INTEGRATED MENTAL HEALTH AND MEDICAL CARE FOR OLDER ADULTS: BRINGING SCIENCE AND PRACTICE TOGETHER

CANADIAN ACADEMY OF GERIATRIC PSYCHIATRY AND CANADIAN COALITION FOR SENIORS’ MENTAL HEALTH
PROGRAM

Upon completion of the conference, participants should be able to:

1. Describe the latest basic science and medical research as it relates to mental health promotion and care for older adults.
2. Identify best practices in mental health promotion and care for older adults to extrapolate into future practice.
3. Indicate how clinical practices and systems might evolve to close gaps between medical and mental health promotion and care to improve health outcomes.

This year’s ASM will be preceded by a one-day Pre-Conference Course in Geriatric Psychiatry on October 11th. To learn more about or register for this event, please [click here](#).

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>7:00 a.m. - 8:00 a.m.</td>
<td>Nova Scotia Ballroom Foyer</td>
<td>Conference Check-In Breakfast</td>
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<tr>
<td>8:00 a.m. - 8:15 a.m.</td>
<td>Nova Scotia Ballroom BC</td>
<td>Welcome and Opening Remarks</td>
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<td>Keri-Leigh Cassidy and Petal Abdool, ASM Co-Chairs</td>
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<td>Indigenous Blessing</td>
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<td>8:15 a.m. - 9:15 a.m.</td>
<td>Nova Scotia Ballroom BC</td>
<td>Comprehensive Medical and Mental Health Care for Older People: Is It a Right?</td>
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<td>Eileen Burns</td>
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<td><strong>Keynote Speaker</strong></td>
<td>At the end of this session, the participant will be able to:</td>
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<td>• identify the benefits of offering older people a comprehensive holistic assessment;</td>
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<td>• describe the key components of a holistic assessment;</td>
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<td>• recognize the importance of patient-centred care planning; and</td>
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<td>• recognize the relevance of frailty assessment to care planning.</td>
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<tr>
<td>9:15 a.m. - 10:15 a.m.</td>
<td>Acadia AB (Ground Floor)</td>
<td>Poster Session</td>
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<td>Time</td>
<td>Concurrent Sessions Block 1</td>
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| 10:15 a.m. - 11:15 a.m. | **1. Supporting Seniors’ Mental Health Through Age-Friendly Community Approaches in Atlantic Canada**  
Chair: Elaine Jones-McLean  

**2. Age-Friendly Communities: Using Indicators to Understand Age Friendliness as it Relates to Mental Health in Atlantic Canada**  
Heather Orpana  

**3. Social Vulnerability and Connections in the Clinical Care of Seniors**  
Melissa K. Andrew  

**4. Age-Friendly Initiatives in Summerside PEI - Building a Community Legacy of Seniors’ Inclusion**  
Judy-Lynn Richards  

**5. Collaborative Governance to Meet the Challenge of Aging: The Case of Age-Friendly Cities**  
Mario Paris  

At the end of this session, the participant will be able to:  
- introduce the concept of Age-Friendly Communities (AFC) to professionals and community members working or interested in the mental health of older adults;  
- describe AFC initiatives in the Atlantic Provinces and how they support the mental health of older adults across community and clinical settings; and  
- provide evidence for the relationship between activities in the eight AFC domains and the mental health of older adults.

| Location | 6. Collaborative Care for Psychiatric Disorders in Older Adults: From Evidence to Practice  
Chair: Nick Kates  
Tarek Rajji, Fiona Parascandalo  

At the end of this session, the participant will be able to:  
- identify the components of a treatment pathway for addressing depression, anxiety and mild cognitive impairment in primary care;  
- recognize the challenges faced in implementing a care pathway within primary care and the lessons learnt to date; and  
- discuss the range of potential activities for a geriatric psychiatrist working in primary care.  

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Social Event  
Plenary  
Resident  
Symposium  
Workshop  
Clinical Case  
Oral Abstract Presentation
| Nova Scotia Ballroom A | 7. Inter-Disciplinary Approach to Design and Implementation of a CBT Group for Depression in Older Adults (CBT-GD)  
Chair: Donna Pfefer Litman  
Petal Abdool, Camilo Yang, Donna Pfefer Litman  
At the end of this session, the participant will be able to:  
- review the evidence for use of CBT for treating depression in older adults;  
- discuss design and implementation of manual for CBT-GD group; and  
- highlight the benefits and barriers to CBT-GD group facilitation. |
|---|---|
| Nova Scotia Ballroom D | 8. Diagnosing Major Neurocognitive Disorders in Individuals with Intellectual Disability  
Catherine Cheng  
At the end of this session, the participant will be able to:  
- summarize the epidemiology of major neurocognitive disorders in individuals with intellectual disability;  
- explore a clinical approach to assessment and diagnosis of dementia in people with intellectual disability, including the use of screening tools; and  
- identify unique clinical features and challenges in the diagnosis and management of major neurocognitive disorders in individuals with intellectual disability.  
9. Dementia: Ambiguous Loss and Grief  
Mary Schultz  
At the end of this session, the participant will be able to:  
- describe what people with dementia and their families often experience with regards to ambiguous loss and grief;  
- identify, acknowledge and normalize the feelings and manifestations of grief and loss associated with dementia; and  
- discuss grief and loss through the continuum of dementia and provide resources and practical strategies.  
Mary Schultz  
At the end of this session, the participant will be able to:  
- predict the common feelings and misinformation that families have regarding death from dementia; |
<table>
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<tr>
<th>Concurrent Sessions Block 2</th>
<th>11:30 a.m. - 12:30 p.m.</th>
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</table>
Chair: Paul Blackburn  
Beverley Cassidy, David Conn, A. Baillod, V. Thoo, C. Lazaro, Amanda Canfield, E. Gregory, D. Bhangoo, S. Chaudhari, O. Yashchuk, A. Myles  
At the end of this session, the participant will be able to:  
• discuss the variability and flexibility of career paths in geriatric psychiatry;  
• identify future career options in education, research, advocacy and community practice after participating in a panel discussion with experts in the field of geriatric psychiatry; and  
• network with experts in a career path of similar interest to the attendee by engaging in focused small group discussions. |
| Nova Scotia Ballroom BC     | 12. Psychotic, Rigid, and Febrile: Deciding to Stop Antipsychotic Medication in a Patient with Both Neuroleptic Malignant Syndrome (NMS) and Severe and Persistent Mental Illness  
Sarah Levitt, Robert Madan  
At the end of this session, the participant will be able to:  
• determine the differential diagnosis of NMS;  
• manage treatment of NMS in older adults with SPMI; and  
• discuss management of NMS with clinicians, patients and their families. |
| Nova Scotia Ballroom D      | 13. Mobilizing the Uptake of the Guidelines for Comprehensive Mental Health Services for Older Adults in Canada  
Chair: Francine Knoops  
Marie-France Rivard, Sareda Quah-Vo, Kimberley Wilson, Simone Powell  
At the end of this session, the participant will be able to:  
• recognize the key challenges and barriers in activating uptake of the Canadian Guidelines for Comprehensive Mental Health Services for Older Adults in Canada and current knowledge exchange (KE) activities by the Mental Health Commission of Canada; |
### Acadia C (Ground Floor)

<table>
<thead>
<tr>
<th>14. <strong>The Use of ECT in Patients with BPSD</strong></th>
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<tbody>
<tr>
<td>Sameh Hassan, Mike Flynn, Shabbir Amanullah, K.S. Shivakumar, P. Krishna</td>
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At the end of this session, the participant will be able to:
- describe the indications for the use of ECT in this context;
- apply this method to practitioner’s own population; and
- assess outcomes.

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<tr>
<th>15. <strong>Development and Evaluation of Web Application (DObs) for Direct Behavioural Observation in Dementia</strong></th>
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<tr>
<td>Andrea Iaboni</td>
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</table>

At the end of this session, the participant will be able to:
- describe the importance of direct behavioural observation on the assessment of behavioural symptoms of dementia;
- discuss an approach to application development and evaluation; and
- review barriers and facilitators to the use of mobile technology in clinical residential care.

### Lunch

12:30 p.m. - 1:30 p.m.  
Nova Scotia Ballroom BC

Please grab lunch in the Nova Scotia Ballroom Foyer and join us for a welcome from Mr. Simon d’Entremont, Nova Scotia’s Deputy Minister of the Department of Seniors. Immediately following, you’re welcome to pull up a chair and join one of the CAGP-CCSMH Table Topics which are being held throughout Ballroom BC during the latter half of the lunch hour.

**Table Topic Sessions:**
- #1 and #2: World Psychiatric Association Positive Psychiatry Section Meeting and Fountain of Health (including speakers bureau) – led by Drs. Kiran Rabheru and Beverley Cassidy and CCSMH / Allied Health and Substance Abuse Guidelines – led by Dr. David Conn and Claire Checkland
### #3: Age Friendly Communities and Regional Networks
Led by Simon d’Entremont, Elaine Jones-McLean, Sharon Young, Simone Powell and Dr. Marie-France Rivard

### #4: Research Interests
Led by Drs. Dallas Seitz and Mark Rapoport

### #5: 2019 ASM and Social Planning
Led by Dr. Petal Abdool and Danielle Webster

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<tr>
<th>Time</th>
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<th>Event Description</th>
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<tr>
<td>12:30 p.m. – 1:30 p.m.</td>
<td>Nova Scotia Ballroom A</td>
<td>Trainee Lunch</td>
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<tr>
<td>1:30 p.m. - 2:30 p.m.</td>
<td>Nova Scotia Ballroom BC</td>
<td>Spectrum of Non-Alzheimer Dementias: An Approach to Atypical Presentations</td>
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<td>Sultan Darves</td>
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<td>2:30 p.m. – 3:00 p.m.</td>
<td>Nova Scotia Ballroom Foyer</td>
<td>Networking Break with music by Dr. John Klukach</td>
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<td>3:00 p.m. - 4:00 p.m.</td>
<td>Nova Scotia Ballroom BC</td>
<td>Concurrent Sessions Block 3</td>
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<td>16. Clinical Guidelines on Substance Use Disorders Among Older Canadians: Development and Key Recommendations&lt;br&gt;Chair: David Conn&lt;br&gt;&lt;br&gt;At the end of this session, the participant will be able to:&lt;br&gt;• describe the prevalence, nature and consequences of substance use disorder among older Canadians;&lt;br&gt;• identify the process used and the challenges faced during the development of clinical guidelines to address substance use disorder among older Canadians; and&lt;br&gt;• outline key recommendations related specifically to alcohol, benzodiazepine, cannabis and opioid use disorders among older Canadians.</td>
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<td>17. Substance Use Disorders Among Older Adults&lt;br&gt;Karen Reimers, Nancy Vasil</td>
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</table>
At the end of this session, the participant will be able to:
- describe the epidemiology of substance use disorders among older adults;
- identify the unique vulnerabilities of older adults regarding the use of substances; and
- demonstrate the need for the prevention, screening, assessment and treatment of substance use disorders in this population.

### 18. Development of National Clinical Guidelines on Substance Use Disorders Among Older Canadians

David Conn, Christopher Kitamura

At the end of this session, the participant will be able to:
- describe the process utilized for the development of these guidelines;
- describe some of the challenges and limitations inherent in the process; and
- consider the role of people with lived experience (PWLE) in developing the guidelines.

### 19. Key Recommendations from Clinical Guidelines on Substance Use Disorders Among Older Canadians

David Gardner, Kiran Rabheru, Dallas Seitz, Lisa Van Bussel

At the end of this session, the participant will be able to:
- describe the key recommendations from the new guidelines;
- apply strategies for dissemination and knowledge mobilization of the guidelines; and
- review and provide feedback on the strengths, weaknesses and practicality of the guideline recommendations.

### Nova Scotia D

#### 20. Meaning, Purpose and Personhood in Long-Term Care Settings

Chair: Shabbir Amanullah

Mark Dager, Karen Cassells, Amy Swayze

At the end of this session, the participant will be able to:
- describe the individual; meaning, purpose and personhood;
- decrease responsive incidents with transition to permanent long-term care placements; and
- enhance knowledge exchange and collaboration.

### Acadia C (Ground Floor)

#### 21. From Disabling Transitions to (Re)Stabilizing Care: Analyzing the Global Challenge of Dementia from a Service Delivery Perspective

Katie Aubrecht
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<th>Social Event</th>
<th>Plenary</th>
<th>Resident</th>
<th>Symposium</th>
<th>Workshop</th>
<th>Clinical Case</th>
<th>Oral Abstract Presentation</th>
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22. Pharmacological and Clinical Profile of Newer Atypical Antipsychotics as Treatments for Bipolar Disorder: A Systematic Review and Considerations for Use in Older Patients
Sumit Chaudhari

At the end of this session, the participant will be able to:
- consider international directions in dementia policy;
- examine how transitions are being considered within dementia strategies from a service delivery perspective; and
- discuss behavioural transitional care support/stabilization units as a case.

23. Exercise Intervention in a Psychiatric Outpatient Clinic
Sivan Klil-Drori

At the end of this session, the participant will be able to:
- describe the impact of exercise on the brain and benefits of exercise to mental health;
- explain different aspects of exercise e.g., social, psychological, cognitive and physical health; and
- introduce potential and beneficial interventions to older adults in geriatric psychiatric clinics.

24. Towards Prevention of Mild Cognitive Impairment in Older Adults with Depression: A Longitudinal Analysis of Potentially Modifiable Risk Factors
Damien Gallagher

At the end of this session, the participant will be able to:
- describe possible mechanisms linking depression with cognitive decline;
- identify which older adults with depression are most at risk of cognitive decline; and
- list several potentially modifiable risk factors for cognitive decline.
### 25. The Fountain of Health Wellness App: Inviting and Supporting Health Behaviour Change
Beverley Cassidy

At the end of this session, the participant will be able to:
- use The Fountain of Health Wellness app to invite and support health behaviour change in frontline care;
- appreciate an invitational rather than prescriptive model for health behaviour change; and
- assess readiness for health behaviour change in the office.

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<tr>
<th>4:10 p.m. - 5:10 p.m.</th>
<th>Concurrent Sessions Block 4</th>
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</table>
| Nova Scotia D         | 26. #CAGPCCSMH2018: Twitter for Education and Advocacy in Seniors’ Mental Health
Amanda Canfield, Crystal Zhou, Andrea Iaboni |

At the end of this session, the participant will be able to:
- demonstrate how to set up a Twitter account for professional use;
- showcase some of the benefits of Twitter for health care professionals including advocacy, education, advertising, resource sharing, networking and engaging trainees;
- discuss and practice how to use features and functions of Twitter; and
- highlight key ways to efficiently and effectively utilize Twitter for scholarly activities.

| Nova Scotia Ballroom BC | 27. Practical Strategies of Interdisciplinary Care of Behavioural Disturbances of Cognitively Impaired Older Adults in Acute Care Hospitals
Kiran Rabheru, Margaret MacKenzie Neil |

At the end of this session, the participant will be able to:
- recognize the importance of early detection and management of behavioural disturbances of older adults in an acute care setting using an interdisciplinary team approach;
- develop a team care plan for non-pharmacological interventions to target tailored implementation strategies; and
- create an interdisciplinary team approach to optimize care of behavioural disturbances including first-line, second-line and last resort choices of pharmacological interventions.

| Acadia C (Ground Floor) | 28. Developing Interactive Modules for Geriatric Psychiatry Curriculum
Terry Chisholm, Cheryl Murphy |

CAGP-CCSMH Annual Scientific Meeting | October 12-13, 2018 | Halifax Marriott Harbourfront Hotel
David Conn |
| At the end of this session, the participant will be able to: |
| • describe the results of a survey of CAGP members related to telepsychiatry services; |
| • discuss possible barriers to the provision of geriatric telepsychiatry services; and |
| • consider approaches to further develop such services in Canada. |

| 30. Sexual Orientation and Gender Identity Matter: The Case for Inclusive Mental Health Practices with Older Adults  
Kimberley Wilson |
| At the end of this session, the participant will be able to: |
| • describe the social and historical contexts of current older adults who identify as lesbian, gay, bisexual and transgender and how these contexts may influence their relationship with mental health care providers; |
| • review the mental health experiences of LGBT older adults as they navigate the health care system; and |
| • identify mental health disparities between older lesbian, gay and bisexual older adults and their heterosexual peers. |

| 31. An Immersive Simulation Experience to Build Empathy for Geriatric Patients  
Petal Abdool |
<p>| At the end of this session, the participant will be able to: |
| • describe unique challenges faced by geriatric patients with co-occurring physical and mental health needs; |
| • examine key design considerations for immersive simulation experiences; and |
| • demonstrate how a mixed methods framework can be used to evaluate learning outcomes and inform program improvements. |</p>
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>5:20 p.m. - 6:20 p.m.</td>
<td>CAGP Annual General Meeting (members only)</td>
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<tr>
<td>Nova Scotia Ballroom BC</td>
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<tr>
<td>7:00 p.m. - onward</td>
<td>Inaugural 2018 CAGP-CCSMH Celebration and Awards Dinner</td>
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<tr>
<td>The Auction House Brew Pub, 1726 Argyle Street</td>
<td>Theme: A Maritime Kitchen Party (with live music)</td>
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<td>(Please note: tickets are additional and must be purchased in advance)</td>
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<tr>
<td>7:00 p.m. - Social</td>
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<td>8:00 p.m. - Dinner and Awards</td>
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<tr>
<td>CAGP Outstanding Contributions in Geriatric Psychiatry Award Presentation</td>
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<td>2018 CAGP Psychiatry Resident and Geriatric Psychiatry Subspecialty Resident Awards Presentations</td>
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<td>2018 CAGP-CCSMH Awards Presentations</td>
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<td>9:30 p.m. - Resident gathering begins</td>
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### Saturday, October 13, 2018

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<tr>
<th>Time</th>
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<tr>
<td>7:00 a.m.</td>
<td>3rd Annual CAGP Fun Run/Walk</td>
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<td>Meet in the hotel lobby at 7:00 a.m. sharp</td>
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<td>7:45 a.m. - 8:30 a.m.</td>
<td>Conference Check-In</td>
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<td>Breakfast</td>
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<td>8:30 a.m. - 9:00 a.m.</td>
<td>Better Together: How Integrated Models of Geriatric Medicine and Psychiatry Can Deliver Superior Results</td>
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<td>Samir Sinha</td>
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<td>At the end of this session, the participant will be able to:</td>
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<td>- describe why geriatric medicine and psychiatry sometimes have trouble collaborating;</td>
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<td>- review some emerging models of integrated care between the two specialties; and</td>
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<td>- discuss the transformative impact these models can have.</td>
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<td>9:00 a.m. - 9:45 a.m.</td>
<td>Panel Discussion</td>
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<td>32. Integrated Mental and Physical Health Care of Older Adults: How Do We Deliver the Goods?</td>
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<td>Chair: Claire Checkland</td>
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<td>Eileen Burns, Samir Sinha, Kiran Rabheru, Monica Bretzlaff, Simone Powell</td>
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<td>At the end of this session, the participant will be able to:</td>
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<td>- describe the critical elements that foster synergistic care from an inter-professional lens;</td>
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<td>- apply evidence-based methodologies to strengthen authentic communication, clinical assessment and holistic person-driven care planning; and</td>
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<td>- utilize practical resources and tools for enhancing seamless collaboration across sectors.</td>
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<td>9:45 a.m. - 10:30 a.m.</td>
<td>Networking Break with music by Dr. John Klukach</td>
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<tr>
<td>9:45 a.m. - 10:30 a.m.</td>
<td>Track Poster Session (invite only)</td>
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<td>10:30 a.m. - 11:30 a.m.</td>
<td>Concurrent Sessions Block 5</td>
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<td>33. There’s No Place Like Home - Meeting the Needs of Nova Scotia’s Aging Population</td>
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<td>Susan Stevens, Gerry Hamilton, Patricia Baker, Kathy Bonner</td>
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<td>Session</td>
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| Nova Scotia A | 34. The CARER Tool: A Novel Non-Pharmacological Intervention for Family Caregivers | Robert Madan, Kenneth Schwartz                  | At the end of this session, the participant will be able to:  
- list evidence-based approaches to responsive behaviours in dementia;  
- describe the theoretical basis for the CARER Tool; and  
- list the steps involved in managing responsive behaviours using the CARER Tool. |
| Nova Scotia Ballroom BC | 35. Autism in the Elderly: Addressing its ‘Existence’ and Recognition of Features and Management | Shabbir Amanullah, Sameh Hassan, K.S. Shivakumar, P. Krishna | At the end of this session, the participant will be able to:  
- recognize the occurrence of autism in the elderly;  
- describe the features/signs and symptoms of autism in the elderly; and  
- address current evidence and management of autism in the elderly. |
| Nova Scotia D | 36. Provision of Geriatric Psychiatric Care in a Rural Primary Care Practice Utilizing Allied Health Care Professionals | Heather Haworth                                 | At the end of this session, the participant will be able to:  
- use urban specialized geriatric psychiatric services to train and continually educate rural primary care allied health care professionals;  
- integrate allied health care professionals in assessment and treatment of geriatric patients; and  
- determine the advantage of home visits. |

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<table>
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<tr>
<th>Session</th>
<th>Title</th>
<th>Authors</th>
<th>Description</th>
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| 38. | Joint Impact of Frailty and Depression on Cognition | Melissa K. Andrew, Judith Godin | At the end of this session, the participant will be able to:  
- demonstrate that different patterns of depression are associated with baseline cognition and changes in cognition over time;  
- determine the importance of multiple factors, including history of depression, frailty and social vulnerability that can influence cognitive health as we age; and  
- describe how the relationship between frailty and cognition is different based on patterns of depression. |
| 39. | Capacity Assessment in Older People: Interactive Case Workshop | Karen Reimers | At the end of this session, the participant will be able to:  
- identify common clinical scenarios that may require assessment of mental capacity in the elderly;  
- use practical clinical tools for assessment of mental capacity in the elderly; and  
- describe common clinical and ethical dilemmas surrounding the assessment of mental capacity in the elderly. |
| 40. | Help Us Build the Atlantic Seniors’ Mental Health Network (ASMHN): Bring Your Boldest Ideas! | Keri-Leigh Cassidy, Shabbir Amanullah, Beverley Cassidy, Debbra Cyr-Lebel, Sarah Krieger-Frost, Sarah Thompson, Dean Gambin, Katie Aubrecht, Wendy McVeigh | At the end of this session, the participant will be able to:  
- describe the development of the ASMHN in Eastern Canada and its mandate;  
- differentiate the current strengths and vulnerabilities of the ASMHN; and  
- examine opportunities to contribute to the ASMHN. |
| 41. | A Case of Mania Following Stroke | Elyse Ross, Lauren Mussen, Amer M. Burhan | At the end of this session, the participant will be able to:  
- recognize mania as a potential consequence of stroke in the elderly; |
• differentiate stroke-induced mania from other psychiatric and medical conditions, such as delirium; and
• list effective pharmacologic treatment options for mania following stroke.

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<tr>
<th>Time</th>
<th>Event Description</th>
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| 12:50 p.m. – 1:30 p.m. Nova Scotia Ballroom BC | Closing Remarks  
Keri-Leigh Cassidy and Petal Abdooll, ASM Co-Chairs  
Awards Overview and Poster Award Presentation  
Bonnie Wiese, Awards Chair  
2017 CAGP Geriatric Psychiatry Training Award Winner Presentations  
Grab and Go Lunch |
| 1:30 p.m. Nova Scotia Ballroom Foyer | Grab and Go Lunch |

Closing Afternoon Social Events

Networking Afternoon

Enjoyable destination and social events are planned! Take a scenic vineyard tour or enjoy exploring the city! To participate in a group event, please register for one of the following options:

Option A: NOVA SCOTIA WINE COUNTRY TOUR
1:45 p.m. - 6:30 p.m.
Join us for an autumn vineyard tour in the Annapolis Valley (see details and register here)

OR

Option B: MAUD LEWIS GALLERY TOUR
1:45 p.m. - 3:00 p.m.
Stay in town and enjoy a guided tour of Maud Lewis’ original house at the Nova Scotia Art Gallery (see details and register here)

Posters

<table>
<thead>
<tr>
<th>Poster #</th>
<th>Title</th>
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| 42       | Convulsive Neurostimulation Therapies in Parkinson’s Disease with Depression: Protocol for a Prospective, Open-Label Clinical Trial Comparing Outcomes of Electroconvulsive Therapy and Magnetic Seizure Therapy  
Nicholas J. Ainsworth, Fidel Vila-Rodriguez |
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