


2nd Conference on Positive Aging:
An Interdisciplinary Approach for Health Professionals



Positive Aging
AN INTERDISCIPLINARY
TEAM APPROACH FOR
HEALTH PROFESSIONALS **2010**

Friday November 26 & Saturday November 27, 2010

The Coast Plaza Hotel & Suites
1763 Comox Street
VANCOUVER, BC

Sponsored by



Interprofessional Continuing Education
The Team Approach to Learning
The University of British Columbia
www.interprofessional.ubc.ca



UBC DENTISTRY



Conference Information Online: www.interprofessional.ubc.ca

GENERAL INFORMATION

DESCRIPTION The aim of the 2nd National Conference on Positive Aging is to bring together an interdisciplinary audience of health professionals and researchers to address some of the issues and challenges facing the aging population today. The aim is to hear about the most current research findings from leading experts, learn how research can be translated into practice, and discover useable resources to promote healthier, more positive living for Canada's older adult population. The importance of purpose and meaning in later life as well as lessons for health and longevity will be emphasized.

The conference will provide informative lectures, discussions, workshops, poster sessions and ample networking opportunities. A highlight of this conference will be to hear from older adults themselves throughout the program.

- OBJECTIVES**
- To disseminate the most up-to-date information on health promotion and health care practices for the aging Canadian population.
 - To provide a forum for networking and collaborating among health care professionals, educators, researchers, and other stakeholders with an interest in aging.
 - To share important tools and resources available for the aging population.

WHO SHOULD ATTEND This interdisciplinary conference will be of interest to the following audience:

Administrators/Managers	Dentists	Nurses	Rehabilitation Engineers
Audiologists	Dietitians/Nutritionists	Occupational Therapists	Rehabilitation Assistants
Caregivers	Educators	Pharmacists	Researchers
Certified Dental Assistants	Family Physicians	Physiotherapists	Service Providers
Counselors	Geriatricians	Psychiatrists	Social Workers
Dental Hygienists	Internists	Psychologists	Speech Scientists
			Students

And anyone interested or working in the field of geriatrics.

LOCATION AND HOTEL INFORMATION **The Coast Plaza Hotel & Suites**, 1763 Comox Street, Vancouver, BC. Reserve today to avoid disappointment by calling toll free: 1-800-716-6199 (Local: 604-688-7711) or online at www.coasthotels.com. A special rate of CDN \$139.00 for a standard guest room (single/double) is available for conference delegates. Please specify that you are booking under the Positive Aging room block to receive these reduced rates.

REGISTRATION You may register online or by fax using a credit card for payment, or by mail with a cheque or credit card payment. Please see registration form for further details. **Pre-registration prior to October 30, 2010 is strongly recommended** to ensure you receive all conference materials.

See Registration Form for more details. The tuition fee includes conference materials, refreshment breaks, two lunches, the reception, and a certificate of attendance.

Charge-by-phone/fax:

To charge by phone (Mastercard and Visa only), please call: Toll free 1-877-328-7744, Other callers: 604-827-3112; or fax your completed registration form to: 604-822-4835.

REFUND AND CANCELLATION POLICY Refunds will be made (less a \$50 processing fee) if written notice of withdrawal is received by **October 15, 2010**. No refunds will be granted for withdrawal after that date. Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 administration fee will be returned.

EXHIBITORS Organizations interested in exhibiting at this conference are invited to contact the conference organization for more information. Exhibit space is limited. Please contact 604-822-2801 or by email: ipinfo@interchange.ubc.ca.

PROFESSIONAL CREDITS/ CERTIFICATE OF ATTENDANCE A certificate of attendance will be prepared for all registrants including the number of hours of educational instruction and pre-approved continuing education credits where appropriate.

- This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by the BC Chapter for up to 11.25 **Mainpro-M1 credits**.
 - This event is an Accredited Group Learning Activity eligible for up to 12.0 **Section 1 credits** as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada. This program has been reviewed and approved by UBC Division of Continuing Professional Development.
 - This program meets the accreditation criteria of The Canadian Counselling and Psychotherapy Association (**CCPA**), and has been accredited for up to 12 CEU hours.
 - This conference has been endorsed by the Canadian Association of Occupational Therapists (**CAOT**).
 - UBC Interprofessional Continuing Education is approved by the National Board of Certified Counselors (**NBCC**) – Approved Continuing Education Provider #6252
 - This event is approved for up to 12 hours of instruction by the College of Dental Surgeons of British Columbia (**CDSBC**)
- Please check our website: www.interprofessional.ubc.ca for updates on credits.

CONTACT INFORMATION For questions regarding the conference program, registration or other matters, please contact 604-822-2801, fax: 604-822-4835 or email: ipinfo@interchange.ubc.ca

8:00 – 8:30 am

Registration, Exhibits and Posters

8:30 – 8:45 am

Welcome and Opening Remarks

Martha Donnelly, MD, CCFP, FRCPC; Director, Division of Community Geriatrics, Department of Family Practice, University of British Columbia; Director, Division of Geriatric Psychiatry, Department of Psychiatry, University of British Columbia; Geriatric Psychiatrist, Geriatric Psychiatry Outreach Team, Vancouver Hospital; Division of Community Geriatrics, Department of Family Practice, Vancouver, BC

8:45 – 9:00 am

Myth and Reality Regarding the Impact of an Aging Population on Health Care Costs and Priorities

Morris Barer, Director, Centre for Health Services & Policy Research, University of British Columbia, Vancouver, BC

9:00 – 10:00 am

Keynote Plenary Panel: Financing Health Care in Canada

Panel Moderator: Martha Donnelly

Don Copeman, CEO & Founder, Copeman Healthcare Centres, Vancouver, BC

Geri Hinton, BScN (ret.), Chair, Advisory Committee, Centre on Aging, University of Victoria, Vice Chancellor Community Services, St. John Ambulance, Priory of Canada; Member, Leadership Council for the Alzheimer Society of BC

John Blatherwick, Clinical Professor Emeritus – School of Population and Public Health, University of British Columbia; Chief Medical Health Officer (retired); Honorary Colonel-12 (Vancouver) Field Ambulance, Vancouver, BC

10:00 – 10:30 am

Break – Exhibits /Poster Viewing

10:30 – 12:00 noon

CONCURRENT SESSION A

A1 Oral Health: Tooth Loss, Replacement and Prevention

Christopher Wyatt, Head, Division of Prosthodontics and Dental Geriatrics, Faculty of Dentistry, University of British Columbia, Vancouver, BC

Penny Hatzimanolakis, Dental Hygienist, and Clinical Assistant Professor, Faculty of Dentistry, University of British Columbia, Vancouver, BC

The inevitable loss of teeth with age and need for dentures was the experience of past generations. Today, most older adults have natural teeth and expect to keep their teeth for their remaining lifetime. This presentation will discuss what are the causes of tooth loss, dental treatment to replace missing teeth, and how to prevent tooth loss. Dental caries and periodontal disease are the principle causes of loss of individual teeth and will be the focus of the presentation. The use of bridges, implants, and removable dentures to replace missing teeth will be addressed. Prevention with a focus on home care, dental hygiene treatment, and medications will complete the presentation.

A2 Drug Induced Nutrient Deficiency in the Elderly – What to Supplement and When

Liz da Silva, RD, CNSC, Clinical Resource Dietitian, Fraser Health Authority; Clinical Instructor, Dietetics Education Program, Faculty of Land/Food systems, University of British Columbia, Vancouver, BC

This interactive session will explore commonly prescribed medications that result in significant nutrient loss. Vitamin and mineral supplement selection will also be discussed including optimal dosing, timing and contraindications in the older adult population.

A3 Mid-life Children, Aging Parents: Relationship Challenges and Creative Solutions

Clarissa P Green, Family Therapist and Associate Professor Emerita, University of British Columbia, Vancouver, BC

Aging reconfigures how old parents and their grown children relate, especially as illness, relocation and death challenge relationships. Often families don't realize the importance of "updating" relationships to embrace aging and end-of-life related changes. This session examines challenges between parents and mid-life children as relationship gears shift, and highlights creative approaches.

A4 Facilitating Positive Aging Through Mental Health Promotion

Penny MacCourt, Research Affiliate, Centre on Aging, University of Victoria, and Past President, BC Psychogeriatric Association, Victoria, BC

Mental health promotion benefits all older adults, those at risk, and those living with, a mental illness. This workshop will present evidence-based examples of mental health promotion through clinical, community and policy approaches, and mental health promotion tools. Participants will be invited to share their challenges and successes in implementing mental health promotion strategies within their settings.

A5 Exercise, Independence and the Older Adult: An Interdisciplinary Team Approach

Gareth Jones, Assistant Professor, Human Kinetics, Faculty of Health and Social Development, UBC Okanagan, Kelowna, BC

Over 90% of older Canadians already live with one or more chronic diseases, thus exercise prescription becomes both preventative (prehabilitation) and rehabilitative for those aging adults who choose to participate. Current exercise recommendations, that engender independence, are challenging even for the most inspired. The interdisciplinary health care team can facilitate exercise adoption and long-term adherence in both the healthy and frail older adult.



12:00 noon – 1:30pm Lunch (Provided) – Exhibits and Poster Viewing**1:30 – 3:00pm Plenary Panel: An Innovative Approach to Metabolic Syndrome Management**

Kay McQueen, Registered Dietitian, St. Paul's Hospital, Metabolic Syndrome Program, Health Heart, Vancouver, BC
Cindy Kam, Registered Occupational Therapist, St. Paul's Hospital, Metabolic Syndrome Program, Healthy Heart, Vancouver, BC
Minetaro (Min) Naruki-van Velzen, MSc, Clinical Exercise Specialist, Metabolic Syndrome Program, St. Paul's Hospital, Cardiometabolic Program Director, Lion's Gate Hospital, Vancouver, BC

3:00 – 3:30pm Break – Exhibits and Poster Viewing**3:30 – 4:30pm Plenary Panel: Understanding the Complexity of Aging Through Interdisciplinary Research: The Canadian Longitudinal Study on Aging**

Michael Kobor, Assistant Professor/Scientist, Dept. of Medical Genetics and the Centre for Molecular Medicine and Therapeutics, University of British Columbia, Vancouver, BC
Margaret Penning, Department of Sociology and Centre on Aging, University of Victoria, Victoria, BC
Heather Stewart, Brain Research Centre, University of British Columbia; Department of Gerontology, Simon Fraser University, Vancouver, BC

4:30pm Networking Reception – Exhibits and Poster Session I (4:30 – 5:30pm)**6:00pm Adjourn****SATURDAY | NOVEMBER 27 | 2010****8:00 – 8:30am Registration****8:30 – 10:00 am Keynote Plenary Panel: Finding a Rational Drug Regimen in Old Age – How to Resolve Conflict in Geriatric Teams**

Panelists: **Penny Miller**, BSc. (Pharm), MA; Senior Instructor, Department of Family Practice, Faculty of Medicine and Faculty of Pharmaceutical Sciences, University of British Columbia, Vancouver, BC
Louise Nasmith, Principal, College of Health Disciplines, University of British Columbia, Vancouver, BC
Connie Davis, MN, ARNP; Geriatric Nurse Practitioner, Private Practice; Adjunct Faculty, University of British Columbia School of Nursing, Vancouver, BC

10:00 – 10:30 am Break – Exhibits/Poster Viewing**10:30 – 12:00 noon CONCURRENT SESSION B****B1 Dentistry as an Integral Part of Residential Care**

Michael MacEntee, Professor and Specialist in Prosthodontics, Division of Prosthodontics and Dental Geriatrics, Faculty of Dentistry, University of British Columbia, Vancouver, BC
Leann Donnelly, Registered Dental Hygienist, PhD (candidate), Faculty of Dentistry, University of British Columbia, Vancouver, BC
Michelle Williams, BSN, DMD, FRCD(C), Clinical Professor and Certified Specialist in Oral Medicine; Director, University of British Columbia Affiliated Oral Mucosal Disease Program; Oral Medicine Leader, BC Cancer Agency Division of Oral Oncology; Vancouver, BC

Dentistry as an Integral Part of Residential Care will be presented in three parts. Part One (MacEntee) will introduce the major oral health-related concerns and needs of elderly people as they age and grow frail. It will explain how the concerns and needs can be managed in a positive and productive way to reduce morbidity and premature death, and to enhance quality of life with advancing age. Part Two (Williams) will provide a standardized approach to assessing the significance of oral mucosal conditions to the general health of frail elders, and describe effective management strategies for the more prevalent conditions. Part Three (Donnelly) will explain how collaborative "teamwork" in a residential care setting can successfully implement a comprehensive daily mouth-care and educational program to reduce the risk of aspiration pneumonia and improve social interactions of residents in long-term care.

B2 Cultural Aspects (two 45 min sessions)**i) Intersecting Oppressions: Preliminary Results from the ICARE (Immigrant Older Women-Care Accessibility Research Empowerment) Team**

Sharon Koehn, Research Associate, Centre for Healthy Aging at Providence Health Care; Clinical Assistant Professor, Department of Family Practice, University of British Columbia, Vancouver, BC

The ICARE team is developing research that explores ways in which intersecting oppressions, experienced before and after migration, influence access to health care by older visible minority immigrant women (OVMIW). Two theme areas will be discussed:
 1) Community resources for mental health, and
 2) Chronic disease self-management supports for ethnocultural minority older adults.

ii) Delivery of Health Services to an Aging, Diverse Society: Is Cultural Sensitivity Enough?

Sabrina Wong, Associate Professor, School of Nursing, and Centre for Health Services & Policy Research, University of British Columbia, Vancouver, BC

This session will explore intersections between aging, health service delivery, and culture. We will examine how the research can influence the provision of care and interventions targeted at older adults.

10:30 – 12:00 noon

CONCURRENT SESSION B (cont)**B3 Hearing Health and Hearing Aids: How we Hear and What Happens When we Don't**

Lorienne Jenstad, Assistant Professor, School of Audiology and Speech Sciences; Director, Amplification Research Lab, University of British Columbia, Vancouver, BC

This session will review how we hear, what can cause hearing loss, how to prevent loss, and options for successfully managing hearing loss to optimize communication. Management strategies discussed will include up-to-the-minute options for hearing aids, new technological developments, hearing assistance technology, and communication strategies.

B5 Technology for Active Aging

Andrew Sixsmith, PhD, Professor and Director, Gerontology Research Centre, Simon Fraser University, Vancouver, BC

This session will examine the way recent advances in information and communication technologies (ICTs) may help to support older people to live independently and enhance their quality of life. ICTs may help in respect to safety and security (e.g falls detection and other emergencies). ICTs may also help people with activities of daily living (e.g helping people with cognitive impairments to carry out activities) and to improve social connectedness.

B4 Secondary Prevention after Hip Fracture: An Interdisciplinary Approach

Maureen C. Ashe, Assistant Professor, Department of Family Practice, University of British Columbia; and Investigator, Centre for Hip Health and Mobility, Vancouver, BC

This presentation will focus on the recovery process of seniors following hip fracture. Specifically it will outline current evidence on the rehabilitation and discharge phase for older adults following hip fracture with an emphasis on secondary prevention of future falls and injuries.

12:00 – 1:30pm

Lunch (Provided) – Exhibits and Poster Session II: 12:30 – 1:15pm

1:30 – 3:00pm

CONCURRENT SESSION C**C1 “Positively Sexy”: Sexual Health and Aging**

Marie Carlson, RN, BSN, CRN(C); Sexual Health Clinician, Sexual Health Rehab Service, G.F. Strong Rehab Centre; Clinical Instructor, Department of Psychiatry/Sexual Medicine, University of British Columbia, Vancouver, BC

Kate McBride, RN, BSN, CRRN; Sexual Health Clinician, Coordinator, Sexual Health Rehab Service, G.F. Strong Rehab Centre; Clinical Instructor, Department of Psychiatry, Sexual Medicine, University of British Columbia, Vancouver, BC

Come and learn about some of the normal sexual changes expected with aging in both men and women. How is quality of life related to quality of sexual health? Find out what therapeutics are available to address some of the potential sexual dysfunctions. Specific sexual concerns commonly experienced by persons with chronic illnesses and disabilities will be reviewed. Resources and strategies to address these issues will be discussed. What happens to someone who requires care? BC Guidelines for Supporting Senior and Adults with Disabilities Living in Long-Term Care Facilities Homes will be introduced.

C2 Promoting Successful Communication in Health Care Interactions: Strategies for Working with Older Clients with Aphasia and Dysarthria

Barbara Purves, Certified Speech-Language Pathologist, Assistant Professor, School of Audiology & Speech Sciences, University of British Columbia, Vancouver, BC

Health care interactions can be challenging when communication abilities are compromised by disorders such as aphasia and dysarthria; this is particularly true for older clients, where disorders may interact with other age-related problems. This session describes communication problems associated with these disorders and offers practical strategies for coping with them.

Concurrent Session C continued on next page

1:30 – 3:00pm

CONCURRENT SESSION C (cont)**C3 Chronic Disease Management: Maintaining Vitality**

Janet McElhane, *Professor of Medicine, University of British Columbia, Vancouver, BC*

This session will give you an understanding of how chronic disease management becomes complex disease management. Participants will know through illustration, how the degree of “vitality” interacts with complex disease management. How chronic disease interacts with recommendation for preventions and management using influenza as a prototype illness will also be highlighted. Participants will be given opportunity to discuss chronic disease management and determine the goals of care in the context of acute illness.

C5 Aging in an Anti-Aging World

Laura Hurd Clarke, *Associate Professor, School of Human Kinetics, University of British Columbia*

Sociologists contend that the experience of growing older is delimited by an individual’s social position (e.g. age, gender, class, etc...) and by cultural norms. Drawing on extant research concerning the lived experience of aging and the body, this talk will examine the concepts of ageism, successful aging, anti-aging, and aging well.

C4 Cognitive Behavioural Psychotherapy with the Elderly

Darcy Cox, *Neuropsychologist, Geriatric Psychiatry Outreach, Vancouver General Hospital, Assistant Clinical Professor, University of British Columbia, Vancouver, BC*

In this workshop, we will review the empirical data supporting the use of cognitive-behavioural psychotherapy techniques with elderly clients in both individual and group settings and we discuss issues and challenges specific to using these tools and techniques with this population.

3:00 – 3:30pm

Break – Exhibits / Poster Viewing

3:30 – 5:00pm

Closing Keynote: Panel Presentation: “Rethinking Retirement”**Panelists:**

Bett Lauridsen, *RN, Transportation Coordinator, Transportation Consultant, Vancouver Coastal Health, Vancouver, BC*

Andrew Eisen, *MD, FRCPC, Professor Emeritus, Neurology, The University of British Columbia, Vancouver, BC*

Beverly Grice, *BHSc, MEd, RD, Retired Community Nutritionist, Vancouver Community, Vancouver Coastal Health, Vancouver, BC*

Carole Shaw, *BSR (PT), Community Physiotherapist, Pacific Spirit Community Health Centre*

5:00pm

Evaluation and Adjourn

Have a safe journey home

POSTER PRESENTATIONS

A complete listing of poster presentations will be available online at:

www.interprofessional.ubc.ca



PLANNING COMMITTEE

Andrea Cosentino, MA

Coastal Liaison, BC Network for Aging Research

Dr. Martha Donnelly, MD, CCFP, FRCPC

Director, Division of Community Geriatrics, Department of Family Practice, University of British Columbia; Director, Division of Geriatric Psychiatry, Department of Psychiatry, University of British Columbia; Geriatric Psychiatrist, Geriatric Psychiatry Outreach Team, Vancouver Hospital; Division of Community Geriatrics, Department of Family Practice

Kristina Hienstra

Director, Interprofessional Continuing Education, University of British Columbia

Dr. Michael MacEntee, LDS(I), DipProsth, FRCD(C), PhD

Professor of Prosthodontics, Faculty of Dentistry, University of British Columbia

Penny Miller, B.Sc. (Pharm.), M.A.

Senior Instructor, Department of Family Practice, Faculty of Medicine and Faculty of Pharmaceutical Sciences, University of British Columbia

Sylvia Stephens

Director, Continuing Dental Education, University of British Columbia

Rani Wangsawidjaya, RD

Community Nutritionist; Pacific Spirit Community Health Centre, Vancouver Coastal Health Authority

Dr. Chris Wyatt, DMD, MSc, FRCD(C), DipPros

Head, Division of Prosthodontics and Dental Geriatrics, Faculty of Dentistry, University of British Columbia

ACKNOWLEDGEMENTS

We acknowledge with appreciation the financial contributions from the following organization:



Financial & In-kind Acknowledgements

And the in-kind contribution from:



CONFERENCE AT A GLANCE

Titles of presentations may have been abbreviated for space. Please refer to the program for complete titles and description.

FRIDAY NOVEMBER 26 2010	
8:00am	Registration & Exhibits Open
8:30	Welcome & Opening Remarks
8:45	Keynote Plenary Panel: Financing Health Care in Canada
10:00–10:30	Break: Exhibits Open / Poster Viewing
10:30–12:00noon	CONCURRENT SESSION A
	A1 Oral Health: Tooth Loss, Replacement and Prevention
	A2 Drug Induced Nutrient Deficiency in the Elderly
	A3 Mid-life Children, Aging Parents: Relationship Challenges and Creative Solutions
	A4 Facilitating Positive Aging Through Mental Health Promotion
	A5 Exercise, Independence and the Older Adult
12:00noon –1:30	Lunch: Exhibits Open / Poster Viewing
1:30–3:00	Plenary Panel: An Innovative Approach to Metabolic Syndrome Management
3:00–3:30	Break: Exhibits Open / Poster Viewing
3:30–5:00	Plenary Panel: Understanding the Complexity of Aging Through Interdisciplinary Research
4:30	Networking Reception and Exhibits Open / Poster Viewing
6:00	Adjourn

SATURDAY NOVEMBER 27 2010	
8:00am	Registration & Exhibits Open
8:30–10:00	Keynote Plenary Panel: Finding a Rational Drug Regimen in Old Age
10:00–10:30	Refreshment Break: Exhibits Open/Poster Viewing
10:30–12:00noon	CONCURRENT SESSION B
	B1 Dentistry as an Integral Part of Residential Care
	B2 Cultural Aspects
	B3 Hearing Health and Hearing Aids
	B4 Secondary Prevention after Hip Fracture
	B5 Technology for Active Aging
12:00noon –1:30	Lunch: Exhibits Open / Poster Viewing
1:30–3:00pm	CONCURRENT SESSION C
	C1 “Positively Sexy”: Sexual Health and Aging
	C2 Promoting Successful Communication in Health Care Interactions
	C3 Chronic Disease Management
	C4 Cognitive Behavioural Psychotherapy with the Elderly
	C5 Aging in an Anti-Aging World
3:00–3:30	Break: Exhibits Open / Poster Viewing
3:30–5:00	Plenary Panel: Rethinking Retirement
5:00	Evaluation & Adjourn

