

## ConPharm 2021

### Presentation Learning Objectives

After completing these activities, participants should be able to:



#### DAY ONE

##### ***Engaging, Empowering and Safeguarding-putting the quality back in aged care***

- Describe the Charter of Aged Care Rights for elderly residents in residential aged care (RAC)
- Discuss the basics of the regulation aged care services, the Aged Care Quality Standards and how to raise concerns if they identify at risk residents
- Explain the role of the pharmacist in advising residents, RAC staff and prescribers about side effects, risks, and interactions with medicines
- Recognise chemical restraint, why it is an important issue and explain the impact and risks involved

##### ***Evidenced based management of changed behaviour in dementia***

- Describe the magnitude of risk associated with antipsychotic prescribing in patients with dementia
- Explain the quality of evidence that guides prescribing for changed behaviour in dementia
- Describe current evidenced based prescribing for changed behaviour in dementia
- Apply the principles of deprescribing psychotropics to patients with dementia

##### ***The Accredited Pharmacist Sector After the Release of the Aged Care Royal Commission Final Report – Where to now?***

- Discuss the importance of medicine safety in aged care
- Describe the current services available for pharmacists to address medicine safety in the aged care environment
- Describe the changes in the current medication review programs which are designed to address medicines safety issues

##### ***Clinical practice principles for medication management in frail older people***

- Recognise frailty in older people and why it may place an individual at greater risk of medication-related harm
- Identify key principles for clinical practice to improve medication management in frail older people
- Discuss tools that could be used to improve medication management in frail older people

##### ***Triple therapy for asthma and COPD***

- Describe the stepwise management of asthma and COPD
- List biomarkers to guide use of inhaled corticosteroids for COPD
- Identify patients with asthma and COPD likely to benefit from triple therapy

## **DAY TWO**

### ***MythBusters: medicines***

- Describe the role of different components which contribute to the placebo effect
- Evaluate the impact of the placebo effect on patient experience of medications
- Discuss the evidence for influenza vaccination in the elderly
- Discuss the impact of the pandemic on timeline of covid vaccine development

### ***Beating heart failure***

- Describe the classification of heart failure
- Recognise the mortality and morbidity associated with chronic heart failure
- Recognise the signs and symptoms of acute heart failure and the potential precipitants (pharmacological and non-pharmacological)
- Explain how guideline-based treatment for HFREF should be optimised

### ***Heart failure: taking an active role***

- Recognise common symptoms and signs where heart failure may be suspected and refer patients to their GP to facilitate early diagnosis
- Describe how pharmacists can reduce hospitalisation and improve survival through the use of guideline recommended medicines in the management of heart failure with reduced ejection fraction (HFrEF) and by identifying and recommending deprescribing of medicines which can worsen heart failure
- Describe how pharmacists can improve patient outcomes for patients with heart failure through patient education and referral to support services as needed

### ***Why we need a pain revolution and why you should be part of it***

- Recognise that pain is a protective feeling that serves to promote healing and recovery
- Describe how aspects of the 'pain system' learn over time
- Explain the multifactorial nature of pain in terms of its protective function
- Explain the multifactorial nature of pain in terms of contemporary models of brain processing
- Discuss the principles by which endogenous analgesic mechanisms can be activated

### ***Using the Right Language for Pain Assessment in Older Adults with Cognitive Impairment***

- Explain how memory changes can impact on a person's ability to answer questions about pain
- Describe how to tailor their questioning when asking a person with cognitive impairment about their pain

### ***Bereaved Carers Views on Medicines Management: Learnings for the Accredited Pharmacist***

- Identify what proportion of Australians with a life limiting illness die in a home dwelling
- Describe the factors that indicate when a carer needs support in managing medicines
- Discuss the Supportive and Palliative Care Indicators Tool (SPICT)
- Describe the role of the Australia-modified Karnofsky Performance Status (AKPS)
- Identify palliative care needs as appropriate

### ***Clinical Reasoning***

- Describe the processes involved in clinical reasoning
- Describe typical cognitive biases
- Recognise that clinical decisions involve intuitive-unconscious and analytical-conscious type thinking processes

### ***Prescribing and de-prescribing in CKD***

- Interpret kidney function results and describe CKD Staging
- Identify drugs that require adjustment in CKD according to CKD stage
- Identify patients where a medication review and deprescribing may be of benefit

### ***Sleep strategies for older adults- beyond temazepam and counting sheep***

- Describe the changes to sleep architecture associated with ageing
- Discuss the evaluation of sleep disturbances in older people
- Explain the non-pharmacological management of insomnia
- Discuss the role of hypnotics in managing insomnia in older people

### ***Adverse effects of dietary supplements***

- Discuss the SIX potential risks of dietary supplements
- Identify side effects associated with usual doses of dietary supplements
- Assess risk of cumulative toxicity from multiple dietary supplement products

## **DAY THREE**

### ***This is painful***

- Define a physician in the Australian health context
- Identify the characteristics of a collaborator in healthcare
- Recognise the barriers and enablers for interprofessional practice

### ***Garfield eats CHADS for Breakfast***

- Identify at least three factors that influence risk of stroke in patients with atrial fibrillation
- Describe at least three factors that influence risk of bleed in patients who are anticoagulated

### ***The influence of lifestyle factors on AF burden and the role of the Accredited Pharmacist***

- Describe the burden of AF in the population and implications for the individual with AF
- Identify the lifestyle factors that influence the burden of AF
- Apply the evidence for lifestyle modification into the care of patients with AF

### ***Fracture risk prediction and the decision to treat low bone density***

- Identify the burden of osteoporosis and associated risk factors
- Compare absolute fracture risk tools
- Integrate fracture risk assessment in medication reviews and QUM services

### ***Cannabis medicines update***

- Discuss the down-scheduling of cannabidiol to Schedule 3
- Identify potential adverse effects and pharmacokinetic and pharmacodynamic cannabinoid-drug interactions
- Describe precautions, contraindications, and counselling points relevant to cannabis medicines
- List sources of evidence-based information about cannabis medicines

### ***Magnesium supplements-what is the evidence?***

- Outline the physiological functions of magnesium
- Discuss role and benefits of magnesium in migraine, cardiovascular disease, and type 2 diabetes
- Explain why oral magnesium supplements may not be appropriate for people taking proton pump inhibitors
- Evaluate an individual's clinical circumstance to determine where a magnesium supplement is appropriate

### ***Vaccination in older people***

- Describe the vaccination schedule routinely recommended for older Australians
- Discuss the characteristics of vaccines commonly used for older Australians

### ***PPI-induced iron deficiency***

- Recognise that PPI use >1 year is strongly associated with development of iron deficiency anaemia
- Explain that the risk of PPI-induced IDA is both dose and duration dependent

***Medication management services for people with intellectual and developmental disability:  
addressing a gap in care***

- Recognise key issues relating to chemical restraint in those with intellectual or developmental disability
- Discuss the medication-related issues commonly encountered when conducting medication reviews for people with cognitive disability