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Palliative and therapeutic harmonization: Shining a light on pharmacotherapy

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The intricate web of complex issues associated with frailty can find traction in custom-built processes that consider the vulnerability and prognosis of frailty. Palliative and Therapeutic Harmonization (PATH) is a set of services and protocols that improves the organization of health services and guides health professionals, frail older adults, and families towards appropriate decision-making with frailty using a standardized process. This workshop describes the PATH framework and how it can be used to address polypharmacy. We review the need to popularize frailty-specific treatment guidelines and review evidence-informed guidelines for the treatment of frail older adults with diabetes, hypertension and hyperlipidemia. We show that by understanding available evidence, we can develop new approaches that fit the special circumstances of frailty.

Biography

Laurie Mallery is head of the Division of Geriatric Medicine at Dalhousie University. She is an internist geriatrician, who received her medical degree from the University of Pennsylvania. She has developed innovative health care delivery systems that improve efficiency, appropriateness, and cost effectiveness. She is co-founder of the PATH program, which provides care planning for frail older adults and experientially-based training that helps health practitioners and teams build efficiency and capacity using a processes that carefully consider the impact of frailty. The PATH experience is brought to life in her recently published story *The Salami Salesman and His Daughter Falafel*, which chronicles the story of her father's frailty. She has developed an exercise program for older adults, a curriculum in Geriatric Medicine for medical students, and interdisciplinary clinical protocols. She was a member of the Canadian Expert Drug Advisory Committee (CEDAC) for over 8 years, a national committee that makes medication reimbursement recommendations to Provincial drug plans.

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