

# Medications as We Age



**Instructor:** Cheryl A. Smith

**Date/ Time:** Wednesdays 2pm-3:30pm

**Session Dates:** Oct 4 (1 session)

**Location:** NSCC, Amherst

**Participants:** Minimum 5, Maximum none

## Course Outline:

A one-hour presentation on medication management for older adults with 30 minutes for questions

You will learn:

- Why does aging make us more sensitive to the effects of medications?
- In what situations would the risks of drug effects outweigh potential benefits?
- How can patients, caregivers and healthcare professionals work together to prevent harmful medication effects?

## Instructor Bio:

Dr. Cheryl Smith is a Nurse Practitioner whose primary focus involves seniors' health. Passion for optimizing medications and reducing health risks. Developed this medication management program for the Department of Health and presented throughout Nova Scotia and beyond.

**Remember to check your email before each new course begins and during the course. You will be contacted by email if:**

- a) The course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

**Absence/ Absenteeism** - TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at [tscordinator@gmail.com](mailto:tscordinator@gmail.com). You can also call 506-364-2780 to let us know. Many courses have a wait list

and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

**Classroom comportment** - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.