



**Geriatrics and Cardiology Update 2014
August 10-17, 2014**

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Sunday, August 10, 2014

Vancouver, BC

2:00 – 3:00 **Conference Registration**

Monday, August 11, 2014

At Sea

8:00 – 9:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a turning point technology demonstration day.

9:00 – 10:00 **Office Management of Dementia Part I: Diagnosis, Disclosure, Depression and Driving** - *Dr. Kathryn Bell*
During her first session, Dr. Bell will review the diagnosis and differential diagnosis of cognitive impairment and the initial work up required when Mild Cognitive Impairment (MCI) or Dementia is suspected. She will also review the management of the patient in the community with dementia, including issues of driving, depression, and living at risk along with the currently available pharmacologic treatment of dementia.

10:00 – 11:00 **Do We Treat the Elderly with Systolic HF Differently?** – *Dr. Rudy Chow*
Dr. Chow will review symptoms of HF in the elderly and the precipitating factors. He will also discuss problem disease interactions (COPD) and adverse effects of HF medications.

11:00 – 12:00 **The Dragon and the Eagle: Macroeconomics and the Practice of Medicine** – *Anna Khan*
In this session, Anna will describe the differences between macro and microeconomics as it applies to the business aspects of doctor's medical practices. She will also review the major macroeconomic forces at play both in the recent past, present, and future relevant to everyone's medical practice.

Monday August 11th Continued...

1:30 – 2:30 A New Paradigm for the Prevention and Treatment of Chronic Disease

Dr. Deidre MacDonald

In her first session, Dr. MacDonald will review how doctors are in a unique position to influence patients to take charge of their health to prevent and event treat chronic disease with lifestyle change and safe, natural approaches. In addition to the traditional focus on symptom management with pharmaceuticals, the new paradigm for the prevention and treatment of chronic disease requires an understanding of the underlying pathophysiology of disease and restoration of proper function.

2:30 – 3:30 Medical Practice Incorporation – Anna Khan

In this session, Anna will define medical practice incorporation and discuss the benefits of incorporation for their practice from a business and patient benefit point of view. She will also discuss whether incorporation is appropriate for your practice.

Tuesday, August 12, 2014

Icy Straight Point, AK

7:45 – 8:00 Welcome: Day 2 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 Taking Care of Ourselves: Reflection - Dr. Dorothy Williams

Dr. Williams will explore the relationship between reflection and self care and the connections between reflection and burnout. She will also discuss self-care and where you see yourself on the change-readiness spectrum.

9:00 – 10:00 Office Management of Dementia Part II: Diagnosis, Disclosure, Depression and Driving – Case Studies Incorporating - Dr. Kathryn Bell

Dr. Bell will review how dementia care can be systematic, collaborative and individualized and how a collaborative approach to dementia care in the community will reduce hospitalizations, improve caregiver and patient quality of life and forestall nursing home placement.

10:00 – 11:00 Key Cardiology Trials 2013-14 for the Primary Care Physician

Dr. Rudy Chow

During this session, Dr. Chow will review the recently presented trials at major cardiology meetings. He will also discuss the relevance for the primary care physician in the areas of: Diabetes Management; Hypertension Management; Dietary Management; CV Risk related to Antibiotic use and Perioperative Management of Surgical Patients.

11:00 – 12:00 Financial Planning for Incorporated Practices – Anna Khan

In her final session, Anna will define the various financial instruments available to an incorporated practice to enhance practice efficiency and how to determine the appropriateness of the use of these financial instruments in your practice.

Wednesday, August 13, 2014 ***Hubbard Glacier (Cruising)***

MORNING

7:45 – 8:00 **Welcome: Day 3** - Your hosts will outline the CME program for the day.

8:00 – 9:00 **The Link Between of FRAILITY & Cardiovascular Disease in 2014 – the Current Body of Evidence** - *Dr. Rudy Chow*

Dr. Chow will discuss the definition and pathophysiology of Frailty along with the importance of Frailty Assessment and the Assessment tools along with Gait Speed and the use of Frailty in Clinical Practice.

9:00 – 10:00 **Practical (do no harm) Appropriate (individualized) Management of Nursing Home Residents with Diabetes and Cardiac Disease**

Dr. Kathryn Bell

Dr. Bell will review the current guidelines for diabetes care in the elderly and how to individualize treatment goals in those with multiple comorbidities and limited life expectancy. She will also help clarify the risks of over-aggressive treatment of diabetes, hypertension and dyslipidemia and if we should consider medication discontinuation trials in nursing home patients with complex medical conditions and limited life expectancy.

AFTERNOON

3:30 – 4:30 **Global Medicine: Native Medicine in Alaska: People and Plants**

Wedlidi Speck

During this session, Wedlidi Speck will discuss how native healing differs from Western Allopathic Medicine and the role of healing plants along with specific plants in native healing. He will also review how cultural factors can affect the presentation and management of illness and explore the concept of “cultural resonance” in an effort to improve the health care of native peoples.

Thursday, August 14, 2014 ***Juneau, AK***

Friday, August 15, 2014 ***Ketchikan, AK***

7:45 – 8:00 **Welcome: Day 5** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **The Four Cornerstones of Health: Nutrition, Exercise, Sleep and Stress Management** - *Dr. Deidre MacDonald*

There are times when the best prescription is a lifestyle change. But how do we guide patients towards the path to change? This session will illuminate the research on the most effective lifestyle approaches for good health.

9:00 – 10:00 **What Can We Do for a Patient with Diastolic Heart Failure?**

Dr. Rudy Chow

Dr. Chow will discuss how heart failure with preserved ejection fraction is common in the elderly and how it is difficult to manage and diagnose. He will also review the evidence based therapies available and that they are limited.

Friday August 15th Continued...

10:00 – 11:00 Inflammatory Arthritis in the Elderly: Diagnosing Before Damage Occurs

Dr. Kathryn Bell

During this session, Dr. Bell will discuss the causes of symmetric polyarthritis in the elderly and the diagnosis and treatment of Polymyalgia Rheumatica (PMR) and how to differentiate between Polymyalgic Syndrome and PMR. She will also review how to differentiate the treatment of elderly-onset Rheumatoid arthritis from early onset RA.

11:00 – 12:00 Taking Care of Boundaries – Hearing and Saying “No”

Dr. Dorothy Williams

Dr. Williams will discuss boundaries and how we work with them on a daily basis.

Saturday, August 16, 2014 At Sea

7:45 – 8:00 **Welcome: Day 6** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **Taking Care of Each Other – Check-Ins** - *Dr. Dorothy Williams*

Dr. Williams will discuss the foundational elements of a ‘check-in’ including: confidentiality; equal air-time; non-judgmental; timelines; right to pass and engagement.

9:00 – 10:00 **The Four Cornerstones of Health: Nutrition, Exercise, Sleep and Stress Management** - *Dr. Deidre MacDonald*

There are times when the best prescription is a lifestyle change. But how do we guide our patients towards the path to change? This session will illuminate the research on the most effective lifestyle approaches for good health.

10:00 – 11:00 **Parkinson’s Disease in the Elderly** - *Dr. Kathryn Bell*

Dr. Bell will review the Canadian 2012 Guidelines on Parkinson’s Disease and outline the clinical features that support Idiopathic PD vs. other Parkinsonian Syndromes. She will also describe the associate complications (motor and non-motor) in late-stage Parkinson’s Disease.

11:00 – 12:00 **Dispelling the Myths Surrounding the Use of Statins in the Elderly**

Dr. Rudy Chow

During his last session, Dr. Chow will discuss Statin therapy and how it is cost-effective when considering cardiovascular outcomes and how Statins are generally safe in the elderly population. He will review out the benefits outweigh the risks.