GERIATRIC MEDICINE
RESIDENT/STUDENT CURRICULUM
July 2003

1. **Introduction**

One of the major demographic changes of the 21st century will be the increase on the percentage and number of older adults. In 1993, there were 32.8 million Americans 65 years of age or older, representing 12.7% of the population. This population is projected to increase to approximately 70 million by 2030 when the "baby boom" generation reaches age 65. As a group, they account for approximately 36% of total personal health care expenditures, almost 50% of office visits with internists.

As both the number of older adults and the health care costs of caring for the elderly have increased, serious problems have arisen regarding the availability, quality and appropriateness of the health services they receive. To adequately provide health care for this expanding elderly population, health care professionals must have the appropriate knowledge, skills and attitudes related to health care of older adults.

The Graduate Medical Education Directory states the "resident experience must include formal teaching and regular, supervised clinical activities in geriatric medicine." Assignments to geriatric services must be offered, and are defined as specifically designated geriatric inpatient units, geriatric consultation services, nursing homes, geriatric ambulatory care clinics and/or home care."

2. **Training Sites**: Coordinator is Dr Kathy Amacher, DGMC 423-3861; beeper 436-9245

a. **Outpatient Clinics DGMC**

Internal medicine, podiatry, urology, urogynecology for cystometrics, medication clinic run by pharmacist, Occupational Therapy, Physical Therapy, Hyperbaric Oxygen Wound Clinic, HOLDS Clinic.

b. **Community Involvement**

1. Northbay Hospice 429-7758; Delisa Sanui, RN 1300 Oliver Rd, Suite #210, Fairfield. From the base take Airbase Parkway to 80W. Exit on Travis Blvd. Make a right at the light then go to the second light and make a left onto Oliver. Hospice is in 3 story building on the left. Park in the back, entrance in the front, they are on the second floor.
2. Adult Protective Services/In Home Support Services (IHSS): POC: Jeanne Newton (social worker supervisor) 784-8206. Public health nurse: Cathy Jordan 784-8255, 275 Beck Ave, Fairfield
3. Physician Home Visit Program with Dr Amacher

e. **Yountville VA**

1. Denise Rettenmaier, DO geriatrician. Her work cell phone is 707-732-4028 Yountville campus operator is at 944-4600 and she can page Dr Rettenmaier directly. (From Travis take 80 west, to Hwy 12 toward Napa. Make right onto 29 toward Calisotoga. Take first Yountville exit make left and go under highway following signs to Veterans Home. Follow the tree lined street toward

the Veteran's Home. Make a left and follow the loop until it starts to curve right. The 3 story building on the left is the main nursing home/hospital. Go to the main lobby and ask the receptionist to page Dr Rettenmaier.

3. **Educational Materials:**

a. Assessment Instruments: See attached list with references

b. American Geriatric Society
   1) Journal American Geriatric Society
   2) Geriatric Review Syllabus
   4) AGS Bibliography of Clinical Practice Guidelines: See attached list

c. Books
   1. Primary Care Medicine-Ham & Sloan, Mosby, 3rd Ed, 1996
   2. Geriatric Medicine- Cassel, Springer-Verlag, 3rd Ed, 1997
   3. Geriatric Clinics- Saunders, 4 per year
   4. Ambulatory Geriatric Care- Yoshikawa & Brummell-Smith, Mosby, 1998 2nd Ed
   5. Interviewing and Patient Care- Enelow & Brummell-Smith, Oxford Univ, 4th ed, 1996
   6. Essentials of Clinical Geriatrics- Kane & Ouslander, 3rd Ed, 1994
   7. Medical Care of the Nursing Home Patient- Besdine & Rubenstein, ACP, 1996
   8. Handbook of Geriatric Assessment- Reichel, 1995
   9. Principles of Geriatrics and Gerontolgy- Hazzard, McGraw-Hill, 3rd ed, 1995

d. Agency for Health Care Policy and Research (AHCPR) Publications Clearing house toll-free (800) 358-9295 for Clinical Practice Guidelines: 19 published guidelines many relevant to geriatrics such as: Pressure Sores, Incontinence, BPH, Heart Failure, Post Stroke Rehab, Alzheimer's.

KATHRYN AMACHER, Col, USAF, MC
Director Geriatric Programs, Internal Medicine

attch: References for standardized functional assessment instruments
AGS Clinical Practice Guidelines: Bibliography

5. **Goals**

ATTITUDES: Learning Objectives	Location & Method of Instruction	Method of Evaluation
Respect for older persons and their wish for autonomy	• Precepting by staff • Direct patient encounters	• Self report • Modified Maxwell-Sullivan Attitude Scale
Recognize the heterogeneity found among older persons with respect to physiologic function, health status, belief systems, values and personal preferences	• Precepting by staff • All patient interactions	• Self report
Seek out and consider the observations and opinions of family and other concerned individuals in evaluating an older patient	• Direct patient/family encounters	• Self report
Value a multi-disciplinary team approach into the care of the functionally impaired patient across the continuum of care to include outpatient clinic, acute hospitalization, home visits and skilled nursing facilities and rehabilitation units	• PT, OT, dietician • Yountville Team meetings • Hospice Team meeting	• Self report
Develop a level of comfort discussing advance directives with patients and their families	• IMC and inpatient interactions • Family Conferences	• Self report • Case Study Discussion
Realize the challenge of the clinical and ethical dilemmas produced by the illness of the very old and the health care system in general.	• Ethics Forum discussions • Self-study	• Self report • Case Study Discussion

KNOWLEDGE: Learning Objectives	Location & Method of Instruction	Method of Evaluation
Identify normal human aging, age-related changes in tissues, organs and physiologic function	• Self-study from syllabus • Precepting by staff	• Multiple choice test
Describe age-related changes in pharmacokinetics and pharmacokinetics, gain insight into non-compliance and iatrogenesis	• Medication clinic by pharmacist • Participate in Coumadin Clinic	• Multiple choice test
Employ necessary adjustments in history-taking and physical examination	• Precepting by all staff	• Observation by staff
Utilize fitness, exercise, and rehabilitation as applied to older people	• PT, OT • Rehab Team at Yountville	• Multiple choice test
Calculate nutritional needs of older persons to include the malnurished and obese	• Dietician	• Multiple choice test
Describe the organization and financing of health care	• Public Health Nurse/APS	• Multiple choice test
Define when hospice is appropriate for non-cancer patients and the fundamentals of palliative care	• Self-study • Northbay Hospice	• Multiple choice test • Case Discussion
Recognize the principles of biomedical ethics, including an understanding of competence, autonomy, advance directives, and guidelines for medical decision-making for people toward the end of life.	• Self-study • Ethics Forum	• Multiple choice test • Case Discussion
Assess cognitive function, depression, anxiety, behavior disturbances, paranoia, and the effects of social isolation and bereavement	• Yountville VA • Home visits	• Multiple choice test
Recommend individualized preventive health and health promotion measures for the elderly	• Outpatient IMC	• Multiple choice test

SKILLS: Learning Objectives	Location & Method of Instruction	Method of Evaluation
Administer and interpret standardized functional assessment instruments in comprehensive geriatric assessment	• PT, OT • IMC • Yountville VA	• Complete 3 formal write ups of Comprehensive Geriatric Assessment
Assess caregiver burden and appropriately recommend options for respite care or long-term-care placement	• Caregiver Support Group • Yountville VA	• Multiple choice test
Detect and manage the common hidden geriatric syndromes such as: Dementia Delirium Depression Incontinence Falls Immobility Pressure Sores Polypharmacy Drug-Induced Illness Sensory (Vision And Hearing) Impairment Impotence Podiatric problems	Combination of below • IMC, videos • Inpatients, • Urogynecology • PT & OT • SNF skin rounds • Medication clinic, IMC • Inpatients, Medication clinic • Urology Clinic • Podiatry Clinic	• Multiple choice test
Make appropriate referrals to adult crisis intervention teams	• DC planning • APS/IHSS • Elder Abuse Video	• Multiple choice test
Carry out a geriatric assessment in the patient's home and adjust treatment goals and strategies to account for unique psychosocial conditions	• Physician home visit program • APS/IHSS	• Observation by home visit staff
Provide effective palliative care, including the counseling of the terminally ill patient and his/her family and the control of pain and other disease-related symptoms	• Self-study, video and text • Northbay Hospice	• Multiple choice test