16th Annual Leadership Program for Physicians and Leaders in Long Term Care

From the Fringe to the Forefront: Rethinking the Culture of Elder Care

November 8-9, 2019

Pan Pacific Vancouver | 300-999 Canada Place | Vancouver BC

"Each and every one of us is creating the future every day, whether we do so consciously or not."

Hildy Gottlieb, The Pollyanna Principle

"Our thoughts and imagination are the only real limits to our possibilities."

Orison Swett Marden

"Never look back unless you are planning to go that way."

Henry David Thoreau

"Leadership is about vision and responsibility, not power."

Seth Berkley

"The very essence of leadership is that you have to have vision. You can't blow an uncertain trumpet."

Theodore M. Hesburgh

"Leadership and learning are indispensible to each other."

John F. Kennedy

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Friday and Saturday, November 8th and 9th, 2019 | Pan Pacific Vancouver

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From the Fringe to the Forefront: Rethinking the Culture of Elder Care

AGENDA

7:15 a.m.	**REGISTRATION AND BREAKFAST** - November 8
8:00 a.m.	Opening Comments
8:10 a.m.	Session 1: Opening Address ***Transforming the Culture of Aged Care: Shifting Paradigms*** G. Allen Power, MD, FACP
9:20 a.m	Session 2 ***Pain Management: The Latest Strategies*** Romayne Gallagher, MD, CCFP(PC), FCFP
10:20 a.m.	**Coffee/Networking/Poster Presentations**
10:50 a.m.	Session 3 ***Going Along with It: Considerations of Truth-telling and Deception in the Care of Persons with Dementia*** Harry Karlinsky, MD, MSc, FRCPC
11:50 a.m.	**Lunch/Networking/Poster Presentations**
12:50 p.m.	Session 4: Panel Presentation ***CCSMH Guidelines – Substance Use Disorders among Older Adults: An Update*** Launette Marie Rieb, MD, MSc, CCFP, FCFP, DABAM, FASAM; Lillian Hung, RN, PhD; and George P. Budd, Pharm.D, BSc (Pharm), R.PEBC, R.Ph
2:00 p.m.	Session 5 ***Mindfulness for Your Wellbeing: "Don't just do Something...Sit There"*** Elisabeth Drance, MD, FRCPC, GeriPsych
3:00 p.m.	**Stretch Break/Networking/Poster Presentations**
3:15 p.m.	Session 6 ***Parkinson's Disease: Sleep, Pills and Exercise*** A. Jon Stoessl, CM, MD, FRCPC, FAAN, FCAHS
4:15 p.m.	**Closing Day One**

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AGENDA

7:15 a.m.	**REGISTRATION AND BREAKFAST** - November 9
8:00 a.m.	Opening Comments
8:10 a.m.	Session 7 ***Rethinking Dementia: A Well-being Approach*** G. Allen Power, MD, FACP
9:15 a.m.	**Coffee/Networking/Poster Presentations**
9:45 a.m.	Session 8 ***Quality Improvement in Long Term Care: Appropriate Use of Antipsychotics*** Joy Masuhara, MD, CCFP and Heather Mak, MSN, RN GNC(C)
10:45 a.m.	Session 9 ***Hot Topics: Current Health Law Issues in Long Term Care*** Krista James, LLB
11:15 a.m.	Session 10 **Compassionate Leadership** Lawrence Yang, MD, CCFP
11:45 a.m.	**Lunch/Networking/Poster Presentations**
12:45 p.m.	Session 11 ***Opioid Use Disorder in Long Term Care: A Providence Health Care Initiative*** Marcus Greatheart, MD, MCFP, MSW, RSW and Sukhpreet Klaire, MD, CCFP
2:00 p.m.	**Stretch Break/Networking/Poster Presentations**
2:15 p.m.	Session 12: Panel Presentation ***Building Partnerships with Families*** Trevor Janz, MD; Kimberley Smith, MSc-Dementia Studies (C), BHScPN, AdvDipPN, RPN; and Jenny Hyman, MSW, RSW
3:15 p.m.	Session 13 ***Lesbian, Gay, Bisexual, Trans, Queer, Two-spirit, and other Sexual and Gender Minorities (LGBTQ2S+): Experiences, Issues, and Supports in Long-Term Care*** Hannah Kia, PhD, RCSW
04:15	**Closing Day Two**

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VISITING FACULTY

G. Allen Power, MD, FACP

Geriatrician, Author, Educator
Schlegel Chair in Aging and Dementia Innovation
University of Waterloo Research Institute for Aging
Waterloo, Ontario
Clinical Associate Professor of Medicine
University of Rochester
New York, USA

Dr. Allen Power is an internist, geriatrician, and Schlegel Chair in Aging and Dementia Innovation at the Schlegel–University of Waterloo Research Institute for Aging in Ontario, Canada. He is also clinical associate professor of medicine at the University of Rochester, NY, and an international educator on transformational models of care for older adults, particularly those living with changing cognitive abilities.

Dr. Power's book, *Dementia beyond Drugs: Changing the Culture of Care* was named a 2010 *Book of the Year* by the *American Journal of Nursing*. His second book, *Dementia Beyond Disease: Enhancing Well-Being* was released by Health Professions Press in June 2014 and the second edition of *Dementia Beyond Drugs* was released in 2017.

Dr. Power also has a 20-year history working in culture change in aged care. He led St. John's Home in Rochester, New York to become the world's largest Eden Alternative member home, and also helped develop St. John's Penfield Green House homes–the only community-integrated Green House homes in the US.

Dr. Power is currently working with Dr. Jennifer Carson on a new book about creating inclusive communities for people living with dementia.

FACULTY

George P. Budd, Pharm.D, BSc (Pharm), R.PEBC, R.Ph
Clinical Pharmacist
Addiction Pharmacy Fellow,
BC Centre on Substance Use
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Elisabeth Drance, MD, FRCPC, GeriPsych
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Family Physician, Three Bridges Community Health Centre
Medical Coordinator, St. Vincent's Langara LTC
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FACULTY (cont'd)

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Kimberley Smith, MSc-Dementia Studies (C),
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A. Jon Stoessl, CM, MD, FRCPC, FAAN, FCAHS
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Clinical Instructor
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PROGRAM PLANNING TEAM

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Special Acknowledgement

The late Thomas Bailey, MD, CCFP, FCFP, contributed to the planning of this program and many preceding ones. He passed suddenly on October 6th, 2019. Dr. Bailey served as Medical Director, Residential Services, at Island Health. He was a tireless supporter of quality care, especially for older persons in residential care. Tom will be missed as an inspirational colleague, mentor and friend.

"Good actions give strength to ourselves and inspire good actions in others." (Plato)

ACCREDITATION STATEMENT

The Sixteenth Annual Leadership Program for Physicians and Leaders in Long Term Care

From the Fringe to the Forefront: Rethinking the Culture of Elder Care

November 8th and 9th, 2019

ACCREDITATION/CERTIFICATION

The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This event 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 has been approved by UBC CPD for up to 13 MOC Section 1 Group Learning credits. This program meets the certification criteria of the College of Family Physicians of Canada and has been certified by UBC CPD for up to 13 Mainpro+ Group Learning credits. Each physician should claim only those credits accrued through participation in the activity.

CFPC Session ID#: 191260-001

Accredited by UBC CPD

UBC CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

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View the Poster Presentations throughout the day in the Foyer

- Building a Strong Foundation for Dementia Care
- Using Touchscreens to Support Social Connections and Reduce Responsive Behaviours among People with Dementia in Care Settings
- Creating Dementia-friendly Community for Social Inclusion
- Nurses' Experience and Impact of Canadian Gerontological Nursing Association Study Group
- Come Alive

Information / Resource Tables

Canadian Centre for Elder Law

Office of the Public Guardian and Trustee of British Columbia

WorkSafeBC

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LEARNING OBJECTIVES

Program Learning Objectives

After attending this two-day educational program participants will be able to:

- Describe principles and operational changes that guide transformative models for culture change in residential care.
- Appraise best practices considered for initiation within long term care homes.
- Identify current ethical and health law issues within long term care.
- Apply current evidence-based strategies for supporting older adults living with chronic pain in long term care.
- Describe a "well-being approach" to care of persons with dementia.
- List issues, barriers and strategies regarding cannabis and opioid substance use disorders in older adults.
- Identify evidence-based, practical approaches to supporting persons living with Parkinson's disease in residential care.

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LEARNING OBJECTIVES - NOVEMBER 8, 2019

Session 1

Opening Address

Transforming the Culture of Aged Care: Shifting Paradigms

G. Allen Power, MD, FACP

After attending this session, participants will be able to:

- Discuss the important underlying principles that have guided transformational movements.
- Identify at least three physical and operational changes that comprise the Green House model.
- Define "aging in community" and explain why the response to our aging demographics needs to expand beyond senior living concepts.

Session 2

Pain Management: The Latest Strategies

Romayne Gallagher, MD, CCFP(PC), FCFP

After attending this session, participants will be able to:

- Review the historical events of the "opioid crisis" in British Columbia and the impact it has had on chronic pain management particularly in older adults.
- Recognize some of the big data studies that have been used to sway professional opinion about the use of opioids in chronic pain.
- Identify current evidence-based strategies for chronic pain in older adults.

Session 3

Going Along with It: Considerations of Truth-telling and Deception in the Care of Persons with Dementia

Harry Karlinsky, MD, MSc, FRCPC

After attending this session, participants will be able to:

- Define and illustrate common examples of deception and "therapeutic" lying in the care of persons with dementia.
- Compare the potential benefits and adverse effects of truth-telling vs. deception in the care of persons with dementia.
- Recognize when and whether to employ various forms of deception in the care of persons with dementia.

Session 4

Panel Presentation

CCSMH Guidelines – Substance Use Disorders among Older Adults: An Update

Launette Marie Rieb, MD, MSc, CCFP, FCFP, DABAM, FASAM; Lillian Hung, RN, PhD; and Dr. George Budd

After attending this session, participants will be able to:

- Provide an overview of the recently released CCSMH Guidelines for Alcohol, Benzodiazepine, Cannabis and Opioid Use Disorders among older adults in Canada.
- Understand approaches for preventing, assessing, and treating Cannabis and Opioid Use Disorders in older adults.
- Identify the barriers in the assessment and treatment of Cannabis and Opioid Use Disorders in older adults.
- Determine pathways to the implementation of recommendations specific to the Guidelines on Cannabis and Opioid Use Disorder among older adults.

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LEARNING OBJECTIVES - NOVEMBER 8, 2019 (cont'd)

Session 5

Mindfulness for Your Wellbeing: "Don't just do Something...Sit There"

Elisabeth Drance, MD, FRCPC, GeriPsych

After attending this session, participants will be able to:

- Recognize the role of mindfulness practice as a useful tool for health practitioner self care.
- Describe difference between an informal and formal mindfulness practice.
- Identify the concept of Self Compassion and the benefits of cultivating its practice.
- Carry out a S.T.O.P. practice.
- Carry out a Self Compassion break.
- Find resources for mindfulness practice skill development.

Session 6

Parkinson's Disease: Sleep, Pills and Exercise

A. Jon Stoessl, CM, MD, FRCPC, FAAN, FCAHS

After attending this session, participants will be able to:

Identify practical, evidence-based approaches for managing Parkinson's Disease in long term care, including:

- The right sleep
- The right exercise
- The right medications at the right doses
- The right approach at end of life

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LEARNING OBJECTIVES - NOVEMBER 9, 2019

Session 7

Rethinking Dementia: A Well-being Approach

G. Allen Power, MD, FACP

After attending this session, participants will be able to:

- Explain the drawbacks inherent in the framework of "behavioural and psychological symptoms of dementia."
- Name at least four of the seven domains of well-being described and envision simple ways to operationalise them in daily life and care.
- Describe the "Well-Being Approach to Distress" and differentiate it from traditional responses.

Session 8

Quality Improvement in Long Term Care: Appropriate Use of Antipsychotics

Joy Masuhara, MD, CCFP and Heather Mak, MSN, RN GNC(C)

After attending this session, participants will be able to:

- Recognize how collaborative quality improvement guided care can improve long term care for residents and their caregivers.
- Describe basic quality improvement concepts.
- Apply a simple step wise approach in managing behavioural and psychological symptoms of dementia.

Session 9

Hot Topics: Current Health Law Issues in Long Term Care

Krista Janes, LLB

After attending this session, participants will be able to:

- Name at least two potential impacts of the new facility admission provisions.
- Recognize key elements of CCEL report on health care decision making for people living with dementia including:
  - Top barriers to informed consent;
  - Key system reform steps;
  - Critical educational supports and legal information for health consumers and professionals.

Session 10

Compassionate Leadership

Lawrence Yang, MD, CCFP

After attending this session, participants will be able to:

- Rediscover the practical contrast between "empathy" and "compassion."
- Review principles of "Compassionate Leadership" and how they may assist in change for complex systems.
- Explore self-care and sustainable compassion in leadership.

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LEARNING OBJECTIVES - NOVEMBER 9, 2019 (cont'd)

Session 11

Opioid Use Disorder in Long Term Care: A Providence Health Care Initiative

Marcus Greatheart, MD, MCFP, MSW, RSW and Sukhpreet Klaire, MD, CCFP

After attending this session, participants will be able to:

- Discuss the current opioid crisis and its impact on elders.
- Identify the barriers to care for elders on opioid replacement therapy.
- List some strategies learned from a pilot project that provides opioid replacement therapy in a long term care setting.

Session 12

Panel Presentation

Building Partnerships with Families

Trevor Janz, MD; Kimberley Smith, MSc-Dementia Studies (C), BHScPN, AdvDipPN, RPN; and Jenny Hyman, MSW, RSW

After attending this session, participants will be able to:

- Describe several ways that effective partnerships between family members and facility staff improve outcomes. For example:
  - Increased resident, family, and staff satisfaction with care.
  - Decreased errors and treatment complications.
  - Decreased potentially burdensome medical interventions at end-of-life.

Session 13

Lesbian, Gay, Bisexual, Trans, Queer, Two-spirit, and other Sexual and Gender Minorities (LGBTQ2S+): Experiences, Issues, and Supports in Long Term Care

Hannah Kia, PhD, RCSW

After attending this session, participants will be able to:

- Develop a beginning level of familiarity with appropriate language for describing the experiences of sexual and gender minorities in long term care settings.
- Identify some of the prominent issues currently affecting sexual and gender minority groups in long term care.
- Identify strategies for supporting older sexual and gender minorities in the context of long term care.

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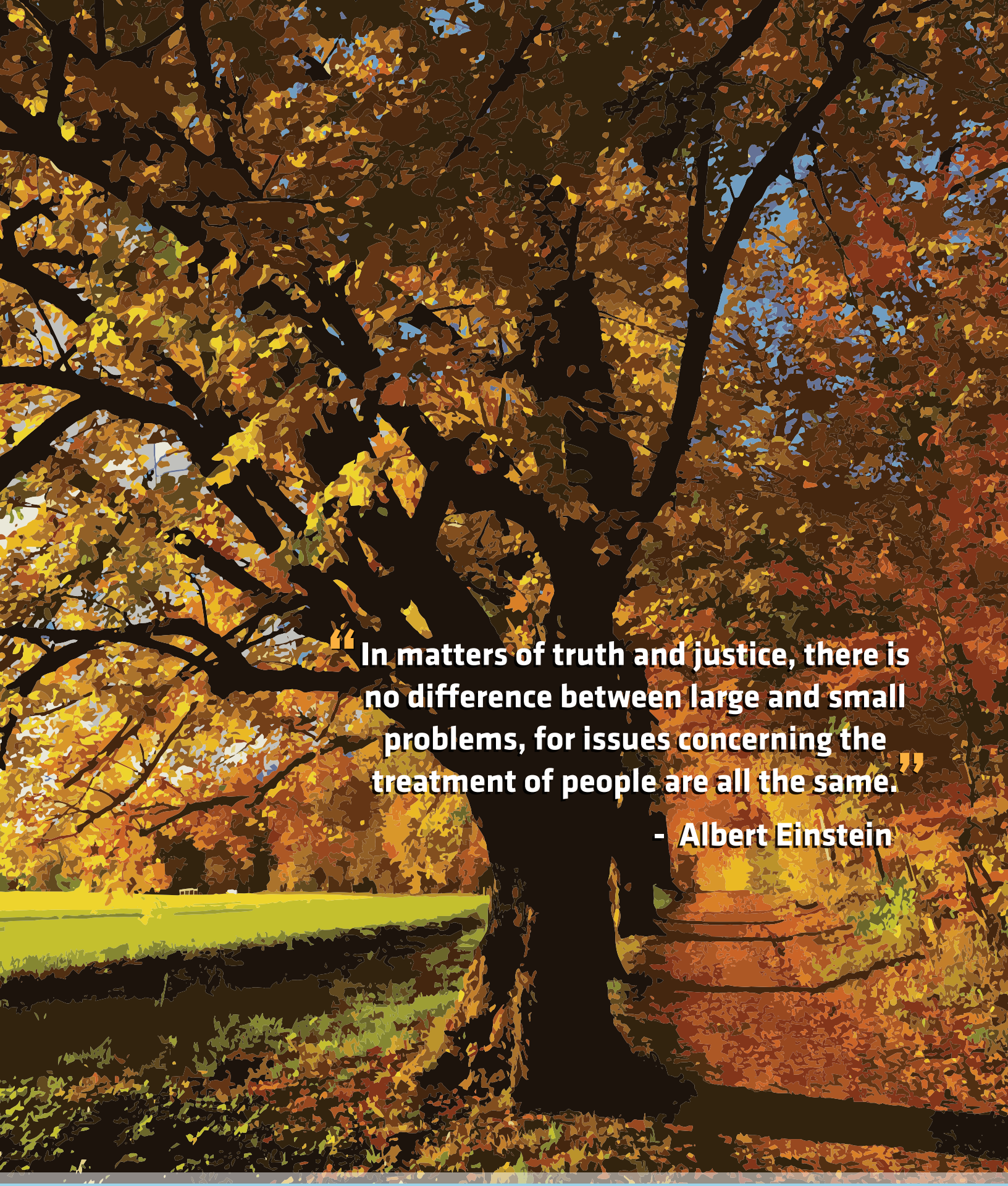

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