

# IU GERIATRICS e-news August 2010

A newsletter from [IU Geriatrics](#) and the [IU Center for Aging Research](#)

## IU Geriatrics Welcomes Dr. Kofi Quist to the Faculty

IU Geriatrics welcomed new faculty member **Kofi Kafui Quist, MD**, in August. Why did he choose IU?

"My interest in IU Geriatrics was because of the career diversity and development IU offers to clinicians. Clinical medicine and research is nicely interwoven and leads to the development of new ideas and models to improve patient care. One of such models is the Acute Care for Elders (ACE) Service, which appealed to me," Dr. Quist states. "I also realized that mentoring was paramount and was made available to physicians in all aspects of service, building confidence and the desire to achieve greater heights in one's professional career."

Dr. Quist comes to Indiana University from the Albert Einstein College of Medicine at Montefiore Medical Center in Bronx, New York, where he



completed a geriatrics fellowship. Dr. Quist completed medicine residencies in Ghana and at the Metropolitan Hospital Center's New York Medical College where he was the outstanding PGY3 resident in internal medicine.

As to his geriatric medicine clinical interests, Dr. Quist notes that the areas that excite him most are taking care of the acutely ill frail elders and

polypharmacy.

"It has always been rewarding to me to see sick elders transitioned back to their usual functional state after an acute illness without any negative sequelae as a result of their illness. Most of our elders are on multiple medications which predisposes them to the negative effects of these drugs. Reviewing, simplifying and eliminating unneeded medications is one of my passions."

Dr. Quist joins IU as an assistant professor of clinical medicine. He

**INDIANA GERIATRICS SOCIETY'S  
4th Annual Fall Day Conference**

October 22, 2010 • 8:00 am-5:00 pm  
Methodist Conference Center  
1801 N. Senate Blvd  
Indianapolis, IN

Register at  
<http://www.indianageriatricsociety.org/news--events.html>

provides outpatient consultative geriatric care at the Senior Health Center and inpatient care in the Acute Care for Elders (ACE) Consult Service, both at Methodist Hospital.

Dr. Quist is a member of the American College of Physicians and the American Geriatrics Society. He is certified as an internist by the American Board of Internal Medicine and will take the Geriatric Medicine subspecialty certification exam in November of this year.

## Dr. Callahan Begins New R01, Alzheimer's Disease Multiple Intervention Trial Project

In a five year study funded by the National Institute on Aging, **Chris Callahan, MD** is building on a previous [R01 clinical trial](#) that demonstrated the effectiveness of collaborative care for older adults with Alzheimer's disease cared for in primary care practices.

The trial demonstrated that guideline-level medical care resulted in improved quality of care and improved behavioral and psychological symptoms over one year among patients and their caregivers, but the findings did not reveal a significant difference between groups in functional decline. Both study groups experienced a significant decline in function over 18 months.

The new study, the Alzheimer's Disease Multiple Intervention Trial Project, will test a home-based



intervention specifically designed to slow the rate of functional decline among older adults with Alzheimer's disease.

In addition to building on Dr. Callahan's past research, the study also builds from reported research which demonstrates the short-term efficacy of home-based occupational therapy interven-

tions among older adults with dementia. Previous trials have shown that older adults with dementia, including Alzheimer's disease, can both participate in and benefit from occupational therapy-based interventions delivered in the home. ADMIT will test a home-based intervention specifically designed to slow the rate of functional decline among older adults with Alzheimer's disease.

**The ADMIT R01 will conduct a two-year, randomized, controlled clinical trial to improve functioning among older adults with Alzheimer's disease comparing a control group receiving best practices primary care with an intervention group receiving best practice primary care PLUS a home-based occupational therapy intervention.**

The study team will test the primary hypothesis that subjects with Alzheimer's disease in the intervention group will have improved function at two years compared with the best practice primary care control group.

### IU RESPECT Center Advances Science Via Collaborative Interdisciplinary Community

Despite increased attention to palliative and end-of-life care over the past two decades, there remains a pressing need to advance the science through foundational descriptive work and innovative intervention research to grow the science.

The mission of the Indiana University Research in Palliative and End-of-Life Communication and Training (IU RESPECT) Center is to build a collaborative, interdisciplinary scientific community of researchers and clinicians to work together to advance the science of communication in palliative and end-of-life care across the life-span.

Funded by the 2009-2010 [IUPUI Signature Centers Initiative](#), the Center is led by co-directors **Susan Hickman, PhD**, Joan Haase, PhD, RN and **Greg**



Dr. Susan Hickman



Dr. Greg Sachs

**Sachs, MD**. Among ten additional core faculty members are **Alexia Torke, MD, MS** and **Barbara Habermann, PhD**.

“The IU RESPECT Center is focusing on research to improve communication in the care of children, adolescents, adults, and elders facing serious illness that is life-limiting, debilitating, or terminal,” notes Dr. Hickman.

#### The Key Goals

- Accelerate the development of innovative descriptive and intervention research trials relevant to communication and decision-making in children, adolescents, adults, and elders with serious and/or life-threatening illness
- Develop new community partnerships for translational science to enhance palliative and end-of-life care research and practice
- Create mentorship opportunities for developing scholars who will become the next generation of productive, passionate palliative and end-of-life care researchers

“We will capitalize on the complementary and expanding expertise at IU and will serve as a connection point for researchers and clinicians to support and promote our mission.”

#### IU RESPECT CENTER CALL for PILOT PROPOSALS

The Center will award two pilot projects, each worth up to \$15,000, with a starting date of January 1, 2011. All teaching and research faculty at IUPUI who are qualified to apply for NIH funding are eligible. Preference will be given to new investigators and to research that fosters transdisciplinary collaboration.

Pilot grant proposals are due by 5:00 pm Monday, November 15. To apply, go to [scope.medicine.iu.edu/files/RESPECTPilotProposal2010-9-15.pdf](http://scope.medicine.iu.edu/files/RESPECTPilotProposal2010-9-15.pdf). Send questions to Molly Donovan at [madonova@iupui.edu](mailto:madonova@iupui.edu) or 278-7749.

### Presentations and Professional Activities

**Arif Nazir, MD, CMD**, presented “Quality Improvement in Nursing Home Care” at Medicine Grand Rounds on August 20, 2010.

**Teresa Damush, PhD**, was the recipient of a Special Contribution Award in recognition of the high level of productivity and contributions made in the planning and execution of the Quality Enhancement Research Initiative (QUERI) sponsored HSR&D field meeting “[Enhancing Implementation Science in VA](#)” held July 19-20 in Denver, Colorado. Video and audio are available via the link.

**Ella Bowman, MD, PhD**, has accepted the nomination by Wishard CEO Dr. Lisa Harris to chair the Wishard Hospital Credentialing Committee. Dr. Bowman assumed leadership on July 1, 2010.

**Arif Nazir, MD, CMD, and Michael Sha, MD** will lead the joint annual meeting of the [Indiana Medical Directors Association](#) (IMDA) and the [Indiana chapter of the American College of Physicians](#) (ACP) on Friday, October 29 and Saturday, October 30, 2010 at the Marten House Hotel and Lily Conference Center in Indianapolis, IN. The [meeting brochure](#) is available via the ACP website.



**Cathy Schubert, MD**, was interviewed and appeared in the article “The Preaching is Easy; The Practice Takes Effort” in the August 15 edition of the *Indianapolis Star*. She joined four local health

care professionals in a feature focusing on changes they had made to improve their own health and challenges they continued to face. Her number 1 stress reliever?

“...I spend some time on my porch swing, consciously taking a few moments every day to go ‘aah,’” she said. “It helps me sleep better at night and not eat a bowl of ice cream.”

### Publications



**Arling G**, Kane RL, Cooke V, Lewis T. [Targeting residents for transitions from nursing home to community](#). Health Serv Res. 2010 Jun;45(3):691-711. PubMed PMID: 20403058.

**Westmoreland GR, Counsell SR, Tu W**, Wu J, Litzelman DK. [Web-based training in geriatrics for medical residents: a randomized controlled trial using standardized patients to assess outcomes](#). J Am Geriatr Soc. 2010 Jun;58(6):1163-9. PubMed PMID: 20722848.

**Terrell KM**, Perkins AJ, **Hui SL, Callahan CM**, Dexter PR, **Miller DK**. [Computerized Decision Support for Medication Dosing in Renal Insufficiency: A Randomized, Controlled Trial](#). Ann Emerg Med. Jul 15;67(14):1174-7. PMID: 20517483

Kroenke K, Theobald D, Wu J, Norton K, Morrison G, Carpenter J, **Tu W**. [Effect of telecare management on pain and depression in patients with cancer: a randomized trial](#). JAMA. 2010 Jul 14;304(2):163-71. PubMed PMID: 20628129.

**Campbell NL, Boustani MA**, Lane KA, Gao S, **Hendrie H**, Khan BA, Murrell JR, **Unverzagt FW, Hake A**, Smith-Gamble V, Hall K. [Use of anticholinergics and the risk of cognitive impairment in an African American population](#). Neurology. 2010 Jul 13;75(2):152-9. PubMed PMID: 20625168.

Chen CH, Mizuno T, Elston R, Kariuki MM, Hall K, **Unverzagt F, Hendrie H**, et al. [A comparative study to screen dementia and APOE genotypes in an ageing East African population](#). Neurobiol Aging. 2010 May;31(5):732-40.

**Terrell KM, Hui SL**, Castelluccio P, Kroenke K, McGrath RB, **Miller DK**. [Analgesic prescribing for patients who are discharged from an emergency department](#). Pain Med. 2010 Jul;11(7):1072-7. PubMed PMID: 20642733.

**Schmid AA**, Kapoor JR, Dallas M, Bravata DM. [Association between stroke severity and fall risk among stroke patients](#). Neuroepidemiology. 2010;34(3):158-62.

**McLennon SM, Habermann B**, Davis LL. [Deciding to institutionalize: why do family members cease caregiving at home?](#) J Neurosci Nurs. 2010 Apr;42(2):95-103. PubMed PMID: 20422795.

**Stewart JC**, Fitzgerald GJ, Kamarck TW. [Hostility Now, Depression Later? Longitudinal Associations Among Emotional Risk Factors for Coronary Artery Disease](#). Ann Behav Med. 2010 Jun;39(3):258-66. PubMed PMID: 20407855.

Brown LF, Kroenke K, Theobald DE, Wu J, **Tu W**. [The association of depression and anxiety with health-related quality of life in cancer patients with depression and/or pain](#). Psychooncology. 2010 Jul;19(7):734-41. PMID: 19777535

Bosworth HB, Almirall D, Weiner BJ, Maciejewski M, Kaufman MA, Powers BJ, Oddone EZ, Lee SY, **Damush TM**, et al. [The Implementation of a translational study involving a primary care based behavioral program to improve blood pressure control: The HTN-IMPROVE study protocol](#) (01295). Implement Sci. 2010 Jul 16;5(1):54. PubMed PMID: 20637095.

### Save the Dates for Geriatrics Presentations

Sheila Dolan, PT, WCC, will present "Pressure Ulcers/Wound Care & New Products" at the October 20 IU Geriatrics Conference held from 7:30-8:30am in Wishard T2008 A&B. Ms. Dolan is a physical therapist at Wishard Hospital and carries the Wound Care Certified credential.

Robert Pascuzzi, MD, will present "Selected Cases in Neurogeriatrics" at the October 27 IU Geriatrics Conference held from 7:30-8:30am in Wishard T2008 A&B. Dr. Pascuzzi is chair of the Department of Neurology at the IUSM.

**Malaz Boustani, MD, MPH**, will present Medicine Grand Rounds on Friday, November 12, 12-1pm in Wishard's Myers Auditorium.

