
- Elder Abuse
- Hematologic Disease
- Management of Low Vision in the Elderly
- POLST Case Discussions
- Ask the Pulmonologist
- Clinical Skills Workshop-Low Back Pain
- PMR/GCA
- Choosing a Statin/New Therapies
- Practicing Patient Centered Medicine in the 4th Quarter
- Providing Home Based Support in the 4th Quarter
- Supporting Life and Living with Hospice Care in the 4th Quarter
Course Directors

Fred Rubin, MD  
Chair, Department of Medicine, UPMC Shadyside  
Professor of Medicine  
University of Pittsburgh School of Medicine

Sharon K. Inouye, MD, MPH  
Professor of Medicine, Beth Israel Deaconess Medical Center,  
Harvard Medical School, Milton and Shirley F. Levy Family Chair,  
Director, Aging Brain Center, Institute for Aging Research, Hebrew  
SeniorLife  
Boston, MA

Shin-Yi Lao, MPH, RN  
Program Coordinator  
Hospital Elder Life Program  
The Aging Brain Center  
Institute for Aging Research  
Hebrew SeniorLife  
Boston, MA

Faculty

Daniel Blazer, MD, PhD, MPH  
JP Gibbons Professor of Psychiatry Emeritus  
Professor of Community and Family Medicine  
Duke University Medical Center  
Durham, NC

Kenneth Boockvar, MD, MS  
Professor of Geriatrics and Palliative Medicine  
Associate Professor of Medicine  
Icahn School of Medicine at Mount Sinai  
Associate Director for Research, James J Peters VA Geriatrics  
Research Education and Clinical Center  
Director of Clinical Studies, Jewish Home Lifecare  
New York City, NY

Alex Curkovic, RN, BScN, MN  
Elder Life Clinical Nurse Specialist  
Hamilton General Hospital  
Hamilton, Ontario, Canada

Donna Fick, PhD, GCNS-BC, FGSA, FAAN  
Distinguished Professor of Nursing  
Professor of Medicine  
Co-Director, Hartford Center of Geriatric Nursing Excellence  
at Penn State  
Pennsylvania State University  
University Park, PA

Carol M. Greco, PhD  
Assistant Professor of Psychiatry  
Licensed Psychologist  
UPMC Center for Integrative Medicine  
Pittsburgh, PA

Kaitlin King, CTRS  
Elder Life Specialist  
Maine Medical Center  
Portland, ME

Marsha Krueger, R/TRO  
Elder Life Specialist  
Grand River Hospital  
Kitchener, Ontario, Canada

Rebekah Larter, R/TRO  
Elder Life Specialist  
Guelph General Hospital  
Guelph, Ontario, Canada

Rita Leinheiser, MA  
Elder Life Specialist  
Abington Hospital  
Abington, PA

Jonny Macias, MD  
Clinical Adjunct Assistant Professor of Internal Medicine  
University of Wisconsin School of Medicine and Public Health  
Medical Director  
Hospital Elder Life Program and Acute Care for Elders  
Aurora St. Luke’s Medical Center  
Milwaukee, WI

Robert M. Palmer, MD, MPH  
Director of the Glennan Center for Geriatrics and Gerontology  
John Franklin Chair and Professor of Internal Medicine  
Eastern Virginia Medical School  
Norfolk, VA

Richard Schulz, PhD  
Distinguished Service Professor of Psychiatry, University of Pittsburgh  
School of Medicine  
Professor of Epidemiology, Sociology, Psychology, Community Health,  
Nursing, & Health and Rehabilitation Sciences  
Director, University Center for Social and Urban Research  
Director, Geriatric Education Center of Pennsylvania  
Associate Director, Aging Institute of UPMC Senior Services  
and the University of Pittsburgh  
Pittsburgh, PA

Lynn Spragens, MBA  
President, Spragens & Associates, LLC  
Durham, NC

Faculty are part of UPMC and/or the University of Pittsburgh School of Medicine in the metropolitan Pittsburgh, PA unless specified otherwise.

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.
Registration Information

Pre-registration
All pre-registrations are due by April 3, 2016. Registrations after this date are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.
• Visit our online registration site at https://ccehs.upmc.com
• Scroll to the Hospital Elder Life Program (HELP) section on the web page
• Click the Registration button and enter all the requested information
• After registering, an electronic confirmation will be sent to the email address you provided us when you registered

On-site Registration
As of April 3, 2016, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.
A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate email confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-7050.

Cancellation
All cancellations must be in writing, via U.S. mail, email or fax. Tuition for cancellations postmarked or date stamped before March 28, 2016 will be completely refunded. After March 28, 2016 a $35 administrative fee will be assessed. No refunds will be made after April 1, 2016. Cancellation requests can be made to:
Krystal Golacinski
UPMC Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536
Phone: (412) 647-7050 or (412) 647-8232
Fax: (412) 647-8222
Email: ccehsconfmgmt101@upmc.edu

Registration Fees
• HELP Conference Attendees: $250
• HELP Dinner Presentation Attendees: $ 50
• Geriatric Medicine Conference Attendees: $ 85

Note: Participants are welcome to remain and enjoy the continuing Update in Geriatric Medicine conference, which will adjourn Saturday at noon. The full agenda can be viewed at https://ccehs.upmc.com. There will be an additional registration fee of $85.

Special Needs
Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 647-7050 or (412) 647-8232.

Visit the Center for Continuing Education in the Health Sciences Web Site
Our Internet address is: https://ccehs.upmc.com

The UPMC Center for Continuing Education in the Health Sciences invites you to visit our web location. Receive information on CME programs, earn CME credits on the Internet, and access information about our formal courses and much more. Discover who we are and how you can contact us. Please visit our web location often to get updated information on upcoming programs.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
Registration Form
(For Use Only If Not Registering Online)

Fourteenth International HELP Conference
April 7–8, 2016

Please type or print; photocopy both pages of this form for additional registrants.

No Registration Will Be Accepted Without Payment.

LAST FIVE digits of Soc. Sec. # ____ — ____ ____ ____ ____*

Prefix: ☐ Mr. ☐ Mrs. ☐ Dr. ☐ Ms. ☐ Other, please indicate: _______

First Name*

Last Name*

Suffix (*Jr., Sr., etc.)

Company/Institutional Affiliation

Specialty

Email Address

Degree:* ☐ MD ☐ DO ☐ Resident ☐ PhD ☐ MPH ☐ RN ☐ Other, please indicate: _________________________

Address

City                                                         State                       ZIP Code

Work Telephone

Fax

How did you hear about this conference? __________________________________________________________________________

☐ I require vegetarian lunch. ☐ I require kosher lunch. ☐ I have no special dietary requirements. ☐ Other __________________________

*Required

This is how your name will appear on your name badge.

continued on page 7
Registration Form continued from page 6

Registration Fees

___ HELP Conference Attendees @ $250 = $______
___ HELP Dinner Presentation Attendees @ $50 = $______
___ Geriatric Medicine Conference Attendees @ $85 = $______

Note: Participants are welcome to remain and enjoy the continuing Update in Geriatric Medicine conference, which will adjourn Saturday at noon. The full agenda can be viewed at https://ccehs.upmc.com. There will be an additional registration fee of $85.

Tuition includes:
- Registration and comprehensive course syllabus
- Admission to the HELP program and to the exhibit hall
- Continuing education credit
- Breaks and meals

Total Registration Fee Enclosed $_____________

PAYMENT MUST ACCOMPANY REGISTRATION.

Method of Payment

The following methods of payment are acceptable for the registration fee:

- Checks (personal or employer)
- Credit Card

   - Employer check included
   - Personal check included
   - Employer or Personal check to arrive under separate cover. If your personal or employer check is arriving under separate cover, you may send or fax in your completed registration form now, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.

There is a $25.00 returned check fee.

2. Credit Card Payments
   - Visa
   - MasterCard
   - American Express
   - Discover

Credit Card No.

Expiration Date (Month/Year)

Signature

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

Mail payment, accompanied by the registration form to:

UPMC Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536

For additional information, contact:

Telephone: (412) 647-7050 • Fax: (412) 647-8222
Email: ccehsconfmgmt101@upmc.edu