This symposium is an interprofessional activity designed for physicians in geriatrics, internal medicine, and primary care, hospitalists, pharmacists, advanced practice providers, nurses, physical, occupational and speech therapists, dietitians, pastoral care, hospital administration and allied health professionals throughout the community who care for geriatric patients.

Saturday, November 3, 2018
7 a.m. - 3:15 p.m.

Sheraton Arlington Hotel
1500 Convention Center Drive  |  Arlington, TX 76011

Presented by

TexasHealth.org/CME
Upon completion of this symposium, the participants should be able to:

**Medication Debridement: A 10-Step Approach to Polypharmacy**
- State the prevalence of polypharmacy in the geriatric population
- Describe the importance of medication reconciliation in the care of the older patient with polypharmacy, and describe the roles and responsibilities of each member of the interdisciplinary team in medication reconciliation
- Describe a 10-step approach to reducing polypharmacy and discontinuing medications in elderly patients
- Review at least three medications commonly prescribed to elderly patients that can be discontinued as well as medication sparing treatments and three common medications where the risk–benefit ratio changes markedly with aging

**Frailty: Not Your Grandmother’s Aging**
- Define frailty
- Discuss tools for assessing frailty in older adults
- Describe the role of the interprofessional team in the assessment of frailty
- Outline potential interventions the interprofessional team may use when working with frail clients
- Identify community resources and tools available for the frail population and their caregivers

**Perioperative Care of Older Adults**
- Recognize the challenge that a growing population of older adults poses for our current system of perioperative care
- Explain how geriatric preoperative assessment differs from a traditional preoperative assessment
- Cite the risk factors for postoperative delirium, and describe how to identify and prevent postoperative delirium
- Recognize the importance of multidisciplinary team-based care in improving outcomes for older adults undergoing surgery

**Nutrition and the Registered Dietitian Nutritionist Role in Managing Aging**
- Define common nutrition problems faced by aging individuals
- Identify aging individuals who may be at risk for malnutrition using validated nutrition screening tools and make a referral for medical nutrition therapy services
- Discuss up-to-date basic nutrition information for aging individuals within their scope of practice

**Opioid Crisis and the Older Adult Population**
- Explain the nature of addictions and the statistical likelihood of the illness
- Review the current opiate crisis and its effects on patients and hospital
- Discuss the treatment of chronic pain and the use of opiates and non-narcotic pain management
- Review the special need and vulnerabilities of the geriatric population with pain and the risk of addictions
- Discuss how addiction treatment works in all populations

**Transitions of Care: An Interprofessional Approach**
- Explain the challenge of transitions of care and its associated risks
- Identify patient factors that make older adults most vulnerable to problems during the care transition process
- Discuss the role of interprofessional team members in supporting transitions of care
- Review the process of medication reconciliation between levels of care and associated pitfalls

**Palliative Care: The Path To Healing**
- Describe the humanistic imperative for physicians to become healers
- Distinguish between curing and healing
- Review three requirements for facilitating healing
- Describe the role of palliative care in patients with chronic progressive disease
- Discuss the ethical dilemmas providers face when talking to patients about supportive and palliative care
- Discuss the multidisciplinary nature of the palliative care team and how each member contributes to the care of the patient
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Acknowledgements

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Registration Information

Advance registration is encouraged. To receive a registration discount, your registration must be received no later than Friday, Oct. 26, 2018. Registrations received via fax, phone or website must include credit card information in order to be processed. All registrations will be confirmed. After Oct. 26 only on-site registration will be available.

For additional information, contact the Office of Continuing Medical Education toll-free at 1-866-295-3269.

How to Register

- **Online**: TexasHealth.org/CME
- **Call Toll-Free**: 1-866-295-3269
- **Fax**: 214-345-8328
- **Mail**: Texas Health Research & Education Institute, CME Department 8440 Walnut Hill Lane, Ste. 200 Dallas, TX 75231

Please make checks payable to: Texas Health Research & Education Institute

Accreditation

**PHYSICIANS** - Texas Health Research & Education Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Texas Health Research & Education Institute designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The presentations, “Opioid Crisis and the Older Adult Population” and “Palliative Care: The Path To Healing”, have been designated by Texas Health Research & Education Institute for 1.5 credits of education in medical ethics and/or professional responsibility.

**NURSES** - Texas Health Resources University – Dallas is an approved provider for continuing nursing education by the Texas Nurses Association – Approver, an accredited approver with distinction by the American Nurses Credentialing Center’s Commission on Accreditation. 5.5 Nursing Contact Hours will be provided. Nurses must attend the entire conference to receive contact hours.

**SOCIAL WORKERS** - Texas Health Resources University – Fort Worth is a provider of Continuing Education for Social Workers by The Texas State Board of Social Workers Examiners.

Symposium Agenda

**Format**: Didactic lectures with interactive question-and-answer time following the presentation.

7 – 7:45 a.m.  
Registration, Breakfast & Exhibitors

7:45 – 8 a.m.  
Introductions by Moderators

8 – 8:45 a.m.  
Medication Debridement: A 10-Step Approach to Polypharmacy  
Amit A. Shah, M.D., FACP, AGSF

8:45 – 9:30 a.m.  
Frailty: Not Your Grandmother’s Aging  
Shannon L. Bowling, P.T., D.P.T.  
Rachel Herbeck, P.T., D.P.T.  
Magdalene Krusleski, M.O.T., OTR/L  
Devayani K. Kurlekar, P.T., D.P.T., M.S., GCS

9:30 – 10 a.m.  
Break & Exhibitors

10 – 10:45 a.m.  
Perioperative Care of Older Adults  
Dalton Thomas, M.D.  
Sarah A. Wingfield, M.D.

10:45 – 11:30 a.m.  
Nutrition and the Registered Dietitian Nutritionist Role in Managing Aging  
Lona Sandon, Ph.D., R.D.N., L.D.

11:30 a.m. – 12:30 p.m.  
Lunch/Exhibitors

12:30 – 1:15 p.m.  
Opioid Crisis and the Older Adult Population  
Gary L. Malone, M.D.

1:15 – 2:00 p.m.  
Transitions of Care: An Interprofessional Approach  
Wesley Burnett, B.S.N., R.N.  
Stephanie Lindsey, M.S.N., R.N., AG-PCNP-BC  
Kathy Pugh, M.S.N., R.N., CMSRN, CNL  
Rincy Thomas, M.S.N., R.N., AG-PCNP-BC

2:00 – 2:30 p.m.  
Break & Exhibitors

2:30 – 3:15 p.m.  
Palliative Care: The Path to Healing  
Robert A. Schwab, M.D.

3:15 p.m.  
Closing Remarks & Evaluation
CME Registration Form

3rd Annual Geriatric Symposium - Saturday, Nov. 3, 2018
Sheraton Arlington Hotel | 1500 Convention Center Drive | Arlington, TX 76011

Physicians
❏ $90    Received by Oct. 26, 2018
❏ $125  On-site Nov. 3, 2018

Advanced Practice Providers, Pharmacists, Nurses, Allied Health, Residents, Students and other Health Care Professionals
❏ $60    Received by Oct. 26, 2018
❏ $95  On-site Nov. 3, 2018

Register online by visiting TexasHealth.org/CME or call toll free 1-866-295-3269.
Payment must be included for registration to be processed. On-site registrations only after Oct. 26, 2018.
Friendly Note: A sweater/light jacket is suggested; room temperatures may vary.

First Name ___________________________ Last Name ___________________________

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CANCELLATION
If you have registered but cannot attend, you may submit a written request for refund of the registration fee (less $30 administrative fee). Requests must be received by Friday, Oct. 19, 2018. No refunds will be issued after this date. There is no charge for a substitute registrant. In the event of symposium cancellation, notification will be given two weeks in advance of the symposium and the fee fully refunded.