



**GERIATRIC MEDICINE FOR PRIMARY CARE:
GERIATRICS/NEUROLOGY/PSYCHIATRY/
PODIATRY**

**Walt Disney World® Resort, FL - Disney's BoardWalk Inn Resort
November 30 - December 3, 2023**

Participating Faculty

Byron D. Bair, MD, FACP, MBA

Scott C. Carrington, DPM, FACFAS

Elaine Jones, MD, FAAN

Karl G. Sieg, MD, FAPA, MRO



Byron D. Bair, MD, FACP, MBA

Professor, Geriatric Internal Medicine &
Geriatric Psychiatry
University of Utah School of Medicine
Acting Director, VHA Office of Rural Health
Washington, DC

Dr. Bair is trained in Internal Medicine, Geriatric Internal Medicine, Psychiatry and Geriatric Psychiatry. He obtained a special MBA for physician administrator from the David Eccles School of Business at the University of Utah. He is a Professor of Internal Medicine and Psychiatry at the University Of Utah School Of Medicine and an Adjunct Professor of Nursing at the University Of Utah School Of Nursing. He is currently the Director of the Veterans Rural Health Resource Center – Salt Lake City which is a field office for the VA Office of Rural Health located in Washington D.C. He is also the Director of the Geriatric Medicine and Psychiatry Program as well as the Geriatric Medicine Psychiatry outpatient clinic.

Dr. Bair's research interests include rural health care delivery systems, decision support systems for healthcare providers, and disruptive behaviors in cognitively impaired elders.



Scott C. Carrington, DPM, FACFAS

Gundersen Health System
Department of Orthopedics/Podiatry/Sports Medicine
La Crosse, Wisconsin

Dr. Scott Carrington is a fellowship-trained foot and ankle surgeon practicing at Gundersen Health System in La Crosse, Wisconsin. He is dual board certified in both foot and ankle reconstruction. He received his undergraduate degree at Brigham Young University in Provo, Utah and his medical degree from Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa.

Dr. Carrington completed his podiatric surgical residency training at Presbyterian/St. Luke's hospital in Denver, Colorado. He then went on to complete a rigorous fellowship for foot and ankle reconstruction at Coordinated Health, a large musculoskeletal acute care hospital network in Bethlehem, Pennsylvania. His practice specializes in trauma, foot and ankle reconstruction, sports medicine, arthroscopy, cartilage restorations, and total ankle replacements.

He is an attending physician for the Gundersen Podiatric Medicine and Surgical residency where he actively participates in both the didactic and surgical training of residents. He remains heavily involved in ongoing research and is a faculty and committee member for the American College of Foot and Ankle Surgeons. In addition, he serves on the writers committee and is a case reviewer for the American Board of Foot and Ankle Surgery.

In his free time, he enjoys golfing and skiing, and spending time with his wife and three daughters.



Elaine Jones, MD, FAAN

SOC Telemed, Inc
Sarasota, Florida

Dr. Jones received her undergraduate degree from Smith College in Northampton, Massachusetts and her medical degree from the Medical University of South Carolina in Charleston. An internship in Internal Medicine was completed at Tufts University Baystate Medical Center in Springfield, Massachusetts followed by a residency in Neurology and a Fellowship in Neurophysiology at Brown University Rhode Island Hospital in Providence.

Dr. Jones is a Diplomate in the American Board of Psychiatry and Neurology with a Neurology Certification. She is a Fellow member of the American Academy of Neurology, the American Medical Association, and Rhode Island Medical Society. She serves as on the Board of the American Academy of Neurology (AAN) and is Chair of the Payment Policy Subcommittee of the AAN. Honors and awards include the 2016 Palatucci Advocacy Award by the American Academy of Neurology for advocacy work done in the US and in Haiti, and Rhode Island Monthly, Top Docs in 2008 - 2016. Dr. Jones has been involved in many presentations and lectures as well as numerous publications.



Karl G. Sieg, MD, FAPA, MRO

Medical Director of Behavioral Health
Professor of Psychiatry
University of Central Florida College of Medicine
Orlando, Florida

Dr. Sieg received his medical degree and completed his residencies at the University of Kansas School of Medicine in Kansas City, Kansas. He is currently board certified in Addiction Psychiatry, Adult Psychiatry, Child & Adolescent Psychiatry, Geriatric Psychiatry and Forensic Psychiatry. He is also a board-certified Medical Review Officer. Serving as Medical Director of Behavioral Health, Dr. Sieg has over 30 years of experience in practice having worked in a variety of settings including outpatient, community mental health & managed care as well as private, public & state inpatient psychiatric hospitals. He has authored numerous scientific articles and has also had past involvement in clinical psychopharmacology research.

Dr. Sieg maintains memberships with the American Psychiatric Association, the Florida Psychiatric Association, the American Academy of Psychiatry and the Law, and the American Medical Association. Dr. Sieg currently practices and resides in the Orlando, Florida metropolitan area.

Thursday, November 30, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Byron D. Bair, MD, FACP, MBA

Approach to the Geriatric Patient

Poly-pharmacy and dosing problems; functional assessment; quality-of-life issues; abuse; interacting with the patient and the family

8:30 am - 9:30 am - Byron D. Bair, MD, FACP, MBA

Urological Disorders

Incontinence and two of the following: BPH, prostate cancer, prostatitis or sexual dysfunction

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Byron D. Bair, MD, FACP, MBA

Geriatric Gait Disorders & Falls

Diagnosing problems associated with gait abnormalities; considering causes and prevention of falls; exercise training, aerobics, balance training, resistance

10:40 am - 11:40 am - Elaine Jones, MD, FAAN

Evaluating Weakness

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

11:40 am - 12:40 pm - Elaine Jones, MD, FAAN

Cerebrovascular Disorders

Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit: carotid, vertebrobasilar; non-specific cerebral symptoms; migraines vs. TIA; treatment options

12:40 pm

Session Adjourns

Friday, December 1, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Elaine Jones, MD, FAAN

Parkinson's Disease & Other Movement Disorders

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complication; other movement disorders; neuroleptic-induced movement disorders; chorea

8:30 am - 9:30 am - Elaine Jones, MD, FAAN

Alzheimer's & Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Byron D. Bair, MD, FACP, MBA

Managing Behavior Problems in Dementia Patients

Identification and understanding of undesired behavior; Limiting the impact of destructive behavior on outcomes; Strategies for working with dementia patients, including communication approaches, environmental changes, the use of both rewards and redirection; Understanding the goal of reducing or eliminating medication use

10:40 am - 11:40 am - Karl G. Sieg, MD, FAPA, MRO

Managing Depression in the Elderly

History taking, diagnosis and treatment of depression in the elderly; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

11:40 am - 12:40 pm - Karl G. Sieg, MD, FAPA, MRO

Substance Use Disorders in the Elderly

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

12:40 pm

Session Adjourns



Saturday, December 2, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Karl G. Sieg, MD, FAPA, MRO

Suicide and Violent Behavior in the Geriatric Population

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

8:30 am - 9:30 am - Karl G. Sieg, MD, FAPA, MRO

The Difficult Patient

Understanding patient who interprets benign interpersonal and social interactions in an idiosyncratic and negative way; management of such behavior and avoidance of negative feelings in the physician

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Scott C. Carrington, DPM, FACFAS

Common Foot and Ankle Pathologies Seen in Primary Care

Gain a familiarity and confidence to recognize common foot and ankle pathologies in the clinical setting and gain better knowledge of treatment options; Differential diagnoses and understanding of when to send patients to a specialist; Common pathologies include: Morton's neuromas, bunions, flatfoot deformities, capsulitis, hammertoes, etc.; Determining which patients need further diagnostic imaging and surgical intervention

10:40 am - 11:40 am - Scott C. Carrington, DPM, FACFAS

Common Foot and Ankle Pathologies Seen in Primary Care

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11:40 am

Session Adjourns



Sunday, December 3, 2023

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Scott C. Carrington, DPM, FACFAS

Plantar Fasciitis

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

8:30 am - 9:30 am - Scott C. Carrington, DPM, FACFAS

Stress Fractures of the Foot and Ankle

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

9:30 am

Conference Adjourns



Target Audience

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives

Upon completion of this program, participants should be better able to:

- Utilize a comprehensive geriatric assessment to identify potential issues in the elderly patient
- Describe the primary care work-up of incontinence in older adults
- Assess and manage gait disorders to prevent falls
- Discuss strategies for the management of difficult behaviors in patients with dementia without the use of psychotropic medications
- Utilize history and physical examination to distinguish weakness from non-specific symptoms
- Utilize prevention and treatment strategies for cerebrovascular disorders
- Evaluate weakness and recognize cardinal features of Parkinson's disease as well as other movement disorders
- Discuss evidence-based management options for Alzheimer's disease
- Discuss the etiologies, differential diagnosis, and treatment approaches to depression in the elderly
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse and depression in older adults
- Recognize risk factors and assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness
- Utilize suggested strategies to manage "the difficult patient"
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Recognize and diagnose common foot and ankle pathologies as they present in the primary care setting
- Discuss technologies used to treat acute and chronic plantar fasciitis
- Discuss causes, prevention and treatment of foot and ankle stress fractures



Disclaimer

The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

Accreditation Statements

Joint Accreditation for Interprofessional Continuing Education



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Medical Education Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 16 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physician Credit Designation

AMA PRA Category 1 Credits™

Medical Education Resources designates this live activity for a maximum of 16 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Board of Internal Medicine MOC Recognition (ABIM)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

American Academy of Family Physicians (AAFP)



This Live activity, *Geriatric Medicine for Primary Care: Geri/Neuro/Psych/Pod*, with a beginning date of November 30, 2023 has been reviewed and is acceptable for up to 16 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association (AOA)

These programs are approved for 16 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians (ACEP)

This program is approved by the American College of Emergency Physicians for a maximum of 16 hours of ACEP Category I credit.

Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

Nursing Credit Designation

American Nurses Credentialing Center (ANCC)

Medical Education Resources designates this live activity for a maximum of 16 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 6.0 ANCC pharmacotherapeutic contact hours.

American Academy of Nurse Practitioners (AANP)

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

California Board of Registered Nursing

Medical Education Resources is approved by the California Board of Registered Nursing, Provider Number 12299, for 16 contact hours.

Physician Assistant Credit Designation

American Academy of Physician Assistants (AAPA)



Medical Education Resources has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 16 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Pharmacy Accreditation

Accreditation Council for Pharmacy Education (ACPE)



Medical Education Resources (MER) designates this live continuing education activity for 16 contact hours (1.6 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-23-113-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.