

Ross Glen Hall
The Roderick Mah Centre
for Continuous Learning

Mount Royal College
4825 Mount Royal Gate SW
Calgary Alberta
(map on reverse)

8th Annual

LONG TERM CARE COLLOQUIUM

Progressive long term care—a road map

February 6th 2009

Long Term Care

ARP

Alternate Relationship Plan



Office of Continuing Medical Education
and Professional Development

AGENDA

This colloquium is intended for physicians, registered nurses, pharmacists, medical directors and administrators of long term care facilities, licensed practical nurses, social workers, rehabilitation and recreation therapists and other health professionals with an interest in improved clinical outcomes for patients with chronic care needs in LTC. The program features various professionals that will deliver practical learning opportunities in key clinical areas and leadership in modern Long Term Care.

STUDY CREDITS

This program has been reviewed by the College of Family Physicians of Canada and has been accredited for up to 7.5 hours of Mainpro-M1 study credits.

LEARNING OBJECTIVES

Upon the completion of this event the learner will gain the ability:

- To understand the modern management of falls and fracture prevention in LTC
- To provide a forum for discussion with peers and experts on challenges in professional practice
- To use tools provided to manage key care issues of the patient
- To provide advanced learnings and solutions to persistent critical issues in LTC
- To promote sound ethical practice approaches to challenging situations

7:30am REGISTRATION AND CONTINENTAL BREAKFAST BUFFET

8:20am WELCOME AND INTRODUCTION

PLENARY SESSIONS

8:30am URINARY INCONTINENCE IN LTC

Rosemary McGinnis

Despite the high prevalence of urinary incontinence in LTC could more residents be toileted? What interventions could alleviate this major clinical concern in LTC and improve our patients quality of life? This session will provide a brief outline of the problem and some easy to implement solutions for practice change.

DESIGNATED ASSISTED LIVING IN ALBERTA; IS THIS THE NEW LTC?

Dr. Laurel Strain

Does assisted living mean greater autonomy for our patients or a more cost efficient setting for chronic care? What goes on in Assisted Living? Is it safe and appropriate? This service area will be examined in the Alberta context and will describe some of the strengths and weaknesses of a system of care that has the patient as its focus.

CHF UPDATE

Dr. Deb Isaac

The management of CHF has been identified by the McKinsey Report as being a key clinical area for practice improvement. A common reason for transfer to hospital, how can modern management be improved in the monitored environment of a LTC centre?

GOALS OF CARE DESIGNATION

Bert Enns

As of November 25 2008 the new advanced care policy which involved 'goals of care designation' was introduced in the Calgary region. It was a major undertaking that crossed all service sectors. We will hear from one of the leaders of this initiative what they learned from their three year journey.

10:30am COFFEE BREAK

KEYNOTE ADDRESS

10:40am ANATOMY OF A FALL IN LTC: VIDEO, CASE PRESENTATIONS

11:00am KEYNOTE: FALLS IN 2009

Dr. Laurence Rubenstein

A review of a LTC giant; falls and fracture prevention. What is the best approach to take with this issue in your facility? How do we involve the entire team, focus our energies and know how we are doing? What simple steps can be taken to mitigate this risk inherent to our work and still promote patient autonomy and quality of life? What is the evidence for conventional interventions?

12:00pm LUNCH

CONCURRENT SESSIONS

A 1:15pm–2:15pm
(45 minutes and 15 minutes for questions)

B 2:20pm–3:20pm
(45 minutes and 15 minutes for questions)

C 3:25pm–4:25pm
(45 minutes and 15 minutes for questions)

CONCURRENT SESSIONS A

A1 AN INTRODUCTION TO BIOETHICS
Connie Mahoney
LTC remains a rich vein for ethical concerns given the high prevalence of impaired decision-making in frail and vulnerable older patients. Our society places a high value on the ethical principle of autonomy. How do we reconcile the many competing wishes and desires that converge on the older patient in our care? What is the role of the ethics committee in consultation and everyday ethics?

A2 MANAGEMENT OF WEIGHT LOSS
Jodi Crawford
Changes in weight can provide valuable information for the care team regarding disease progression or change in function and the need to review the plan of care. What should our approach to weight loss look like, is there value in a clinical pathway?

A3 YEAR IN REVIEW
Dr. Darren Burback
A journal club style presentation to review major publications from the LTC literature from the past year to bring research to the bedside.

A4 RESTRAINT USE AND LIVING AT RISK
Dr. Karen Fruetel
In the prevention of falls the care team often relies on static devices such as seatbelts, lap/tray restraints or bed rails at night. These provide for a 'safe' environment for our residents, yet they often interfere with their ability to enjoy a good quality of life. How do we respect our resident's right to choose, in the context of dementia and yet provide a care setting and care plan that puts safety first?

CONCURRENT SESSIONS B

B1 BEHAVIOUR MAPPING AND BPSD
Barb Bell
The inappropriate use of antipsychotics in the management of dementia can lead to sedation, falls, infections and death (as well as a reduced quality of life for our residents). This session will provide a tool for the assessment and monitoring of behaviours that professional and care staff can use prior to the consideration of these psychoactive medications.

B2 BEGINNERS GUIDE TO PHYSICAL THERAPY IN LTC
Cathy Harbidge
In the successful management of falls and fracture prevention the involvement of a physiotherapist can make a considerable difference to patient and care outcomes. In this session you will get to know your physiotherapist a little better and understand the potential of their assessment and service.

B3 A REVIEW OF COMMON CONSULTS AT THE END OF LIFE IN LTC
Kathy Rasmussen
Effective management of pain and symptoms at the end of life and in the advanced stages of dementia and chronic disease demands the attention of the whole team. This review presentation will look at an end of life consultation service and some of the common causes for referral.

B4 ANTICOAGULATION MANAGEMENT; A CASE STUDY AND A PROCESS
Janet Lafreniere and Michelle Salesse
An update on a major quality improvement initiative from Calgary that focused on safe warfarin management in LTC. An essential component of this new approach will be a standardized warfarin dosing protocol. This session will review the process from the initial idea for change through the quality improvement process and delivery of a new model of care.

CONCURRENT SESSIONS C

C1 PARKINSON'S AND DEMENTIA
Dr. Colin Powell
Parkinson's disease presents major challenges with disease progression with regard to care planning and treatment. Complications such as autonomic dysfunction, dementia, decreasing physical function and psychoses will be addressed in this session along with a common sense approach to management in the community and the nursing home.

C2 OSTEOPOROSIS WORKSHOP
Dr. Greg Kline
An update on appropriate assessment and modern treatment of osteoporosis. Who to treat in LTC? Which agents to use? What tests to perform?

C3 COMMON SENSE IN THE ASSESSMENT AND MANAGEMENT OF LEG AND FOOT WOUNDS IN LTC
Dr. Greg Samis
This session will present the perspective of the vascular surgeon in the assessment and treatment of leg wounds in LTC. Effective management and prevention needs to be individualized to patients and residents for the best possible care.

C4 COPD UPDATE
Dr. Chris Mody
What do the recently revised Canadian guidelines tell us about the elderly, earlier diagnosis and treatment? What can the care team offer at the end of life?

PANEL

4:30–5:20pm

PEG TUBES : DOING THE RIGHT THING
Cheryl Knight, Dr. Eric Wasylenko, Helgi Eyford

A panel discussion to review and discuss the issues of tube feeding placement in patients living in LTC from three perspectives. An objective of this discussion will be to gain a better understanding of how to approach this with families and patients who are unsure of the benefit or burden of parenteral feeding in the setting of advanced chronic disease, especially dementia. There will be a review of the existing policy followed by the perspective of an ethicist and physician and finally the patient's perspective.

5:20–5:30pm

FINAL COMMENTS AND CLOSE

FACULTY

Barb Bell RN BN GNC(C), Quality Specialist, Clinical Supported Living Services, Calgary Health Region

Darren Burbach MD FRCPC, Clinical Assistant Professor, Division of Geriatric Medicine, Department of Medicine, University of Calgary

Jodi Crawford RD, Chair Gerontology Network, Dietitians of Canada

Bert Enns, BA, MTS, Project Manager, Advance Care Planning/Care at the End of Life Initiative

Helgi Eyford MA

Karen Fruetel MEd MD FRCPC, Medical Leader, Seniors Health, Head, Division of Geriatric Medicine, Associate Professor, University of Calgary

Cathy Harbidge Clinic Coordinator/Physiotherapist, Calgary Fall Prevention Clinic/Seniors Health Clinic

Debra Isaac BN, MD, FRCPC(C), Associate Clinical Professor, Faculty of Medicine, University of Calgary; Director, Cardiac Transplant Program, Foothills Medical Centre

Gregory Kline MD FRCPC; Clinical Associate Professor, Division of Endocrinology, Department of Medicine, Faculty of Medicine, University of Calgary

Cheryl Knight RN MN GNC(C); Director, Continuing Care Facilities; Seniors Health, Chinook Health

Janet Lafreniere BScPharm, Accredited Canadian Pharmacy Residency (ACPR); Clinical Pharmacy Assistant Manager; Supported Living Services, Alberta Health Services (Calgary Health Region)

Rosemary McGinnis RN MScN, Calgary Home Care

Connie E. Mahoney RN BA MA PhD (cand) Mental Health and Addictions Ethics Co-ordinator, Co-Chair Home Care Ethics Committee; Co-Chair Public Health Ethics Nurses Working Group, Alberta Health Services—Calgary Zone

Chris Mody MD Professor, Departments of Medicine/ Microbiology

Colin Powell MD, Professor of Medicine, University of Calgary and Geriatric Medicine Specialist, Seniors Health, Calgary Health Region

Kathy Rasmussen BN, BSc, Quality Specialist, End of Life Care in Care Centres, Seniors Health and Palliative Care Calgary Health Region, Alberta Health Services

Laurence Rubenstein MD MPH, Director, Geriatric Research Education and Clinical Centre (GRECC), VA Medical Centre

Michelle Saless RN, OHNC, MN, MBA; Quality Improvement Consultant, Health Outcomes for Continuing Care, Medical Services, & Seniors Health, Alberta Health Services (Calgary Health Region)

Gregory Samis Assistant Professor of Surgery, Division of Vascular Surgery, Department of Surgery

Laurel Strain PhD, Director, Alberta Centre on Aging; Professor, Department of Sociology, University of Alberta

Eric Wasylenko MD BSc; Clinical Lecturer, Department of Oncology, Division of Palliative Medicine; Medical Director, Foothills Country Hospice; Director, Regional Clinical Ethics Service (AHS/CHR); Medical Advisor, Advance Care Planning/Care at the End of Life Initiative (AHS/CHR)

PLANNING COMMITTEE

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