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 The University
of Vermont
LARNER COLLEGE OF MEDICINE
CONTINUING MEDICAL AND
INTERPROFESSIONAL EDUCATION
401 Water Tower Circle, Suite 102
Colchester, VT 05446

Vermont Geriatrics Conference

April 11, 2019

The DoubleTree Hotel
Burlington, VT

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Burlington, Vermont



Includes credit
in Hospice,
Palliative Care,
Pain Management
and Prescribing
Controlled
Substances.

The Vermont
Area Health Education
Centers (AHEC) Network
presents the

CONFERENCE DESCRIPTION

The fourteenth annual Vermont Area Health Education Centers (AHEC) Geriatrics Conference will be a one-day symposium covering practical and innovative approaches to the medical care of older adults. Physicians, nurses, nurse practitioners, physician assistants, pharmacists, and other health professionals with an interest in the care of older adults are encouraged to attend. The morning agenda will start with a keynote address on drug therapy, and include sessions on the medical use of cannabis and CBD, Act 39 (Patient Choice and Control at End of Life Act), and substance use in older adults. The concurrent sessions will be interactive, case-based discussions on compassionate and motivational interviewing for opioid prescribing, medications for osteoporosis and fragility fractures, changing guidelines and goals for management of diabetes and blood pressure, and stem cell therapies in the older adult. To end the day, a group of panelists will discuss current telehealth practices and their advantages and challenges. Ample time for discussion and questions has been built into the schedule.

LEARNING OBJECTIVES

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

1. Describe practical steps to reduce polypharmacy and improve medication management in older adults.
2. Describe the science and clinical use of medical marijuana use.
3. Describe an update on Act 39 and its impact on care of older adults at the end of life.
4. Describe the epidemiology of substance use disorder in the older adult and services available in the state to address this issue.
5. Identify key components and skills for motivational interviewing for opioid use.
6. Describe changing guidelines and goals for management of blood pressure and diabetes in older adults.
7. Explain the use of stem cell therapies in older adults.
8. Describe current telemedicine practices with emphasis on their advantages and challenges.

REGISTRATION

\$250 for physicians, \$175 for other health professionals and medical residents and \$75 for students (proof of full-time student status required). The fee includes the online course syllabus (printed syllabus not available), continental breakfast, lunch and coffee breaks. Enrollment is limited; please register by **March 23, 2019**. An additional \$50 will be added after that date. Refunds may be obtained, minus a \$50 administrative fee, if notice of cancellation is received by March 23, 2019. **Refunds are not available after that date.**

CONFERENCE FACULTY

KEYNOTE

Jerry Gurwitz, MD
The Dr. John Meyers Professor
of Primary Care Medicine
University of Massachusetts
Medical School
Chief, Division of Geriatric
Medicine
UMass Memorial Health Care
Executive Director, Meyers
Primary Care Institute

FACULTY

**Jeremy Ashton, MDiv, MS,
LADC**
Substance Abuse Clinician
Rutland Evergreen Services,
Elder Care, and VT Department
of Corrections

Kimberly Fitzgerald, BS
Chief Executive Officer
Cathedral Square

Charles Gurney, LICSW, LADC
Coordinator, Substance Use
and Aging
State of Vermont Departments
of Health, Alcohol and Drug
Abuse Programs and
Disabilities, Aging and
Independent Living (DAIL)

**Mirsada Nurkanovic, DNP,
APRN**
Family Nurse Practitioner
Thomas Chittenden Health
Center

UNIVERSITY OF VERMONT/ UVM Health Network FACULTY

Kathleen Boland, PharmD
Clinical Associate Professor,
Family Medicine
Associate Professor, Pharmacy
Practice, Albany College of
Pharmacy & Health Sciences-
Vermont

Jaina Clough, MD
Assistant Professor, General
Internal Medicine and
Geriatrics

Jennifer Kelly, DO
Associate Professor, Medicine
Director, Metabolic Bone
Program

Karen Lounsbury, PhD
Professor, Pharmacology

Isaura Menzies, MD, MPH
COURSE DIRECTOR
Associate Professor, General
Internal Medicine and
Geriatrics
Medical Director, Elderwood at
Burlington

Anne Morris, MD
Assistant Professor,
Family Medicine
Associate Program Director,
Family Medicine Residency

Richard Pinckney, MD, MPH
Associate Professor, Medicine
Co-Director, Internal Medicine
Resident Clinic

Terry Rabinowitz, MD, DDS
Professor, Psychiatry and
Family Medicine
Medical Director, Consultation
Psychiatry and Psychosomatic
Medicine
Medical Director, Telemental
Health

Alan Rubin, MD
Associate Professor, Medicine
and Psychiatry

Daniel Weiss, MD, PhD
Professor, Medicine
Vermont Lung Center
Chief Scientific Officer,
International Society for Cell
and Gene Therapies

Natasha Withers, DO
Medical Director, Primary
Care Services
Chief, Family Medicine
Primary Care Provider at
Primary Care-Bristol
UVM Health Network-Porter
Medical Center

Todd Young, BS
Network Director,
Telehealth Services
UVM Health Network

PROGRAM SCHEDULE

THURSDAY, APRIL 11, 2019

Time	Topic	Presenter
7:30 am	Registration, Exhibits and Continental Breakfast	
8:00	Welcome	Isaura Menzies, MD, MPH
8:05	KEYNOTE Drug Therapy in Older Adults: Beliefs and Myths	Jerry Gurwitz, MD
9:05	Medical Use of Cannabis and CBD in the Older Adult	Karen Lounsbury, PhD
10:05	Break and Exhibits	
10:20	ACT 39 Update* *Talk approved for 1 credit in Hospice, Palliative Care, Pain Management	Jaina Clough, MD
11:20	Substance Use Problems Among Older Adults and Treatment Considerations	Jeremy Ashton, MDiv, MS, LADC Charles Gurney, LICSW, LADC
12:20 pm	Lunch	
1:20	Concurrent Sessions:	
	1. Compassionate and Motivational Interviewing for Opioid Prescribing* *Talk approved for 1 credit in Prescribing Controlled Substances	Richard Pinckney, MD, MPH Alan Rubin, MD
	2. Medication for Osteoporosis and Fragility Fractures	Jennifer Kelly, DO

PROGRAM SCHEDULE

Time	Topic	Presenter
1:20	Concurrent Sessions, Cont'd.	
	3. Changing Guidelines, Changing Goals: Hypertension and Diabetes Treatment	Kathleen Boland, PharmD Anne Morris, MD
	4. Stem Cell Therapies and Older Adults	Daniel Weiss, MD, PhD
2:25	Repeat of 1:20 Sessions	
3:25	Break and Exhibits	
3:40	Current Telehealth Practices: Advantages and Challenges Presented by: Natasha Withers, DO (Moderator); Kim Fitzgerald, BS; Mirsada Nurkanovic, DNP, APRN; Terry Rabinowitz, MD, DDS; Todd Young, BS	
4:55	Conclusion	
5:00	Conference Adjourns	

ACCREDITATION



In support of improving patient care, The Robert Larner, M.D. College of Medicine at The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Vermont designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been reviewed and is acceptable for up to 7.25 Nursing Contact Hours.

This program has been reviewed and is approved for pharmacists for up to 7.25 hours/.725 CEU.

This activity was planned by and for the healthcare team, and learners will receive 7.25 Interprofessional Continuing Education (IPCE) credits for learning and change.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Determination of Pharmacotherapeutic Credit is pending. Credit is pending for the following providers: Nursing Home Administrator, Psychology and Social Work.

This conference includes 1 credit in Prescribing Controlled Substances and 1 credit in Hospice, Palliative Care, Pain Management.

REGISTRATION FORM

Vermont Geriatrics Conference To register online: www.med.uvm.edu/cme

NAME (As you would like it to appear on your name tag and CME certificate)

DEGREE: MD DO PharmD NP PA RN LNA Other

YOUR WORKSITE

ADDRESS

CITY STATE ZIP

PHONE SPECIALTY

EMAIL ADDRESS

BREAKOUT SESSIONS:

Registrants will attend two of four breakout sessions offered. Please rank order your preferences from 1 (most) to 4 (least desirable). There is limited enrollment in each session. Based on receipt of registration, every effort will be made to provide you with your preferred sessions.

___ 1. Interviewing for Opioid Prescribing ___ 3. Changing Guidelines: Hypertension/Diabetes

___ 2. Medication for Osteoporosis ___ 4. Stem Cell Therapies

REGISTRATION FEE SUMMARY

- \$250 Physicians
- \$175 Other Health Professionals and Residents
- \$75 Students (proof of full-time enrollment needed)
- Add \$50 after March 23, 2019

PAYMENT METHOD

- To pay by credit card, please visit us online at: www.med.uvm.edu/cme
- To pay by check, payable to the University of Vermont, please mail your payment along with a completed registration form to the address below:

UVM Continuing Medical and
Interprofessional Education
401 Water Tower Circle, Suite 102,
Colchester, VT 05446
Phone: (802) 656-2292 Fax: (802) 656-1925

**Registration is requested by
March 23, 2019**

Required for program's grant funding;
information will be reported in aggregate.

Gender: Female
 Male
 Not Listed: _____
 Prefer Not to Answer

Age: <20 Years
 20-29 Years
 30-39 Years
 40-49 Years
 50-59 Years
 60 or older
 Prefer Not to Answer

Ethnicity: Hispanic or Latino
 Not Hispanic or Latino
 Prefer Not to Answer

Race: African American
 American Indian/Alaskan Native
 Asian
 Native Hawaiian or Pacific Islander
 White
 More Than One Race
 Prefer Not to Answer

Worksite Info: Academic Institution
 Community Mental Health
 Federally Designated Practice (FQHC/CHC/RHC)
 Government
 Hospital-Owned Practice
 Private Practice
 Public Health
 School-Based Practice
 Other (Please specify) _____

Please select one option that BEST applies to your position:

- Advocacy
- Health Care Administration
- Health Care Delivery
- Health Care Policy
- Health Promotion/Education
- Mental Health/Substance Abuse
- Outreach
- Primary Care
- Public/Community Health
- Student
- Other (Please specify) _____