



Oregon Geriatrics Society News

AUGUST--SEPTEMBER 2020

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PRESIDENT'S MESSAGE

Greetings to our Oregon Geriatrics Society (OGS) members. It is August 2020, and Oregon's first case of COVID-19 was over 5 long months ago. This has been a particularly stressful year for many (likely most) of us. It has been even worse for many of our patients; older adults in Oregon. The pandemic has disproportionately impacted them in so many ways. I will bet that seeing this impact on our patients and the stories of how they have suffered weighs on you daily. The examples are numerous: patients afraid to seek necessary care in clinics and EDs; delayed joint replacements impacting mobility; home quarantine practices which further impair mobility and may increase fall risk; heightened anxiety about care in a skilled nursing facility or from a home health clinician, caregivers unable to see loved ones in facilities (for days, weeks, sometimes months); people with dementia who have only phone contact with family; and community or long-term care facilities fearing acceptance of residents back from ED or hospital stays. A new practice termed "window visits" have sadly become a common way of connecting with people.

Many of us receive the daily OHA Coronavirus update and scroll through the notice to see how many new cases are diagnosed and how many Oregonians have died each day. The intricate stories of each person's life are distilled down to age, place of death, and existence of any underlying conditions. In addition, this pandemic has exposed cracks in the foundation of our health system. The post-acute network has been particularly hard hit. There has been a lot of attention on systemic racism, but we have also witnessed surprisingly overt systemic ageism.

It is within this current environment that we plan to join each other for our **OGS 21ST Annual Conference on October 2nd and 3rd**. As with many other medical societies, we are planning our conference with an entirely virtual format. This will be an abbreviated conference, encompassing two half-day morning sessions. You can expect a great list of topics and speakers (see article in this newsletter-register now).

A separate section of our newsletter highlights the benefits and value of OGS membership. OGS has incurred financial loss in 2020 due to the pandemic-related cancellation of our Sunriver conference contract. **Please consider supporting OGS with your membership contribution this year.** OGS has historically been recognized as one of the most active and organized state geriatrics society in the U.S. Your membership supports our ability to maintain an executive director, allowing our Board and leadership to continue the work of advancing the care of older adults in Oregon.

I hope that everyone is having a safe and socially connected summer.
Preston Peterson, MD, MBA, FACP

OREGON GERIATRICS SOCIETY - MEMBERSHIP 2020

Oregon Geriatrics Society (OGS) invites you to consider membership in 2020.

Our membership form is located on the OGS website where you can pay online with PayPal.

www.oregongeriatricssociety.org

- OGS stands for, and strongly states our views regarding care of Oregon's older adults.
- We work closely with State of Oregon and Seniors & People with Disabilities.
- Gain opportunities to collaborate and network with other members.
- Eligible to list recruitment opportunities at no cost, on our website.
- Dues support programs for an organization that stands for excellence in the care of the elderly.

The OGS Board Members would like to remind you that membership in OGS supports our ongoing support of medical and nursing students and trainees, helping them launch their careers in Geriatrics; our support of geri-related initiatives at the national level (AGS); executing the largest regional geriatrics educational conference; providing networking and resources for all geri-related; and supporting an Executive Director who is dedicated to making OGS successful!!

We bring you a few quotes from our OGS Board of Directors---about their membership in OGS!:

Shortly after completing my Geriatric Medicine fellowship and moving back to Oregon, I was encouraged to attend my first OGS Annual Conference. 18 years later, I am still a member and have appreciated the mission, education, and community that OGS provides. It's the one society that I have invested the most time and energy in as I believe in our goals of improving the care of older adults and representing the largest range of Geriatric health professionals in Oregon.

Lisa Miura, MD, FACP

I am a family physician by training and a geriatrician by passion. OGS has fed this passion by allowing me to meet and collaborate with others caring for older adults and increasing the skills and knowledge I need to provide excellent, up to date care.

Page Jossi, MD

Attending my first OGS Conference as a second-year resident was one of the best things I did during my residency. I found my people - people all passionate about improving quality of life for older adults. Through the years, these are the same people I now turn to with questions and consultations. They are the people researching topics I care about, and experts in topics relevant to my patients. Now that I work at a residency program, through OGS-- I have a network of professionals in geriatric medicine to connect with residents in my program to support their education and career development.

Lisa Sanders, MD

I may have missed one OGS Annual Conference, since first attending as a resident in 2003. The instruction is valuable, but there is even more value in the time spent connecting with colleagues who care for older adults. I also see how OGS works with other state groups, such as the Oregon Medical Association, to improve education in geriatrics. The national AGS COSAR group allows interstate collaboration to further our mission.

Preston Peterson, MD, MBA, FACP

OREGON GERIATRICS SOCIETY **21st ANNUAL CONFERENCE**

October 2-3, 2020 / "VIRTUAL"

Two (2) Half Days - Educational Sessions For Care of The Older Adult

REGISTRATION OPEN – Follow This Link:

\$185 per person (members & non-members) CME & MOC

<https://www.ohsu.edu/school-of-medicine/cpd/21st-annual-oregon-geriatrics-society-conference>



TARGET AUDIENCE:

The OGS Annual Conference is an outstanding educational opportunity for all healthcare professionals for care of the older adult. Audience includes: Physician, Medical Director, Nursing, Pharmacy, Physician Assistant, Administrator, and those in-training: Fellows, Residents, and Medical Students.

EVENT HIGHLIGHTS:

Friday and Saturday – Half Days/Mornings / Educational Sessions - Posters - Silent Auction

SPEAKERS / TOPICS:

The Year In Review-The Latest In Geriatrics Research --- Kathleen Drago, MD, FACP
Hypertension Guidelines To Individualize Care For Older Adults --- Jessica Weiss, MD, MCR
A Diagnosis Of Dementia-Now What? --- Elizabeth Eckstrom, MD, MPH, MACP & Joseph Quinn, MD
Death With Dignity Update --- The Oregon Experience – Charles Blanke, MD, FACP, FASCO
Perioperative Evaluation & Management Of Geriatric Surgical Patient --- Tessa Collins, MD
Transitions Of Care --- Jessica Wright, PA-C
Oregon POLST Update: In Time of COVID-19 --- Kathleen Drago, MD, FACP
Pharmacy Update: What Is In That Pill Box? --- Sharon Leigh, PharmD, BCPS;
Kristen Wendell, PharmD, BCGP; and Sheila Gencarelli, PharmD

INFORMATION:

Meeting Information: www.oregongeriatricsociety.org

Mary Olhausen, Executive Director: omary52@comcast.net 503-880-7383

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the **Accreditation Council for Continuing Medical Education (ACCME)** through the joint providership of OHSU School of Medicine and the Oregon Geriatrics Society. The OHSU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit: OHSU School of Medicine designates this live activity for a maximum of **6.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMDA: Live activity has been approved by American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of 6 clinical hours toward certification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. The CMD Program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

Other providers who can accept AMA PRA Category 1 Credits™ include: DO's; FP's; NP's; RN's; PA's; Social Workers; Pharmacy, Washington Board of Nursing. CEU's approved by Oregon Community-Based Care Administration Board for Assisted Living, Residential Care, and Memory Care.

POSTER PRESENTATION COMPETITION / Annual Conference – October 2-3, 2020

Oregon Geriatrics Society (OGS) welcomes posters from anyone in disciplines that focus on geriatric care, including but not limited to, medical and nursing care, long-term care, and social services. Students and Residents are encouraged to compete. Posters of interest could include research issues, best clinical practices, quality improvement, and interesting clinical vignettes. No abstract required. We welcome students to present posters and offer an award for the best student poster (1st Place Student Winner receives \$100). All posters must be applicable to geriatric care issues. Posters will be displayed during the Annual Conference, virtually.

NOTE - At this time, your poster will be presented “virtually”. The final details of how and when the judging will take place, has not yet been established. At minimum we'll ask for your poster as a PPT file. You may be asked to prepare a voice-over for the judging process—this would be a 5-minute oral presentation. We will keep you posted as to the final details.



OREGON POLST-----VIRTUAL COMPLETION-----NOW AVAILABLE!!!!

In Oregon POLST Forms Can be Completed Virtually/By phone

Submissions to the Oregon POLST Registry have declined nearly 40% during the COVID-19 pandemic. The following established standards facilitate virtual POLST form completion:

1. **Verbal orders (following institutional verbal order procedures) are valid** and accepted by both EMS and the Registry.
2. **The patient or surrogate signature is not required on the Oregon POLST form.** It is necessary to indicate with whom the POLST form was discussed (Section C).
3. **Photocopies on white paper are valid.**
4. **Health care professionals can print blank POLST forms from the POLST web site** (more details are on our Professional Resources page) <https://oregonpolst.org/professional-resources>

NATIONAL FALLS PREVENTION AWARENESS WEEK SEPTEMBER 21-25, 2020



Falls Prevention Awareness Week, September 21-25, 2020, is designed to spread this important public health message. www.ncoa.org

NCOA leads the Falls Free® Initiative, a national collaborative effort to educate the public and support and expand evidence-based programs and interventions that help communities, states, federal agencies, non-profits, businesses, and older adults and their families fight back against falls.

In 2008, the Falls Free® State Coalitions on Falls Prevention Workgroup requested that a national Falls Prevention Awareness Day (FPAD) be observed on the first day of fall; four state falls prevention coalitions had already observed FPAD on a state level in 2007. In response, the National Advocacy Workgroup gained bipartisan sponsorship of the first annual National Falls Prevention Awareness Day (FPAD) resolution in the U.S. Senate and has obtained bipartisan sponsorship every year since then. The number of states observing FPAD grew from 4 in 2007 to 11 in 2008, 22 in 2009, 36 in 2010, 43 in 2011, 46 in 2012, and 47 in 2013, 48 in 2014, and 48 in 2015, plus the District of Columbia. Each year, NCOA provides technical assistance and resources to aid states and communities in observing the day.

Professionals

- **Use the Falls Prevention Awareness Week Toolkit** to spread the word in your community.
- View our **2020 Falls Prevention Awareness Week** webinar recording to see the tools and resources we've developed for you to use for this year's Falls Prevention Awareness Week campaign.

POST YOUR RECRUITMENT OPPORTUNITY – OGS WEBSITE

The Oregon Geriatrics Society is pleased to offer Recruitment Opportunities Postings on our website. Submit all postings (in Word format) to Mary Olhausen at omary52@comcast.net. Postings need to be directly related to geriatric care. Postings need to include company name, contact name, phone, fax, e-mail and a brief description of the recruitment opportunity. Postings will stay current for approximately four (4) months from date of posting. Postings may be edited by OGS. **This service is FREE to anyone or any business for 2020.**

OREGON CHAPTER AMERICAN COLLEGE OF PHYSICIANS



Fostering Excellence In Internal Medicine 2020 **ANNUAL SCIENTIFIC MEETING**

November 6-7, 2020 / “VIRTUAL” – Two Half Days

The Oregon Chapter ACP Annual Scientific Meeting is a place to make connection to the Oregon Chapter's rich source of knowledge content by attending our premier meeting for general internists, subspecialty internists, hospitalists, family practitioners, hospitalists, residents, medical students, and other professional health care professionals.

TOPICS & MEETING HIGHLIGHTS

Diversity, Equity, & Inclusion – Eileen Barrett, MD, MPH, FACP, SFHM

Women's Health-VT & Anticoagulation – Bethany Samuelson-Bannow, MD

Healthcare Education Apps – Logan Jones, MD

Behavioral Disturbance In Dementia – Marian Hodges, MD, MPH, FACP

Things We Do For No Reason – Adam Obley, MD, FACP

Outpatient Medicine Update – Leonard Mankin, MD, FACP

Diabetes Management – Elizabeth Stephens, MD, FACP

Inpatient Medicine Update – Kevin Breger, MD, PhD, FACP, SFHM

Resiliency Panel Discussion - Eileen Barrett, MD, MPH, FACP, SFHM

Silent Auction / Story Slam

Thursday Afternoon-Evening (Nov 5) – Resident & Medical Student Competition

(Contact Mary at ACP to submit abstracts)

MORE INFORMATION and REGISTRATION - Email To Register:

Contact: Mary Olhausen, Executive Director / Oregon Chapter ACP
Office: 360-892-1814 / Cell: 503-880-7383. oregonacp@comcast.net



SEPTEMBER IS HEALTHY AGING® MONTH

(from www.healthyaging.net)

September is Healthy Aging® Month and the time to get started on better health practices. Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever. Worthington is the creator of [September is Healthy Aging® Month](#), an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says *September is Healthy Aging® Month* provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being. The numbers of people over 45 is growing every year. The attention used to be just on the baby boomers. The generation x-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers reached that milestone in 2015. "Use September as the motivation to take stock of where you've been, what you *really* would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Tips from Elizabeth Eckstrom, MD, MPH, MACP, Director of Geriatrics, Oregon Health & Science University, Portland, Ore. (as quoted on WebMD): *Follow a [Mediterranean diet](#) to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank. *I do [tai chi](#) three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.



OREGON HEALTH & SCIENCE UNIVERSITY UPCOMING MEETINGS

www.ohsu.edu/cpd

OHSU – Travel Free CME Series - Wednesdays – At Noon - No Cost – CME Offered:
September 9, 2020. Drug Approval-The FDA And Era Of COVID: What Prescribers Should Know
September 16, 2020. Diagnostic Clarity-Identifying Bipolar Disease/Schizophrenia
September 23, 2020. Childhood Ecology & The Landscape Of Parenting: What's New-What's Not

OHSU – When Things Go Wrong In The Outdoors--VIRTUAL

September 18, 2020. www.ohsu.edu/cpd

OHSU – 15th Annual NW Regional Hospital Medicine Conference--VIRTUAL

September 25, 2020. www.ohsu.edu/cpd

OHSU – 44th Annual Pacific NW Update in Ob-Gyn/Women's Health—VIRTUAL

October 15-16, 2020. www.ohsu.edu/cpd

OHSU – Musculoskeletal Update For Primary Care: Approaches To Understand/Manage Pain

October 30, 2020. VIRTUAL. www.ohsu.edu/cpd

OHSU – 37th Annual Oregon Rural Health Conference & Workshop www.ruralweb@ohsu.edu

October 4-5, 2020. RHC Workshop--VIRTUAL.

November 9-13, 2020 and November 19, 2020. Conference—VIRTUAL.

OHSU - Managing Autism And Other Developmental Disabilities: An Update For Primary Care

December 11, 2020. Location TB. www.ohsu.edu/cpd

OHSU – 52nd Annual Primary Care Review

February 8-12, 2021. Location TBD. www.ohsu.edu/cpd

OHSU – 5th Annual Adult Mental Health Update

March 12, 2021. Location TBD. www.ohsu.edu/cpd

OHSU – Sommer Memorial Lectures / OHSU SOM Alumni Scientific Session

May 6-7, 2021. Multnomah Athletic Club – Portland, OR. www.ohsu.edu/cpd

OREGON HEALTH CARE ASSOCIATION



Registration is Now Open for the OHCA Annual Convention & Trade Show---VIRTUAL!



Event registrants will have access to a wide range of timely educational content from sector experts! Join us on September 15-16 for the many opportunities for engagement and involvement that our virtual platform will enable. www.ohca.org

OREGON GERIATRICS SOCIETY / DIVERSITY & INCLUSION STATEMENT

OGS is pleased to share our recently revised Diversity & Inclusion Statement:

The mission of the Oregon Geriatrics Society is to improve the health, independence, and quality of life for older adults in Oregon.

We believe that equal protections and treatment are fundamental to aging wellness.

OGS stands against systemic racism, discrimination, prejudice, harassment or violence towards anyone regardless of age, race, cultural background, nationality, ethnic origin, disability, religion, immigration status, gender, gender identity or sexual orientation.

As an organization representing professionals in the care of older adults, we stand against any discriminatory policies or actions.

We envision and will strive for a nation where everyone is treated equally.

AMERICAN GERIATRICS SOCIETY (AGS)



Become an AGS Member and Save!

Members of the American Geriatrics Society (AGS) receive a member discount on Annual Meeting registration.

Journals & Clinical Tools: Journal of the American Geriatrics Society / Annals of Long Term Care Geriatrics at Your Fingertips / Geriatric Evaluation & Management Tools Reference Toolkits & Practice Guidelines / Product Discounts on GeriatricsCareOnline.

Community & Connections: MyAGSOnline- Member Community / Sections & Special Interest Groups/ AGS Week in Review Emails & Quarterly Updates. **Career Advancement & Advocacy:** CME/CE

Credits / AGS Fellowship, Leadership Opportunities & Awards / Annual Scientific Meeting Discount / Advocacy Center & Updates / Career Connections. Phone: 212-308-1414 / 212-308-1414.

Email: membership@americangeriatrics.org

AMDA-THE SOCIETY FOR POST-ACUTE AND LONG-TERM CARE MEDICINE



THE FOUNDATION
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE

AMDA – The **Society For Post-Acute and Long-Term Care Medicine Annual Conference** is the only educational forum of its kind in the field of post-acute and long-term care (PALTC). Filled with opportunities to enhance your knowledge and competencies in providing quality PALTC.

Learn about the latest clinical developments in geriatric medicine, best practices in the field medical direction, policy/regulatory updates, as well as practical tools to help implement new ideas in your practice setting. www.paltc.org

CALL FOR POSTERS: The Society invites you to submit poster abstracts for the 2021 Annual Conference. This year's virtual meeting will feature an E-Poster Gallery and will allow attendees to listen to recorded presentations by authors, as well as chat live during the meeting. **Deadline: Nov 19, 2020.**

PALTC21 MARCH 11-14
VIRTUAL ANNUAL CONFERENCE



THE SOCIETY
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE*

OREGON SOCIETY FOR POST-ACUTE & LONG-TERM CARE



orpaltc

OREGON SOCIETY
FOR POST-ACUTE
& LONG-TERM CARE

Oregon Society For Post-Acute & Long-Term Care shall serve as a representative body of healthcare providers who practice or otherwise have an interest in post-acute or long-term care settings. The locations of our members practices shall be referred to as "Long-term Care Settings" and shall include nursing facilities, home care, assisted living, dementia care and residential care environments.



REGONCAREPARTNERS
Creating a Culture of Quality Care

OREGON CARE PARTNERS

Help someone caring for an older adult find the help and resources they need by spreading the word about Oregon Care Partners high quality, no-cost trainings, free

caregiver trainings today! Caregivers can join [Oregon Care Partners](http://OregonCarePartners.com) for free training. Family and professional caregivers are encouraged to attend and all classes are available to anyone who lives or works in Oregon thanks to funding from the state. Select from classes and webinars. For more details or call 1-800-930-6851 for assistance, or visit the website at www.OregonCarePartners.com. More Info: **Morgan Cairns** | Communications Specialist 503.726.5238. [Website](#) | [Facebook](#) | [Twitter](#)

AGING LIFE CARE ASSOCIATION – 30th ANNUAL CONFERENCE



Western Region Chapter / September 24-26, 2020 / Virtual
Core Conference runs Thursday, September 24th - Saturday, September 26th - 9:30am--4:00pm, PDT. Breaks scheduled throughout each day.
Pre and Post-Conference Intensive Sessions are Thursday, September 17th & Friday, October 2nd - 9:00am –12:00pm PDT (separate fee).

https://www.aginglifecare.org/ALCA/Regional_Chapters/Western_Region_Chapter/Western_Region_Chapter_Conference.aspx

BE ACTIVE and STAY ACTIVE!!

EXERCISE AND INTERDISCIPLINARY NEEDS FOR OLDER ADULTS

By Suvi Neukam, DO – Geriatrics Fellow, OHSU

"Over the last year I completed my Geriatrics Fellowship at OHSU and this experience, putting this article together, helped me to truly appreciate that medicine, especially primary care, is "team sport". This principle applies beyond working with medical subspecialties and extends to the interdisciplinary team (IDT) as well. Unfortunately, the availability of comprehensive IDTs is limited- we are not always guaranteed a social worker, physical or occupational therapist, recreational therapist, or pharmacist in all clinical settings. With this in mind, I compiled a list of resources that may help set patients in the right direction for their interdisciplinary needs. The document covers: aging in place and housing/placement resources, social isolation/loneliness, social engagement, health aging, volunteerism/sense of purpose, physical activity/fitness, recreation/hobbies/culture, caregiver resources/training, elder law and estate/financial planning and dental resources, therapy resources, technology and computer resources. In light of COVID-19, the document includes remote/online options in addition to in-person when these were available. The document can be shared as a "dot phrase" (in the Epic EMR) or as a simple, old-fashioned hand out. By no means is this meant to replace our highly valued IDT members—that wouldn't be possible! That said, I do hope that this resource allows us to feel more prepared for and confident in some of the recommendations and suggestions that we provide to patients in these areas."

Suvi Neukam, DO -Geriatrics Fellow. neukam@ohsu.edu

Please access Dr. Neukam's document at the OGS website: www.oregongeriatricsociety.org under heading, Who's Who—What's New.

AND-----A Second Article from Dr. Neukam---This is a 2-page document: **COVID-19 Care Planning—Understanding The Reality Of COVID For Older Adults and Suggested Language for Advance Care Planning Conversations**

(page 2 shown here – access full article at website above):

Introducing Conversation and Assessing Understanding

"We can't control the uncertainty about if you will get sick or how sick you may become, but we CAN control how well planned we are to make sure the care you receive is in line with your goals and preferences".

"Spending time now exploring what you would and wouldn't want done if you contracted COVID, helps us make sure that myself, other doctors and your family and loved ones are all on the same page".

"What do you understand about COVID 19?"

"What do you understand about the complications of COVID19 and your personal risk given your age and other medical conditions".

Identifying Goals & Worries

"What are your most important goals if you contracted COVID or your health situation worsens?"

"What abilities are so critical to your life that you can't imagine living without them?"

"If you become sicker, how much are you willing to go through for the possibility of gaining more time?"

"How much does your family know about your priorities and wishes?"

Apply Health Preferences to Treatment Path

"Thank you for sharing so openly with me. From what you have said, it sounds like focusing on (living longer, maintaining your current level of health and function, comfort) fits best with what is most important to you".

Clarify Preferred Level of Intervention

"Acknowledging that you would like to focus on (X), I want to review the treatment plan that fits best with these goals if you did contract COVID19 and became seriously ill. Would that be okay?"

"Based on what you have said we would prioritize treatments that accomplish (X). This would include (appropriate examples from treatment path), and we would avoid (appropriate examples from treatment path), because the risk of you losing your (patient-identified goal- independence, function, cognition...) is very high if we did that".

Clarify Code Status

“Has anyone ever talked with you about CPR or have you seen it on TV?”

“CPR is used only when someone’s heart and breathing has stopped-- when they have died. It involves forcefully pushing on the chest, often breaking ribs, blowing air in the lungs and usually a breathing tube and shocks to the heart”.

“Unfortunately, CPR is not as successful as many think. Would you like to know the chances of surviving?”

“Do you know about the problems that CPR can cause?”

“Would you like me to make a recommendation about CPR based on the goals you shared with me and what I know about your health or would you prefer to let me know your thoughts first?”

“Based on your goals (ex- live independently, be able to care for spouse...), and I what I know about your health, it seems that you would (want/not want) CPR, is that correct?”

“Can you tell me more about your decision for CPR and what you are hoping for?”

“Is there a situation you could imagine when you (would/would not) want CPR?”

Summarize and Thank

“I always say let’s hope for the best and plan for the worst. I never want you or your loved ones to be a position where you feel uncertain or rushed about your medical decisions. Thanks for taking the time now to discuss them with me so I can help make sure we are prepared”.

“Today we have reviewed what is most important to you in your general life and also health care. We have used those health priorities to choose a treatment path that fits with what you do and don’t want medically”.

“Now, I would like to spend some time documenting this conversation in a form that other health care providers and emergency responders can see, it is called the POLST, in addition to finding ways we can involve your surrogate decision maker and family. My goal is to make sure everyone is on the same page about your wishes so that we are all in the best position to advocate for you if you couldn’t speak for yourself”.

NATIONAL IMMUNIZATION AWARENESS MONTH (NIAM) - AUGUST



August is National Immunization Awareness Month (NIAM). This annual observance highlights the efforts of healthcare professionals to protect patients of all ages against vaccine-preventable diseases through on-time vaccination.

During NIAM, you are encouraged to ensure your patients are up to date on recommended vaccines. Research has consistently shown that healthcare professionals are the most trusted source of vaccine information for parents and patients. Use NIAM as an opportunity to access [CDC educational resources](#) like the [#HowIRecommend Video Series](#), which offers simple and practical guidance for having successful vaccine conversations with parents and patients. These short videos demonstrate how to make effective vaccine recommendations, address common vaccine questions, and take a

team-based approach to vaccination. The Public Health Foundation and CDC have developed a [digital communication toolkit](#) with messages and graphics tailored to your role as a healthcare professional emphasizing the importance of vaccination for your patients. Show your practice’s support of vaccination throughout the month by using this content on your website and on social media. During NIAM and beyond, you can engage with CDC and other healthcare professionals on social media by using #ivax2protect in your posts. <https://www.cdc.gov/vaccines/events/niam/sample-newsletter-content.html>

OREGON CHAPTER ACP - PANEL PRESENTATION



“NO PLACE LIKE HOME: HEALTHCARE AND THE HOMELESS” **PANEL PRESENTATION**

Thursday – October 8, 2020 / 6:30pm – 8:15pm - “VIRTUAL”

Join us for an evening to learn from community partners about the connection between health and homelessness; increased awareness of how substance abuse disorder results in homelessness; how to advocate to improve health of this population through access to safe and secure housing, access to affordable healthy food and transportation; trauma-informed, mental, and physical patient-centered care.

PANEL OF SPEAKERS:

Lori Kelley, MPH

Health Manager Social Determinants – Oregon Health Authority

Sharon Meieran, MD

Multnomah County Commissioner, District 1 – State of Oregon

Rachel Solotaroff, MD

President/CEO – Central City Concern

Michael Bower, MD, FACP

Retired; Member - Portland Street Medicine

REGISTRATION:

Please email to register for this event. oregonacp@comcast.net.

Provide full name/credentials, email, & cell phone.

This event is open to ACP members and non-members. NO cost!!

QUESTIONS:

Mary Olhausen, Chapter Executive Director: oregonacp@comcast.net; 503-880-7383.

OREGON MEDICAL ASSOCIATION (OMA)

Annual Conference – Virtual – September 26, 2020



Oregon Medical Association 2020 Virtual Conference

Medicine Now

Leadership in a Time of Transformative Change



Register now for "Medicine Now: Leadership in a Time of Transformative Change," the OMA's FREE, all-virtual conference on Sept. 26! The agenda will feature presentations by Former Governor John Kitzhaber, MD and Oregon Health Authority Director Patrick Allen, as well as a session on systemic racism as a public health issue and a presentation on rural community health featuring Stewart Decker, MD and Jennifer Little, MD. www.theoma.org

OREGON GERONTOLOGICAL ASSOCIATION - 2020 ANNUAL CONFERENCE



Oregon Gerontological Association
2020 Virtual Annual Conference

SAVE THE DATES Fridays in October
9:30 AM - 12 PM

Older Adults and Emergencies: Lessons Learned & Looking Forward

- 10/9 The Age-Friendly Framework & Emergencies
- 10/16 Natural Disasters & Older Adults
- 10/23 Oregon's Response to COVID-19 & Older Adults
- 10/30 Loss & Grief in Times of Disasters

Register: bit.ly/OGA-2020

Older Adults and Emergencies: Lessons Learned and Looking Forward

This year, as we are amidst the COVID-19 pandemic, the Oregon Gerontological Association (OGA) is planning a series of webinars to replace our in-person 2020 annual conference. Our theme is ***Older Adults and Emergencies: Lessons Learned and Looking Forward***. The series will focus on pandemics, natural disasters and other emergencies, and how we can best plan for, support and engage older adults when catastrophe hits. Foregrounding the sessions will be issues related to diversity and equity. Join us for a wide variety of thought-provoking and interactive sessions designed for aging services providers, long-term care facility staff, policymakers, advocates, first responders, caregivers, businesses focused on older adults, researchers and educators.

Five virtual sessions will be held via Zoom on **Friday mornings in October from 9:30am-12:00pm**. **Please save the dates - registration will open soon!**

For more information and updates, please visit: www.oregongerog@gmail.com

NATIONAL ASSISTED LIVING WEEK – SEPTEMBER 13-19, 2020



“Caring is Essential” is this year's theme for **National Assisted Living Week**. The week highlights the incredible care provided by essential caregivers in assisted living facilities across the country. Established by the National Center for Assisted Living (NCAL) in 1995, **National Assisted Living Week®** provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long-term care.

TODAY'S GERIATRIC MEDICINE



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UPCOMING EVENTS

All Conferences, Meetings, & Events Are Subject To Last-Minute Adjustments

OHSU – Travel Free CME Series - Wednesdays – At Noon - No Cost – CME Offered - VIRTUAL
September 9, 2020. Drug Approval-The FDA And Era Of COVID: What Prescribers Should Know
September 16, 2020. Diagnostic Clarity-Identifying Bipolar Disease/Schizophrenia
September 23, 2020. Childhood Ecology & The Landscape Of Parenting: What's New-What's Not

BOOST OREGON – 5-Year Birthday Bash/Fundraiser - VIRTUAL

September 12, 2020. Location TBD. www.boostoregon.org

OHCA – Annual Fall Conference - VIRTUAL

September 14-15, 2020. www.ohca.com

OHF – Oregon Health Forum – Annual Dinner Event

September 17, 2020. Multnomah Athletic Club – Portland, OR. www.oregonhealthforum.org

OHSU – When Things Go Wrong In The Outdoors--VIRTUAL

September 18, 2020. www.ohsu.edu/cpd

ALCA – Aging Life Care Association/Western Region – 30th Annual Conference - VIRTUAL

September 24-26, 2020. www.westernalca.org

OHSU – 15th Annual NW Regional Hospital Medicine Conference - VIRTUAL

September 25, 2020. www.ohsu.edu/cpd

OMA – Oregon Medical Association - Annual Meeting - VIRTUAL

September 26, 2020. www.theoma.org

OGS – 21st Annual Oregon Geriatrics Society Conference - VIRTUAL

October 2-3, 2020. www.oregongeriatricsociety.org

OCN – Oregon Center For Nursing – Nurses: A Year. A Moment. A Celebration – VIRTUAL

(Fundraiser/Speakers) October 8, 2020. www.oregoncenterfornursing.org Free event.

OGA – Oregon Gerontological Association Annual Conference – VIRTUAL www.oregongero.com

October 9, 2020. Age-Friendly Framework & Emergencies

October 16, 2020. Natural Disasters & Older Adults

October 23, 2020. Oregon's Response To COVID-19 & Older Adults

October 30, 2020. Loss & Grief In Times Of Disaster

OHSU – 44th Annual Pacific NW Update in Ob-Gyn/Women's Health—VIRTUAL

October 15-16, 2020. www.ohsu.edu/cpd

Oregon Attorney General Rosenblum's Elder Abuse Conference

October 26-28, 2020. Riverhouse Hotel – Bend, OR. www.elderabuse@doj.state.or.us

OHSU – Musculoskeletal Update For Primary Care: Approaches To Understand/Manage Pain

October 30, 2020. VIRTUAL. www.ohsu.edu/cpd

OHSU – 37th Annual Oregon Rural Health Conference & Workshop www.ruralweb@ohsu.edu

October 4-5, 2020. RHC Workshop--VIRTUAL.

November 9-13, 2020 and November 19, 2020. Conference—VIRTUAL.

GSA – Gerontology Society of America---VIRTUAL

November 4-7, 2020. www.geron.org

ACP - Oregon ACP – Oregon Chapter American College of Physicians – Annual Scientific Meeting

November 6-7, 2020. VIRTUAL. www.acponline.org/chapters

OHSU - Managing Autism And Other Developmental Disabilities: An Update For Primary Care

December 11, 2020. Location TB. www.ohsu.edu/cpd

OHSU – 52nd Annual Primary Care Review

February 8-12, 2021. Location TBD. www.ohsu.edu/cpd

AMDA – Society For Post-Acute And Long-Term Care Medicine - VIRTUAL

March 11-14, 2021. www.amda.org

OHSU – 5th Annual Adult Mental Health Update

March 12, 2021. Location TBD. www.ohsu.edu/cpd

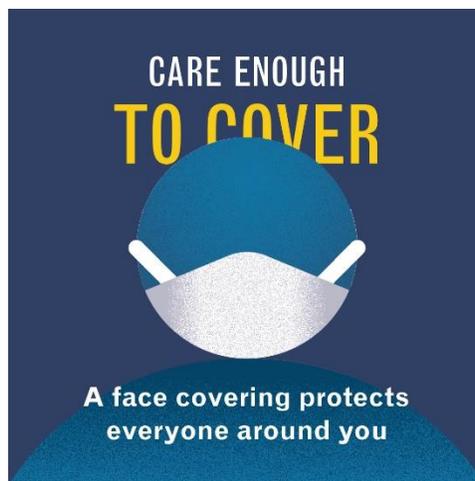
OHSU – Sommer Memorial Lectures / OHSU SOM Alumni Scientific Session

May 6-7, 2021. Multnomah Athletic Club – Portland, OR. www.ohsu.edu/cpd

Thanks for reading our newsletter!!

If you have items of interest to share, please contact us. Mary A. Olhausen - Executive Director.

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Oregon Face Mask Campaign