

3rd Annual

Cognitive Health & Memory Disorders

C O N F E R E N C E

A Guide for the Primary Care Practitioner

www.cognitivehealthjh.org

October 23 – 25, 2009
Spring Creek Ranch
Jackson Hole, Wyoming



**St John's
Institute for Cognitive Health**

In affiliation with the University of Utah
Center for Alzheimer's Care,
Imaging and Research

UNIVERSITY
OF WYOMING


COLLEGE OF
HEALTH
SCIENCES

 **WyGEC**

Conference Registration Information

Fees:

Early Registration Deadline: September 18, 2009

\$200 Physicians, \$125 PAs and Nurse Practitioners, \$85 RNs/CNAs/Caregivers/Students/Other

Late Registration Deadline: October 16, 2009

\$250 Physicians, \$175 PAs and Nurse Practitioners, \$85 RNs/CNAs/Caregivers/Students/Other

No refunds will be given after October 16, 2009

[Please print clearly.]

[Name & Title]

Name: _____

Title: _____

Hospital/Medical Affiliation: _____

Medical Specialty: _____

Physician PA Nurse Practitioner RN/CNA Caregiver Student Other

[Contact Info]

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ Fax: _____

Email: _____

[Additional Information]

Dietary Restrictions: _____

Special Accommodations: _____

How did you hear about this conference? _____

[Payment Information]

Type: Check enclosed (Please make check payable to St. John's Medical Center.) Pay by credit card

Name on Card: _____

Credit Card Number (Visa or MC): _____

Expiration Date: _____ 3-digit security code: _____

Signature: _____

Please return registration card and payment to:

Annie Jack, Conference Coordinator, 2145 Scott St #6, San Francisco, CA 94115

Alternatively, please complete online registration at www.cognitivehealthjh.org

Questions? Please contact Conference Coordinator Annie Jack at phone 307-690-5284 or email annie.jack@ymail.com

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Cognitive Health and
Memory Disorders Conference
c/o Annie Jack
Conference Coordinator
2145 Scott Street #6
San Francisco, CA 94115

In the next 50 years, for the first time in history, the majority of Americans will be middle-aged or older adults. One of the major health issues in this population is dementia. Primary care providers are often the first caregivers to encounter dementia patients. The purpose of this conference is to educate PCPs to diagnose and treat dementia as early as possible, as well as to be prepared to help patients and family deal with the significant impact of dementia on the lives of all involved.

Educational Needs

This conference is intended to educate its participants to:

1. Correctly differentiate between age-related memory loss, early Alzheimer's disease, and related disorders;
2. Recognize the importance of providing personalized health education and social support;
3. Know how to provide health education and social support;
4. Understand current research and promising new treatment strategies for Alzheimer's disease and related disorders;
5. Gain competence in selecting and monitoring treatment for Alzheimer's disease and related disorders.

Conference Objectives

Upon completion of this activity, participants should be able to:

1. Recognize the clinical features of age-related memory loss and specific dementing disorders;
2. Describe the social implications of dementia caregiving and ways to prevent burden;
3. Utilize current methods for educating patients, families and caregivers to address the challenges posed by dementing diseases;
4. Review recent research findings and how they can be used to develop new therapies for dementia;
5. Describe current guidelines of monitoring patient response to dementia treatment.

Accreditation and Designation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Wyoming Medical Society through the joint sponsorship of St. John's Medical Center and Martha Stearn, MD. The St. John's Medical Center is accredited by the Wyoming Medical Society to provide continuing medical education for physicians. St. John's Medical Center designates this educational activity for a maximum of 14 credits AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure

All faculty are expected to inform the audience, at the beginning of their presentation, of relationships or financial interest with any company, and the nature of the relationship. Faculty are also expected to disclose off-label uses to participants, if they are included in their presentation, and to include information regarding alternative/complementary medicine and nutritional information. The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, St. John's Medical Center or its affiliates. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion in compliance with regulatory requirements.

ADA

This conference complies with the Americans with Disabilities Act by providing qualified individuals with disabilities access to programs, services and activities. A request for accommodation can be made by calling 307.690.5284. Reasonable prior notice is required.

Presenters

Gordon J. Chelune, PhD, ABPP(CN)

Dr. Chelune is Professor of Neurology at the University of Utah School of Medicine and Senior Neuropsychologist at the University's Center for Alzheimer's Care, Imaging and Research. His research focuses on methods to discern changes in memory caused by disorders such as Alzheimer's disease from those that occur with normal aging. Dr. Chelune has pioneered ways to assess cognitive changes in patients after epilepsy surgery, cardiopulmonary bypass surgery, anesthesia and drug interventions.

Christopher M. Clark, MD

Dr. Clark is the Director of the University of Pennsylvania's Center of Excellence for Research on Neurodegenerative Disease. He has been involved in clinical research in Alzheimer's disease since 1985, first as Clinical Director of the Joseph and Kathleen Bryan Alzheimer's Center at Duke University, and later as Director of the Penn Memory Center and Associate Director of the Alzheimer's Disease Center at the University of Pennsylvania. His research interests include the evaluation of biomarkers for the early detection of Alzheimer's disease and other neurodegenerative causes of late-life dementia as well as the evaluation of new treatments for Alzheimer's disease.

Norman L. Foster, MD

Dr. Foster is Professor of Neurology at the University of Utah School of Medicine. He helped found the University's Center for Alzheimer's Care, Imaging and Research (CACIR), the first academic clinic in the Intermountain West solely devoted to the care of Alzheimer's and related disorders. The Center has developed an innovative new model for clinical dementia care that is being implemented throughout the region. Dr. Foster's approach illuminates how degeneration in specific brain regions corresponds to varied behaviors and differs among patients with different dementing diseases.

Howard Fillit, MD

Dr. Fillit is an internationally recognized expert in geriatric medicine and Alzheimer's disease. He is Clinical Professor of Geriatrics Medicine and Professor of Neurobiology at Mount Sinai Medical Center in New York, as well as founding Executive Director of the Institute for the Study of Aging. Dr. Fillit is a fellow of the American Geriatrics Society, the American College of Physicians, the Gerontological

Society of America, and the New York Academy of Medicine. He has authored and co-authored more than 300 scientific articles, abstracts and books, including the leading international *Textbook of Geriatric Medicine and Gerontology*.

Kim Petersen, MD & Gail Petersen, PhD

Husband and wife team Drs. Kim and Gail Petersen have been caring for persons with dementia for over thirty years, as both professional and family caregivers. Kim Petersen, MD is a geriatrician who has been the Director of the Memory Diagnostic Center of South Central Wisconsin. He has served as a Certified Medical Director for assisted living and long-term care. He is a founding board member of the Wisconsin Alzheimer's Institute and serves on the South Central Alzheimer's Association board of directors. Dr. Petersen frequently provides medical-legal consultation for dementia and quality of care issues. Gail Petersen, PhD is an educator who was the cognitive specialist for the Memory Diagnostic Center of South Central Wisconsin. She and her husband compiled and edited the *Memory Diagnostic Center, Tools and Protocols Workbook* and have consulted fifteen communities throughout the country in establishing Memory Diagnostic Centers.

Martha Stearn, MD

Dr. Stearn is Executive Director of the St. John's Institute for Cognitive Health in Jackson, WY. She is an adjunct Clinical Assistant Professor of Neurology at the University of Utah and a staff member of the Center for Alzheimer's Care, Imaging and Research at the University of Utah. She is also a practicing internist in Jackson Hole, and assistant Clinical Professor of Medicine at the University of Washington. She is founder of the annual Cognitive Health & Memory Disorders Conference.

Carol Taylor, MSW

Ms. Taylor is a geriatric social worker. She is the former Chair of the Board for A Better Way Coalition, a nationally recognized organization promoting compassionate end-of-life care. She brings 30 years of experience as a noted clinician, educator and facilitator to health care professionals, patients and family caregivers. Ms. Taylor is the social worker, patient educator and case manager for the Jackson Hole Cognitive Health Institute, as well as a social worker in the Oncology Department at St. John's Medical Center.

Friday, October 23 (open to the public)

- 6:00-6:30pm Registration
- 6:30-7:00pm *Dimensions of Denial in Dementia Care* Kim Petersen, MD and Gail Petersen, PhD
- 7:00-8:00pm *Achieving and Maintaining Cognitive Vitality* Howard Fillit, MD
- 8:00-9:00pm *Moderated panel discussion with Q&A* Gordon Chelune, PhD; Chris Clark, MD; Norman Foster, MD; Howard Fillit, MD; Kim Petersen, MD; Gail Petersen, PhD; Martha Stearn, MD; Carol Taylor, MSW

Saturday, October 24

- 7:30-8:00am Registration and Continental Breakfast
- 8:00-9:00am *Late Life Dementia: A Cloak of Many Colors* Chris Clark, MD
- 9:00-10:00am *Neuroimaging Advances in Cognitive Disorders* Norman Foster, MD
- 10:00-10:15am Break
- 10:15-11:15am *Advance Care Planning* Carol Taylor, MSW
- 11:15-12:15pm *Memory Disturbances: Normal to Abnormal Changes with Age* Gordon Chelune, PhD
- 12:15-1:00pm Lunch
- 1:00-2:00pm *Management of Behavioral Problems in Dementia* Chris Clark, MD
OR
Person-Centered Dementia Care: From Theory to Practice
Kim Petersen, MD & Gail Petersen, PhD
- 2:00-3:00pm *Cognitive Assessment as an Asset in your Primary Care Practice* Howard Fillit, MD
OR
Caregiver Stress: Solutions for Patients and their Caregivers Carol Taylor, MSW
- 3:00-3:15pm Break
- 3:15-4:15pm *Benefits and Applications of Neuropsychological Testing* Gordon Chelune, PhD
- 4:15-5:15pm *Moderated panel discussion with Q&A* Gordon Chelune, PhD; Chris Clark, MD; Norman Foster, MD; Howard Fillit, MD; Kim Petersen, MD; Gail Petersen, PhD; Martha Stearn, MD; Carol Taylor, MSW

Sunday, October 25

- 7:30-8:00am Continental Breakfast
- 8:00-9:00am *Clinical Biomarkers of Alzheimer's Disease* Chris Clark, MD
- 9:00-10:00am *Interactive Case Studies*
Norman Foster, MD and Gordon Chelune, PhD
- 10:00-10:15am Break
- 10:15-11:15am *Common Problems Mimicking Dementia* Martha Stearn, MD
- 11:15-11:45am *Moderated panel discussion with Q&A* Gordon Chelune, PhD; Chris Clark, MD; Norman Foster, MD; Howard Fillit, MD; Kim Petersen, MD; Gail Petersen, PhD; Martha Stearn, MD; Carol Taylor, MSW
- 11:45am Conference adjourns

Conference Venue



The Cognitive Health and Memory Disorders Conference has blocked off a variety of hotel rooms at Spring Creek Ranch for the nights of October 23 and 24. Prices start at \$109 per night. Please contact Spring Creek Ranch directly to make your room reservations and advise your reservations agent that you are attending the Cognitive Health and Memory Disorders Conference.



1800 Spirit Dance Road
Jackson, Wyoming 83001
Phone 800-443-6139
Website www.springcreek ranch.com

Air Travel

Air travel should be arranged well in advance because of limited daily flights in and out of Jackson Hole Airport (JAC).

An alternative to flying into Jackson Hole is to fly into Salt Lake City (SLC) or Idaho Falls (IDA). Generally more economical airfares are available into these airports. The drive time from Salt Lake City to Jackson Hole is about 5 hours, and from Idaho Falls to Jackson Hole is about 2 hours.

Ground Transportation

Shuttle between Jackson Hole Airport and Spring Creek Ranch (800-443-6139):
\$36 per person each way. Please book early, space is limited.

Rental car agencies at Jackson Hole Airport:
Alamo (800-327-9633, www.alamo.com)
Avis (800-831-2847, www.avis.com)
Hertz (800-654-3131, www.hertz.com)
Thrifty (800-367-2277, www.thrifty.com)

Shuttle from Salt Lake City and Idaho Falls Airports to Jackson Hole: Jackson Hole Alltrans (800-433-6133, www.jacksonholealltrans.com)

Other Travel Resources

Jackson Hole Chamber of Commerce
(307-733-3316, www.jacksonholechamber.com)
Mountain Weather Report
(www.mountainweather.com/JACKSON.htm)

Questions? Please contact
Conference Coordinator Annie Jack at
phone 307-690-5284 or email annie.jack@gmail.com.