

The American University of Beirut, Faculty of Medicine  
invites you to attend

THE SECOND ANNUAL WORKSHOP  
**GERIATRICS SKILLS ENHANCEMENT IN PRIMARY CARE**  
IMPROVING CARE OF THE OLDER ADULT



OCTOBER 5-8, 2021 | 12:00 - 15:00  
VIRTUAL EVENT

SYLLABUS





# Message from the Activity Director



Dear colleagues,

The rapidly rising prevalence of chronic diseases in an aging population presents a challenge to primary care physicians. Despite efforts to incorporate geriatric education at all levels of medical training, the primary healthcare workforce struggles to provide comprehensive care to older adults with multiple chronic diseases, as well as to proactively anticipate and counteract changes in older adults' physical and mental health.

The World Organization of Family Doctors (WONCA) and the WONCA Special Interest Group on Aging and Health issued a policy statement in 2018 emphasizing that "Family Doctors are core to the delivery of quality care for older people." In addition to providing comprehensive care and a patient-centered approach, family physicians offer continuity and coordination of care, which is particularly important to older adults and their caregivers. WONCA recommends that primary care physicians undergo capacity building training to be better prepared at caring for an aging population.

In line with WONCA Statement on Older People's Care and the American University of Beirut (AUB) Faculty of Medicine's vision of providing education and training that is responsive to the globally evolving needs in patient care, the First Annual Geriatric Skills Enhancement in Primary Care workshop was held in 2020 with the aim of improving primary care physicians' knowledge, attitude, and skills in managing complex medical problems in older adults. The Second Annual Geriatric Skills Enhancement in Primary Care workshop, which will be held from October 5 to 8, 2021, welcomes primary care physicians and other healthcare professionals engaged in the care of older adults. We are looking forward to this year's workshop, which will feature outstanding speakers from AUB Faculty of Medicine as well as different countries. I hope you have a rewarding educational experience and that you make the most of this opportunity to improve the delivery of care to your older patients.

**Georges Assaf, MD, MPH**

Clinical Assistant Professor of Family Medicine

Geriatrics and Sleep Medicine

Director of Quality

Program Head, Brain Health and Wellness

Department of Family Medicine

American University of Beirut Medical Center

Adjunct Assistant Professor – The University of Illinois at Chicago

# General Information

In 2010, around 8% of the world's population was aged 65 years or over, and this is expected to double to 16%, by 2050. Older adults constitute the fastest-growing segment of the Lebanese population and Lebanon has the highest proportion of older citizens among countries in the region. Geriatric care constitutes around 65% of the care provided in primary care, so training healthcare providers on providing appropriate care for older adult is of crucial importance. Primary care providers are at the frontlines of geriatric care; therefore, having basic knowledge and skills in geriatric principles will ensure the provision of safe and effective care of our older adults. This workshop is designed to provide physicians and other healthcare professionals with the knowledge and skills to recognize and address common problems in older adults. Lectures are supplemented with clinical cases that emphasize practical approaches to the complex problems of the geriatric population.

## The Goal of the Workshop

To improve primary care physicians' knowledge, attitude, and skills in managing complex medical problems in older adults.

## General Learning Objectives

1. Describe an evidence-based approach to evaluation and management of obesity in the geriatric population.
2. Discuss how technology enhances older adult care across the globe.
3. Identify an evidence-based approach to diagnosis and management of Alzheimer's disease in primary care.
4. Describe an evidence-based approach to assessment and management of common infections in the critically ill older patient.
5. Identify an evidence-based approach to evaluation and management of hypertension of the older adult.
6. Describe an evidence-based approach to evaluation and management of diabetes mellitus in the older adult.
7. Define an evidence-based approach to the assessment of older adults with acute abdominal pain.
8. Describe an evidence-based approach to the assessment of older adults with rheumatologic diseases.

## Target Audience

This workshop is intended for primary care physicians, physicians in all specialties, and other health professionals who care for older adults.

## Date and location

October 5 - 8, 2021

The workshop will be delivered online.

## Prerequisite

None

## Workshop Features

- Four 2-hour online sessions over 4 days
- Interactive learning
- Interprofessional approach

## Continuing Medical Education Credits from the Lebanese Order of Physicians (LOP) Local Accreditation

This activity also complies with the Lebanese Order of Physicians (LOP) in Lebanon's continuing education guidelines.

## Registration Fee

Online Attendance: LBP 200,000 for LOP members & USD 300 for non-LOP

Registration Fee entitles the attendee to the following:

- Full Access to the e-workshop
- Course material in PDF format
- CME credits and certificate of attendance

# Keynote Address: Strategies for dementia prevention: Latest evidence and implications

*Keynote Speaker: Dimity Pond MBBS, FRACGP, PhD*



Dimity Pond MBBS, FRACGP, Ph.D., is Professor of General Practice, School of Medicine and Public Health, University of Newcastle, Australia. She is also a general practitioner in clinical practice. She collaborates with a range of primary care and other researchers across Australia and internationally and conducts research in the areas of mental health and particularly dementia, focusing mainly on dementia diagnosis and management in primary care.

Her projects have included development of primary care guidelines for the management of dementia, a randomized controlled trial of general practitioners education in dementia diagnosis, a nurse practitioner project, and several studies exploring the role of the general practice nurse in dementia identification and management. She has had over \$20 million in research funds and has published over 150 papers in peer-reviewed journals.

# Session 1:

## Evaluation and Management of Obesity in the Geriatric Population

### Learning outcomes:

1. Describe the epidemiology of aging and obesity.
  2. Identify obesity in clinical practice and the limits of BMI as a measure in older adults.
  3. Recognize the impact of obesity on health outcomes relevant to older patients and the risks of weight loss.
  4. Conduct an initial evaluation of the patient with obesity.
  5. Describe the pharmacological and surgical weight Loss interventions for the treatment of the aging patient with obesity.
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# Session 2:

## The Future of Aging: How Technology Enhances Older Adult Care Across the Globe

### Learning outcomes:

1. Appreciate the increasing aging population and lack of geriatric trained clinicians.
2. Describe the challenges and solutions of using technology to meet the needs of the aging population.
3. Recognize the impact of healthcare technology on health outcomes relevant to older patients.
4. Identify mobile solutions to assess and manage common geriatric syndromes.

## Session 3:

# Diagnosis and Management of Alzheimer's Disease in Primary Care

### Learning outcomes:

1. Identify early signs and symptoms of dementia.
  2. Distinguish Alzheimer's disease (AD) from age-related "normal" cognitive changes and pseudodementia.
  3. Perform an evidence-based diagnostic workup that includes cognitive testing, laboratory tests, and imaging when indicated.
  4. Describe an appropriate management plan that includes evidence-based pharmacological, cognitive, and behavioral interventions.
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## Session 4:

# Infections in the Critically Ill Older Patient

### Learning outcomes:

1. Appreciate the relationship between predisposing factors and vulnerability for severe infections in older adults.
2. Describe the most commonly seen infections in critically ill older patients.
3. Recognize the atypical presentations of infections in older adults.
4. Discuss the challenges in the assessment of infection.
5. Describe the management approach of infected critically ill older patients.

# Session 5: Evaluation and Management of Hypertension of the Older Adult

## Learning outcomes:

1. Identify discrepancies in the various clinical practice guidelines. concerning initiation of antihypertensive therapy and target blood pressure goals in older adults.
  2. Recognize the role of patient-related factors, including comorbidities, in the management of HTN in older adults.
  3. Discuss medication-related factors and their impact on managing HTN in older adults.
  4. Develop a treatment plan for HTN management in older adults that incorporates medication therapy management principles.
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# Session 6: Evaluation and Management of Diabetes Mellitus in the Older Adult

## Learning outcomes:

1. Describe current guidelines to guide therapy decisions in older adults with diabetes.
2. List patient-specific characteristics to individualize A1C and blood glucose goals.
3. Compare the potential risks versus benefits of therapies for older adults.
4. Explain the management approach to persistent hyperglycemia.
5. Evaluate medication regimens of older adults to determine candidacy for deprescribing.

# Session 7:

## Assessment of Older Adults with Acute Abdominal Pain

### Learning outcomes:

1. Identify and discuss causes of abdominal pain in the geriatric patient population.
  2. Describe atypical causes of acute abdominal pain.
  3. Recognize the atypical presentation of abdominal pain in older adults that may differ from that of the younger patient.
  4. Explain the diagnostic approach to the most common causes of abdominal pain in older adults.
  5. Determine when to initiate a referral to gastroenterology or surgery.
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# Session 8:

## Common Rheumatologic Diseases in the Older Adult

### Learning outcomes:

1. Discuss age-related changes in the immune system and pattern of rheumatological diseases in the older adults.
2. Conduct an appropriate history, physical examination, and laboratory investigation.
3. Recognize the diagnostic and therapeutic challenges inherent in the management of rheumatologic disease in this age group.
4. Identify some pharmacotherapeutic pearls in rheumatology for the care of older adult patients.

# Program Agenda

## Tuesday, October 5, 2021

- 11:30 - 12:00      **Welcome and Introduction**
- 12:00 - 1:00      **Strategies for Dementia Prevention:**  
Latest Evidence and Implications  
*Dimity Pond MBBS, FRACGP, PhD*
- 1:00 - 2:00      **Evaluation and Management of Obesity in the Geriatric Population**  
*Marlene Chakhtoura, MD, MSc*

## Wednesday, October 6, 2021

- 1:00 - 2:00      **Diagnosis and Management of Alzheimer's Disease in Primary Care**  
*Dimity Pond MBBS, FRACGP, PhD*
- 2:00 - 3:00      **The Future of Aging:**  
How Technology Enhances Older Adult Care Across the Globe  
*Valerie Gruss, Ph.D., APN, CNP-BC*

# Thursday, October 7, 2021

- 12:00 - 1:00      **Infections in the Critically Ill Older Patient**  
*Umayya Musharrafeh, MD, MPH, MHPE*
- 1:00 - 2:00      **Evaluation and Management of Hypertension of the Older Adult**  
*Ali Abu-Alfa MD, FASN, FAHA*

# Friday, October 8, 2021

- 12:00 - 1:00      **Evaluation and Management of Diabetes Mellitus in the Older Adult**  
*Mona Nasrallah, MD*
- 1:00 - 2:00      **Assessment of Older Adults with Acute Abdominal Pain**  
*Afif Mufarrij, MD*
- 2:00 - 3:00      **Common Rheumatologic Diseases in the Older Adult**  
*Mira Merashli, MD*
- 3:00 - 3:15      **Closing Remarks**

# Speakers Biographies



**Marlene Chakhtoura, MD, MSc**

Dr. Chakhtoura is an Assistant Professor of Clinical Medicine at the American University of Beirut (AUB), Beirut - Lebanon. She obtained her medical degree from the Lebanese University in 2008. She subsequently joined AUB to complete her residency, her clinical fellowship in Endocrinology, and her three-year research fellowship at the Calcium Metabolism and Osteoporosis Program.

She received the SHARP Master of Sciences degree in Health Research in November 2015. Dr. Chakhtoura's research interest revolves around bone health/osteoporosis, obesity, and the association between them. She is well-published in first-tier journals. Dr. Chakhtoura was selected to join the Alpha Omega Alpha Honor Medical Society, AUB Chapter, in 2015. She is also the recipient of several awards, from international and national institutions.

# Speakers Biographies



**Valerie Gruss, PhD, APRN, GNP-BC, FAAN**

Dr. Valerie Gruss is a Clinical Professor at the University of Illinois Chicago, U.S.

In decades of work as a clinician, researcher, and educator, Dr. Gruss' innovative research solutions have created workforce training programs, new models of care, and copyrighted technology to address the needs of our increasingly aging population and create age-friendly communities across the globe.

Dr. Gruss' research innovation in digital technology was recognized by the prestigious American Academy of Nursing "Edge Runner" award. This distinguished award recognizes nurse-designed models of care and interventions that impact cost, improve healthcare quality and enhance consumer satisfaction. As Principal Investigator of two HRSA Geriatric Workforce Enhancement Program grants (2019-2024 and 2015-2018), she has created nine innovative sustainable geriatric programs ([engageil.com](http://engageil.com)). Her advanced research approaches and commitment to collaboration have led to collaborative research grants, multiple publications, international/national/regional presentations, and the development of validated research instruments. As a Geriatrician, she identified the vital need for geriatric training and created the Online Accredited Learning in Interprofessional Geriatrics (ENGAGE-IL-OALIG) program (copyrighted, licensed). OALIG contains a library of 27 geriatric topic education modules (30 minutes each) available for free through her website ([engageil.com](http://engageil.com)). The significant program impact is demonstrated by high utilization. Since 2017 over 18,258 online modules have been completed by over 5,000 learners across the U.S.

To establish Dementia-Friendly Communities Dr. Gruss developed three programs. Vertical Independent Villages in partnership with the City of Chicago trains high-rise senior building management staff to identify and better address the needs of older residents with memory loss. The Dementia Friendly Prisons program is training prison Correctional Officers about dementia and to assist older inmates experiencing memory loss. Using mobile technology to educate patients and communities about Alzheimer's Disease Dr. Gruss created the Dementia Guide Expert free mobile app for iOS and Android. Launched in 2017 the app has been downloaded/viewed over 56,211 times in 12 countries. In 2018 it was translated into Spanish ("Guia Experta Sobre La Demencia") and in 2019 into Korean (치매 안내 전문가). Dr. Gruss is currently working on creating an accessible version for people with disabilities.

Information on Dr. Gruss' other programs can be found at her website: [Engageil.com](http://Engageil.com)

# Speakers Biographies



**Umayya Musharrafieh, MD, MPH, MHPE**

Dr. Umayya Musharrafieh is a Full Professor of Clinical Family Medicine and Interim Chair of the Department of Family Medicine at the American University of Beirut Medical Center. She is also an Infectious Disease specialist and the Director of Undergraduate Medicine Education.

Dr. Musharrafieh is a practicing physician and has been actively involved in medical student and resident education.

Besides her clinical specialties, she obtained a Master's Degree in Public Health (Service Management) from the London School of Hygiene and Tropical Medicine, and a Master's Degree in Medical Education from Keel University in the United Kingdom. She is the author of a critically acclaimed book about how to be a better physician in an ever-changing world, "A Snake in the ER". Dr. Musharrafieh is the recipient of numerous awards and has authored more than fifty peer-reviewed articles with a special interest in infectious diseases.

# Speakers Biographies



## Ali Abu-Alfa MD, FASN, FAHA

Dr. Ali Abu-Alfa is a tenured Professor of Medicine and Head of the Division of Nephrology and Hypertension at the American University of Beirut (AUB). He is the Director for the Human Research Protection Program at AUB, and Research Affairs at AUB Medical Center. He joined AUB in 2010 after spending 2 decades at the Yale School of Medicine in New Haven, CT, USA, and remains an Adjunct faculty member at Yale in the Section of Nephrology.

He earned his MD degree from AUB in 1985, completed a residency in Internal Medicine at Northwestern in 1990, and a fellowship in Nephrology at Yale in 1993. He is board-certified by the American Board of Internal Medicine-Nephrology, is a certified hypertension specialist (AHSCP) and a Fellow of the American Heart Association, and a member of its hypertension council.

In December 2014, he launched and is serving as founding President of the Middle East Chapter of the International Society for Peritoneal Dialysis. He is currently the President of the Lebanese Society of Nephrology and Hypertension.

He is the Chair of the International Society of Nephrology (ISN)-Middle East Regional Board and is an ISN council member. He is also the deputy-Chair of the ISN Renal Disaster Preparedness Workgroup and a member of the Continuous Medical Education Committee of the ISN. He completed a 3 years term as a member of the KDIGO Executive committee in Dec 2018.

In addition to his strong engagement in regional and international nephrology circles, Dr. Abu-Alfa's continues to pursue his scientific interests in the areas of Peritoneal Dialysis, Chronic Kidney Disease (CKD), complex hypertension, Mineral and Bone Disorder in CKD, imaging issues in kidney patients including Nephrogenic Systemic Fibrosis and use of Gadolinium Based Contrast Agents. He is also very active in the sphere of research ethics, its regulatory and administrative frameworks, and the protection of human subjects in research.

# Speakers Biographies



**Mona Nasrallah, MD**

Dr. Mona Nasrallah is an Associate Professor of Clinical Medicine and the Program Director of the Endocrinology Fellowship Program in the Division of Endocrinology and Metabolism at the American University of Beirut Medical Center. She earned her MD degree from AUB in 1995 with distinction, completed a combined residency in Internal Medicine and Pediatrics at Cleveland Clinic Foundation in 2000, and a fellowship in Endocrinology and Metabolism at Case Western Reserve University Hospitals in 2003.

She is board-certified by the American Board of Internal Medicine-Endocrinology and Pediatrics. Since joining AUBMC, Dr. Nasrallah has been actively involved in medical students, residents, and fellow education. She is the recipient of various awards, including the Gold Humanism Award in 2021 and the research mentor for the AUBMC Fellowship and Residency Research Program project that won third place for best oral presentation. Dr. Nasrallah is also a researcher with over forty peer-reviewed articles published in regional and international journals.

# Speakers Biographies



**Afif Mufarrij, MD**

Dr. Afif Mufarrij is one of the founders of the Department of Emergency Medicine at AUBMC in 2007. He is board-certified in both Emergency Medicine and Primary Care Sports Medicine. Dr. Mufarrij is an Associate professor and currently the Program Director for the Emergency Medicine Residency Program at AUBMC. Before assuming this position, he had established the first Primary Care Sports Medicine Fellowship at AUBMC in 2019.

Dr. Mufarrij is also the founding chief of service of the Emergency Department at Keserwan Medical Center in 2015 and was the first director of Professional Practice Development for the AUBMC ED in 2012. Dr. Mufarrij loves research and teaching and has been heavily involved in medical student and resident education since joining AUB. He has a special interest in point of care ultrasound (POCUS), traumatic brain injuries, and regenerative medicine.

# Speakers Biographies



**Mira Merashli, MD, FRCP**

Dr. Mira Merashli is an Assistant Professor of Rheumatology at the American University of Beirut. She is the Director of the Rheumatology Fellowship Program at AUBMC. Dr. Merashli completed her clinical training at the Royal London Hospital in the United Kingdom and was recently inducted as a Fellow of the Royal College of Physicians of London. She has published more than 40 papers in peer-reviewed journals with special interest in antiphospholipid syndrome.

**For more information about this activity, please contact:**

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