

# Learning Objectives for Individual Sessions

## Program Learning Objectives

Participants will leave this educational program with the ability to:

- Explore key ethical and legal issues for seniors including healthcare consent, substitute decision making, and right to live at risk
- Discuss emerging research that incorporates patients and families as partners in learning
- Discuss knowledge translation strategies to support emerging best practices for health promotion across the continuum of seniors' care
- Discuss culture change initiatives and innovative change leadership in seniors' care programs
- Identify and discuss approaches to interdisciplinary team collaboration within a person-centred culture of care
- Recognize the caregiver experience through the practice of mindfulness
- Celebrate positive innovations, research and trends in seniors' care

## Individual Session Learning Objectives

### Opening Keynote Address

#### *Ethics and Lived Stories*

Grant Gillett, MSc, MB, ChB(Auck), DPhil(Oxf), FRACS, FRSNZ

After attending this session, participants will be able to:

- Describe three features of ethics exemplified via the stories of patients and doctors
- Discuss the intertwining of values, virtues and relationships that is revealed in a story

### Keynote Address

#### *Changing the Stories in Elder Care*

Carole Estabrooks, CM, PhD, RN, FCAHS, FAAN

After attending this session, participants will be able to:

- Discuss the evolution of a 12 year research program (that includes multiple British Columbia sites) and its mission of improving quality of care and quality of life for residents living in residential care and quality of work life for staff
- Discuss specific approaches the Translating Research in Elder Care (TREC) program is using to advance its mission through, e.g., the transforming work of enabling care aides to become change leaders in quality improvement initiatives, working with care managers to change their work environment
- Discuss the critical importance of leadership support for such change efforts and how TREC's partnership approach has contributed to changing the story in long term care

## Learning Objectives for Individual Sessions (cont'd)

### Panel Presentation

#### *Synergy and Synthesis of Research Developments*

M. Kathleen Pichora-Fuller, PhD; Teresa Liu-Ambrose, PhD, PT

After attending this session, participants will be able to:

- Describe the connections between sensory and cognitive aging
- Integrate considerations of sensory aging into inter-professional person-centered care
- Summarize the key evidence that supports “exercise is medicine” for the brain
- Discuss why this evidence is significant for healthy aging
- Describe why this is significant for preventing dementia

### Keynote Presentation

#### *Conversations with Speakers*

Interviewer: Peter McKnight, PhD

Panel: Grant Gillett, MSc, MB, ChB(Auck), DPhil(Oxf), FRACS, FRSNZ and M. Kathleen Pichora-Fuller, PhD

After attending this session, participants will be able to:

- Discuss three strategies for building collaboration and partnerships

### WORKSHOPS A

#### *A1 Substance Use Disorders among Older Adults: New Guidelines*

Ashok Krishnamoorthy, MD, MRCPsych, FRCPC, ABAM, M.S.(Neuro Psych); Gerrit Clements, JD

After attending this session, participants will be able to:

- Describe issues and barriers unique to older adults with or at risk for substance use disorders
- Be aware of the new C.C.S.M.H. clinical practice guideline for substance use disorders
- List key recommendations regarding prevention, screening, assessment and treatment of cannabis
- Describe what legal tools are available for health care professionals when dealing with substance use challenges

#### *A2 Mindfulness in Seniors Health Care: A New Tool in the Toolbox*

Elisabeth Drance, MD, FRCPC

After attending this session, participants will be able to:

- Define five operational elements of the definition of mindfulness
- List five different ways mindfulness practice can be used to support health care providers in seniors' care
- Describe the difference between formal and informal mindfulness practices
- Use the S.T.O.P. practice in personal and work situations

## Learning Objectives for Individual Sessions (cont'd)

### A3 *Deciding for Others: The Ethics of Substitute Decision Making*

Jocelyn Chase, BSc, MD, FRCPC

After attending this session, participants will be able to:

- Define the BC legal landscape in decision making for incapable patients
- Analyze the ethical considerations involved in substituted decision making
- Apply evidence based techniques to support good substitute decision making

### A4 *From Westworld to Dementia Care: Co-creating the Future of Socially Assistive Robots*

Julie Robillard, PhD

After attending this session, participants will be able to:

- Describe how media narratives of social robotics influence understandings and acceptance of these technologies
- Identify key priorities for the use of social robotics in geriatric services
- List ethical issues associated with social robotics solutions for older adults

## WORKSHOPS B

### B1 *Frailty: Let's Keep the Discussion Going*

Martha Spencer, MD, FRCPC

After attending this session, participants will be able to:

- Define frailty using frailty models
- Use patient cases to illustrate how frailty assessment is used for patient care
- Discuss strategies for advanced care planning and end of life care in frail patients

### B2 *Collaboration ... Co-creation*

Lillian Hung, PhD, RN; Cindy Liu, MD; Evan Woldum, MD; Christine Wallsworth; Mario Gregorio

After attending this session, participants will be able to:

- Define and describe patient-oriented research
- Understand how patient and family engagement in research can impact clinical practice
- Explain the practical tips of conducting patient-oriented research in dementia care

## Learning Objectives for Individual Sessions (cont'd)

### **B3** *Right to Live at Risk*

Jenny Young, MSW, MA; Gerrit Clements, JD

After attending this session, participants will be able to:

- Describe components of complex situations when individuals choose to live at risk
- Discuss how these risk situations can be approached using an ethical perspective
- Determine which legal solution best fits the particular fact situation

### **B4** *The Brain Health and Wellness Project: Practical Tools for Promoting Brain Health and Wellness at the Frontlines of Care*

Paul Blackburn, MD, FRCPC

This workshop will discuss the evidence and rationale underlying the Brain Health and Wellness Project, key steps for effective health behaviour change and the tools and applications of the Fountain of Health™

### **Panel Presentation**

#### *Creating the Future*

Tom Bailey, MD, CCFP, FCFP; Elisabeth Drance, MD, FRCPC and Fiona Dalton, BA(Hons.), ScD

After attending this session, participants will be able to:

- Discuss two knowledge translation strategies

### **Evening Public Presentation**

#### *Sensory Health and Aging Well*

Kathleen Pichora-Fuller, PhD

After attending this session, participants will be able to:

- Describe the connections between sensory aging and increased risks for physical, mental, and social health issues in aging
- Illustrate how sensory rehabilitation for individuals and caregivers and age-friendly policies in the community could contribute to aging well