Tenth International HELP Conference
March 22 – 23, 2012

Jointly sponsored by:

The Hospital Elder Life Program (HELP) and the University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors:

Fred Rubin, MD
Chair, Department of Medicine, UPMC Shadyside
Professor of Medicine
University of Pittsburgh School of Medicine

Sharon K. Inouye, MD, MPH
Professor of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School
Milton and Shirley F. Levy Family Chair
Director, Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Introduction

This two-day international conference is designed to educate HELP Teams regarding strategies for delirium prevention, and using HELP as a way to improve hospital-wide care of the elderly and create a climate of change. Expert clinicians and seasoned members of the HELP sites will share evidenced-based information and their clinical insights on selected topics regarding the influence of HELP, delirium updates, and the larger policy implications of care for the elderly. Updates on collaborative papers and projects will also be presented.

Learning Objectives

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

• Understand the diagnosis and epidemiology of delirium in hospitalized older adults.
• Recognize delirium as a leading iatrogenic complication of hospitalization for older persons.
• Describe the major interventions of the HELP program, designed to prevent delirium.
• Describe the barriers to the dissemination of complex clinical interventions, such as HELP
• Appreciate new innovations in the HELP program.

Meeting Location

Marriott Pittsburgh City Center
112 Washington Place • Pittsburgh, Pennsylvania 15219
Phone: (412) 281-7100 • Fax: (412) 553-5252

Overnight Accommodations and Parking

The conference has contracted a limited number of hotel rooms at the Marriott Pittsburgh City Center for our conference attendees. You may book a room by calling the hotel at (412) 471-4000 and stating that you are attending the Geriatric Medicine Conference. The room block is limited and only available until Wednesday, February 29, 2012 at 12:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first. Room rates are $115.00 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call Krystal Moore at (412) 647-7050.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately $12.25/day. The entrance is located on the side of the Marriott Pittsburgh City Center hotel.

Continuing Education Credit

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Hospital Elder Life Program (HELP). The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **10.0 AMA PRA Category 1 Credits.™** Each physician should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **.10** continuing education units (CEU’s) which are equal to **10.0** contact hours.

A maximum of **1.0** AMA PRA Category 1 Credits ™ or **.10** CEUs will be awarded for attendance at the dinner presentation.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 412- 647-7050 or 412-647-8232.

Note: Participants are welcome to remain and enjoy the continuing *Update in Geriatric Medicine* conference, which will adjourn Saturday at noon. The full agenda can be viewed at [https://ceehs.upmc.com/formalCourses.jsf](https://ceehs.upmc.com/formalCourses.jsf). There will be an additional registration fee of $85.

**Topics on Saturday, March 24, 2012 at the Update in Geriatric Medicine:**

- Geriatric Pain: Putting Your Fingers on the Source
  - Ask the Cardiologist
- Common Nursing Home Problems
  - These Old Eyes
- Common Skin Problems and Treatment
- Common GI Problems in the Elderly
  - Ask the Social Worker
  - Ask the Psychiatrist
- Hypo and Hyper Thyroidism in the Elderly
- Symptom Management at End of Life
- Gynecological Issues in the Elderly
Schedule — Thursday, March 22

7:30 am  Registration and Continental Breakfast

8:30 am  Welcome
Fred Rubin, MD

8:45 am  Update on HELP
Sharon K. Inouye, MD, MPH

10:00 am  Innovations Session
A. Effective Volunteer Recruitment and Training
Alicia Olson
B. Using Lean Process Improvement Methods in HELP
Paula Duncan, RN, CRNFA
C. Disease Specific Certification in Delirium
Nadine R. Benoit, MPA
D. Working with Volunteers
Erin Stirling, RSW, BA, BSW, MSW

11:30 am  LUNCH AND VISIT EXHIBITS

Symposium on Patient Safety in the Hospital (Plenary Session)*

1:00 pm  Pressure Ulcers and Management*
Vincent Balestrino, MD

1:40 pm  Hospital Acquired Infections*
Raymond Pontzer, MD

2:20 pm  Falls in the Elderly*
Stephanie Studenski, MD, MPH

3:00 pm  BREAK

3:20 pm  Functional Decline in Hospitalized Elderly*
Sharon K. Inouye, MD, MPH

4:00 pm  Rehabilitation Concepts in Geriatrics*
Gary Chimes, MD

4:40 pm  Inappropriate Medications for Older Persons*
Joseph Hanlon, PharmD, MS

5:20 pm  Thursday Adjournment

6:00 pm  Dinner (at an additional charge)
Clinical Oncology Pearls for the Geriatrician
Gisberta J. van Londen, MD, MS

A maximum of 1.0 AMA PRA Category 1 Credits™ or .10 CEUs will be awarded for attendance at the dinner presentation.

Schedule — Friday, March 23

7:30 am  Continental Breakfast

8:30 am  Delirium in the Emergency Department
A. Prevalence of Delirium
Adam Frisch, MD
B. Bringing HELP to the ED
Trish Corbett, RN, BN, MSN, GNC(C)

9:40 am  Update on Alzheimer’s Disease (Plenary Session)*
Eric B. Larson, MD, MPH, MACP

10:20 am  BREAK

10:45 am  Beyond HELP: A Culture of Safety Throughout the Hospital
Neil M. Resnick, MD

11:30 am  Update on HELP Collaborative Paper
Sarah Dowal, MSW

12:10 pm  LUNCH

1:00 pm  Awards/Photos/Visit the Exhibits

2:00 pm  Conference Adjournment

* Plenary Session – Main Ballroom

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Schedule and speakers are subject to change.
Course Directors

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Professor of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School
Milton and Shirley F. Levy Family Chair
Director, Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

Guest Faculty

Nadine R. Benoit, MPA
Hackensack University Medical Center
HELP, Elder Life Specialist
Center for Healthy Senior Living
Hackensack, NJ

Trish Corbett, RN, BN, MSN, GNC(C)
Clinical Nurse Specialist Geriatrics
Joseph Brant Memorial Hospital
Burlington, Ontario, Canada

Sarah Dowal, MSW
Program Coordinator
Hospital Elder Life Program
The Aging Brain Center
Institute for Aging Research
Hebrew SeniorLife
Boston, MA

Paula Duncan, RN, CRNFA
Park Nicollet Methodist Hospital
St. Louis Park, MN

Eric B. Larson, MD, MPH, MACP
Vice President for Research, Group Health
Executive Director & Senior Investigator
Group Health Research Institute
Seattle, WA

Erin Stirling, RSW, BA, BSW, MSW
Elder Life Specialist
Hamilton Health Sciences
Hamilton, Ontario, Canada

Local Faculty

Vincent M. Balestrino, MD
Associate Program Director for the Residency Program
UPMC St. Margaret

Gary Chimes, MD
Assistant Professor of Physical Medicine and Rehabilitation

Adam Frisch, MD
Instructor of Emergency Medicine
Research Fellow, Department of Emergency Medicine

Joseph Hanlon, PharmD, MS
Professor of Geriatric Medicine and Pharmacy
University of Pittsburgh School of Pharmacy

Alicia Olson
Elder Life Specialist
UPMC Shadyside

Raymond Pontzer, MD
Clinical Associate Professor of Medicine
Department of Medicine
UPMC St. Margaret

Neil M. Resnick, MD
Professor of Medicine and
Chief of Geriatric Medicine
Director, University of Pittsburgh Institute on Aging

Stephanie Studenski, MD, MPH
Professor of Medicine
Director of Research, Division of Geriatric Medicine
Program Director, Pittsburgh Pepper Center
Director, AOC in Geriatric Medicine
Staff Physician at the CRECC, VA Pittsburgh Healthcare System

Gisberta J. van Londen, MD, MS
Assistant Professor of Medicine
University of Pittsburgh School of Medicine
Medical Oncologist
Geriatrician
UPMC Cancer Centers
Director of the Women’s Cancer LiveWell Survivorship Center
Magee-Womens Hospital of UPMC
Director of the Cancer Livewell Survivorship Program
at Hillman Cancer Center

Conference faculty are part of UPMC and/or the University of Pittsburgh School of Medicine in the metropolitan Pittsburgh, PA unless specified otherwise.

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.
Registration Information

Pre-registration
All pre-registrations are due by March 27, 2012. Registrations after this date are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at https://ccehs.upmc.com/liveFormalCourses.jsf
- Scroll to the Hospital Elder Life Program (HELP) section on the web page
- Click the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the e-mail address you provided us when you registered

On-site Registration
As of March 18, 2012, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.

A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate e-mail confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-7050.

Cancellation
All cancellations must be in writing, via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped before March 12, 2012 will be completely refunded. After March 12, 2012 a $35 administrative fee will be assessed. No refunds will be made after March 17, 2012. Cancellation requests can be made to:

Krystal Moore
UPMC Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536
Phone: (412) 647-7050 or (412) 647-8232
Fax: (412) 647-8222
E-mail: ccehsconfmgmt101@upmc.edu

The UPMC Center for Continuing Education reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fees

- HELP Conference Attendees: $235
- HELP Dinner Presentation Attendees: $50
- Geriatric Medicine Conference Attendees: $85

Note: Participants are welcome to remain and enjoy the continuing Update in Geriatric Medicine conference, which will adjourn Saturday at noon. The full agenda can be viewed at https://ccehs.upmc.com/formalCourses.jsf. There will be an additional registration fee of $85.

Visit the Center for Continuing Education in the Health Sciences Web Site

Our Internet address is: https://ccehs.upmc.com

The UPMC Center for Continuing Education in the Health Sciences invites you to visit our web location. Receive information on CME programs, earn CME credits on the Internet, and access information about our formal courses and much more. Discover who we are and how you can contact us. Please visit our web location often to get updated information on upcoming programs.

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860.
Registration Form
(For Use Only If Not Registering OnLine)

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Please type or print; photocopy both pages of this form for additional registrants.

No Registration Will Be Accepted Without Payment.

LAST FIVE digits of Soc. Sec. # — — — — —

Prefix:  Mr.  Mrs.  Dr.  Ms.  Other, please indicate: _______

First Name*

Last Name*

Suffix (*Jr., Sr., etc.)

Company/Institutional Affiliation

Specialty

Email Address

Degree:*  MD  DO  Resident  PhD  MPH  RN  Other, please indicate: ________________________

Address

City

State

ZIP Code

Work Telephone

Fax

How did you hear about this conference? ______________________________________________________________________________

☐ I require vegetarian meals.  ☐ I require kosher meals.  ☐ I have no special dietary requirements.  ☐ Other ________________________________

*Required

This is how your name will appear on your name badge.

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Tuition includes:
• Registration and comprehensive course syllabus
• Admission to the HELP program and to the exhibit hall
• Continuing education credit
• Breaks and meals

Total Registration Fee Enclosed $_____________

PAYMENT MUST ACCOMPANY REGISTRATION.

Method of Payment

The following methods of payment are acceptable for the registration fee:
• Checks (personal or employer)
• Credit Card

   • Employer check included
   • Personal check included
   • Employer or Personal check to arrive under separate cover. If your personal or employer check is arriving under separate cover, you may send or fax in your completed registration form now, but you must complete the Credit Card Payments section below with valid credit card information in order to hold your reservation. If the check payment is not received by four weeks post course, we will charge the registration fee to the credit card number provided.

There is a $25.00 returned check fee.

2. Credit Card Payments

   • Visa
   • MasterCard
   • American Express
   • Discover

Credit Card No.
Expiration Date (Month/Year)
Signature

NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT.

Mail payment, accompanied by the registration form to:
Center for Continuing Education in the Health Sciences
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh, PA 15213-2536

For additional information, contact:
Telephone: (412) 647-7050 • Fax: (412) 647-8222
E-mail: ccehsconfmgmt101@upmc.edu