



39th Annual
UCLA Intensive Course in

Geriatric Medicine

& Board Review



Tony Wyss-Coray, PhD
D. H. Chen Professor II of
Neurology and Neurological
Sciences, Stanford University



Neil S. Wenger, MD, MPH
Professor of Medicine at UCLA and
Medical Director of UCLA Advance
Care Planning Program



Alison Moore, MD, MPH, FACP, AGSF
Professor and Chief of the
Division of Geriatrics, Gerontology
and Palliative Care, UCSD

September 20-23, 2023
Live Virtual Conference





COURSE OVERVIEW

For the past 39 years, the UCLA Intensive Course in Geriatric Medicine has been a leader in providing physicians, pharmacists and other health professionals the essential knowledge and skills to care for older patients. The four-day course and board review in geriatric medicine emphasizes an evidence-based, practical and functional approach to the comprehensive care of older adults. The content and structure of the course are well-suited for health professionals who wish to enhance their ability to care for older adults, as well as for physicians who are preparing for the initial certification or re-certification examinations in Geriatric Medicine offered by the American Board of Internal Medicine (ABIM) and the American Board of Family Medicine (ABFM).

The 39th Annual UCLA Intensive Course is presented concurrently with the 2023 Intensive Course in Geriatric Pharmacy and Board Review, and participants may attend sessions in either course.

- Speaker presentations and supplementary materials are provided in a PDF syllabus.
- Over five hours of optional interactive board review sessions are offered.
- Access to view recorded sessions for 4 weeks post course (not certified for CME credit).



LEARNING OBJECTIVES

At the conclusion of this course, participants should be able to:

- Apply principles of geriatric assessment, geriatric pharmacology, rehabilitation, and long-term care to the patient care setting
- Discuss key aspects of neurology, cardiology, psychiatry, urology, hematology, gastroenterology, nephrology, endocrinology, pharmacology, and rheumatology as they apply to older patients
- Identify psychosocial problems related to aging and formulate an approach to these problems
- Recognize the major geriatric syndromes such as dementia, delirium, incontinence, pain management, osteoporosis, and explain the appropriate geriatric medicine approaches to them
- Create individualized medication regimens for medically complex older adults to address appropriate health outcomes



TARGET AUDIENCE

This program has been designed for geriatricians, internists, primary care and family medicine clinicians, hospitalists and intensivists, pharmacists, and other interested healthcare providers.

MESSAGE FROM CO-DIRECTORS

The rapid scientific advances in geriatric medicine and recent changes in our health care and health systems that emphasize quality of care over volume makes this the best time to be an expert in the care of older persons. The UCLA Intensive Course in Geriatric Medicine aims to impart health professionals with the requisite knowledge and skills for the competent care of older adults. The course's renowned faculty will cover essential topics in both geriatric primary and specialty care. We promise plenty of interactive opportunities with faculty and peers.



DAN OSTERWEIL,
MD, FACP



SUSAN L. CHARETTE, MD

COURSE CHAIRS



Course Co-Directors

Dan Osterweil, MD, FACP

*Associate Director, UCLA
Multicampus Program in
Geriatric Medicine and
Gerontology
Clinical Professor of Medicine/
Geriatric Medicine**

Susan L. Charette, MD

*Health Sciences Clinical Professor
of Medicine/Geriatric Medicine**

Co-Chairs

Cathy A. Alessi, MD

*Director, Geriatric Research,
Education and Clinical Center
(GRECC) and Chief, Division
of Geriatrics, VA Greater Los
Angeles Healthcare System
Professor of Medicine/Geriatric
Medicine**

Demetra Antimisiaris, PharmD, BCGP, FASCP

*Director, Frazier Polypharmacy
& Medication Management
Program
Associate Professor, University of
Louisville School of Medicine*

Aaron H. Kaufman, MD

*Health Sciences Associate
Clinical Professor, Department
of Psychiatry and Biobehavioral
Sciences**

Sarah Kremen, MD

*Director, Neurobehavior
Program, Jona Goldrich Center
for Alzheimer's Disease and
Memory Disorders
Department of Neurology
Cedars-Sinai Medical Center*

Cathy C. Lee, MD, MS

*Associate Clinical Professor,
Internal Medicine/Geriatric
Medicine*
Staff Physician, Geriatric
Research, Education and Clinical
Center (GRECC), VA Greater
Los Angeles Healthcare System*

**David Geffen School of Medicine
at UCLA*



FACULTY

DAVID GEFKEN SCHOOL
OF MEDICINE AT UCLA

Farah Abdi, MD, MPH

Dixie Aragaki, MD

Barbara M. Bates-Jensen, PhD, RN, FAAN

Yvette M. Bordelon, MD, PhD

Steven Castle, MD

Erin Atkinson Cook, MD

Carolyn J. Crandall, MD, MS

Matthew J. Freeby, MD

David A. Ganz, MD, PhD

Kevin Ghassemi, MD

Jason Jalil, MD

Ja-Hong Kim, MD

Eric Kleerup, MD

Freny Vaghaiwalla Mody, MD

Arash Naeim, MD

Mitra Nejad, MD

Susanne Nicholas, MD, MPH, PhD

Stephanie Pannell, MD, MPH

Anjay Rastogi, MD, PhD

Kemi Reeves, GNP-BC

David B. Reuben, MD

Gary Schiller, MD, FACP

Latisha Katie Sharma, MD, FAHA

Vijaya Surampudi, MD

Tara Vijayan, MD

Karol E. Watson, MD, PhD

Jane E. Weinreb, MD

Angela Yeh, MD



GUEST FACULTY

Joshua Chodosh, MD

Tony Wyss-Coray, PhD

Deena Goldwater, MD, PhD

Tatyana Gurvich, PharmD, BCGP

Jennifer C. Haley, MD

Arash A. Horizon, MD

Sarah Kremen, MD

Martina Meier, MD

Alison Moore, MD, MPH, FACP, AGSF

Zaldy Tan, MD, MPH

Jürgen Unützer, MD, MPH, MA



PROGRAM SCHEDULE

WEDNESDAY, SEPTEMBER 20, 2023

8:00 Welcome and Introductions

Dan Osterweil, MD, FACP and Susan L. Charette, MD

GENERAL PRINCIPLES OF AGING

Moderator: Susan Charette, MD

8:10 Physiology of Aging

Zaldy Tan, MD, MPH

8:45 Resilience: Maximizing Momentum as We Age

Steven Castle, MD

9:20 Pharmacokinetic Considerations in Older Adults

Demetra Antimisiaris, PharmD, BCGP, FASCP

9:55 AM Panel Discussion (LIVE)

Panel: Drs. Tan, Castle, and Antimisiaris

10:10 AM BREAK

10:25 Explicit Criteria and Medication Appropriateness

Tatyana Gurchich, PharmD, BCGP

11:00 Preventative Health Care in the Geriatric Patient: What are We Trying to Prevent?

Erin Atkinson Cook, MD

11:35 Pulmonary Diseases in Older Persons

Eric Klerup, MD

12:10 AM Panel Discussion (LIVE)

Panel: Drs. Gurchich, Cook, and Klerup

12:25 LUNCH BREAK

12:55 David H. Solomon Memorial Award Lecture: Substance Use in Diverse Populations with a Focus on Older Adults, Alcohol and Cannabis

Alison Moore, MD

DAVID H. SOLOMON MEMORIAL LECTURE AWARDEE

ALISON A. MOORE, MD, MPH, FACP, AGSF



- Professor and Chief of the Division of Geriatrics, Gerontology and Palliative Care
- Vice Chair of Justice, Equity, Diversity and Inclusion in the Department of Medicine
- Interim Director of the UC San Diego Stein Institute for Research on Aging and Center for Healthy Aging
- Larry L. Hillblom Chair in Geriatric Medicine
- MPI of an NIA-funded Alzheimer's Disease Resource Center for Minority Aging Research
- Medical Student Training in Aging Research (MSTAR) Program
- Secretary of the American Geriatrics Society
- Member of the NIA-funded Clinician-Scientists Transdisciplinary Aging Research (Clin-STAR) Mentoring and Career Development Core, and the NIA-funded Research Centers Collaborative Network (RCCN) Executive Committee



1:30 David H. Solomon Lecture Q&A (LIVE)

Alison Moore, MD

MEDICAL ISSUES IN OLDER PATIENTS, PART 1

Moderator: Dan Osterweil, MD, FACP

1:45 Falls: Assessment and Management

David A. Ganz MD, PhD

2:20 Geriatric Rehabilitation

Dixie Aragaki, MD

2:55 Rheumatology Therapeutic Advances: Vasculitis, Gout, and Rheumatoid Arthritis

Arash A. Horizon, MD

3:30 PM Panel Discussion (LIVE)

Panel: Drs. Ganz, Aragaki, and Horizon

3:45 PM BREAK

4:00 Nutrition Throughout the Ages

Vijaya Surampudi, MD

4:35 Type 2 Diabetes Mellitus

Matthew Freeby, MD

5:10 PM Panel Discussion (LIVE)

Panel: Drs. Surampudi and Freeby

5:25 ADJOURN/ BREAK

5:35 Board Review Session A for Physicians (LIVE)

Farah Abdi, MD, MPH

7:05 DAY 1 ADJOURN

THURSDAY, SEPTEMBER 21, 2023

MEDICAL ISSUES IN OLDER PATIENTS, PART 2

Moderator: Susan L. Charette, MD

8:00 Common GI Issues in Older Persons

Kevin Ghassemi, MD

8:35 Prostate Disease

Stephanie Pannell, MD, MPH

9:10 Urinary Incontinence

Ja-Hong Kim, MD

“ Presentations were excellent for me. I live in an area that is heavily geriatric populated and have been doing mostly geriatric medicine over the years. I feel that this program met my needs very well. ”

—2022 Attendee



9:45 AM Panel Discussion (LIVE)

Panel: Drs. Ghassemi, Pannell, and Kim

10:00 AM BREAK

10:15 Endocrine Disorders in Older Persons

Jane E. Weinreb, MD

10:50 Geriatric Dermatology

Jennifer C. Haley, MD

11:25 Chronic Kidney Diseases

Susanne Nicholas, MD

12:00 AM Panel Discussion (LIVE)

Panel: Drs. Weinreb, Haley, and Nicholas

12:15 LUNCH BREAK

CARDIOVASCULAR CONDITIONS

Moderator: Dan Osterweil, MD, FACP

12:45 Hypertension in Older Adults

Anjay Rastogi, MD, PhD

1:20 Atrial Fibrillation

Karol E. Watson, MD, PhD

1:55 Update in the Management of Heart Failure

Freny Vaghaiwalla Mody, MD

2:35 PM Panel Discussion (LIVE)

Panel: Drs. Rastogi, Watson, and Mody

2:50 PM BREAK

3:05 Case-Based: Perioperative Assessment in the Older Patient

Michael Ayoub, MD

3:40 Approach to Cardiovascular Disease Management in Older Adults

Deena Goldwater, MD, PhD

4:15 PM Panel Discussion (LIVE)

Panel: Drs. Ayoub and Goldwater

4:30 Dan and Erna Osterweil Awardee Lecture: Enhancing Patient-Oriented Clinical Care of Seriously Ill Patients

Neil S. Wenger, MD, MPH

5:05 Dan and Erna Osterweil Awardee Lecture Q&A (LIVE)

Neil S. Wenger, MD, MPH

5:20 ADJOURN/ BREAK

5:30 Board Review Session B for Physicians (LIVE)

Cathy C. Lee, MD, MS

7:00 DAY 2 ADJOURN



FRIDAY, SEPTEMBER 22, 2023

MEDICAL ISSUES IN OLDER PATIENTS, PART 3

Moderator: Cathy C. Lee, MD, MS

- 8:00 Hematologic Disease in the Elderly**
Gary Schiller, MD, FACP
- 8:35 Breast, Lung, and Colon Cancer: Tips for a Longer Life**
Arash Naeim, MD
- 9:10 Palliative Care in the Older Patient**
Martina Meier, MD
- 9:45 AM Panel Discussion (LIVE)**
Panel: Drs. Schiller, Naeim, and Meier
- 10:00 AM BREAK**
- 10:15 Taking Care of Patients with COVID-19: A Living Document**
Tara Vijayan, MD
- 10:50 Infections in the Older Persons**
Tara Vijayan, MD
- 11:25 Clinical Pharmacy Pearls**
Demetra Antimisiaris, PharmD, BCGP, FASCP
- 12:00 AM Panel Discussion (LIVE)**
Panel: Drs. Vijayan and Antimisiaris
- 12:15 LUNCH BREAK**

MEDICAL ISSUES IN OLDER PATIENTS, PART 4

Moderator: Cathy A. Alessi, MD

- 12:45 Geriatric Pain Management**
Angela Yeh, MD
- 1:20 Osteoporosis: An Overview**
Carolyn J. Crandall, MD, MS
- 1:55 Assessing and Managing Pressure Ulcers**
Barbara Bates-Jensen, PhD, RN, FAAN
- 2:30 PM Panel Discussion (LIVE)**
Panel: Drs. Yeh, Crandall, and Bates-Jensen

DRS. DAN AND ERNA OSTERWEIL AWARD FOR INNOVATION IN GERIATRIC MEDICINE

NEIL WAGNER, MD



- Professor of Medicine at UCLA
- Medical director of the UCLA Advance Care Planning Program
- Directs the NRSA Primary Care Research Fellowship
- Chairs the Ethics Committee at the Ronald Reagan-UCLA Medical Center
- Research focuses on quality improvement for vulnerable patients



- 2:45** PM BREAK
- 3:00** **Vision Loss in the Elderly**
Mitra Nejad, MD
- 3:35** **Hearing Loss in the Elderly**
Joshua Chodosh, MD
- 4:10** **Gaining Clarity About Confusion: Sorting Out Impaired Cognition with Selected Cases**
David B. Reuben, MD
- 4:45** **PM Panel Discussion (LIVE)**
Panel: Drs. Nejad, Chodosh and Reuben
- 5:00** **ADJOURN/ BREAK**
- 5:10** **Board Review Session C for Physicians (LIVE)**
Sarah Kremen, MD
- 6:40** **DAY 3 ADJOURN**

SATURDAY, SEPTEMBER 23, 2023

GERIATRIC NEUROLOGY/PSYCHIATRY I

Moderator: Aaron H. Kaufman, MD

- 8:00** **The Spectrum of Cognitive Dysfunction**
David B. Reuben, MD
- 8:35** **Pharmacological Treatment Across Dementia Syndromes**
Sarah Kremen, MD
- 9:10** **Psychiatric and Behavioral Symptoms in Alzheimer's and Other Dementias**
Aaron H. Kaufman, MD
- 9:45** **A Non-Pharmacologic Approach to Behavioral Management in Dementia**
Kemi Reeves, MSN, RN, GNP-BC

ARTHUR C. CHERKIN

MEMORIAL LECTURE AWARDEE

TONY WYSS-CORAY, MD



- D.H. Chen Distinguished Professor of Neurology and Neurological Sciences at Stanford University
- Associate Director of the Paul F. Glenn Center for the Biology of Aging
- Director of the Stanford Alzheimer's Disease Research Center Biomarker Core His lab studies brain aging and neurodegeneration with a focus on age-related cognitive decline and Alzheimer's disease. The Wyss-Coray research team is following up on earlier discoveries which showed circulatory blood factors can modulate brain structure and function and factors from young organisms can rejuvenate old brains. These findings were voted 2nd place Breakthrough of the Year in 2014 by Science Magazine and presented in talks at Global TED, the World Economic Forum, Google Zeitgeist, and Tencent's WE Summit in China
- Co-founder of Alkahest, a company developing plasma-based therapies to counter age-related diseases including Alzheimer's



- 10:20 AM Panel Discussion (LIVE)**
Panel: Drs. Reuben, Kremen, Kaufman, and Ms. Reeves
- 10:35 AM BREAK**
- 10:50 Arthur C. Cherkin Memorial Award Lecture: Young Blood for Old Brains**
Tony Wyss-Coray, PhD
- 11:25 Arthur C. Cherkin Lecture Q&A (LIVE)**
Tony Wyss-Coray, PhD
- 11:40 LUNCH BREAK**
- GERIATRIC NEUROLOGY/PSYCHIATRY II**
Moderator: Aaron H. Kaufman, MD
- 12:10 Treatment of Parkinson's Disease in the Geriatric Population**
Yvette M. Bordelon, MD, PhD
- 12:45 Ischemic Stroke: Treatment and Prevention**
Latisha Katie Sharma, MD, FAHA
- 1:20 Anxiety Disorders in the Elderly**
Jason Jalil, MD
- 1:55 PM Panel Discussion (LIVE)**
Panel: Drs. Bordelon, Sharma, and Jalil
- 2:10 Advances in Treatment and Management of Late-Life Depression**
Jurgen Unützer, MD, MPH, MA
- 2:45 Sleep Problems in Older People**
Cathy A. Alessi, MD
- 3:20 PM Panel Discussion (LIVE)**
Panel: Drs. Unützer and Alessi
- 3:35 Closing Remarks**
Dan Osterweil, MD, FACP and Susan L. Charette, MD
- 3:40 COURSE ADJOURN**



WHAT IS THE BOARD REVIEW?

- Over 5 hours of interactive board review sessions moderated by UCLA faculty
- Over 100 multiple-choice, case-based questions with answers explained by expert faculty geriatricians
- Audience response system allows you to assess your preparation for the Geriatric Board Examinations



REGISTRATION

39TH ANNUAL UCLA INTENSIVE COURSE IN GERIATRIC MEDICINE & BOARD REVIEW

September 20- 23, 2023

Course Number: B06101

39 th Annual UCLA Intensive Course in Geriatric Medicine & Board Review	Registration Fee
\$1,150 Physicians	
\$1,025 AGS Members	
\$950 Pharmacists	
\$850 ASCP Members	
\$850 All other allied health professionals	
\$675 Indian Health Services (<i>proof of employment required at time of registration</i>)	
\$675 Fellows and Other Trainees	

**Limited scholarships are available for clinicians in underserved areas. For more information, please contact the UCLA Geriatrics Department at 310-825-8253 and reference the "Intensive Course in Geriatrics scholarship."*

To register for the 39th Annual UCLA Intensive Course in Geriatric Medicine and Board Review using a credit card or ACH/electronic transfer, please visit <https://events.medschool.ucla.edu/event/geriatric2023>.

We accept Visa, MasterCard, American Express, Discover credit cards, and ACH/electronic transfer.

*Credit card and check payments via phone, fax, or mail are no longer accepted.

If you have questions, please contact the UCLA Center for Continuing Professional Development at ccpd@mednet.ucla.edu or 310.794.2620.

REGISTRATION FEES

- \$1,150 Physicians
- \$1,025 AGS Members
- \$950 Pharmacists
- \$850 ASCP Members
- \$850 All other allied health professionals
- \$675 Indian Health Services (*proof of employment required at time of registration*)
- \$675 Fellows and Other Trainees

REFUNDS

Cancellations must be received by email to ccpd@mednet.ucla.edu by Wednesday, August 30, 2023 and are subject to a \$75 processing fee. No refunds will be granted after that date. If, for any reason, the course must be cancelled, discontinued, or rescheduled, a full refund will be provided.

ACCREDITATION



CONTINUING EDUCATION (CE) CREDITS

ACCME Accreditation Statement

The David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The David Geffen School of Medicine at UCLA designates this live activity for a maximum of 32 (plus 5.25 for all board review sessions) *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 (ABIM) Maintenance of Certification (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 32 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



PHARMACY

Accreditation Statement

In support of improving patient care, Stanford Medicine 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.

Credit Designation

Accreditation Council of Pharmacy Education (ACPE)

Stanford Medicine designates this knowledge-based activity for a maximum of 32 hours.

Credit will be provided to NABP CPE Monitor within 60 days after the activity completion.

UAN: JA0000751-0000-23-005-L04-P

REGISTERED NURSES

The California State Board of Registered Nursing accepts courses approved for the *AMA PRA Category 1 Credits™* as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

DISCLOSURE STATEMENT

The FDA has issued a concept paper which classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is "truly independent" and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manages all identified potential conflicts of interest prior to the program. We at UCLA fully endorse the letter and spirit of these concepts.



This is one of the best courses I have ever attended: amazing depth and breadth of topics, all helpful to my daily practice of geriatric medicine.



— 2022 Attendee