Co-Management of the Geriatric Fracture and Aging Spine Patient: A Systems Based Model of Interdisciplinary Care

October 18 – 20, 2012 • The Hyatt Regency
La Jolla, California
A Message from the Course Chairmen

As patients age, there are inevitable changes to the musculoskeletal system which may lead to a variety of conditions that may require treatment. Many of these conditions can cause chronic, disabling pain and therefore reduce the quality of life of patients. The treatment plans for patients with degeneration of the spine and fragility fractures may be long and arduous including physical therapy, bracing, bed-rest, anti-inflammatory medications, steroid injections, and/or surgery tailored on an individual basis.

In medicine, the aging population will provide challenges in the delivery and cost of health care. Close collaboration between the primary physician, spine and trauma surgeons, and other professionals involved in the management of the elderly patients is essential for effective treatment. The “Co-Management of the Geriatric Fracture and Aging Spine Patient” Course is designed for all physicians and extended care providers who treat older adults including spine and orthopedic surgeons, geriatricians, hospitalists, anesthesiologists and physician extendors. The highly-interactive system-based approach will enhance your ability to treat challenging areas such as metabolic bone disorders, osteoporosis, arthritis, and other medical conditions that often require a co-management approach.

If you are a medical professional who treats older adults, we hope you will join us.

Stephen Kates, MD

Paul G. Matz, MD

Daniel Ari Mendelson, MS, MD, FACP

Ashraf A. Ragab, MD
CME Mission Statement

The Continuing Medical Education (CME) mission of AO North America is to provide comprehensive multidisciplinary education to surgeons, fellows, and residents in the specialties of orthopaedic, craniomaxillofacial, spine, and veterinary surgery in the areas of trauma (i.e., operative reduction and fixation), degenerative disorders, deformities, tumors, and reconstruction.

Expected results of AONA’s CME activities for surgeons, fellows, and residents are to:
- Increase their knowledge base and surgical skill level
- Apply advances in knowledge in the areas of trauma, degenerative disorders, deformities, tumors, and reconstructive surgical techniques into patient care resulting in improved competence
- Address practice performance gaps by improving management of all aspects of musculoskeletal injuries and disorders (i.e., pre-operative planning to post-operative care).

Symposium Description

Older Americans account for over one-third of all medical spending in this country. As the current population of North America ages, the incidence and prevalence of fragility fractures (i.e., hip and spine) is expected to increase. Co-morbidities that directly affect bone (osteoporosis and arthritis) and that indirectly affect bone (renal failure, cancer, obesity) will likely escalate. All physicians who treat older adults should have the necessary knowledge and skills to provide high quality care. This course will address several areas that many practitioners find to be challenging. Issues in dealing with elderly patients such as metabolic bone disorders, medical co-management, and establishing accountable care organizations will be covered.

This highly interactive course will enhance your ability to treat the fastest growing portion of our population. Specialized sessions for Orthopaedic and Neuro Spine surgeons, Geriatricians, Nurse Practitioners, Physician Assistants, Nurse Champions, Hospitalists, and Anesthesiologists, as well as joint sessions with all disciplines will enable participants to establish a system of care for improved management and outcomes for their geriatric patients.
Target Audience

Enrollment in this Course is open to practicing orthopaedic surgeons, orthopaedic and neuro spine surgeons, geriatricians, hospitalists, anesthesiologists and extended care providers. A basic knowledge of AO fracture principles is recommended. Participants are asked to bring HIPAA compliant geriatric cases on CD or USB to share during a Meet the Experts participant case presentation session on Saturday morning and your burning questions for a session on Implementing a Co-Managed Geriatric Program.

Learner Objectives

At the conclusion of this Course, the participant should be able to:
– Identify basic concepts and the science of osteoporosis and adapt treatment in line with the biology of aging bone
– Identify the demographics of osteoporosis and of the aging population;
– Explain co-managed care of the geriatric fracture patient by recognizing co-morbidities and poly-pharmacy
– Apply basic science in the surgical care of fragility fractures and recognize how aging will affect surgical treatment
– Build a system of care appropriate to fragility fractures and discuss strategies for implementation of a co-managed geriatric fracture program
– Address secondary prevention such as osteoporosis, malnutrition and falls
– Describe the pathophysiology of spinal instability and aging to include primary bone pathology and secondary illnesses
– Discuss current and future treatment options for osteoporosis in an aging population.
Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of AO North America and AO Spine North America. The AO North America is accredited by the ACCME to provide continuing medical education for physicians.

Nursing Accreditation Statement:
The American Nursing Credentialing Center (ANCC) accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** issued from organizations accredited by the ACCME.

Physician Assistant Credits:
The American Academy of Physician Assistants accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by the ACCME. Physician assistants may receive a maximum of 23.5 hours of Category 1 credit for completing this program.

Designation Statement

AO North America designates this live educational activity for a maximum of 23.5 **AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.
Faculty

The Faculty for this Course is composed of neurological and orthopaedic surgeons distinguished in the field of surgery.

Course Co-Chairmen

**Stephen Kates, MD**  
Director of Geriatric Fracture Center,  
Highland Hospital  
Professor  
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Rochester, New York

**Daniel Ari Mendelson, MS, MD, FACP**  
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Course Evaluator

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Philadelphia, Pennsylvania

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San Diego, California

Faculty list subject to modification.
Schedule Overview

Thursday, October 18, 2012
Registration  12:00 – 13:00
Course  13:00 – 18:00

Friday, October 19, 2012
Breakfast  07:00 – 08:00
Course(including lunch)  08:00 – 18:30

Saturday October 20, 2012
Breakfast  07:00 – 08:00
Course(including lunch)  08:00 – 16:30

Preliminary Program – Thursday, October 18, 2012

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<td>13:00 – 13:15</td>
<td>Welcome / Course Introduction</td>
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<tr>
<td><strong>13:15 – 17:15</strong></td>
<td><strong>MODULE I: Case Presentation — Complicated Hip Fracture</strong></td>
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<tr>
<td>13:15 – 13:25</td>
<td>Principles of Co-Managed Care</td>
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<tr>
<td>13:25 – 13:35</td>
<td>The Role of the Anesthesia Evaluation and Regional Anesthesia</td>
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<td>13:35 – 13:45</td>
<td>Co-Morbidity and How to Manage It?</td>
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<td>13:45 – 13:55</td>
<td>Anticoagulation — Warfarin</td>
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<td>13:55 – 17:15</td>
<td>Case Discussion</td>
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<td><strong>17:15 – 17:30</strong></td>
<td><strong>Coffee Break</strong></td>
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<td><strong>17:30 – 18:00</strong></td>
<td><strong>MODULE II: Issues with Bone</strong></td>
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<tr>
<td>17:30 – 17:50</td>
<td>Pathological Fractures — State of the Art</td>
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<td>17:50 – 18:00</td>
<td>Osteoporotic Medication Compliance</td>
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<td><strong>18:00 – 19:00</strong></td>
<td><strong>Reception</strong></td>
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### Preliminary Program – Friday, October 19, 2012

**08:00 – 12:00**  
**MODULE III: Case Presentation — Complex Hip Fracture Post-op Care Issues**

- 08:00 – 08:10 Complicated Anesthesia Management
- 08:10 – 08:20 Periprosthetic Fractures of the Hip
- 08:20 – 08:30 Post-op Medical Management
- 08:30 – 08:40 Post-op Osteoporosis Management
- 08:40 – 09:40 Case Discussion
- 09:40 – 09:55 Coffee Break
- 09:55 – 12:00 Case Discussion

12:00 – 13:00 Q&A Session with Lunch — Implementing a Co-Managed Geriatric Program

### Concurrent Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Participant – Orthopaedic Trauma</th>
<th>Participant – Geriatric/Hospitalist/Ortho &amp; Neuro Spine</th>
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<tr>
<td>13:00 – 18:30</td>
<td>BREAK OUT – ORTHOPAEDIC TRAUMA</td>
<td>BREAK OUT – COMPLEXITIES OF AGING IN SPECIALTY GROUP BREAKOUT ROOM</td>
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<tr>
<td>13:00 – 17:00</td>
<td><strong>MODULE IV: Upper Extremity</strong></td>
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<tr>
<td>13:00 – 13:30</td>
<td>Case Based — Proximal Humerus Fractures: Plate, Pinning, Prosthesis</td>
<td>Normal Aging</td>
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<tr>
<td>13:50 – 14:10</td>
<td>Elbow Fractures — Nonunions in the Geriatric Patient</td>
<td>Anticoagulation — Extended</td>
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<tr>
<td>14:10 – 14:30</td>
<td>Distal Radius Fractures in the Elderly</td>
<td>Cardiology/Beta Blockers/Echo</td>
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<tr>
<td>14:30 – 14:50</td>
<td><strong>Coffee Break and Travel to Individual Discussion Groups</strong></td>
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<td>14:50 – 16:50</td>
<td>Discuss Standardized Cases</td>
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<tr>
<td>16:50 – 17:00</td>
<td><strong>Travel to Breakout Orthopaedic Trauma Lectures</strong></td>
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<tr>
<td>17:00 – 18:30</td>
<td><strong>MODULE V: Proximal Femur</strong></td>
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<td>17:00 – 17:10</td>
<td>Femoral Neck Fracture — The State of the Art</td>
<td>Polypharmacy: Medications in the Elderly</td>
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<td>17:10 – 17:40</td>
<td>Case Based — Pertrochanteric Fracture in the Geriatric Patient</td>
<td>Delirium and Dementia</td>
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<tr>
<td>17:40 – 18:10</td>
<td>Case Based — Analysis of Failures; Periprosthetic Fractures of the Hip</td>
<td>Evaluation and Management of Falls</td>
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<tr>
<td>18:10 – 18:30</td>
<td>Discussion</td>
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Preliminary Program – Saturday, October 20, 2012

06:45 – 07:45 Meet the Experts: Optional Participant Case Presentations
07:45 – 08:00 Travel to Lectures in Main Lecture Hall
08:00 – 08:45 Stephan Perren Lecture
08:45 – 08:50 Travel to Breakouts

09:00 – 09:00 Significance of the Aging Spine
09:00 – 09:10 Complex Proximal Tibia Fractures in Elderly
09:00 – 09:10 Case Based - Analysis of Periprosthetic Fractures of the Knee

09:15 – 09:35 MODULE VII: Ankle, Spine and Pelvis
09:15 – 09:25 Pelvic / Acetabular Fractures in the Elderly
09:20 – 09:40 Skin and Nutrition Issues
09:25 – 09:40 Anterior Surgery
09:40 – 09:55 Posterior Surgery
09:55 – 10:10 Case Discussion

09:45 – 09:50 Vacation and Travel to Par Course Sessions
09:50 – 12:10 PARS COURSE SESSIONS
10:00 – 10:25 Dexascan
10:25 – 10:45 Coffee Break
10:45 – 11:10 Assessment Tools Demonstration
11:00 – 11:35 Periprosthetic Fractures / Playground Principles
11:35 – 12:10 Pre-op Planning / Hands on Templating — Periprosthetic Fracture
11:40 – 12:10 "Geripardy" - Geriatric Jeopardy
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12:10 – 12:20 Pick up Box Lunch and Travel to Individual Breakouts to Discuss Standardized Cases
12:20 – 14:30 Discuss Standardized Cases
14:30 – 14:50 Coffee Break and Travel to Main Lecture Hall
14:50 – 16:05 MODULE VIII: System Care Post-Operative: What is Best?
14:50 – 15:05 Lean Business Methods: How to Implement
15:25 – 15:35 Rehabilitation / Post-Hospital Care of the Geriatric Patient; Falls Prevention
15:35 – 15:55 Step by Step Implementation of a Co-Managed Geriatric Fracture Program
15:55 – 16:05 How to Work With Your Anesthesiology Colleagues
16:05 – 16:25 Participant Feedback of Day 1 and Day 2
16:25 – 16:30 Closing Comments

08:50 – 12:10 Concurrent Sessions
09:00 – 12:10 Concurrent Sessions
09:15 – 09:35 Concurrent Sessions
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Preliminary program subject to modification.
Presentation Information

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Tuition and Registration

Tuition:
Anesthesiologists and Surgeons Tuition $800.00 (US Funds)
Geriatricians, Hospitalists and Extended Care Providers $500.00 (US Funds)

Tuition Includes: Registration, breakfasts, coffee breaks and lunch

Registration is available online only at www.aona.org

We encourage early registration, as seating is limited.
Upon receipt of your registration and payment, you will receive an email confirmation of your registration in the Workshop, along with hotel and travel information to assist you in making your arrangements.

PLEASE NOTE: Registration Deadline is September 18, 2012
Full refunds will be made only if written notice of cancellation is received by registration deadline date. Cancellations received after the deadline date will be subject to a $100 cancellation fee. No tuition refund will be issued for cancellations September 19, 2012.

ADA Statement
AO North America fully intends to comply with the legal requirements of the Americans with Disabilities Act. If any registrant is in need of accommodation, please do not hesitate to submit a written request at least one month prior to this activity.

Until an email confirmation is received, please do not consider yourself registered in this Workshop.

For Information:
Contact the AONA Customer Service Department
Phone: (800) 769-1391
(610) 695-2459
Fax: (610) 695-2420
Email: customerservice@aona.org
Hotel and Travel

**Hotel Accommodations**
Room reservations are the responsibility of the individual registrant. A block of rooms has been reserved at a rate of $189.00 per night, plus tax, single/double occupancy, at Hyatt Regency La Jolla at Aventine Hotel. Rooms will be held until September 14, 2012 or until room block is filled, whichever comes first. After this date, rooms will be on an as-available basis.

**Hotel Concessions:**
- Complimentary wireless internet in guest rooms
- Complimentary use of the hotel fitness center

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**Travel**
The Hyatt Regency La Jolla at Aventine Hotel is located at 3777 La Jolla Village Drive, San Diego, CA, 92122. The hotel is located approximately 12 miles (20-25 minutes) from San Diego International Airport/Lindbergh Field (SAN). Taxis and shuttles are available. Complete information will be provided in the confirmation email.

Please visit our website: [www.aona.org](http://www.aona.org) to register and for other course offerings.
Preliminary Program

Co-Management of the Geriatric Fracture and Aging Spine Patient: A Systems Based Model of Interdisciplinary Care

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