



## ***New Directions in Research and Care***

**Friday, April 28, 2017**

**The Palace at Somerset Park • Somerset, New Jersey**

### **Featuring**

#### **Hillel T. Grossman, MD**

Director, Clinical Core of the Alzheimer's Disease Research Center, Mount Sinai Medical Center; Associate Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, New York; Director, Geriatric Psychiatry, James J. Peters Veterans' Affairs Medical Center, New York

#### **Nancy A. Hodgson, PhD, RN**

Associate Professor, Anthony Buividas Endowed Term Chair in Gerontology University of Pennsylvania School of Nursing

#### **Paul F. Malloy, PhD**

Professor, Psychiatry and Human Behavior, Alpert Medical School, Brown University; Director of Psychology/Neuropsychology, Butler Hospital, Providence, Rhode Island and Co-Director, Butler Hospital Memory and Aging Program

This activity is jointly provided by Medical Education Resources and Alzheimer's New Jersey.

## Keynote Presentation

### Hillel T. Grossman, MD will present **The Meaning and End of Alzheimer's Disease**

Alzheimer's disease was described and named over 100 years ago. However, research and interest in the condition was limited until the past few decades largely because it was assumed to be an inevitable repercussion of growing old. While the past three decades have yielded an explosion in knowledge about the aging brain, this knowledge has had little impact upon treatment of the patient with Alzheimer's. Concomitantly, there has developed an explosive commercial market for unproven treatment. Is Alzheimer's a distinct disease or is it the inevitable outcome of aging? Why has it been so difficult to translate accomplishments in the lab into interventions that might impact clinical care of the patient with dementia? How are clinical trials structured and can this approach yield clinically relevant treatments? How does the public understand Alzheimer's and how does this impact clinical care?



Upon completion of the program, participants will be able to:

- Describe current disease models for the understanding of Alzheimer's disease and contrast with models of aging.
- Describe the differences between research results and infomercials related to memory impairment.
- Develop narratives for individual patients that incorporate disease as well as person life-story elements.

Dr. Hillel T. Grossman is an active clinician, teacher and researcher. He is Director of the Clinical Core of the Alzheimer's Disease Research Center at Mount Sinai Medical Center and Associate Professor of Psychiatry at Icahn School of Medicine at Mount Sinai in New York. Dr. Grossman is a psychiatrist by training with a focus in geriatric neuropsychiatry, and is Director of Geriatric Psychiatry at the James J. Peters Veterans' Affairs Medical Center in New York. He received his MD from the University of Tennessee, completed a residency in psychiatry at Johns Hopkins Hospital, and a fellowship in geriatric neuropsychiatry at the University of Rochester. His research interests include clinical trials of novel agents for the treatment of memory disorders, especially natural compounds; use of neuroimaging in diagnosis; and ethical issues in the care of persons with dementia. At present, he is the Principal Investigator or Co-Principal Investigator on numerous studies of potential treatments or diagnostic tools for Alzheimer's disease. Dr. Grossman has received funding from the National Institute of Health, Veterans Administration and various foundations for his investigations.

## Day-at-a-Glance

### MORNING

7:30 - 8:30 am	Registration, Exhibits, Breakfast
8:30 - 8:45 am	Welcome
8:45 - 10:00 am	Keynote Presentation <i>The Meaning and End of Alzheimer's Disease</i> Hillel T. Grossman, MD
10:00 - 10:20 am	Exhibits
10:20 - 11:35 am	Care & Support Plenary Session <i>State of the Science: Care of People with Dementia and Their Caregivers</i> Nancy A. Hodgson, PhD, RN

### AFTERNOON

11:35 am - 12:15 pm	Exhibits
12:15 - 1:15 pm	Luncheon
1:15 - 2:30 pm	Medical Plenary Session <i>Frontotemporal Dementia</i> Paul F. Malloy, PhD
2:30 - 2:45 pm	Break
2:45 - 4:00 pm	Workshop Sessions

## Care and Support Plenary Session

**Nancy A. Hodgson, PhD, RN** will present ***State of the Science: Care of People with Dementia and Their Caregivers***

Moving evidence-based dementia care into practice and understanding the physiological mechanisms of effective behavioral interventions are the current focuses of Dr. Hodgson's research. Dr. Hodgson will provide a four-step model to address behavioral aspects of dementia and support family caregivers. The presentation will detail the model and then apply it to some of the most common behaviors associated with dementia.

Upon completion of the program, participants will be able to:

- Describe three of the most common unmet needs of persons living with dementia and their family caregivers.
- Identify common principles underlying evidence-based protocols to reduce symptoms, support caregivers and improve quality of life.
- Describe the DICE (Describe, Investigate, Create, Evaluate) approach to manage behavioral symptoms.

Nancy A. Hodgson, PhD, RN, is the Anthony Buividas Endowed Term Chair in Gerontology and Associate Professor in the Department of Biobehavioral Health Sciences at the University of Pennsylvania School of Nursing. Dr. Hodgson earned her BSN from Widener University, and her MSN and PhD from the University of Pennsylvania. She was an associate professor of nursing at Johns Hopkins University, where she also served as associate director of implementation science and principal faculty at the Center for Innovative Care in Aging, and core faculty at the Hopkins Center on Aging and Health. Dr. Hodgson is the co-founder of the Palliative Care Program at the Madlyn and Leonard Abramson Center (formerly the Philadelphia Geriatric Center) – one of the first nursing-home-based palliative care programs in the nation. Dr. Hodgson is a Fellow in the American Academy of Nursing.



## Medical Plenary Session

**Paul F. Malloy, PhD**, will present ***Frontotemporal Dementia***

Frontotemporal dementia (FTD) is uncommon in comparison to Alzheimer's disease, but can be devastating to patients and families when it occurs, and it is often misdiagnosed as a psychiatric disorder. This lecture will: (a) briefly review frontal systems and their disruption by disease; (b) describe the clinical characteristics of FTD subtypes (behavioral, semantic, logopenic); (c) discuss differential diagnosis of FTD and Alzheimer's disease; and (d) review the pathological and genetic basis of FTD subtypes. Case studies and videos will be presented.

Upon completion of the program, participants will be able to:

- Describe the functions of frontal systems (dorsolateral, orbital, etc.).
- Describe the imaging, cognitive and behavioral characteristics of FTD subtypes.
- Identify the limitations of phenotypic diagnosis of dementias, and the importance of emerging biomarkers.

Paul F. Malloy, PhD graduated from Dartmouth College, and served as a Navy officer for the next four years. He earned a PhD in clinical psychology from SUNY Binghamton and has been on the Brown Faculty since 1983. Dr. Malloy is Professor, Psychiatry and Human Behavior, Alpert Medical School, Brown University. He coordinated the Neuropsychology Track of the Brown Clinical Psychology Training Consortium for many years. He is Director of Psychology/Neuropsychology, Butler Hospital, Providence, Rhode Island and Co-Director, Butler Hospital Memory and Aging Program. Dr. Malloy's research focuses on frontal lobe/executive functions in neuropsychiatric disorders. A series of projects have demonstrated the relationship between executive problems and poor outcomes such as increased caregiver burden, failure in activities of living, and apathy in dementia. Dr. Malloy is also involved in studies measuring cognitive functioning in obsessive-compulsive disorder (OCD) and depression in patients undergoing deep brain stimulation treatment.



## Workshop Sessions

### WS-1: Medication Management: A Delicate Balance

**Shailaja Shah, MD**, Geriatric Psychiatrist, Hillsborough, New Jersey and Carrier Clinic, Belle Mead, New Jersey

Professionals and family caregivers frequently report that neuropsychiatric behaviors related to mid and late stage Alzheimer's disease are by far the most challenging aspects of care. This presentation will discuss the pathophysiological changes that occur in Alzheimer's disease that contribute to these behaviors, and describe pharmacological interventions that may be considered when non-pharmacological approaches alone are not effective. Discussion will address the challenges in adjusting medication for the individual, to create optimal effect and enhance quality of life.

Upon completion of the workshop, participants will be able to:

- Describe the pathophysiological changes that occur in Alzheimer's disease and other dementias that result in neuropsychiatric behaviors.
- Identify common neuropsychiatric behaviors associated with mid to late stage disease.
- Discuss current pharmacological interventions for the treatment of behavioral symptoms in dementia.
- Describe challenges of adjusting medication for individuals to create optimal effect and enhance quality of life.

### WS-2: The Dementia Journey: A Natural Pathway to Palliative Care

**Rita Dyer, MSN, RN, APN-C**, Geriatric Nurse Practitioner, Overlook Medical Center of Atlantic Health System, Summit, New Jersey

Families often look to professionals as resources when navigating medical decisions. This workshop will focus on the course of advanced dementia, and offer tools for planning for the goal of palliative care. Cases will be presented that demonstrate aspects of dementia assessment, medical decisions facing family caregivers and ways to develop a comfort care approach to care.

Upon completion of the workshop, participants will be able to:

- Describe some of the complexities in medical decisions for persons with advanced dementia.
- Identify methods healthcare professionals can use for more effective communication with family caregivers when difficult conversations take place.
- Name elements of comfort care protocols for palliative care in long-term care.

### WS-3: Putting Quality Measures into Practice: Improving Dementia Care in Facilities

**Kathleen Nasevich, MS, RD**, Supervisor of Inspections, Health Facility Survey and Field Operations, New Jersey Department of Health, Trenton, New Jersey

Care settings are often challenged to attend to quality of life and quality of care issues for individuals with dementia. As the disease progresses and comorbidities often impact care needs, behavior becomes a way for the person with dementia to communicate. This presentation will provide an overview of upcoming changes in CMS regulations as they pertain to dementia care. Implementation strategies will be offered, and discussion will include fall prevention and pain management as factors in assessment and management of behavioral symptoms. Information will be provided on how surveyors review use of psychotropic medications in resident care.

Upon completion of the workshop, participants will be able to:

- Describe the key changes in regulations and regulatory language, and the principles underlying these changes.
- Describe how state surveyors evaluate use of psychotropic drugs in the care of a resident with dementia.
- List strategies for responding to behavioral changes.

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at **alznj.org**<sup>®</sup>

For conference sponsorship  
information, please contact:  
Elaine Winter, Associate Director  
at **201-261-6009**.



## Accreditation Information

### Target Audience

This activity has been designed to meet the educational needs of healthcare professionals involved in the care of patients with Alzheimer's disease and other forms of dementia.

### Learning Outcomes

To increase knowledge about Alzheimer's disease and other types of dementia, including current research, care and support techniques, and resources available to improve the quality of care for patients, their caregivers and family members.

### Disclosure of Conflicts of Interest

It is the policy of Medical Education Resources to ensure balance, independence, objectivity, and scientific rigor in all of its educational activities. In accordance with this policy, MER identifies conflicts of interest with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Conflicts are resolved by MER to ensure that all scientific research referred to, reported, or used in a continuing education activity conforms to the generally accepted standards of experimental design, data collection and analysis.

Please note, if you purchase continuing education credits, you are required to attend the **full day**. No partial or any refund will be provided.

### Continuing Education Credits

#### Activity Professionals (ACC, ADC, AAC)

Application for approval of CE credits has been made to the National Certification Council for Activity Professionals (NCCAP).

#### Administrators (LNHA/CALA)

This program has been submitted (but not yet approved) for Continuing Education for 5 total clock hours from NAB/NCERS.

#### Certified Case Managers (CCM)

Application for approval of CE credits has been made to the Commission for Case Manager Certification.

#### Nurses (RN, NP, LPN)

Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This CE activity provides 5 contact hours of continuing nursing education. Medical Education Resources is a provider of continuing nursing education by the California Board of Registered Nursing, Provider #CEP 12299, for 5 contact hours.

#### Recreation Therapists

Application for CE credits has been made to the New Jersey Recreation and Park Association Professional Certification Board.

#### Registered Dietitians (RD)

Application has been made to the Commission on Dietetic Registration for approval for CPE hours.

## Registration Information

### THREE WAYS TO REGISTER

① Online: [www.alznj.org](http://www.alznj.org)

② By Mail:

Alzheimer's New Jersey  
Attn: Education Conference  
400 Morris Avenue, Suite 251  
Denville, NJ 07834

③ By Fax: 973.586.0094

Faxed submission **must** include credit card information.

Your registration will be confirmed within 10 days of receipt. If not received, please call 973.586.4300.

### Conference Location

The Palace at Somerset Park  
333 Davidson Avenue  
Somerset, New Jersey 08873  
**1.877.725.2234**  
**palacesomersetpark.com**

Questions or concerns? Call **973-586-4300**.

# Registration Form

**Save time,  
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Name: \_\_\_\_\_

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Meal Alternative:  Kosher  Vegetarian

Non-Dairy  Gluten Free

**If you require special assistance, please call 973.586.4300 to inform us of your needs.**

**CONFERENCE WORKSHOP SELECTIONS** - please indicate 1st choice, 2nd choice, 3rd choice below:

First choice \_\_\_\_\_ Second choice \_\_\_\_\_ Third choice \_\_\_\_\_

Please note: All speakers and workshops are subject to change or cancellation.

**CONTINUING EDUCATION CREDITS** - you must complete this section to receive CE credits\*

Administrators (LNHA/CALA)

Activity Professionals (ACC, ADC, AAC)

Certified Case Managers (CCM)

Nurses (RN, NP, LPN)

Recreation Therapists

Registered Dieticians (RD)

License # \_\_\_\_\_

**License number must be included to process.**

\*Full day attendance is necessary to receive CE credits. CE certificates are mailed within 30 days of the conference to attendees who registered, paid for CE credits, attended the entire conference and signed in & out as required.

## FEES

**\$195** Registration \_\_\_\_\_

**\$15** CE Certificate (*per discipline*) \_\_\_\_\_

**TOTAL DUE \$** \_\_\_\_\_

**METHOD OF PAYMENT** - payment is due with this registration form

**Check** - Please make payable to **Alzheimer's New Jersey** and mail to 400 Morris Ave, Suite 251 Denville, NJ 07834

**Credit Card** - Credit card payments *must* accompany registrations faxed to **973.586.0094**

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