

## **SEPTEMBER 13, 20 & 27, 2023**

# **FRAILTY 3**

Frailty 3 will be offered as part of a 3-session series.

When you register you are automatically registered for all three sessions.

\*SESSIONS WILL BE RECORDED

### **LEARNING OBJECTIVES**

- 1. At conclusion of this activity participants will have an enhanced understanding of strategies for the assessment and management of chronic pain in the frail older adult.
- At conclusion of this activity participants will have an organized approach to the management of alcohol and opioid substance use in frail older adults.
- 3. At conclusion of this activity participants will have an organized approach to osteoporosis screening and management for frail older adults in the community and long-term care.
- 4. At conclusion of this activity participants will have a better understanding of exercise and nutrition as it relates to the frail older adult.
- 5. At conclusion of this activity participants will have greater insight into responding to common challenges in patients with dementia, such as insomnia, chronic disease management and driving.

To optimize your learning, program registration requires completion of a pre-test, for your use only. Pre-test results are anonymous.

## **REGISTER NOW!!**

This one-credit-per-hour group learning program has been certified by the College of Family Physicians of Canada and the Newfoundland and Labrador Chapter for up to 6 Mainpro+ certified credits.

#### **LOCATION: VIRTUAL OFFERING**

#### LINK WILL BE PROVIDED FOLLOWING REGISTRATION

#### **SESSIONS:**

Wed, Sept 13/23 (Pain, Insomnia, Substance Use Disorder - Alcohol)

Wed, Sept 20/23 (Driving, Common CDM Challenges Encountered in Patients with Dementia)

Wed, Sept 27/23 (Osteoporosis, Substance Use Disorder - Opioids)

#### TIME:

7:00 PM - 9:00 PM

### **PHYSICIAN SPEAKER(S)**

Drs. Kim Babb, Christy Noftall, Amy Pieroway, Meghan Greene, Jody Woolfrey, Allison Pridham