Care By Design Long-Term Care Conference Draft Agenda
Lakeside Ballroom @ Sandman Hotel Dartmouth
Friday, October 23rd, 2026

900-0910	*Welcome & Opening Remarks*	Minister Barb & Academic/Dr Yinka Akin-Deko Co-Lead Department Family Practice Central Zone
	Overall Conference Objectives:	By the end of this conference, participants will be able to: • Review current evidence and best practices in dementia syndromes, hospital admissions, and heart failure for long-term care (Medical Expert, Scholar). • Apply practical tools and strategies to improve resident care and quality of life (Medical Expert, Health Advocate). • Enhance interdisciplinary collaboration and communication with long-term care team members (Collaborator, Communicator). • Identify opportunities for quality improvement and leadership within long-term care settings (Leader). • Reflect on professional and ethical responsibilities in the care of long-term care residents (Professional).
0910-1000	Dementia Syndromes	Dr Alethea Lacas By the end of this conference, participants will be able to: • Differentiate the clinical features, progression, and prognosis of the major dementia syndromes encountered in long-term care, including Alzheimer disease, vascular dementia, Lewy body dementia, and frontotemporal dementia. (Medical Expert) • Recognize and manage common clinical issues associated with different dementia syndromes, including behavioural and psychological symptoms, mobility and gait changes, sleep disturbances, psychosis, and swallowing difficulties. (Medical Expert, Collaborator) • Develop individualized, person-centred care plans that anticipate disease progression and support quality of life through collaboration with residents, families, and the interdisciplinary team. (Collaborator, Communicator, Health Advocate)

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1000-1050	**Beyond Guidelines: Individualizing Heart Failure Care in Frail Older Adults**	Dr Doug Hayami By the end of this conference, participants will be able to: • Apply evidence-based approaches to heart failure management in frail long-term care residents. (Medical Expert, Scholar) • Identify when and how to deprescribe heart failure medications based on prognosis and goals of care. (Medical Expert, Communicator, Health Advocate) • Optimize symptom management for residents with advanced or terminal heart failure. (Medical Expert, Communicator, Health Advocate) • Develop care plans that support comfort-focused management and reduce hospitalizations. (Medical Expert, Communicator, Collaborator, Health Advocate)
1050-1105	*Break & Exhibits*	
1105-1145	**Osteoporosis: Fracture Risk Assessment and Management in LTC**	Carla Purcell By the end of this conference, participants will be able to: • Discuss fracture risk assessment in long term care patients. (Communicator, Health Advocate) • Describe the options for treatment when osteoporosis pharmacotherapy is indicated. (Medical Expert, Collaborator) • Incorporate Osteoporosis Canada's 2023 Clinical Practice Guideline in decisions about drug holidays/discontinuation of osteoporosis pharmacotherapy. (Health Advocate, Medical Expert)
1145-1230	**Making a Home for a Palliative Approach in Long Term Care**	Dr David Henderson By the end of this conference, participants will be able to: • Situate serious illness and goals of care conversations within an overall palliative approach to care. (Leader, Health Advocate) • Apply the 'Serious Illness Conversation Guide' as a framework to explore illness understanding and topics crucial to honoring patients' values and preferences. (Communicator, Professional) • Use the Nova Scotia Health 'Person Centered Priorities and Goals of Care – Long Term Care' form to document goals of care discussions and the chosen level of intervention. (Medical Expert, Collaborator) • Describe the Nova Scotia Health 'Last Hours and Days of Life' order set. (Medical Expert, Collaborator)

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1230-1315	*Lunch*	Hey, Did You Know? Rolling Slides & Videos
1315-1415	**Panel Discussion: When Hospitalization Helps or Harms?**	Paul Young, Christy Bussey, Alethea Lacas Objectives: By the end of this conference, participants will be able to: • Discuss approaches to transfer and transition-of-care decisions that align with resident goals, safety, and quality of life. (Medical Expert, Communicator, Collaborator, Health Advocate) • Identify clinical situations where hospital transfer is appropriate and strategies to safely manage acute illness within LTC when transfer may be avoided. (Medical Expert, Collaborator, Health Advocate) • Discuss the benefits, risks, and potential harms of hospitalization for long-term care residents. (Medical Expert, Communicator, Health Advocate)
1415-1435	*Break & Exhibits*	
1435-1525	**Wound Management in LTC**	Karyn Tweedale, NSWOC, Melanie Isukuru, WOCC By the end of this conference, participants will be able to: • Differentiate the common wound types encountered in long-term care, including moisture-associated skin damage, pressure injuries, venous ulcers, arterial ulcers, and skin tears, based on clinical assessment findings and underlying etiology. (Medical Expert / Scholar) • Develop evidence-based management plans for common wounds by addressing the underlying cause, optimizing wound bed preparation, and recognizing when referral to specialized wound care services is indicated. (Medical Expert / Collaborator / Health Advocate) • Select appropriate wound care products from the Nova Scotia formulary based on wound characteristics, exudate level, infection risk, and goals of treatment, while considering appropriate and responsible use of healthcare resources. (Medical Expert / Leader / Health Advocate)

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1525-1610	**Urinary Symptoms in the Elderly**	Dr Andrea Lantz-Powers By the end of this conference, participants will be able to: • Distinguish asymptomatic bacteriuria from symptomatic UTI in long-term care residents. (Medical Expert, Scholar) • Recognize genitourinary syndrome of menopause as a common cause of urinary symptoms in older women. (Medical Expert, Health Advocate) • Apply evidence-based strategies to prevent recurrent UTIs while promoting antimicrobial stewardship. (Medical Expert, Leader, Scholar, Health Advocate) • Identify appropriate indications for antibiotic prophylaxis in residents with recurrent UTIs. (Medical Expert, Scholar, Leader)
1610 - 1630	*Closing Remarks & Evaluation*	Dr. Valerie Lewis, MD, CCFP, COE, FCFP, Co-Lead Department Family Practice Central Zone, Medical Director Shannex Halifax sites, Program Director Enhanced Skills Care of the Elderly program Dalhousie University