

# 8th International HELP Conference

**“Transforming Hospitals Through HELP:  
Be the Change”**

## Pre-Conference

**March 26, 2010**



Courtyard Marriott, Cambridge Boston  
777 Memorial Drive  
Cambridge MA 02139  
(866)323-4159

[www.cambridgecourtyard.com](http://www.cambridgecourtyard.com)

We have set aside rooms at a discounted rate of \$129/night available for those attending. The Marriott has graciously held rooms with either a skyline or Charles River view for those who book by February 20, 2010.

## Information about HELP

### About HELP

The Hospital Elder Life Program is an innovative model program designed to improve the hospital experience for older patients by helping them maintain their cognitive and functional abilities; maximizing independence at discharge; assisting with the transition to the home; and preventing unplanned readmission. These goals are achieved through the work of a skilled interdisciplinary team with geriatric expertise, assisted by trained volunteers who carry out interventions specially designed to meet the needs of older hospital patients.

Through HELP, the hospital becomes a place where older patients can feel secure as they participate in their course of treatment and maintain some control over their own recuperation.

The program is the result of research conducted at the Yale University School of Medicine, which found that delirium can be reduced by 40 percent through a multi-component, targeted delirium intervention. The study also found that, when applied to those at intermediate risk for delirium, such an intervention strategy is cost-effective for providers, resulting in reduction of daily and total costs.

Hospitals around the world have implemented the program and HELP has received extensive coverage in medical journals and the mainstream media.

For more information on HELP and delirium, or to learn how to become a HELP site please visit our website at [www.hospitalelderlifeprogram.org](http://www.hospitalelderlifeprogram.org)



### About Dr. Inouye

Dr. Sharon K. Inouye holds the Milton and Shirley F. Levy Family Chair at Hebrew SeniorLife's Institute for Aging Research and is a professor of medicine at Harvard Medical School (Beth Israel Deaconess Medical Center).



Dr. Inouye was previously at Yale University School of Medicine from 1985 to 2005, where she was a professor of medicine, director of the Yale Mentored Clinical Research Scholars Program (K12), co-director of the Yale Program on Aging and Claude D. Pepper Older Americans Independence Center, director of the Yale Mentorship Program in Patient-Oriented Research on Aging (K24), and director of Patient-Oriented Research for the Yale Investigative Medicine Program (K30).

Dr. Inouye's focus has been to translate the theories of clinical investigation to practical applications that can be used to improve the quality of life for older adults. Her primary research has focused on [delirium](#) and functional decline in hospitalized older patients, resulting in more than 150 peer-reviewed original articles to date. She developed and validated an instrument for the identification of delirium called the Confusion Assessment Method (CAM), which is now the most widely used standard in the field. She conceptualized the multifactorial model for delirium, which focuses on identification of predisposing and precipitating factors for delirium. Finally, she developed a multicomponent intervention strategy to prevent delirium, targeted toward six delirium risk factors. This strategy, called the [Hospital Elder Life Program \(HELP\)](#), was demonstrated to be successful in reducing delirium by 40 percent and was published in a landmark study in the New England Journal of Medicine. This study was the first to show that a substantial proportion of delirium is preventable.

## Agenda

- 8:00-9:00AM Registration  
Continental Breakfast
- 9:00-9:30 Welcome address
- 9:30-10:30 "Confusion about Confusion: Delirium in Hospitalized Older Adults"  
Edward Marcantonio, MD, SM
- 10:30-10:45 Break
- 10:45-11:45 "The Hospital Elder Life Program (HELP): Improving Hospital Quality and Safety"  
Sharon Inouye, MD, MPH
- 12:00PM-1:00 Lunch- HELP Video
- 1:00-1:45 HELP Live
- 1:45-3:00 Panel discussion : "Starting a HELP site: Opportunities and Challenges"  
Cathleen Hoffman , RN, BSN-St.Joseph Hosp.  
Anne Pizzacalla, BScN, MHSc- Hamilton Health Sciences-Henderson Site  
Eileen Mozolak-UPMC -Shadyside  
Heidi Wierman, MD- Maine Medical Center
- 3:00-3:15 Closing Remarks

## Objectives

- ◇ To understand the diagnosis and epidemiology of delirium in hospitalized older adults.
- ◇ To understand interventions for delirium, including prevention and management.
- ◇ To recognize delirium as a leading iatrogenic complication of hospitalization for older persons.
- ◇ To describe the major interventions of the HELP program, designed to prevent delirium.
- ◇ To comprehend the effectiveness and cost-effectiveness of the HELP program.

## Faculty

Cathleen Hoffman, RN, BSN  
Hospital Elder Life Program Coordinator  
Wheaton Franciscan Health System-St Joseph Hospital

Sharon K. Inouye, MD, MPH  
Professor of Medicine, Harvard Medical School  
Director, Aging Brain Center  
Hebrew Senior Life

Edward Marcantonio, MD, SM  
Director of Research  
Division of General Medicine and Primary Care-  
Beth Israel Deaconess Medical Center  
Associate Professor of Medicine  
Harvard Medical School

Eileen Mozolak  
Hospital Elder Life Program Lead Volunteer Coordinator/Manager  
University of Pittsburgh Medical Center-Shadyside

Anne Pizzacalla, BScN, MHSc  
Clinical Nurse Specialist  
Hamilton Health Sciences, Canada

Heidi Wierman, MD, Geriatrician  
Maine Medical Center

## Purpose

This Pre-Conference is designed to educate nurses, physicians, and other clinical and administrative personnel regarding practical strategies for delirium prevention, and building and maintaining a multidisciplinary HELP team. Expert clinicians and seasoned members of the HELP sites will share evidenced-based information and their clinical insights on selected topics regarding delirium, HELP as a delirium prevention strategy, implementation of HELP and the economic and qualitative benefits of HELP.

## Who Should Attend

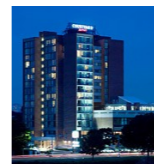
Health care professionals including Physicians, Advanced Practice Nurses, Registered Nurses, Physician Assistants, Social Workers, Therapists and Pharmacists along with administrators concerned about quality and health care costs.

### Registration:

Registration deadline is **March 5, 2010**. Fee is \$125 per individual. All fees include breaks, meals, and conference materials.

### Cancellation Policy

Notice of cancellation must be received in writing via fax to 617-363-8901. Cancellations will be accepted through February 15<sup>th</sup>. Cancellation of the hotel reservation is the registrant's responsibility.



### Directions:

The Courtyard Marriott is conveniently located 5 miles from Logan International Airport. There is a hotel shuttle accessible for trips within a 2 mile radius including Harvard Square, Central Square, and Kendall Square.

***This activity has been submitted to the Massachusetts Association of Registered Nurses, Inc., for approval to award contact hours.***

***Massachusetts Association of Registered Nurses, Inc., is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's COA.***

***Social Work CEU's have been applied for.***



**Hospital Elder  
Life Program**

**"Transforming Hospitals Through HELP: Be the Change"**

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### Registration:

Title: \_\_\_\_\_

Discipline: \_\_\_\_\_

Hospital/Organization: \_\_\_\_\_

State: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Fax #: \_\_\_\_\_

□ Yes, I will attend the Pre-Conference on March 26, 2010. I have enclosed or authorize charge of \$125.

**Please charge my credit card listed below: (it must match exactly your billing statement)**

Name on card: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Phone: \_\_\_\_\_

CSV: \_\_\_\_\_

By signing below I, the cardholder, authorize Hebrew SeniorLife to charge my credit card for the amount listed above.  
Cardholder Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Fax to: Shana Leberman at 617-363-8901

Mail to: Shana Leberman, Hospital Elder Life Program, IFAR-Hebrew SeniorLife, 1200 Centre Street, Boston MA 02131  
Please make check payable to "Hospital Elder Life Program-HRC."

\*\*\*\* Please contact us with any dietary restrictions/allergies any attendees may have \*\*\*\*