10th Annual Rocky Mountain Geriatrics Conference

Managing Patient Care at End of Life: An Interdisciplinary Approach

September 12-14, 2012

Snowbird Ski and Summer Resort
Salt Lake City, Utah

Presented By:
Division of Geriatrics, University of Utah School of Medicine
Center on Aging, University of Utah
Geriatric, Research, Education, and Clinical Center (GRECC – VISN 19)
VA Salt Lake City Health Care System
VA Office of Rural Health
Utah Geriatrics Society
Program Overview

Conference information and online registration are available here:
http://tiny.utah.edu/RMGC2012

Title - Managing Patient Care at End of Life: An Interdisciplinary Approach

The Rocky Mountain Geriatrics Conference is produced by the Division of Geriatrics, University of Utah, in affiliation with the VA Salt Lake Geriatrics, Research, Education, and Clinical Center (GRECC—VISN19). This nationally attended conference provides updates in all areas of geriatric healthcare, each year with a different in-depth focus on a particular issue. This year's conference will focus on palliative and end-of-life care in older patients.

Conference Focus:

Too often, patients with advanced illness are subjected to life-prolonging interventions they do not want, their pain is inadequately treated, and their families are confused and frustrated. Many are without the support of their primary care physicians and the care team members they have relied on for years.

High-quality care for older adults at end of life requires a diverse range of skills. There is a critical workforce shortage in those providing geriatric and palliative care. It is, therefore, vital for all health care professionals caring for older adults to receive training in geriatric palliative and end-of-life care. This conference aims to fulfill this need.

Content is appropriate for physicians, physicians assistants, advanced practice nurses, nurses, mental health professionals, social workers, physical therapists, exercise and recreation therapist, chaplains, health promotion professionals, and other medical personnel working with older adults.

Program Objectives:

By the conclusion of the conference participants should be able to:

1. Understand the systems of care services and support available for older adults with advanced illness.
2. Integrate geriatric appropriate pharmacological and non-pharmacological treatment strategies into end of life clinical practice.
3. Describe effective strategies for communicating with older adults and their caregivers.
4. Develop advanced care plans with older adults and their caregivers based on the patient’s goals, values, and beliefs as well as their clinical circumstances and medical prognosis.
**Guest Faculty**

**Jamie Brant**, **MD** - Haven Healthcare: Medical Director of Bridgepoint Palliative Care Program

**Susan T. Bray-Hall**, **MD** - Eastern Colorado Health Care System, Medical Director Denver VA Home Based Primary Care and VISN 19 Palliative Care Clinical Champion

**Sei J. Lee**, **MD MAS** - Assistant Professor, UCSF and San Francisco VA

**Lynn B. O’Neil**, **MD** - Assistant Professor & Palliative Medicine Physician, Division of Geriatrics, Department of Medicine, Duke University School of Medicine

**Christine S. Ritchie**, **MD, MSPH** - University of California San Francisco, Harris Fishbon Distinguished Professor in Clinical Translational Research in Aging

**Sheryl Salas-Diamantino**, **MBA, SSW** - Reminiscence Coordinator, Sunrise at Holladay

**Keith M. Swetz**, **MD, MA, FACP** - Consultant, Division of General Internal Medicine; Associate Program Director (Practice), Palliative Medicine Program; Assistant Professor of Medicine, Mayo Clinic College of Medicine

**University & VA Faculty**

**Byron D. Bair**, **MD, MBA** - Director Veterans Rural Health Resource Center- Western Region, VHA Office of Rural Health; Professor Geriatric Internal Medicine & Geriatric Psychiatry University of Utah

**Carole Baraldi**, **MD** - Assistant Professor, University of Utah Division of Geriatrics; Medical Director, Emeritus Skilled Nursing Facility, Salt Lake City, Utah

**Perry G. Fine**, **MD** - Professor of Anesthesiology, School of Medicine, University of Utah

**Maureen Henry, JD** - Executive Director, Utah Commission on Aging; Director, Utah ADRC

**Bret L. Hicken, PhD, MSPH** - Research Health Scientist, Veterans Rural Health Resource Center- Western Region

**Nanci McLeskey, MCG, MDiv, RN-BC, FNGNA** - Clinical Instructor – Gerontology, University of Utah College of Nursing

**Lynda H. Oderda, PharmD, CGP** - Assistant Professor (Clinical), Pharmacotherapy, University of Utah

**Katherine P. Supiano, MS, LCSW, FT** - Assistant Professor (Clinical); Director, Caring Connections: A Hope and Comfort in Grief Program; University of Utah College of Nursing

**Ronica Symes, LCSW** - Social Work Supervisor - Med/Surg Team, Palliative Care Social Worker, Salt Lake City VA HCS

**Shaida Talebreza Brandon, MD** - Assistant Professor, Division of Geriatrics, University of Utah School of Medicine; Medical Director, Haven HealthCare Home Health and Hospice

**Sarah E. Turley, PhD** - Director of Psychology Training, VA Salt Lake City Hospital

**Nathan A. Wanner, MD** - Hospitalist and Palliative Care Service Interim Medical Director, Assistant Professor, Division of General Internal Medicine, University of Utah

**Steering Committee**

**Shaida Talebreza Brandon, MD** - Assistant Professor, Division of Geriatrics, University of Utah School of Medicine; Medical Director, Haven HealthCare Home Health and Hospice **Conference Chairman**

**Mark A. Supiano, MD** - Goodman Family Professor of Geriatrics; Chief, Division of Geriatrics, University of Utah School of Medicine; Director, VA Salt Lake City Geriatric Research, Education, and Clinical Center; Executive Director, University of Utah Center on Aging

**Bret L. Hicken, PhD, MSPH** - Research Health Scientist, Veterans Rural Health Resource Center- Western Region

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**Nanci McLeskey, MCG, MDiv, RN-BC, FNGNA** - Clinical Instructor – Gerontology, University of Utah College of Nursing

**Charlene R. Weir, PhD, RN** - Associate Director for Education and Evaluation, VA Salt Lake City GRECC – VISN 19; Associate Professor, Biomedical Informatics, University of Utah; Investigator, VA Salt Lake City IDEAS Center

**Karey Johnson, MSN, RN** - Clinical Manager, Center for Learning Excellence; Associate Chief, Nursing Service for Education, VASLC HCS

**Jack Christensen, BS** - Education Specialist, VA Salt Lake City GRECC – VISN 19
## Program Schedule

### Conference ~ Wednesday 12th

- **2:00-4:00 p.m.** Registration
- **4:00-5:00 p.m.** **Keynote Address:** How Can We Provide Better Care to the Seriously Ill? The Role of Palliative Care and Hospice - *Christine S. Ritchie, MD, MSPH*
- **5:00-6:00 p.m.** **Plenary Session:** Approaching Loss: When our Work Hits Home - *Keith M. Swetz, MD, MA, FACP*
- **6:00 – 7:00 p.m.** Reception

### Conference ~ Thursday 13th

- **7:00-8:00 a.m.** Breakfast Buffet
- **8:00-9:00 a.m.** **Plenary Session:** How Long Doc? A Practical, Evidence-Based Approach to Prognostication - *Sei J. Lee, MD MAS*

#### Attend one of the following **morning break-out sessions:**

- **9:15-10:15 a.m.** Informed Consent Model for Code Status Discussions - *Shaida Talebreza Brandon, MD*
- **10:30-11:30 a.m.** Affective Disorders in Later Life - *Byron D. Bair, MD, MBA*
- **-supported by** Supporting Caregivers: Ways to Improve Bereavement Outcomes - *Katherine P. Supiano, MS, LCSW, FT*
- **Using POLST and ePOLST to Provide Quality End-of-Life Care - Maureen Henry, JD*

- **11:30 a.m-12:45 p.m.** Lunch Buffet

#### Attend one of the following **afternoon break-out sessions:**

- **12:45-1:45 p.m.** Distress at End of Life: Non-pharmacological Treatments - *Sarah E. Turley, PhD*
- **2:00-3:00 p.m.** Pharmacotherapy for Pain Relief at the End of Life: Optimizing Benefits, Minimizing Harm - *Perry G. Fine, MD*
- **The Elephant in the Room: A Case Based Approach to Discussing Palliative Care and Hospice - Jamie Brant, MD*
- **The Evidence and Art of the Family Meeting - Holli D. Martinez, FNP-BC, ACHPN**

*Continued on next page*
### Conference ~ Thursday 13th continued

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:15-4:45 p.m.</td>
<td><strong>Plenary Session:</strong> The Spectrum of Palliative Care Services</td>
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<td>Moderator: <em>Shaida Talebreza Brandon, MD</em>; Overview: <em>Holli D. Martinez, FNP-BC, ACHPN</em>; In-patient and Out-patient Palliative Care: <em>Holli D. Martinez, FNP-BC, ACHPN</em>; VA Palliative Care Services: <em>Ronica Symes, LCSW</em>; SNF and LTC Palliative Care: <em>Carole Baraldi, MD</em>; Home Palliative Care and Hospice: <em>Jamie Brandt, MD</em></td>
</tr>
<tr>
<td>4:45-5:15 p.m.</td>
<td>Session summary and Review - <em>Shaida Talebreza Brandon, MD</em></td>
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<td>5:15 p.m.</td>
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### Conference ~ Friday 14th

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<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00-8:00 a.m.</td>
<td><em>Breakfast Buffet</em></td>
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<tr>
<td>8:00-9:00 a.m.</td>
<td><strong>Plenary Session:</strong> Negotiating Goals of Care: Who's Goals? - <em>Susan T. Bray-Hall, MD</em></td>
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<tr>
<td>9:15-10:15 a.m.</td>
<td>Medication Simplification - To Stop or Not to Stop? - <em>Lynda H. Oderda, PharmD, CGP</em></td>
</tr>
<tr>
<td>10:30-11:30 a.m.</td>
<td>Changing Goals of Care: Mechanical Ventilation, Defibrillators, Feeding Tubes, etc. - <em>Nathan A. Wanner, MD</em></td>
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<tr>
<td>11:30 a.m.-12:45 p.m.</td>
<td><em>Lunch Buffet</em></td>
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#### Attend one of the following afternoon break-out sessions:

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<tr>
<td>12:45-1:45 p.m.</td>
<td>Case Studies in Non-Pain Physical Symptom Management - <em>Susan T. Bray-Hall, MD</em></td>
</tr>
<tr>
<td>2:00-3:00 p.m.</td>
<td><strong>Plenary Session:</strong> Communication as a Medical Procedure: Enhancing Your Toolkit - <em>Lynn B. O’Neill, MD</em></td>
</tr>
<tr>
<td>3:00-3:30 p.m.</td>
<td>Session summary and Review - <em>Shaida Talebreza Brandon, MD</em></td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Adjourn</td>
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Cancellation Policy:
Cancellation of registrations must be received in writing no later than September 5\(^{th}\). All fees paid will be refunded, minus a $50 processing fee, for cancellations received before August 12\(^{th}\). Between August 12\(^{th}\) and September 5\(^{th}\) they will be subject to a $100 processing fee. No refunds will be issued after September 5\(^{th}\) for cancellations or no-shows. Substitutions are permitted if requested in writing. Please fax cancellation or substitution requests to (801) 585-3884.

The conference committee reserves the right to cancel this conference in the event of unforeseen circumstances or if the minimum acceptable registration is not met. In the event of conference cancellation, registration fees will be refunded.

Online Registration Contact:
Valerie Horton; (801) 587-9103
Email: Valerie.Horton@hsc.utah.edu

Division of Geriatrics, 30 N. 1900 E., AB193 SOM, Salt Lake City, UT 84132

For Multiple Attendees on Same Credit Card or for Alternate Registration Method, Contact:
Jack Christensen, for more information, at (801) 582-1565 x2435, or email your request to Jack.Christensen@va.gov

Registration Information

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<tr>
<th>Registration Fees</th>
<th>Early Bird</th>
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<tr>
<td>Physicians (All)</td>
<td>$400</td>
<td>Aug 12, 2012</td>
</tr>
<tr>
<td>Non-Physicians(^1)</td>
<td>$275</td>
<td>$325</td>
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<tr>
<td>Students and Trainees (^2)</td>
<td>$150</td>
<td>$200</td>
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\(^1\) Includes all who are not Physicians.

\(^2\) Includes undergraduate and graduate students, residents and fellows.

Secure and Easy to Register: Register Early

Register online...Use our secure server at:
http://tiny.utah.edu/RMGC2012
(credit card payment only)
Fees include continental breakfasts, lunch, refreshments, reception, syllabus materials, and accreditation certificates.
All fees are due in advance; registrations will not be processed without payment.
Your registration will be confirmed by email at time of registration. If confirmation is not received, please contact Valerie @ (801) 587-9103;
Email: Valerie.Horton@hsc.utah.edu

Accreditation

Accreditation: The University of Utah School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA Credit: The University of Utah School of Medicine designates this live activity for a maximum of 14.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC - The VA Salt Lake City Health Care System is an approved Provider of Continuing Nursing Education by the Utah Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. This activity has been submitted for approval to award 14.5 contact hours.

NASW - This activity has been submitted for 14.5 CEU credit hours.

AAFP - Prescribed credits by the American Academy of Family Physicians. Have been applied for and are pending.

AGS GRA - This CME activity is endorsed by the American Geriatrics Society. Credits earned from this activity may be counted toward the AGS Geriatrics Recognition Award.

Accreditation updates will be posted on the conference website.

Nondiscrimination and Disability Accommodation Statement: The University of Utah does not exclude, deny benefits to or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, age, veteran’s status, religion, gender identity/expression, genetic information, or sexual orientation in admission to or participation in its programs and activities. Reasonable accommodations will be provided to qualified individuals with disabilities upon request, with reasonable notice. Requests for accommodations or inquiries or complaints about University nondiscrimination and disability/access policies may be directed to the Director, OEO/AA, Title IX/Section 504/ADA Coordinator, 201 S President’s Circle, RM 135, Salt Lake City, UT 84112, 801-581-8365 (Voice/TTY), 801-585-5746 (Fax).

Please contact Jack Christensen, for more information, at 801-582-1565 x2435 or email your question to Jack.Christensen@va.gov
PERENNIAL AWARD WINNER: Snowbird and its neighbor Alta are perennial favorites for skiers, riders and publications around the world. Alta/Snowbird was named the #1 ski destination in North America in 2008 by Outside Magazine, and both resorts topped SKI and SKIING magazine categories for powder. Snowbird has also received many accolades for its environmental efforts, including the Golden Eagle Award for Overall Excellence and the Utah Earth Day Award for an environmental cleanup project in American Fork Canyon.

ACCESSIBILITY: Snowbird is 29 miles from Salt Lake City International Airport with more than 600 daily non-stop flights from most major U.S. cities and 25 miles from downtown Salt Lake City. Snowbird is a scenic 45-minute drive from the airport.

ELEVATION: Snowbird’s base elevation at the Lodge at Snowbird is 8,100 feet. Snowbird’s highest point is Hidden Peak at 11,000 feet.

ACCOMMODATIONS: A block of rooms is being held at the hotel for arrival on Wednesday, September 12 and departure on Friday, September 14, 2012. Snowbird will accept extended stays at the same rate, based on availability.

RESERVATION METHOD: Individuals Call-in - Guests will make own lodging reservations directly with Snowbird’s Central Reservation Office by calling 1-800-453-3000 or by emailing lodging@snowbird.com. Reference the “Rocky Mountain Geriatrics Conference”, or use group #RMGC12. The rooms are held at our “Lodge at Snowbird”. Also based on availability, group rates may be extended to additional reservations that exceed the room block. Reservation deadline for this room block is August 13, 2012. After the reservation deadline, Snowbird will offer alternate room types from our remaining inventory which may require a higher rate.

LODGING DEPOSIT: A one-night deposit per room is required at the time the reservation is made, balance auto billed to credit card 3 days prior to arrival date. Full payment is required prior to departure. The room rate is the prevailing Federal Government rate plus local taxes. The current rate is $96.00 single, $106.00 double (subject to change per the prevailing federal per diem rate). Additional rates apply for other occupancy.

CHECK IN/OUT: Check-in time begins at 4:00 p.m. and is guaranteed by 6:00 p.m. Check-out time is 11:00 a.m. Luggage storage is available through bell service for guests arriving prior to check-in time and for those involved in meetings or activities that extend past check-out time.

RESORT FEE: WAIVED. Complimentary amenities include high-speed wireless internet in guest rooms and public areas, USA Today, hot beverage service in lobby, self parking, 800 number phone calls, incoming and outgoing faxes and 15 minutes of daily computer internet usage at the business center. A portion of the resort fee is matched by a congressional grant through the National Forest Foundation, funding local organizations as the Cottonwood Canyons Foundation.

PARKING: Parking for the Lodge at Snowbird is located in Entry #3. If that lot is full, parking can also be found in Entry #2.

AIRPORT TRANSPORTATION: Several transportation companies offer non-stop shuttles from Salt Lake City International Airport to Snowbird’s front door. Airport shuttles may be arranged through Snowbird Central Reservations (800-453-3000) up to 48 hours prior to arrival. Current round trip pre-paid price is $72.00 per person, plus driver gratuity. Prices subject to change. Walk-ups are accepted on a space available basis at the Canyon Transportation desk located in the baggage claim area of the Salt Lake City International Airport. Cancellations received within 48 hours of arrival are non-refundable.
Call for Exhibitors for the 10th Annual
Rocky Mountain Geriatrics Conference

We have vendor/exhibitor display opportunities available for this great conference.

Healthcare Industry and Organization representation at this event in the past has been a valuable addition for our participants.

The Rocky Mountain Geriatrics Conference is jointly produced by the Division of Geriatrics, University of Utah, and the VA Salt Lake Geriatrics, Research, Education and Clinical Center (GRECC) VISN 19. Each year this nationally attended conference provides updates in all areas of geriatric healthcare, each year with a different in-depth focus on a particular issue. This year's conference will focus on palliative and end-of-life care in older patients.

Take the opportunity to present your company/organization to a great national group of medical care professionals.

To arrange for space, or if you have questions, you can contact Jack Christensen, 801-582-1565 ex2435, or email; Jack.Christensen@va.gov

See You In September!!

Directions to Snowbird

from the Airport, Downtown, Points South & Park City
Snowbird is only 25 miles (30 minutes) from downtown Salt Lake City and 29 miles (40 minutes) from Salt Lake City International Airport.

From the Airport take I-80 East to I-215 South. Take Exit 6 (6200 South) and go east on 6200 South, toward the mountains. This road will lead you straight to UT-210 and up Little Cottonwood Canyon to Snowbird.

From Downtown Salt Lake City take 500 South west to I-15 and head south. Exit at I-215 heading east. Get off at Exit 6 (6200 South) and go east on 6200 South, toward the mountains. This road will lead you straight to UT-210 and up Little Cottonwood Canyon to Snowbird.

From points south take I-15 north to Exit 295 (9000 South). Turn right onto 9000 South. This street becomes 9400 South, which takes you to the mouth of Little Cottonwood Canyon. Go right on UT-210. It’s then about 6 miles up to Snowbird.

From Park City take UT-224 west and north to I-80. On I-80, head west toward the Salt Lake Valley. Take Exit 130 to I-215 South. Get off at Exit 6 (6200 South) and go east on 6200 South, toward the mountains. This road will lead you straight to UT-210 and up Little Cottonwood Canyon to Snowbird.

For online map/travel info:  http://www.snowbird.com/about/acessibility.html