



Canadian Academy of Geriatric Psychiatry &  
Canadian Coalition for Seniors' Mental Health

## Pre-Conference Course

October 11, 2018  
Halifax Marriott Harbourfront Hotel  
Halifax, Nova Scotia

**DISCLAIMER:** The CAGP reserves the right to make necessary changes to this program. Every effort will be made to keep presentations and speakers as represented; however, unforeseen circumstances may result in the substitution or cancellation of a presentation, topic or speaker.

## Introduction and Welcome

Welcome to the CAGP-CCSMH Pre-Conference Course (PCC). This course has had many iterations over the years – most recently as the ‘Update in Geriatric Psychiatry’ (UGP) held in Quebec in 2016. The UGP started as a “review course” intended to help prepare for the Royal College of Physicians and Surgeons of Canada’s Geriatric Psychiatry subspecialty examination, changing into its present form as a practical update in areas of clinical use and importance to geriatric psychiatrists, residents, family doctors and other interdisciplinary health care professionals. Past iterations of this course have led it to be awarded the 2014 CPA-COPCE award for Most Outstanding Continuing Education Activity in Psychiatry in Canada.

We are pleased to welcome a record number of allied health attendees this year! Thank you to the multi-disciplinary planning committee made up of Dallas Seitz, Cindy Grief, Graeme Bethune, Gary Altenkirk, Keri-Leigh Cassidy, and Janet Aucoin for their assistance with the program. It was developed during monthly committee meetings and with consultation, surveys and feedback from the 2016 Update in Geriatric Psychiatry Course and the 2017 CAGP Annual Scientific Meeting, as well as CAGP members, select family physicians, geriatricians and allied health professionals. This has (hopefully) ensured that we are delivering on our promise to make the educational program relevant and interesting to geriatric psychiatrists, geriatricians, family physicians and other multidisciplinary health professionals who want to improve and update their knowledge base in geriatric mental health.

Our 30 presenters and 13 courses and lectures will cover topics including substance abuse in older people, capacity issues in the geriatric population, neurocognitive disorders, non-pharmacological management of dementia, deprescribing, behavioural change, and more.

The PCC would not be possible without the support of the entire CAGP Board led by Dr. Dallas Seitz, as well as the hard-working administrative team of Denise Craine, Sue Ranta, Emily Rourke, and Andrea Smith of Secretariat Central. Over the last few months, they have been working hard to finalize all preparations and support the work of the planning committee.

There are some gaps in the program topics that we simply couldn’t cover in a one-day course. We are encouraging attendees to participate in the popular CAGP Geriatric Psychiatry Online Course (GPOC), which will cover some of the topics from the PCC in more detail, as well as many additional topics, and will run from February 2018 to May 2018. Registration opens December 2018 at [cagp.ca](http://cagp.ca).

We hope you find the Pre-Conference Course both helpful and rewarding!



Andrew Wiens, MD, FRCPC  
Co-Chair, CAGP Pre-Conference Course Committee



Mark Rapoport, MD, FRCPC  
Co-Chair, CAGP Pre-Conference Course Committee

## 2018 Pre-Conference Course Committee

Andrew Wiens, MD, FRCPC  
Mark Rapoport, MD, FRCPC  
Gary Altenkirk, MD, CCFP(COE)  
Janet Aucoin, MSW, RSW  
Graeme Bethune, MD, CCFP  
Keri-Leigh Cassidy, MD, FRCPC  
Cindy Grief, MD, FRCPC  
Dallas Seitz, MD, FRCPC

## Overall Learning Objectives

1. Describe advanced level approaches to the assessment of common disorders in geriatric psychiatry.
2. Describe approaches for optimal differentiation and effective management of disorders.
3. Demonstrate confidence in the development of new skills in geriatric psychiatry, and implement them in practice.

## Accreditation

This Group Learning program has been certified by the College of Family Physicians of Canada and Nova Scotia Chapter for up to 16.25 Mainpro+ credits.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Canadian Geriatrics Society.

The maximum credits that can be claimed is 16.25 hours.

Thursday, October 11, 2018

Summary of Meals and Breaks:

Time	Event	Location
7:15 a.m. – 8:15 a.m.	Registration and Breakfast	Nova Scotia Foyer
10:45 a.m. – 11:00 a.m.	Break	Nova Scotia Foyer
12:30 p.m. – 1:15 p.m.	Lunch	Nova Scotia Foyer
2:15 p.m. – 2:30 p.m.	Break	Nova Scotia Foyer
3:30 p.m. - 3:45 p.m.	Break	Nova Scotia Foyer
4:45 p.m.	Afternoon sessions conclude	

Sessions:

Time	Event/Session	Location
8:15-8:25 a.m.	<b>Welcome and Introduction</b> <i>Mark Rapoport, Andrew Wiens</i>	Nova Scotia BC
8:25-9:40 a.m.	<b>Geriatric Medicine for Geriatric Psychiatrists and Other Health Care Professionals</b> <i>Martha Carmichael</i> Objectives: 1. Recognize that older adults often present atypically. 2. Describe changes in drug metabolism that occur with aging, increasing the risk of adverse drug effects in older adults. 3. Be more comfortable balancing risk and independence in this unique patient population.	Nova Scotia BC
<b>Concurrent Sessions (3)</b>		
9:45-12:30 p.m.  (Break 10:45-11:00 a.m.)	<b>Session A: Responsive Behaviours: SuCCcess with 3 C's - Care, Capacity and Collaboration</b> <i>Monica Bretzlaff, Ken LeClair, James Chau, Lynda Culley, Sarah Krieger-Frost</i> Objectives: 1. Gain a modern perspective of emerging, promising and best clinical practice approaches for supporting older adults presenting with responsive behaviours and their care partners through case-based learning.	Nova Scotia A

	<ol style="list-style-type: none"> <li>2. Enhance insights into key design elements essential to the development and sustainability of person centred interprofessional and intersectoral care teams.</li> <li>3. Explore the evolution of primary care service delivery models and identify effective educational approaches that enable critical skill development and progressive practice change.</li> </ol>	
<p>9:45-12:30 p.m. (Break 10:45-11:00 a.m.)</p>	<p><b>Session B: Capable but Not Able: A Review of Complex Capacity Issues in the Geriatric Population</b> <i>Carole Cohen, Kendra Naidoo, Aviva Rostas, Sarah Colman</i> Objectives:</p> <ol style="list-style-type: none"> <li>1. Apply the definition of capacity to treatment decisions, place of residence and finances/property.</li> <li>2. Discuss the complexities of applying these principles in practice.</li> <li>3. Distinguish between the test for capacity and what is perceived to be in the patient’s best interests.</li> <li>4. Explore options for clinicians navigating disagreements with substitute decision makers.</li> </ol>	Nova Scotia BC
<p>9:45-12:30 p.m. (Break 10:45-11:00 a.m.)</p>	<p><b>Session C: Neurocognitive Disorders from A---to Zzzz!</b> <i>Amer M. Burhan, Sanjeev Kumar, Dallas Seitz, Tarek K. Rajji</i> Objectives:</p> <ol style="list-style-type: none"> <li>1. Recognize the importance of early detection of NCDs and associated NPS.</li> <li>2. Become aware of the evidence-informed tools available for early diagnosis and management of NCDs and associated NPS.</li> <li>3. Identify risks and benefits of current therapeutic options.</li> <li>4. Become aware of emerging diagnostic markers and therapeutic interventions for NCDs.</li> </ol>	Nova Scotia D
12:30-1:15 p.m.	<b>LUNCH</b>	Nova Scotia Foyer
<b>Concurrent Session (3)</b>		
1:15-2:15 p.m.	<p><b>Session A: Substance Abuse in Older People</b> <i>Karen Reimers</i> Objectives:</p> <ol style="list-style-type: none"> <li>1. Identify emerging patterns of substance abuse in older populations.</li> <li>2. Recognize common clinical scenarios involving substance abuse in older people.</li> <li>3. Improve diagnosis and treatment of substance abuse in older patients.</li> </ol>	Nova Scotia A

1:15-2:15 p.m.	<p><b>Session B: A Review of 2017/2018 Top Papers in Geriatric Psychiatry</b>  <i>Mark Bosma, Cheryl Murphy, Dallas Seitz, Mark Rapoport</i>  Objectives:</p> <ol style="list-style-type: none"> <li>1. Identify 10 “top papers” related to geriatric psychiatry from scientific journals from 2017 and 2018.</li> <li>2. Consider the relevance of these “top papers” to clinical practice (through participation using an audience response system).</li> <li>3. Review a summary of findings from each paper, incorporating critical appraisal.</li> </ol>	Nova Scotia BC
1:15-2:15 p.m.	<p><b>Session C: New Horizons in Health Behaviour Change: A Hands-On Workshop with Novel CBT-Based Tools</b>  <b>1) Fundamentals of Behavioural Change</b>  <i>Michael Vallis</i>  Objectives:</p> <ol style="list-style-type: none"> <li>1. To recognize communication strategies that facilitate autonomous motivation.</li> <li>2. To apply the concept of readiness to change to using the FoH tools.</li> <li>3. To describe the different pathways of self-management support for individuals in different stages of readiness to change.</li> </ol>	Nova Scotia D
<b>(Break: 2:15-2:30) – Concurrent Sessions (3)</b>		
2:30-3:30 p.m.	<p><b>Session A: Deprescribing the Aging Prescription: Is This the Pill to NOT Swallow?</b>  <i>Gary Alenkirk, Cheryl Smith</i></p> <ol style="list-style-type: none"> <li>1. Apply new knowledge of physiological effects of aging on polypharmacy in the frail elderly.</li> <li>2. Evaluate frail elderly patients holistically rather than diagnostically.</li> <li>3. Strategically de-prescribe in the frail elderly.</li> </ol>	Nova Scotia A
2:30-3:30 p.m.	<p><b>Session B: Overview of Anxiety Disorders &amp; Pharmacological Management</b>  <i>Sameh Hassan</i></p> <ol style="list-style-type: none"> <li>1. Gain an understanding of the presentation of anxiety disorders in older adults.</li> <li>2. Appreciate the interplay of different pathologies and their effect on anxiety symptoms.</li> <li>3. Gain an understanding of various treatment modalities and therapeutic agents for these disorders.</li> </ol>	Nova Scotia BC

2:30-3:30 p.m.	<p><b>Session C: New Horizons in Health Behaviour Change: A Hands-On Workshop with Novel CBT-Based Tools</b>  <b>2) CBT for Health Behavior Change: Practical Tools for Frontline Care</b>  <i>Beverley Cassidy, Kiran Rabheru</i></p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Become familiar with Fountain of Health (FoH) tools to promote health behaviour change in frontline care.</li> <li>2. Practice using FoH tools to promote behavior change in the session, including SMART goal setting in five key health behavior areas.</li> <li>3. Learn how to use the Wellness App to support health change goals between clinical contacts.</li> </ol>	Nova Scotia D
<b>(Break: 3:30-3:45) – Concurrent Sessions (3)</b>		
3:45-4:45 p.m.	<p><b>Session A: Legal Issues: Capacity and Medical Assistance in Dying</b>  <i>Gord Gubitz, Terry Chisholm</i></p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Describe the duties that all Canadian physicians and surgeons have to patients requesting a medically assisted death.</li> <li>2. Discuss the processes involved in the evaluation of patients requesting a medically assisted death.</li> <li>3. Formulate an approach to the assessment of capacity in patients requesting a medically assisted death.</li> </ol>	Nova Scotia A
3:45-4:45 p.m.	<p><b>Session B: Non-Pharmacological Treatment of Anxiety and eCBT</b>  <i>Meagan MacNeil</i></p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Contextualize use of psychotherapy for anxiety disorders.</li> <li>2. Review evidence for psychotherapy in anxiety disorders.</li> <li>3. Review practical elements of delivering psychotherapy to seniors.</li> <li>4. Review elements of the enhanced cognitive behaviour therapy program.</li> </ol>	Nova Scotia BC
3:45-4:45 p.m.	<p><b>Session C: New Horizons in Health Behaviour Change: A Hands-On Workshop with Novel CBT-Based Tools</b>  <b>3) Sleepwell Without Sleeping Pills. It's No Dream. (CBT for Insomnia)</b>  <i>David Gardner</i></p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Describe the risks associated with sedative-hypnotics, including new data of opioid-benzodiazepine combinations in older adults.</li> </ol>	Nova Scotia D

	<ol style="list-style-type: none"><li>2. Introduce and use Sleepwell's recommendations, a new resource for non-pharmacological, first-line treatments of insomnia (<a href="http://mysleepwell.ca">mysleepwell.ca</a>).</li><li>3. Apply strategies for reducing and stopping chronic sedative-hypnotic use in older adults.</li></ol>	
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