The 16th Annual Geriatric Services Conference
PROGRAM
CONNECT. COLLABORATE. CREATE.
Friday, April 12, 2019
Vancouver Convention Centre
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:30 a.m.</td>
<td>Registration, Continental Breakfast, Displays and Poster Presentations</td>
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<tr>
<td>8:20 a.m.</td>
<td>Welcome</td>
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<td>8:30 a.m.</td>
<td>Opening Keynote Address</td>
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<td></td>
<td><em>Ethics and Lived Stories</em></td>
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<td>Grant Gillett, MSc, MB, ChB(Auck), DPhil(Oxf), FRACS, FRSNZ</td>
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<tr>
<td>9:30 a.m.</td>
<td>Keynote Address</td>
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<td><em>Changing the Stories in Elder Care</em></td>
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<td>Carole Estabrooks, CM, PhD, RN, FCAHS, FAAN</td>
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<tr>
<td>10:30 a.m.</td>
<td>Refreshment Break, Poster Presentations and Displays</td>
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<td>11:00 a.m.</td>
<td>Panel Presentation</td>
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<td><em>Synergy and Synthesis of Research Developments</em></td>
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<td>M. Kathleen Pichora-Fuller, PhD and Teresa Liu-Ambrose, PhD, PT</td>
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<tr>
<td>12:00 p.m.</td>
<td>Lunch, Networking, Displays, Poster Presentations</td>
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<tr>
<td>1:15 p.m.</td>
<td>Keynote Presentation (Interactive Session)</td>
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<td><em>Conversations with Speakers</em></td>
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<td>Interviewer: Peter McKnight, PhD</td>
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<td>Panel: Grant Gillett, MSc, MB, ChB(Auck), DPhil(Oxf), FRACS, FRSNZ</td>
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<td>and M. Kathleen Pichora-Fuller, PhD</td>
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<td>2:15 p.m.</td>
<td>Workshops</td>
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<td>A1 <em>Substance Use Disorders among Older Adults: New Guidelines</em></td>
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<td>Ashok Krishnamoorthy, MD, MRCPsych, FRCPC, ABAM, M.S (Neuro Psych)</td>
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<td>and Gerrit Clements, JD</td>
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<td>Time</td>
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<tr>
<td>3:15 p.m.</td>
<td><strong>Refreshment Break / Networking</strong></td>
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<td>3:30 p.m.</td>
<td><strong>Workshops</strong></td>
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<td>B1</td>
<td><strong>Frailty: Let’s Keep the Discussion Going</strong></td>
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<td>Martha Spencer, MD, FRCPC</td>
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<td>B2</td>
<td><strong>Collaboration ... Co-creation</strong></td>
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<td>Lillian Hung, RN, PhD; Cindy Liu, MD; Evan Woldum, MD; Christine Wallsworth, Family Partner; Mario Gregorio, Patient Partner</td>
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<td>B3</td>
<td><strong>Right to Live at Risk</strong></td>
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<td>Jenny Young, MSW, MA and Gerrit Clements, JD</td>
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<td>B4</td>
<td><strong>The Brain Health and Wellness Project: Practical Tools for Promoting Brain Health and Wellness at the Frontlines of Care</strong></td>
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<td>Paul Blackburn, MD, FRCPC</td>
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<td>4:30 p.m.</td>
<td><strong>Plenary Panel</strong></td>
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<td><strong>Creating the Future</strong></td>
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<td>Tom Bailey, MD, CCFP, FCFP; Elisabeth Drance, MD, FRCPC and Fiona Dalton, BA(Hons.), ScD</td>
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<td>4:45 p.m.</td>
<td><strong>Evaluations and Prize Draws</strong></td>
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<td><strong>Evening Session</strong></td>
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<td><strong>Public Presentation</strong></td>
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<td>Sensory Health and Aging Well</td>
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**Agenda (cont’d)**

A2  *Mindfulness in Seniors Health Care: A New Tool in the Toolbox*
Elisabeth Drance, MD, FRCPC

A3  *Deciding for Others: The Ethics of Substitute Decision Making*
Jocelyn Chase, BSc, MD, FRCPC

A4  *From Westworld to Dementia Care: Co-creating the Future of Socially Assistive Robots*
Julie Robillard, PhD
Tom Bailey, MD, CCFP, FCFP  
Medical Director, Residential Services  
Island Health  
Victoria, British Columbia

Paul Blackburn, MD, FRCPC  
Clinical Instructor, Department of Psychiatry Faculty of Medicine  
University of British Columbia  
Cambie Older Adult Mental Health Team  
Vancouver Coastal Health  
Vancouver, British Columbia

Jocelyn Chase, BSc, MD, FRCPC  
Geriatrician, St. Paul’s Hospital  
Providence Health Care  
Clinical Instructor, Division of Geriatric Medicine  
University of British Columbia  
Vancouver, British Columbia

Gerrit W. Clements, JD  
Barrister and Solicitor  
Health Law and Ethics Educator and Consultant  
Adjunct Professor, Schools of Nursing  
University of Victoria and University of Northern British Columbia  
Victoria, British Columbia

Fiona Dalton, BA, ScD  
President and Chief Executive Officer  
Providence Health Care  
Vancouver, British Columbia

Elisabeth Drance, MD, FRCPC  
Geriatric Psychiatrist  
Clinical Associate Professor Department of Psychiatry, Faculty of Medicine  
University of British Columbia  
Vancouver, British Columbia

Carole Estabrooks, CM, PhD, RN, FCAHS, FAAN  
Professor, Canada Research Chair (Tier 1) in Knowledge Translation  
Schools of Nursing and Public Health  
University of Alberta  
Edmonton, Alberta

Grant Gillett, MSc, MB, ChB(Auck), DPhil(Oxf), FRACS, FRSNZ  
Professor of Biomedical Ethics  
Bioethics Centre  
Division of Health Sciences  
University of Dunedin  
Dunedin, New Zealand

Mario Gregorio  
Patient Partner, CEAN Community Engagement Advocacy Network  
Research Project: Social Robot Research Team  
Vancouver, British Columbia

Lillian Hung, RN, PhD  
Clinical Assistant Professor, UBC Nursing  
Clinical Nurse Specialist, Vancouver General Hospital  
Research Associate, Centre for Health Evaluation and Outcome Sciences (CHEOS)  
Vancouver, British Columbia

Ashok Krishnamoorthy, MD, MRCPsych, FRCPC, ABAM, M.S (Neuro Psych)  
Geriatric Addiction Psychiatrist  
Medical Director – MHSU and Elder Care Department Head – Psychiatry  
Richmond Hospital  
Richmond, British Columbia

Cindy Liu, MD  
Vancouver General Hospital  
Vancouver, British Columbia
Faculty

Teresa Liu-Ambrose, PhD, PT
Professor
Canada Research Chair
Diavad Mowafaghian Centre for Brain Health
Centre for Hip Health and Mobility
Vancouver Coastal Health Research Institute
University of British Columbia
Vancouver, British Columbia

Peter McKnight, PhD
Author, Journalist and Lawyer
Faculty Affiliate, National Core for Neuroethics
Faculty of Medicine,
University of British Columbia
Adjunct Professor, School of Criminology
Simon Fraser University
Vancouver, British Columbia

M. Kathleen Pichora-Fuller, BA, MSc, PhD
Professor, Department of Psychology
University of Toronto
Mississauga, Ontario

Julie Robillard, PhD
Assistant Professor of Neurology,
University of British Columbia
Scientist in Patient Experience,
BC Children’s and Women’s Hospital
Associate Director of Neuroethics Canada
Vancouver, British Columbia

Martha Spencer, MD, FRCPC
Geriatrician and General Internist
Providence Health Care
Clinical Instructor
Division of Geriatric Medicine
University of British Columbia
Vancouver, British Columbia

Christine Wallsworth
Family Partner, CEAN Community
Engagement Advocacy Network
Research Project: Social Robot Research Team
Vancouver, British Columbia

Evan Woldum, MD
Vancouver General Hospital
Vancouver, British Columbia

Jenny Young, MSW, MA
Director, Ethics Services
Providence Health Care
Adjunct Professor, Faculty of Medicine
University of British Columbia
Vancouver, British Columbia
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
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