Target Audience
This continuing education program is designed for nurses, nursing home administrators, occupational therapists, pharmacists, physicians, physician assistants, psychologists, physical therapists, social workers, tribal health administrators and practitioners, and other health care providers working in geriatric care and education.

Goal
Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

Objectives
Upon completion of the conference, participants should be able to:
1. Identify the four essential elements that comprise the 4 M’s framework of an Age-Friendly Health System: What Matters, Mobility, Medication and Mentation.
2. Describe methods to determine what matters most to older adults and align their outcome goals and care preferences accordingly.
3. Describe the benefits of physical activity and fall risk screening for the older adult to help maintain mobility.
4. Identify potential drug-related problems and possible interventions to optimize medication use in older adults.
5. Discuss strategies to identify, prevent, and coordinate care of older adults with dementia, depression, or delirium.

Continuing Education Credit
Continuing Medical Education: Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Colorado Medical Society through the joint providership of St. Vincent Healthcare and the Montana Geriatric Education Center. St. Vincent Healthcare is accredited by the Colorado Medical Society to provide continuing medical education physicians.

Credit Designation: St. Vincent Healthcare designates this live educational activity for a maximum of (6.0) AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants: AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME. Physician assistants may receive a maximum of 6 hours of Category 1 Credit.

Pharmacists: The Skaggs School of Pharmacy at the University of Montana is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge based program is approved for 6.25 contact hours for pharmacists and pharmacy technicians. The Universal Activity Number for this program is 0035-9999-20-021-L04-P (0.625 CEU). Participants who attend the entire program, sign the attendance roster, and complete the program evaluation & other requirements will receive 6.25 hours (0.625 CEU) of ACPE continuing education credit; this credit will be uploaded to CPE Monitor within 60 days after the program.

Nurses: The Montana Geriatric Education Center is approved with distinction as a provider of nursing continuing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center’s Commission on Accreditation. Contact Hours 6.5, which includes 1.25 pharmacotherapeutic contact hours.

Nursing Home Administrators and Assisted Living Administrators: Montana Geriatric Education Center is a certified pre-approved provider of continuing education credit with the Montana Board of Nursing Home Administrators.

Social Workers and Professional Counselors: Can submit this activity to the Montana Board of Social Work Examiners and Professional Counselors for 6 contact hours (0.60 CEU).

Occupational Therapists: Montana Board of Occupational Therapy Practice continuing education credit has been requested for this program for 6 hours.

Physical Therapists: Can submit this activity to Montana Board of Physical Therapy for 6 contact hours (0.60 CEU).

Psychologists: Can submit this program to the Montana Psychological Association for continuing education credit by sending a certificate of attendance, handouts and program schedule of the conference.
Registration

Live Virtual Conference: The 2020 Conference will be hosted virtually, via Zoom with 275 available connections. In the interest of increasing availability, there will be onsite locations in Missoula, Billings and Butte for a limited capacity audience. If you would like to attend in person at one of these sites, please indicate via registration. We will also consider requests from small groups in other locations who would like to attend in person. Please contact MTGEC in advance to arrange at montana.gec@umontana.edu or 406-243-2453.

There will not be provisions for food at any conference sites. Those participants choosing to attend onsite are welcome to bring beverages, refreshments and/or their own lunch. Please note, those attending onsite must follow facility protocols regarding COVID safety and procedures.

ONLINE REGISTRATION
Deadline: October 5, 2020

Web Link:
https://www.xcdsystem.com/mtgec/attendee/index.cfm?ID=ahq2u2t

Attendance Options:
⇒ Individual Zoom Link
⇒ Onsite Location
  • Missoula: University of Montana, Todd Building Room 203 (Capacity = 35)
  • Billings: RiverStone Health (Capacity = 20)
  • Butte: MT Tech Library Auditorium (Capacity = 40)

Fees:
• $35 - With CE/CME
• $25 - Without CE/CME
• Free - Students (must register to reserve space)

Refund Policy: If requested by October 5th registration fees will be refunded, minus a $3 processing fee.

Please Note: In order to receive CE credit for attendance participants must sign in to all Zoom presentations and return the participant profile and conference evaluation. CE certificates will be provided within 30 days of the conference/60 days for ACPE credit. Pharmacists must provide a NABP eProfile ID and birthdate (mmdd) if you are interested in receiving ACPE continuing education credit. If we do not receive this information from you within 60 days after the program, you will not be eligible to receive the credit.

The Montana Geriatric Workforce Enhancement Program (MGWEP) is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), as part of an award totaling $3,750,000 and supports the program 100%. The contents are those of the presenters and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the U.S. Government.

Tuesday, October 20, 2020
Age-Friendly Healthcare in the New Normal

7:45 to 8:00
Registration check-in

8:00 to 8:15
Introductions and disclosure statement

8:15 to 9:30
Age-Friendly Health Care and the 4 M’s
Katherine Bennett, MD

Dr. Bennett is an Assistant Professor in the University of Washington School of Medicine and serves as the Program Director for the Geriatric Medicine Fellowship. She is the Assistant Director of Education for the Northwest Geriatrics Workforce Enhancement Center and serves as the founding medical director of UW Project ECHO geriatrics (an interprofessional case consultation and education program). She practices in the Harborview Senior Care Clinic, in the inpatient geriatrics and general medicine services, and in long term care. She has extensive experience in medical education and has developed geriatrics curricula and evaluation tools.

9:30 to 9:40 Break

9:40 to 10:55
What Matters
Angela Catic, MD

Dr. Catic is an Assistant Professor in the Baylor College of Medicine in Houston. She currently serves as Director of the Geriatric Medicine Fellowship at Baylor and Medical Director of the Michael E. DeBakey Geriatrics PA Residency program. Dr. Catic’s clinical interests include dementia, delirium, pain management, and care of complex older adults. She is developing an age-friendly program at the Michael E. DeBakey VA Medical Center which will focus on high-risk, high-need older adults including optimizing care transitions.

10:55 to 11:05 Break

11:05 to 12:20
Mobility: Keeping Aging Fun
Colleen Hergott, PT, DPT

Dr. Hergott is an Assistant Professor in the Department of Physical Therapy at Augusta University where she teaches cardopulmonary, aging and exercise physiology. She is a Geriatric Clinical Specialist, Certified Exercise Expert for the Aging Adult (CEEA), and ACSM Clinical Exercise Physiologist. She is actively involved in the Exercise is Medicine (EIM) initiative, which promotes physical activity assessment and promotion as a standard in clinical care. She currently serves as a member of the APTA Geriatrics-NCOA task force, which seeks to promote health and wellness for older adults.

12:20-1:00 Lunch

1:10-2:25
Medication Considerations for Older Adults
Abby Winter, PharmD, BCACP

Dr. Winter is a Clinical Assistant Professor at the University of Washington School of Pharmacy where she is also Assistant Director of Outreach for the Plein Center for Geriatric Pharmacy Research, Education and Outreach. The goal of the Plein Center for Geriatrics is to generate and transmit new knowledge to improve disease management and appropriate medication use in older adults. Dr. Winter previously served as Clinical Diabetes Pharmacist for the UW Medicine Diabetes Institute.

2:25 to 2:35 Break

2:35 to 3:50 pm
Mentation: The 3 Ds
Emily Trittschuh, Ph.D.

Dr. Trittschuh is an Associate Professor at the University of Washington and a Clinical Neuropsychologist with the VA Puget Sound Health Care System’s Geriatric Research Education and Clinical Center (GRECC). She has specialized in neurodegenerative disease and has over 18 years of experience in the field of geriatrics. Her clinical work and research has been focused on the full continuum of cognitive aging – from neurodegenerative disease to "super" aging into the 90s and beyond.

3:50 to 4:00
Return participant profile, evaluation, and implementation plan.