

REGISTER NOW!



**HOST SITE LOCATION**

**Durham Research Center Auditorium**  
University of Nebraska Medical Center  
550 South 45th Street  
Omaha, Nebraska

**NEBRASKA TELEHEALTH NETWORK LOCATIONS**

- Beatrice**  
Beatrice Community Hospital & Health Center
- Chadron**  
Chadron Community Hospital
- Cozad**  
Cozad Community Hospital
- Grand Island**  
Central District Health Department
- Holdrege**  
Phelps Memorial Health Center
- Lincoln**  
VA Nebraska-Western Iowa Health Care System
- Norfolk**  
Faith Regional Health Services
- Pender**  
Pender Community Hospital
- Scottsbluff**  
Regional West Medical Center

# Frail Elderly and Geriatric Syndromes

July 16-17, 2009

UNIVERSITY OF  
**Nebraska**  
Medical Center

**CENTER FOR CONTINUING EDUCATION**  
986800 Nebraska Medical Center  
Omaha, NE 68198-6800

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# Frail Elderly and Geriatric Syndromes

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Supported in part by the Bureau of Health Professions, HRSA, for the Nebraska Geriatric Education Center.



# Frail Elderly and Geriatric Syndromes

July 16-17, 2009

## TARGET AUDIENCE

Physicians, nurse practitioners, pharmacists, physician assistants, nurses, psychologists, counselors, physical therapists, physical therapist assistants, occupational therapists, and social workers.

## CONFERENCE DESCRIPTION

This conference will provide updates and evaluation/treatment toolkits designed to facilitate interdisciplinary evidence-based best practices regarding urinary incontinence, hip fracture management, and unintentional weight loss. Symptom management of frailty, including when palliative approaches are appropriate, will also be discussed. Since management of frailty occurs within organizations and across communities, system issues within rural communities will also be addressed from a quality improvement perspective.

## CONFERENCE OBJECTIVES

At the conclusion of this conference, the participant should be able to:

- Explore the problem of frailty in the elderly
- Incorporate updates in treating urinary incontinence into clinical practice
- Recognize the impact of unintentional weight loss and nutrition problems in the elderly
- Apply recent evidence in medical, surgical, and rehabilitation management of hip fractures to the problem of frailty
- Describe the role of the healthcare system in improving care of frail elders, with special consideration of organizational barriers in rural settings

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University of Nebraska Medical Center  
550 South 45th Street  
Omaha, Nebraska

## NEBRASKA TELEHEALTH NETWORK LOCATIONS

**Beatrice**  
Beatrice Community Hospital & Health Center  
Garden Room  
1110 North 10th Street, Beatrice, NE

**Chadron**  
Chadron Community Hospital  
Teleconference Room  
821 Morehead Street, Chadron, NE

**Cozad**  
Cozad Community Hospital  
Conference Room  
300 East 12th Street, Cozad, NE

**Grand Island**  
Central District Health Department  
Main Conference Room  
1137 South Locust Street, Grand Island, NE

**Holdrege**  
Phelps Memorial Health Center  
Lower Level Conference Room  
1215 Tibbals Street, Holdrege, NE

**Lincoln**  
VA Nebraska-Western Iowa Health Care System  
Auditorium  
600 South 70th Street, Lincoln, NE

**Norfolk**  
Faith Regional Health Services  
Medical Office Building West  
Madison Room  
110 North 28th Street, Norfolk, NE

**Pender**  
Pender Community Hospital  
Conference Room  
603 Earl Street, Pender, NE

**Scottsbluff**  
Regional West Medical Center  
South Plaza Room 1202  
4021 Avenue B, Scottsbluff, NE



# Frail Elderly and Geriatric Syndromes

July 16-17, 2009

## PERSONAL INFORMATION

Name	SSN (last 4 digits)
Degree	Specialty
Mailing Address	<input type="checkbox"/> Home <input type="checkbox"/> Office
City, State, ZIP	
Telephone (including area code)	Fax Number (including area code)
Email Address	
Nursing License Number	State Issued

## FEES

	On or before June 18, 2009			After June 18, 2009		
	DAY ONE ONLY	DAY TWO ONLY	BOTH DAYS	DAY ONE ONLY	DAY TWO ONLY	BOTH DAYS
Physicians, Nurse Practitioners, Pharmacists, Physician Assistants, Psychologists, and Counselors	\$120	\$120	\$190	\$160	\$160	\$230
Nurses, Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Social Workers	\$90	\$90	\$150	\$130	\$130	\$200
Students/Residents (Status verification required)	FREE			FREE		

## I would like to attend

DAY ONE ONLY  DAY TWO ONLY  BOTH DAYS

## LOCATION

Beatrice  Chadron  Cozad  Grand Island  Holdrege  Lincoln  Norfolk  Omaha  Pender  Scottsbluff

## PAYMENT

<input type="checkbox"/> Check or money order enclosed (Made payable to UNMC CCE)	
<input type="checkbox"/> Charge to my <input type="checkbox"/> American Express <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Card Number
	Expiration Date
	Three Digit Verification Code
	Cardholder's Name
Signature	

REGISTER ONLINE  
[www.unmc.edu/cce](http://www.unmc.edu/cce)

MAIL TO  
UNMC Center for Continuing Education, 986800 Nebraska Medical Center, Omaha, NE 68198-6800

Registration Deadline: July 1, 2009

## Conference Directors

### Jane F. Potter, MD

Harris Professor of Geriatric Medicine; Chief, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center

### Patricia A. Hageman, PT, PhD

Professor, Physical Therapy Education, University of Nebraska Medical Center

### Edward V. Vandenberg, MD, CMD

Assistant Professor, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center

## Planning Committee Members

### Lisa L. Anzai, RN, MA

Diana L. Baker, RN, MSN

Lisa A. Bottsford, MPH

Linda M. Farho, PharmD, BCPS

Patricia A. Hageman, PT, PhD

Joan A. Husted, HRM, CMP

### Katherine J. Jones, PT, PhD

Nancy Kelley-Gillespie, PhD

Dennis P. McNeilly, PsyD

Jane F. Potter, MD

Edward V. Vandenberg, MD, CMD

## Credits

The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Nebraska Medical Center, Center for Continuing Education designates this educational activity for a maximum of 12.75 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is provided for 12.75 contact hours under ANCC criteria. Provided for 15.3 contact hours under Iowa Provider #78. Provider approved by the California Board of Registered Nursing, Provider #13699 for 15.3 contact hours.

This program is pending approval with the American Academy of Nurse Practitioners.

This activity has been reviewed and is acceptable for up to **12.75 Prescribed** credits by the American Academy of Family Physicians.



The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The ACPE activity numbers for July 16-17, 2009 are posted next to each CE session. Participants will be awarded 7.0 contact hours of continuing education for completion of all sessions on July 16, 2009 and 6.75 contact hours of continuing education for completion of all sessions on July 17, 2009.

In order to receive CE credit, participants must complete all activity evaluation forms. No partial daily credit will be awarded. Statements of Credit will be distributed to participants at the end of the conference. If you do not receive your Statement of Credit, contact the UNMC Center for Continuing Education at (402) 559-5929.

Application for continuing education credit (CEU's) has been made with the Nebraska Physical Therapy Association (NPTA) Continuing Education Committee.

This program meets the criteria of an approved continuing education program for social work.

This program meets the criteria of an approved program for licensed mental health providers.

This conference meets the criteria for one of the requirements of the mini-fellowship offered through the Nebraska Geriatric Education Center (NEBGEC). Funding for the mini-fellowship and its activities was made possible by the Health Resources and Services Administration (HRSA). If you would like more information on the NEBGEC Mini-fellowship or any of the learning activities available through the Nebraska Geriatric Education Center, please contact Lisa Bottsford, MPH, Program Coordinator, at (402) 559-8421 or by email at [gec@unmc.edu](mailto:gec@unmc.edu).

## REGISTRATION INFORMATION

The registration fee to attend this conference is:

	On or before June 18, 2009			After June 18, 2009		
	DAY ONE ONLY	DAY TWO ONLY	BOTH DAYS	DAY ONE ONLY	DAY TWO ONLY	BOTH DAYS
Physicians, Nurse Practitioners, Pharmacists, Physician Assistants, Psychologists, and Counselors	\$120	\$120	\$190	\$160	\$160	\$230
Nurses, Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Social Workers	\$90	\$90	\$150	\$130	\$130	\$200
Students/Residents*	FREE			FREE		

\*There is no registration fee for students/residents with verification of full-time status from supervisor.

Space is limited - early registration is recommended.

The registration fee includes the educational conference, handout materials, continental breakfasts, lunches, and refreshment breaks. All registrations must be accompanied by full payment in order to secure your registration. Checks should be made payable to the UNMC Center for Continuing Education. For your convenience, American Express, MasterCard, and Visa are accepted.

### Registration Deadline: July 1, 2009

Walk-in registrations will be accepted based on space availability. Conference materials/food cannot be guaranteed for walk-in registrants.

Registration may be made:

Online [www.unmc.edu/cce](http://www.unmc.edu/cce)

Mail  
UNMC Center for Continuing Education  
986800 Nebraska Medical Center  
Omaha, NE 68198-6800

Telephone (402) 559-5929 or (877) 832-6924 (available 9am-3pm CST Monday through Friday)

Fax (402) 559-5915

## CANCELLATION POLICY

Full refunds may be obtained if a written request is received by **Wednesday, July 1, 2009**. A \$25 processing fee will be retained for cancellations after this date. No refunds will be issued once the conference begins.

## ADA

In compliance with the Americans with Disabilities Act, the UNMC Center for Continuing Education does not discriminate on the basis of disability. The Center shall provide reasonable accommodation, including auxiliary aids and services, to ensure equal access to its programs, services, and activities. If you would like an auxiliary aid or service, please call (402) 559-4152 by July 1, 2009 with your request.

## FOR ADDITIONAL CONFERENCE AND HOTEL INFORMATION

For additional information about the conference, please contact Joan Husted at (402) 559-6235 or by email at [jhusted@unmc.edu](mailto:jhusted@unmc.edu). Visit the website at [www.unmc.edu/cce](http://www.unmc.edu/cce).

# Agenda

(Note: All lectures are Central Standard Time)

## DAY ONE: THURSDAY, JULY 16, 2009

**Moderator:** Edward V. Vandenberg, MD, CMD

8:00-8:30 **REGISTRATION/CONTINENTAL BREAKFAST**

8:30-8:45 **INTRODUCTION AND OVERVIEW**

8:45-9:45 **FRAILITY: WHAT, WHO AND WHY DO WE CARE?**

(447-000-09-059-L04-P)

**Jane F. Potter, MD**

*Harris Professor of Geriatric Medicine; Chief, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center*

9:45-12:15 **URINARY INCONTINENCE**

(447-000-09-060-L01-P)

9:45-10:30 **INCONTINENCE AND PROLAPSE - IT HAPPENS TO THE BEST OF US!**

**Nancye D. Hasiak, APRN**

*Olson Center for Women's Health, Gynecology/Urogynecology, Department of Obstetrics and Gynecology, University of Nebraska Medical Center*

10:30-10:45 **BREAK**

10:45-11:30 **MINIMALLY INVASIVE SURGERIES FOR INCONTINENCE AND PROLAPSE**

**Neena Agarwala, MD**

*Assistant Professor, Laparoscopic Urogyn and Pelvic Surgery, Department of Obstetrics and Gynecology, University of Nebraska Medical Center*

11:30-12:15 **PELVIC FLOOR REHABILITATION: MORE THAN JUST KEGELS**

**Elizabeth Hopkins, PT, DPT**

*Physical Therapist, Olson Center for Women's Health, The Nebraska Medical Center*

12:15-1:00 **LUNCH**

1:00-4:15 **UNINTENTIONAL WEIGHT LOSS AND FAILURE TO THRIVE**

(447-000-09-061-L01-P)

1:00-1:45 **"WEIGHTY QUESTIONS": AGING, APPETITE AND ASSESSMENTS IN THE EVALUATION OF UNINTENTIONAL WEIGHT LOSS**

**Edward V. Vandenberg, MD, CMD**

*Assistant Professor, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center*

1:45-2:15 **APPETITE AND APOTHECARY: DRUG INTERVENTIONS AND MISADVENTURES IN FRAILITY**

**Linda M. Farho, PharmD, BCPS**

*Assistant Professor, Pharmacy Practice, College of Pharmacy, University of Nebraska Medical Center*

2:15-2:30 **Q & A**

2:30-2:45 **BREAK**

2:45-3:30 **GOT WEIGHT LOSS? GET NUTRITION: TREATMENT AND MANAGEMENT**

**Barbara J. Robertson, MA, RD, CNSD, LMNT**

*Medical Nutrition Therapist Specialist, Clinical Nutrition, Department of Pharmaceutical and Nutrition Care, The Nebraska Medical Center*

3:30-4:15 **NUTRITION IS MORE THAN ABOUT FOOD: THE PSYCHOSOCIAL ASPECTS OF ELDER FAILURE TO THRIVE**

**Diane K. Hendricks, CMSW, LMHP**

*Social Worker/Clinical Intake Coordinator, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center*

4:15-4:30 **EVALUATION/ADJOURN**

4:30-5:00 **ACTIVE LEARNING ASSESSMENT**

(Pharmacists are required to attend in order to receive ACPE credit for the day)

## DAY TWO: FRIDAY, JULY 17, 2009

**Moderator:** Dennis P. McNeilly, PsyD

*Associate Professor, Division of Geriatrics, Department of Psychiatry, University of Nebraska Medical Center*

8:00-8:30 **REGISTRATION/CONTINENTAL BREAKFAST**

8:30-8:45 **INTRODUCTION AND OVERVIEW**

8:45-12:00 **MANAGEMENT OF HIP FRACTURES**

(447-000-09-062-L04-P)

8:45-9:45 **MEDICAL/SURGICAL INTERVENTIONS AND MANAGEMENT**

**Chad Vokoun, MD, FACP**

*Assistant Professor/Associate Program Director, Section of General Medicine-Academic, Department of Internal Medicine, University of Nebraska Medical Center*

9:45-10:45 **FIXING THE FRACTURED: KEY ISSUES IN POST-OPERATIVE HIP FRACTURE REHAB PROGRAMS**

**Lisa A. B. Eisenmenger, PT, DPT**

*Physical Therapist, Inpatient Rehab Services, The Nebraska Medical Center*

10:45-11:00 **BREAK**

11:00-12:00 **THE PSYCHOSOCIAL IMPACT OF HIP FRACTURES AND TRANSITIONS IN CARE**

**Carol Ramsey, LCSW**

*Medical Social Worker, The Nebraska Medical Center*

**Jeanette Kassmeier, RN, BSN, ONC**

*Case Manager, Ortho/Neuro/Trauma, The Nebraska Medical Center*

12:00-12:45 **LUNCH**

12:45-1:45 **DEVELOPING A RURAL GERIATRIC ASSESSMENT PROGRAM**

(447-000-09-063-L04-P)

**Matthew Timm, MD**

*General Practice, Pender Mercy Medical Clinic*

1:45-2:00 **BREAK**

2:00-3:00 **IMPROVING CARE FOR FRAIL ELDERLY: THE ROLE OF THE HEALTHCARE SYSTEM**

(447-000-09-064-L04-P)

**Katherine J. Jones, PT, PhD**

*Assistant Professor, Physical Therapy Education, University of Nebraska Medical Center*

3:00-4:00 **FRAILITY: END-OF-LIFE INTERSECTION**

(447-000-09-065-L04-P)

**Catherine M. Eberle, MD, FACP, CMD**

*Associate Professor, Section of Geriatrics, Department of Internal Medicine, University of Nebraska Medical Center*

**Lisa Cuvelier, RN, BSN**

*Hospice Clinical Manager, Visiting Nurse Association Home Care and Hospice*

4:00-4:15 **EVALUATION/ADJOURN**

4:15-4:45 **ACTIVE LEARNING ASSESSMENT**

(Pharmacists are required to attend in order to receive ACPE credit for the day)

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