Register online https://pisabc.org /6th-annual-sahc/ Cohosted By Canada India Network Society And Physicians With Interest in South Asia. Supported By South Asian Health Inst Fraser Health





BRITISH



The Program will equip participants to indentify, evaluate and treat South Asian patients with focus on Geriatrics.

6<sup>th</sup> Annual South Asian Health Conference 2023 Saturday September 16<sup>th</sup>, 2023 7:30 am – 1:00pm

#### Organized by West Coast Cardiology&Co-hosted with C-PISA-BC, CINS, ACC

<u>CO-CHAIRS</u>

Kapil Bhagirath MD, FRCPC, FASE Cardiology

Arun Garg PhD, MD, FRCPC Medical Biochemist, Clinical Lead, South Asian Health Institute SAHI

#### PLANNING COMMITTEE

Saroj Kumar MD Family Physician, Surrey, BC

Rajesh Hiralal, MD, FRCPC Cardiology, Surrey, BC

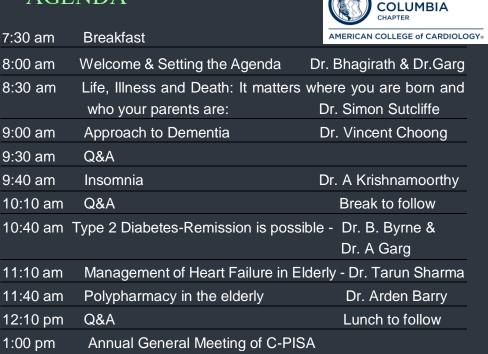
Pawan Ram MD Family Physician, Surrey, BC

Kumud Verma MD Family Physician, Surrey, BC

Rahul Bhagirath BSc(pharma) RPH Pharmacist, Surrey, BC

Roshima Kumar BSc, BSN, MN Nurse Practitioner, Surrey, BC This group learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by the College's British Columbia Chapter.

### AGENDA





UBC Auditorium Critical Care Tower, Surrey Memorial Hospital

Under the guidance of the IMC code of conduct this event is for healthcare professionals only.



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# AGENDA with Learning Objectives:

#### 1. Dr. Simon Sutcliffe:

- Longevity: mortality: why and when we die.
- Health and well-being: how do they relate to longevity?
- Global health outcome disparities.
- Individual & societal responsibility for health.
- Global collaboration to improve health and cancer control: Two Worlds Cancer Collaboration.

# 2. Dr. Vincent Choong:

- Ability to differentiate between minor vs major neurocognitive disorder.
- Identify key aspects of history, investigations for diagnosis.
- Aware of strengths and weaknesses of cognitive screening tools.
- Therapeutic options available and their limitations.
- Aware of the cultural considerations of dementia diagnosis.

### 3. Dr. Krishnamoorthy:

- To highlight essential etiological factors causing insomnia in Geriatic Population.
- Assessment of Insomnia in older adults.
- Pharmacological and non-pharmacological management of insomnia in seniors.

### 4. Dr. Garg and Brendan Byrne:

- Understanding prevalence of Diabetes11 amongst South Asians
- Lifestyle and its link to prevention and culturally safe management

# 5. Dr. Tarun Sharma:

- *HF management based on guidelines.*
- Burden of HF in elderly (and in South Asians).
- Factors influencing medicine use in elderly.
- Prognosis and goals of care.

# 6. Arden Barry:

- Identify medications commonly associated with prescribing cascads.
- Describe an approach to assessing polypharmacy and mitigating polypharmacy through deprescribing.
- Recognize resources to assist with deprescribing.