GERIATRIC MEDICINE FOR PRIMARY CARE

Yosemite, California – Tenaya Lodge at Yosemite  
September 26 – 28, 2014

Participating Faculty

Yousaf Ali, MD  
Associate Professor of Medicine  
Acting Chief of Rheumatology  
Mount Sinai Hospital  
New York, New York

Darryl S. Chutka, MD  
Associate Professor of Medicine  
Mayo Clinic College of Medicine  
Associate Dean, Mayo School of continuous Professional Development  
Mayo Clinic  
Rochester, Minnesota

Cari Levy, MD, PhD  
Associate Professor of Medicine  
University of Colorado Medical School  
Denver Veterans Affairs Medical Center  
Denver, Colorado
Yousaf Ali, MD  
Associate Professor of Medicine  
Acting Chief of Rheumatology  
Mount Sinai Hospital  
New York, New York

Dr. Ali received his medical degree from the Royal Free Hospital School of Medicine in London. After two years of post graduate training in the United Kingdom, he moved to the United States and completed his residency in Internal Medicine at Oregon Health and Science University in Portland. A Fellowship in Rheumatology was completed at Yale University.

Dr. Ali is board certified in Rheumatology and Internal Medicine. He was in practice in Providence, Rhode Island where he was an Assistant Clinical Professor of medicine at Brown University before coming to Mount Sinai Hospital School of Medicine in New York City. Dr. Ali has been the recipient of numerous awards including the prestigious Beckwith Family Award for outstanding teaching at Brown University. He has published many articles and book chapters and lectured widely on Rheumatoid Arthritis, Osteoporosis, Gout, SLE, Osteoarthritis and the development and study of Novel Biologic therapeutics.
Darryl S. Chutka, MD  
Associate Professor of Medicine  
Mayo Clinic College of Medicine  
Associate Dean, Mayo School of continuous Professional Development  
Mayo Clinic  
Rochester, Minnesota  

Dr. Darryl Chutka is an internist and practice chair in the division of Preventive, Occupational and Aerospace Medicine at the Mayo Clinic, Rochester, Minnesota. He is also the Associate Dean for the Mayo School of Continuous Professional Development. After completing his internal medicine residency at the Mayo Graduate School of Medicine, he attended Stanford University as a Mayo Foundation Scholar and completed a fellowship in geriatrics. He subsequently practiced geriatrics for 19 years and was program director of the Geriatrics Fellowship at Mayo before transferring to Preventive Medicine in 2000. He is very active in teaching in the Mayo Medical School, Mayo Graduate School and Continuing Medical Education. He has received several awards from Mayo Medical School including Teacher of the Year (1991, 1994, 2000, 2006, and 2011), the Dean's Recognition Award and the Department of Medicine Medical School Education Award.
Cari R. Levy, MD, PhD
Associate Professor of Medicine,
University of Colorado Medical School
Denver Veterans Affairs Medical Center
Denver, Colorado

Dr. Levy currently is an Associate Professor in the Department of Medicine at the Veterans Affairs Medical Center and the University of Colorado School of Medicine. She also serves as the Medical Director of a nursing home and health agency.

Dr. Levy received her undergraduate degree from Pepperdine University in Malibu, California and her medical degree from the University of Colorado. She completed her residency at Vanderbilt University in Nashville, Tennessee and a Geriatric fellowship at the University of Colorado.

Dr. Levy serves on the Board of Directors for the American Medical Directors Association and is President of the Colorado Center for Hospice and Palliative Care. She is a member of the American Geriatric Society and the American Academy of Hospice and Palliative Medicine and serves as an Associate Editor for the Journal of Palliative Medicine.

She has been involved extensively in research with a focus on improving nursing home and end-of-life care for older adults. She has recently published articles related to this research in Chest, The Journal of the American Medical Directors Association, The Journal of the American Geriatrics Society and Journal of Palliative Medicine.
Friday, September 26th:

7:30 am – 8:00 am
Registration and Hot Breakfast

8:00 am – 9:00 am – Darryl S. Chutka, MD
Approach to the Geriatric Patient
Poly-pharmacy and dosing problems; functional assessment; quality-of-life issues; abuse; interacting with the patient and the family

9:00 am – 10:00 am – Darryl S. Chutka, MD
Assessing and Managing Urological Disorders
Incontinence and two of the following: BPH, prostate cancer, prostatitis or sexual dysfunction

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:10 am – Cari Levy, MD, PhD
Depression in the Older Adult
Geriatric depression, alcoholism, etc.

11:10 am – 12:10 pm – Cari Levy, MD, PhD
Addressing Cardiovascular Problems
Anti-coagulation; atrial fibrillation; congestive heart failure; ischemic disease; risk factors: hyperlipidemia, hypertension, etc.

12:10 pm – 12:40 pm – Cari Levy, MD, PhD
Case Presentations

12:40 pm
Session Adjourns
Saturday, September 27th:

**7:30 am – 8:00 am**  
Hot Breakfast

**8:00 am – 9:00 am** – Cari Levy, MD, PhD  
**Vascular Problems**  
Peripheral vascular disease; DVT/thromboembolic disease; abdominal aortic aneurysm and related disorders

**9:00 am – 10:00 am** – Yousaf Ali, MD  
**Common Musculoskeletal Problems**  
Osteoarthritis and spinal stenosis, polymyalgia rheumatica, night-time leg disorders

**10:00 am – 10:10 am**  
Coffee Break

**10:10 am – 11:10 am** – Yousaf Ali, MD  
**Geriatric Gait Disorders and Falls**  
Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

**11:10 am – 12:10 pm** – Darryl S. Chutka, MD  
**Diagnosis and Management of the Patient with Dementia or Alzheimer’s Disease**  
Assessing mild cognitive impairment, dementia and Alzheimer’s disease; therapeutic options

**12:10 pm – 12:40 pm** – Darryl S. Chutka, MD  
**Managing Difficult Behaviors of Patients With Dementia Without the Use of Psychotropic Medications**  
Identification and understanding of undesired behavior; strategies for working with dementia patients, including communication approaches, environmental changes, the use of both rewards and redirection

**12:40 pm**  
Session Adjourns
Sunday, September 28th:

7:30 am – 8:00 am
Continental Breakfast

8:00 am – 9:00 am – Yousaf Ali, MD
Pain Management
Assessment and management of pain in the older adult

9:00 am – 10:00 am – Yousaf Ali, MD
Case Presentations

10:00 am
Conference Adjourns

Target Audience
This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives
Upon completion of this program, participants should be better able to:
- Perform a functional assessment of the elderly patient
- Utilize a comprehensive geriatric assessment to identify potential issues
- Discuss the etiologies, differential diagnosis, and treatment approaches to depression in the elderly
- Assess and manage cardiac, vascular, and urologic disorders
- Evaluate gait disorders and design practical approaches for the prevention of falls
- Differentiate between cognitive impairment, dementias, and Alzheimer’s Disease, and formulate appropriate treatment options
- Evaluate and manage pain in the older adult

Nursing Purpose Statement
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest
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<td>Yousaf Ali, MD</td>
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All lectures incorporate time for questions and answers.
Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.
Accreditation

Physician Accreditation
Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
Medical Education Resources designates this live activity for a maximum of 11 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians
This Live activity, Geriatric Medicine for Primary Care, with a beginning date of September 26, 2014 has been reviewed and is acceptable for up to 11 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association
These programs are approved for 11 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians
This program is approved by the American College of Emergency Physicians for a maximum of 11 hours of ACEP Category I credit.

Canadian Physicians
The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

American Academy of Physician Assistants
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Nursing Accreditation
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Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 11 contact hours.
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Universal Program Number: 0816-0000-14-051-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity. This activity is certified as Knowledge-based CPE.