CentraCare Health Collaborative Care Institute

Bridging the Gap Between Primary Care and Psychiatry

March 1-3, 2019
Grand View Lodge
Nisswa, Minnesota

Target Audience:
This program is designed for primary care physicians, psychiatrists, residents, advanced practice providers, nurses, educational professionals and other mental health and health care professionals.

Credits:
CentraCare Health is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare Health designates this live activity for a maximum of 14.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 14.00 contact hours. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

St. Cloud Hospital/CentraCare Health has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. Participants will earn 14.00 contact hours for the entire session.

Acknowledgments:
Thank you to the following planning committee members:
Melissa Chapman, PA
John Schmitz, MD
Ryan Engdahl, PhD, LP
Elizabeth Sikes, MD
Larry Hook, MD

This conference is supported in part by an educational grant from the CentraCare Health Foundation.

Thank you to Dr. Hook for providing this year’s brochure cover photo.
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Faculty:
Melissa Chapman, PA-C—St. Cloud Hospital Behavioral Health Clinic
Kelly Collins, MD—St. Cloud Hospital Rehab Medicine Clinic
Santo Cruz—CentraCare Health Community and Government Relations
Larry Hook, MD—St. Cloud Hospital Behavioral Health Clinic
Merryn Jolkovsky, MD—St. Cloud Hospital Palliative Care
Kristin McNutt, PA-C—St. Cloud Hospital Behavioral Health Clinic
Jennifer Miller, PhD—CentraCare Sleep Center
Troy Payne, MD, FAASM—CentraCare Sleep Center
Matt Peckskamp, PA-C—St. Cloud Hospital Behavioral Health Clinic
John Schmitz, MD—St. Cloud Hospital Behavioral Health Clinic
Elizabeth Sikes, MD—St. Cloud Hospital Behavioral Health Clinic
Bruce Sutor, MD—Mayo Clinic Department of Psychiatry and Psychology

Schedule:
Friday, March 1, 2019

7:30-7:50 AM
CHECK-IN

7:50-8:00 AM
WELCOME & OPENING REMARKS

8:00-9:00 AM
ASSESSMENT OF DEMENTIA
Bruce Sutor, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand the medical and psychiatric evaluation of patients with cognitive concerns.
• Distinguish between different dementia types and understand the importance of being able to do so.
• Be apprised of recent research findings and future directions in dementia care.
9:00-10:00 AM
TO DRIVE OR NOT TO DRIVE
Elizabeth Sikes, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Know common conditions and medications that can impair driving.
- Know different community resources available when someone is suspected of being an unsafe driver.
- Be aware of the proper procedure for informing the patient and the DMV when someone is an unsafe driver.

10:00-10:15 AM
BREAK

10:15-11:00 AM
LEGAL CONSIDERATIONS AT END OF LIFE
Santo Cruz ♦ Larry Hook, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Understand the role of providers in discussions of decision making at end of life.
- Identify when a patient may need to have a conversation about proxy decision making.
- Provide a scope for their patients on the needs of decision-making power.

11:00-12:00 PM
ELECTROCONVULSIVE THERAPY (ECT) IN THE ELDERLY POPULATION
John Schmitz, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Know the indications for ECT in the geriatric population.
- Understand the common adverse effects of ECT.
- Describe a treatment course.

12:00-1:00 PM
LUNCH
1:00-2:00 PM
MENTAL HEALTH SCREENING TOOLS FOR USE IN THE GERIATRIC POPULATION — PART 1
Melissa Chapman, PA-C • Kristen McNutt, PA-C •
Matt Peckskamp, PA-C

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Synthesize the research to discuss sensitivity and specificity of discussed screening tests.
• Discuss the indications for and method of administration of discussed screening tests.
• Understand how to interpret results of the scale and be aware of how to apply it clinically.

2:00-2:15 PM
BREAK

2:15-3:15 PM
THE ASSESSMENT AND MANAGEMENT OF BEHAVIORAL DISTURBANCES IN DEMENTIA
Bruce Sutor, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Be better prepared to assess behavioral problems in dementia.
• Understand the basic principles of behavioral plans in dementia care.
• Understand the role of psychotropic medications in managing difficult behaviors.

3:15-4:00 PM
GERIATRIC PSYCHOPHARMACOLOGY — PART 1
Elizabeth Sikes, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Know how aging affects metabolism and distribution of medications.
• Know the preferred route of administration for medications in geriatric patients.
Saturday, March 2, 2019
7:50-8:00 AM
ANNOUNCEMENTS

8:00-9:00 AM
DEPRESSION IN THE ELDERLY
Bruce Sutor, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Better diagnose and manage depression in the elderly.
• Understand the role of medications and the medical co-morbidity when evaluating and managing depression in the elderly.
• Be aware of suicide statistics and risks in the elderly population.

9:00-10:00 AM
WHOSE DECISION? ETHICAL ISSUES AT THE END OF LIFE
Merryn Jolkovsky, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand the legal framework supporting end of life decision making.
• Understand the ethical issues in end of life decision making.
• Articulate the ethical principles underlying medical decision making.

10:00-10:15 AM
BREAK

10:15-10:45 AM
TRANSCRANIAL MAGNETIC STIMULATION (TMS)
John Schmitz, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Know the indications and contraindications for TMS.
• Become familiar with the safety and adverse effects of TMS.
• Describe a treatment course of TMS.
10:45-11:30 AM
SLEEP DISORDERS IN THE ELDERLY
Troy Payne, MD, FAASM

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand the prevalence of insomnia, restless legs syndrome and sleep apnea in the elderly and treatment options.
• Understand REM Sleep Behavior Disorder and its association with Neurodegenerative Disease.
• Have a framework for discussing sleep in an office setting.

11:30-12:15 PM
SLEEP PATTERNS AND INSOMNIA IN THE ELDERLY
Jennifer Miller, PhD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand normal changes in sleep patterns as we age.
• Understand precipitating and perpetuating factors for insomnia.
• Understand when to refer elderly patients for CBT-I.

Sunday, March 3, 2019
7:50-8:00 AM
ANNOUNCEMENTS

8:00-9:00 AM
MENTAL HEALTH SCREENING TOOLS FOR USE IN THE GERIATRIC POPULATION — PART 2
Larry Hook, MD ♦ Kristen McNutt PA-C ♦ Matt Peckskamp, PA-C

OBJECTIVES:
• Synthesize the research to discuss sensitivity and specificity of discussed screening tests.
• Discuss the indications for and method of administration of discussed screening tests.
• Understand how to interpret results of the scale and be aware of how to apply it clinically.
9:00-10:00 AM
IT DOESN’T JUST HAPPEN TO ATHLETES – BRAIN INJURY IN THE ELDERLY
Kelly Collins, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand that elderly have the highest rate of brain injuries in the population.
• Understand common signs and symptoms of concussion.
• Understand why elderly are more at risk for brain injury.

10:00-10:15 AM
BREAK

10:15-11:00 AM
GERIATRIC PSYCHOPHARMACOLOGY — PART 2
Elizabeth Sikes, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Know common medications that require close monitoring in geriatric patients.
• Know common side effects of medications in geriatric patients.

11:00-11:45 AM
QUIZ SHOW! CONFERENCE REVIEW
Melissa Chapman, PA-C ♦ Larry Hook, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Identify content from conference presentations.
• Identify lecturers and/or colleagues to reach out to when questions related to a conference topic arise.

11:45-12:00 PM
CLOSING REMARKS
## Registration:

<table>
<thead>
<tr>
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<th>Prior to 01/31/19</th>
<th>After 01/31/19</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$500</td>
<td>$600</td>
</tr>
<tr>
<td>Non-Physicians &amp; Residents</td>
<td>$350</td>
<td>$450</td>
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The registration fee includes course materials, CME credit, all breaks, and lunch on Friday.

**REGISTRATION DEADLINE/CANCELLATIONS**

Registration deadline is February 15, 2019.

Refunds will be issued, less a $50 processing fee prior to this date.

## Lodging:

Grand View Lodge offers a variety of accommodations overlooking Gull Lake. Please plan to stay on-site to take full advantage of networking opportunities with other conference participants and family members.

Special conference rates are available by submitting the Grand View Lodge registration form at:

[https://grandviewlodge.formstack.com/forms/centracare19](https://grandviewlodge.formstack.com/forms/centracare19)

The link to this form will be included in your confirmation letter. Deluxe lodging, daily breakfast, use of fitness center, indoor pool, and resort amenities are available to participants and family members staying onsite.

Deadline for guaranteed lodging is January 31, 2019.

Questions, call 218-963-8798.

## Special Accommodations:

Please contact the Medical Staff Development Office if you have special mobility, dietary, vision, hearing or other needs.

Phone: 320-255-5836      Email: stcloudhospitalcme@centracare.com
Registration Form:
COLLABORATIVE CARE INSTITUTE—MARCH 1-3, 2019

PARTICIPANT INFORMATION: (PLEASE PRINT)
Participant Name: _______________________________________________________
Title: □ MD □ DO □ PA □ NP □ Other: ____________________________
Name Badge (First, Last): _____________________________________________
Specialty: ___________________________________________________________
Office Name: _________________________________________________________
Office Address: ______________________________________________________
City: ___________________________ State: _______ Zip: ______________
Phone: (_____)(___________) □ Cell □ Work
Email: _____________________________________________________________

Will you be staying at Grand View Lodge? □ Yes □ No

REGISTRATION FEES
EARLY BIRD (PRIOR TO 01/31/19)
Physicians ($500)   Non-Physicians & Residents ($350)   $ _____________
STANDARD RATE  (AFTER 01/31/19)
Physicians ($600)   Non-Physicians & Residents ($450)   $ _____________

REGISTRATION DEADLINE—FEBRUARY 15, 2019
REFUNDS WILL NOT BE ISSUED AFTER THIS DATE

PAYMENT OPTIONS:
□ Check (Payable to St. Cloud Hospital CME)
□ Credit Card
□ Visa □ MasterCard □ Discover □ American Express
Card Number: ______________________________________________________
Expiration Date: __ / __ CVV Code: __________
Cardholder’s Name: _________________________________________________
Billing Address (as it appears on statement) :
_____________________________________________________________
_____________________________________________________________

Mail to: Medical Staff Development Fax to: 320-255-5923
St. Cloud Hospital Email to: stcloudhospitalcme@centracare.com
1406 6th Ave. N.
St. Cloud MN 56303

Questions:
320-255-5836 stcloudhospitalcme@centracare.com
The St. Cloud Hospital reserves the right to cancel or reschedule due to unforeseen circumstances.
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