30th Annual Conference
Winds of Change: Geriatric Care in 2019
April 26-28, 2019

THE VIRGINIA GERIATRICS SOCIETY PRESENTS

Jointly provided by Postgraduate Institute for Medicine & Virginia Geriatrics Society.
This program is endorsed by the Virginia Center on Aging (VCoA), Virginia Geriatric Education Center (VGEC), Hunter Holmes McGuire VA Medical Center, and the VCU Partnership in Geriatric Education.

This program was made possible in part by Geriatric Training and Education (GTE) funds appropriated by the General Assembly of Virginia and administered by the Virginia Center on Aging at Virginia Commonwealth University.

Virginia Geriatrics Society • Dedicated to advancing health care for the elderly • www.VirginiaGeriatricsSociety.org
Course Description

This program has been designed to meet the educational needs of Physicians, Nurse Practitioners, Registered Nurses, Physician Assistants, and Pharmacists in the fields of geriatrics, family medicine and primary care and involved in the care of older patients.

Topics will include the latest information on diagnosis, management, treatment and health policy for common problems in the aging population. The 30th annual meeting of the Virginia Geriatrics Society will provide information designed for front-line care providers, including insight from experience and review of recent research which will help participants to improve their care of older adults.

Learning Objectives

As a result of attending this activity, the participant will be able to:

• Discuss current management issues for individuals with dementia, including assessment, recognition of concurrent depression, recognition of more treatable forms of dementia
• Discuss cases that reflect pharmacologic management of patients at high risk of atherosclerotic thrombosis including stroke and heart attacks in older adults
• Optimize treatment of heart failure, including both systolic and diastolic function, how to use the both standard therapies and the newest drugs in the market, and how to identify patients with "senile cardiac amyloidosis"
• Describe how to use non-opioid drugs for treatment of chronic pain
• List 3 changes in practice he/she will make as a result of attending this conference
• Select appropriate forms of treatment for depression in the elderly including patients with dementia
• Determine which drugs to use for platelet inhibition in patients with atherosclerotic disease, in primary and secondary prevention
• Select drugs for treating challenging cases of diabetes in older patients
The Virginia Geriatrics Society is committed to advancing health care for the elderly through:

Promoting high standards of health care for the elderly and to advance the quality of episodic and long term institutional and non-institutional care in the Commonwealth of Virginia.

Assisting in the education of medical students and physicians and other health care personnel in issues of particular concern regarding the elderly.

Fostering professional and public awareness concerning issues in geriatric medicine.

Encouraging and promoting research in the broad field of geriatrics and gerontology.

Serving as a forum for discussion of issues pertaining to geriatric medicine by concerned physicians and health professionals.

Acting as a resource to professional and lay organizations, government agencies, and community programs in the areas of care of the elderly.

Fostering the above objectives in cooperation with the American Geriatrics Society and to coordinate activities with other professional societies and interested groups regarding issues in geriatrics.

Join us Friday for our Annual Dinner!

Registration is just $10.00. See registration form for details.

Educational Credit

Joint Accreditation Statement
In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Virginia Geriatric Society. Postgraduate Institute for Medicine is jointly accredited by the American 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.

Physician Continuing Medical Education
The Postgraduate Institute for Medicine designates this live activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Pharmacy Education
Postgraduate Institute for Medicine designates this continuing education activity for 20.0 contact hour(s) (0.20 CEUs) of the Accreditation Council for Pharmacy Education. For specific UANs for each activity, please click here. Pharmacists have up to 30 days to complete the evaluation and claim credit for participation so that information can be submitted to CPE Monitor as required.

Continuing Nursing Education
The maximum number of hours awarded for this Continuing Nursing Education activity is 20.0 contact hours. Pharmacotherapy contact hours for Advance Practice Registered Nurses to be determined.

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

Disclosure Of Conflicts Of Interest
Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

Americans with Disabilities Act
Event staff will be glad to assist you with any special needs (i.e., physical, dietary, etc.). Please contact Christine Heubusch prior to the live event at christine.heubusch@easterassociates.com or 434-977-5716 ext. 23
As the capital of Virginia, Richmond invites the world to come explore her beauty, history and culture. Richmond abounds with opportunities for fun, recreation and relaxation.

Hilton Richmond Hotel (Short Pump)
The Hilton Richmond Hotel & Spa will welcome our guests with charming Southern comforts and hospitality. Accommodations at the hotel will be available at reduced rates starting at $155 per night. The room block will be available until 5 PM on Thursday, April 4, 2019 or until the rooms sell out, whichever comes first.

Reservations may be made by calling the Hilton directly at 1-804-364-3600 or online. (Please mention you are with the Virginia Geriatrics Conference.)

Friends & Fun
From shopping at the nearby Short Pump Town Center to dining in the historic Shockoe Slip district to visiting one of the many world-class museums in the area, there’s something for everyone in Richmond. Learn more about things to do by visiting visitrichmondva.com.

Please plan to attend the Friday afternoon cocktail reception, immediately following the lectures. Saturday evening allows plenty of time to experience all the beauty, culture, history and atmosphere of Richmond.

Friday Reception
Join us Friday at 5:30 p.m. after the last general session to help kick-off the conference. Light hors d’oeuvres will be served during this one-hour reception.

This is the perfect opportunity to meet with the vendors whose support helps make the conference possible and network with attendees and speakers who work in the field of geriatric care.

Exhibitor Bingo
Don’t forget to visit each exhibitor booth while you’re at the conference and complete your exhibitor BINGO card. All completed cards will be entered in a drawing to win prizes at the meeting! Take advantage of scheduled times with exhibitors during breakfast and/or breaks Friday through Saturday.

Virginia Geriatrics Society 2019 Annual Conference
VGS faculty is carefully chosen by the planning committee for their experience and expertise in a range of fields that impact geriatric care. Each presenter brings a unique skill set and training background to create a well-rounded series of lectures designed for a multidisciplinary group of attendees providing a full spectrum of care.

**Faculty**

Bob Adler, MD  
Christian Barrett, MD  
Peter Boling, MD  
Ken Brummel-Smith, MD  
Anita Clayton, MD  
Patricia Fulco, PharmD  
Soundarya Gowda, MD  
Mayer Grob, MD  
Sarah Hobgood, MD  
Carol Hurst, PhD, MSW, LCSW  
Jennifer Inker, MS, MBA, PhD, LALFA  
Denise Lowe, PharmD  
Robert Palmer, MD  
Lauren Pamulapati, PharmD  
Seema Patel, MD  
Shriti Patel, MD  
Chris Rembold, MD  
Sangeeta Sastry, MD  
Samantha Schaller, PharmD  
Jon Snider, MD  
David Spiegel, MD  
Jeremy Turlington, MD  
Kristin Williams, MD  
Frank Zieve, MD
6:30 AM | Registration Opens

6:30 - 7:30 AM | Breakfast with Exhibitors & Exhibitor Bingo Begins

7:30 - 8:30 AM | Yet Another UTI? / Sangeeta Sastry, MD

Advanced Diabetes Management Using Newer Options / Lauren Pamulapati, PharmD

8:30 - 9:30 AM | Objectives: 1) Review guidelines for care of Type II diabetes in the elderly, taking into account the results of Advance and Accord clinical trials; 2) List groups of patients for whom tighter control is warranted; 3) In older patients where tighter control is warranted, review approaches to use of newer agents to achieve better control; 4) Briefly review use of new glucose monitoring devices.

Case-based discussion led by a clinical pharmacist on the use of contemporary diabetes drug agents: drug classes of interest including DPP4 inhibitors like sitagliptin (Januvia) or linagliptin (Tradjenta); SGLT2 inhibitors like canagliflozin (Invokana) or dapagliflozin (Farxiga); GLP-1 receptor agonists like exenatide (Byetta), liraglutide (Victoza), dulaglutide (Trulicity); and various insulins such as insulin detemir (Levemir) and insulin glargine (Basaglar, Lantus). Further, do the “Freestyle” meters work, and when should they be used?

8:30 - 9:30 AM | Advanced Diabetes Management Using Newer Options / Lauren Pamulapati, PharmD

9:30 - 10:00 AM | To Treat or Not to Treat: Prostate Cancer 2019 / Mayer Grob, MD

10:00 - 11:00 AM | Arteritis: Is This Headache Benign or a Potential Killer? / Seema Patel, MD

11:00 AM - Noon | To Treat or Not to Treat: Prostate Cancer 2019 / Mayer Grob, MD

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Noon - 1:00 PM | Lunch with Exhibitors

1:00 - 2:00 PM | Finding a Time & Place for Addressing Intimacy in the Care of Older Patients / Anita Clayton, MD

2:00 - 3:00 PM | Getting People Vaccinated, Don’t be a Vector or a Victim / Denise Lowe, PharmD

3:00 - 3:50 PM | Getting People Vaccinated, Don’t be a Vector or a Victim / Denise Lowe, PharmD

3:50 - 5:30 PM | Clinical Decisions, Antiplatelet Therapy: Which Drugs, and for How Long? / Christian Barrett, MD & Chris Rembold, MD

5:30 - 6:30 PM | Networking & Reception & Poster Presentations

6:30 - 8:30 PM | Membership Dinner (preregistration required)
Registration Opens

Breakfast with Exhibitors

Of Horses & Zebras: Recognizing Reversible Cases of Dementia / Kristin Williams, MD & Sarah Hobgood, MD

Objectives: 1) Describe several causes of dementia for which there are potentially curative treatments; 2) Review how to clinically distinguish the uncommon potentially reversible cases of dementia from the more common conditions. Discussion by geriatrician and dementia-specialized neurologist regarding relatively rare but important reversible causes of dementia, when one should recognize this among the more common cases of irreversible dementia, and how to evaluate accordingly.

Clinician’s Dilemma: Depression, Dementia, Both? What to Do? / Shriti Patel, MD & David Spiegel, MD

Objectives: 1) Review how to distinguish the affective flattening seen in dementia from depression; 2) Outline how and when to consider electroconvulsive therapy in older patients; 3) Summarize best options for pharmacologic therapy in geriatric depression. Two speakers from psychiatry will take a practical clinical approach to the topic of depression in the elderly, talking about how to distinguish affective flattening in dementia from depression and related management, considering ECT for geriatric depression when appropriate, and options for drug therapy of geriatric depression.

Lunch & Final Break with Exhibitors

Break with Exhibitors

Stiff, Weak and Slow: Is It Parkinson’s or Something Else? / Jon Snider, MD

Objectives: 1) Describe the relevant pharmacology of non-opioid medications 2) Review best practices when prescribing non-opioid medication for chronic pain 3) Summarize how treatment approaches may differ in these situations; 3) Review how treatment approaches may differ in these situations Session in which movement disorder neurologist will explore Parkinson’s spectrum disorders and other conundrums, involving shaking, stiffness, weakness, and trouble with walking and movement control that are not primary Parkinson’s (vascular Parkinsonism, progressive supranuclear palsy, Bickerstaff syndrome, corticobasal degeneration) and may not respond to Parkinson’s meds. Discussion will address where Lewy Body dementia and Parkinson’s-related dementia fit in, as well as the role of new therapeutic options such as pimavanserin for management.

Strange Neurologic Spells: How to Make Sense of Them / Soundarya Gowda, MD

Session will address the problem of poorly-understood episodes of altered mentation and behavior that may represent transient ischemia (TIA), seizure disorders, generalized and atypical, with specific focus non-convulsive seizures (temporal lobe epilepsy), episodes that manifest as behavioral disturbances when there is often difficulty making a definitive diagnosis; and how to diagnose and how to treat such as with drugs, like valproic acid, topiramate, lamotrigine, levetiracetam, lacosamide.

Agenda

Saturday, April 27

6:30 AM - Noon

Registration Opens

Breakfast with Exhibitors

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Virginia Geriatrics Society 2019 Annual Conference
and agree to grant VGS the photograph your likeness.

By registering for this event, you acknowledge and agree to grant VGS the right to record, film and photograph your likeness in its media, marketing, promotional and educational efforts.

“*It was an excellent conference, the speakers had a wealth of information.*”

“Best clinically-based conference for the care of the elderly population!”

“Overall great experience and needed conference.”

“Great conference - look forward to next year!”

“This was my third VGS conference and I was not disappointed.”
# 2019 Registration Form

## Registration Type

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<thead>
<tr>
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<th>Early Registration (before 3/31/19)</th>
<th>Late Registration (after 3/31/19)</th>
<th>On-Site Registration</th>
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<tr>
<td><strong>VGS Member</strong></td>
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- **Daily Registration**
  - Friday $275
  - Saturday $255
  - Sunday $195
  - Saturday & Sunday $450

- **Conference Binder**
  Printed Conference Binder $45
  
  Please note: Conference binders are printed several weeks ahead of the conference, and may contain outdated materials. Binders ONLY contain 3-slide per page printouts of presenter slides, updated versions of which are available on the attendee portal.

- **VGS Member Dinner**
  - I plan to attend the VGS Member Dinner. $10
  - I plan to bring #_____ of guests to the VGS Member Dinner. $10/each

## TOTAL ENCLOSED

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Name:  

Credentials:  

Discipline:  

Institution:  

PHARMACISTS ONLY: NABP ID No.:  DOB:

Home Address:  

City:  State:  Zip Code:

Daytime Telephone:  Email Address:

Will you attend the Friday evening Networking Reception from 5:30 p.m. - 6:30 p.m.?  Yes  No

Are you a first time attendee?  Yes  No

How did you hear about the conference?  Email  Website  Colleague Referral  AGS Email  Other

Mail registration form to Christine Heubusch, VGS Conference Coordinator, 250 West Main Street, Suite 100, Charlottesville, VA 22902. To pay by credit card, registration is available online at www.vgsconference.org.

For phone inquiries or special needs contact Christine Heubusch at (434) 977-3716 ext. 23. No registration refunds will be given after March 31, 2019. Refund requests will be subject to a $50 administrative fee.

* Qualified students must email a copy of their valid student ID to christine.heubusch@easterassociates.com.

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