

# IU GERIATRICS

NEWS FROM THE INDIANA UNIVERSITY GERIATRICS PROGRAM  
& THE INDIANA UNIVERSITY CENTER FOR AGING RESEARCH

Spring 2014

## Delivering Clinical Interventions and Developing Junior Faculty

### Aging Brain Care

**The Aging Brain Care (ABC) Program** incorporates the common features of several evidence-based collaborative care models into one program designed to deliver high quality, efficient medical care to older adults suffering from dementia and/or depression. With the support of a 3-year, \$7.8 million CMS Health Care Innovation award, the services of the ABC program have expanded from a small pilot of 200 patients to serve more than 2000 Medicare and Medicaid beneficiaries in central Indiana receiving primary care services at Eskenazi Health or IU Health Arnett.

### OPTIMISTIC

**OPTIMISTIC - Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care**, is a comprehensive program, building on evidence-based strategies, to collaborate with 19 central Indiana nursing facilities to improve the quality of care of long stay nursing facility residents and reduce avoidable hospitalizations. Funded by a 4 year \$13.4 million CMS Innovation Center contract to Indiana University, the program is one of 7 funded for CMS's Initiative to Reduce Avoidable Hospitalizations Among Nursing Facility Residents.

Two areas of special focus for IU Geriatrics are delivering clinical interventions and developing junior faculty. In this issue of our newsletter we highlight two new projects selected by CMS for Health Care Innovation Awards, and nine junior faculty who have garnered career awards for academic development.

The Aging Brain Care program, commonly referred to as the ABC Medical Home, is led by Malaz Boustani, MD, MPH (PI) and Michael LaMantia, MD, MPH; and OPTIMISTIC – Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care, is led by Greg Sachs, MD (PI), Kathleen Unroe, MD, MHA, and Arif Nazir, MD, CMD. Each of these clinical interventions aim to deliver better health, improved care and lower costs to approximately 2,000 seniors in central Indiana enrolled in Medicare and/or Medicaid; and both support primary care providers in the care of their complex older patients – ABC for community dwelling people with depression or dementia, and OPTIMISTIC for dually eligible persons

residing in one of 19 nursing homes. These two projects are the latest releases in a long line of innovations in primary care designed and tested by clinicians and investigators of IU Geriatrics and the IU Center for Aging Research, including IMPACT (Improving Mood – Providing Access to Collaborative Treatment; JAMA 2002), PREVENT (Providing Resources Early to Vulnerable Elders Needing Treatment for dementia; JAMA 2006), and GRACE (Geriatric Resources for Assessment and Care of Elders; JAMA 2007).

One of the most gratifying roles Chris Callahan, MD and I have as Director of the IU Center for Aging Research and Director of IU Geriatrics, respectively, is to facilitate the career development of our junior faculty. Through the integration of all three academic missions – patient care, education, and research – we have developed exciting opportunities for professional growth. Delivering clinical interventions and developing junior faculty get more exciting every year!



INDIANA UNIVERSITY  
SCHOOL OF MEDICINE

*Steven R. Counsell MD*

**Steven R. Counsell, MD**  
Mary Elizabeth Mitchell Professor  
Director, IU Geriatrics



April 30, 2014

## CMS Selects Two Local Programs for Health Care Innovation Awards

The Centers for Medicare and Medicaid Services' Health Care Innovation Awards fund organizations that are implementing projects in communities across the nation that aim to deliver the most compelling new ideas to deliver better health, improved care and lower costs to people enrolled in Medicare, Medicaid and Children's Health Insurance Program, particularly those with the highest health care needs.

### The Aging Brain Care (ABC) Program

Much of the **ABC intervention** is targeted to co-manage or support the practice behavior of primary care clinicians by providing personalized care aimed at improving the self-management skills and coping behavior of both the patient and the informal caregiver.

The program utilizes the concept of a **"mobile office"** which

- may include the patient's or caregiver's home
- may include any of the primary care or specialty clinics, the hospital, ER or any community setting
- takes into account the physical, emotional, and psychological comfort of patients and caregivers when clinical staff schedule appointments

Each team is led by an RN and a social worker who serve as care coordinators and supervise care coordinator assistants (CCAs) who have at least a high school degree, are chosen for their aptitude for working with vulnerable older adults and receive additional training in the care of older adults with dementia and depression.

The **CCAs assist the care coordinators** in assessing patient symptoms and caregiver burden, delivering care protocols, monitoring medication adherence, managing data entry, scheduling patient and caregiver visits, and managing patient transportation.

The clinical teams are supervised by a medical director with expertise in dementia and depression management and are supported by the **eMR-ABC care coordination software**.

#### The eMR-ABC:

- creates a registry of all patients enrolled in the program
- tracks appointments
- alerts the care coordinators of any acute care visits
- monitors the current symptoms of the patients & informal caregivers
- recommends individualized care protocols based on current symptoms
- provides timely feedback on the performance of the ABC program in managing the health and acute care utilization of its population

#### Leadership, Project Team, Advisory Board

Directors Malaz A. Boustani, MD, MPH, Lee Livin, MBA; Medical Director Michael LaMantia, MD, MPH; Manager Catherine Alder, JD, MSW; Leadership Core Malaz Boustani, MD, MPH, Lee Livin, MBA, Michael LaMantia, MD, MPH, Christopher Steinmetz, MD, Kathy Frank, RN, PhD, and Catherine Alder, JD, MSW; Consumer Advisory Board is comprised of patients, families, and their advocates.

[www.agingbraincare.org](http://www.agingbraincare.org)

### OPTIMISTIC - Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care

The **primary outcome** of **OPTIMISTIC** will be achieved through:

- proactive management of chronic conditions through structured care management reviews
- increased capacity to respond to changes in medical conditions through availability of additional resources including RNs and NPs and through training in INTERACT tools
- optimized transitional care protocols
- a comprehensive advance care planning process
- improved access to palliative care

The program is **supported by a project team** with geriatrics and palliative care expertise, including 18 specially trained registered nurses stationed on-site at each nursing facility. They provide direct support, and education and training to the facility staff; lead care management reviews of long-stay patients to optimize chronic disease management; reduce unnecessary medications; and clarify goals of care.

Nurse practitioners support the OPTIMISTIC RNs, respond to urgent resident care needs, with evening and weekend availability for in-person evaluation, and become site champions for training and leadership development.

**Nursing facility partners** include independent facilities, as well as regional and national chains.

**Stakeholder representation** includes:

- Health Care Excel
- Indiana Area Agencies on Aging
- Health & Hospital Corporation
- State of Indiana Division of Aging
- LeadingAge™ Indiana
- Other community stakeholders

#### Leadership, Project Team and Staff

Directors Greg A. Sachs, MD, Kathleen Unroe, MD, MHA; Medical Director Arif Nazir, MD, CMD; IU Team Kathy Frank, RN, PhD, Michael LaMantia, MD, MPH, IU School of Nursing—Susan Hickman, PhD; Monica Tegeler, MD, Steve Counsell, MD, Greg Gramelspacher, MD, Greg Arling, PhD; Purdue—Noll Campbell, PharmD; University of Indianapolis—Ellen Miller, PhD; Project Staff Regenstrief Institute Laura Holtz, BS, CCRC, Helen Maurer, MA, CHES, Shaila Strayhorn, MPH, Connor Norwood, MHA; University of Indianapolis—Lidia Dubicki

[www.optimistic-indy.com](http://www.optimistic-indy.com)

## IU Geriatrics Junior Faculty Garner Awards to Advance Careers

Faculty mentors from IU Geriatrics and the IU Center for Aging Research are recognized nationally and internationally for their expertise in developing and advancing the academic and professional careers of our physician-scientists and clinician-educators. Their dedication is enriched and enhanced through the substantial resources awarded to our emerging leaders from entities such as the National Institute on Aging, the US Department of Health and Human Services, the John A. Hartford Foundation and the National Palliative Care Research Center.

### **Ella H. Bowman, MD, PhD**

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award  
*Training Teams in Hospital to Home Transitional Care Needs of Frail Elders*  
September 2010 – August 2015

### **Noll Campbell, PharmD, BCPP**

National Institute on Aging  
K23 Mentored Patient-Oriented Research Career Development Award

*Evaluating the Adverse Cognitive Effect of Medications*  
April 2014 – March 2019

### **Tochukwu Iloabuchi, MD, MS**

John A. Hartford Foundation / IU Center of Excellence in Geriatric Medicine  
Hartford Scholar

*Risk Factors for Early Hospital Readmission in Low-Income Elderly Adults*  
July 2012 – June 2014

### **Todd James, MD**

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award  
*Improving Interdisciplinary Education for New Models of Team Care*  
September 2010 – August 2015

### **Babar Khan, MD, MS**

National Institute on Aging  
K23 Mentored Patient-Oriented Research Career Development Award

*Delirium Biomarkers in the Intensive Care Unit*  
September 2012 – May 2017

### **Michael LaMantia, MD, MPH**

National Institute on Aging  
K23 Mentored Patient-Oriented Research Career Development Award

*Delirium Evaluation in the Emergency Department for Seniors (DEEDS)*  
April 2014 – March 2019

### **Arif Nazir, MD, CMD**

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award  
*Education Strategies for Improving Interdisciplinary Care of Nursing Home Residents*  
September 2010 – September 2015

### **Kofi Quist, MD**

John A. Hartford Foundation / IU Center of Excellence in Geriatric Medicine  
Hartford Scholar

*Medication Management Interventions in Patients Enrolled in GRACE Team Care*  
July 2013 – June 2015

### **Kathleen Unroe, MD, MHA**

National Palliative Care Research Center  
Junior Faculty Career Development Award

*Use of Hospice Services in Nursing Homes*  
September 2011 – September 2013

## IU Geriatrics — 33 Faculty Growing in Excellence



### **Gregory W. Arling, PhD**

Associate Professor of Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on applied research that will improve the effectiveness of health and long-term care for older people*



### **David Bose, MD, CMD**

Assistant Professor of Clinical Medicine  
Medical Director, IU Health West Hospital  
Acute Care for Elders (ACE) Consult Service  
Medical Director, Wellbrooke of Avon

*Interests include acute care of the frail elderly, focused mainly on minimizing functional decline in the acute care setting*



### **Adnan Arseven, MD**

Associate Professor of Clinical Medicine  
Medical Director, Eskenazi Health Center for Senior Health  
Assistant Program Director, Geriatric Medicine Fellowship

*Interests include improving quality of coordinated health care delivery to vulnerable older adults, and training health professionals in the care of older adults*



### **Evelyn Bose, MD, CMD**

Assistant Professor of Clinical Medicine  
Medical Director, Eskenazi Health Extended Care  
Medical Director, IU Health Nursing Home Service  
Medical Director, Westside Village Health Care

*Interests include post acute care, readmission reductions and safe care transitions from hospital to SNF and SNF to home; introducing palliative care with hospice to families in post acute care settings*



### **Robin A. Beck, MD**

Associate Professor of Clinical Medicine  
Associate Medical Director, Eskenazi Health Senior Care  
Medical Director, Eskenazi Health Center House Calls for Seniors

*Interests include developing & improving clinical programs to provide excellent health care to frail older adults across a continuum, focusing on the homebound*



### **Malaz Boustani, MD, MPH**

Richard M. Fairbanks Scholar in Aging Research  
Associate Professor of Medicine  
Associate Director, IU Center for Aging Research  
Investigator, Regenstrief Institute  
Chief Operating Officer, Center for Health Innovation and Implementation Science  
Chief Innovation and Implementation Officer, Indiana University Health

*Research focuses on rapid translation of aging brain research discovery into health care delivery*

# IU Geriatrics Faculty



**Ella H. Bowman, MD, PhD**

Assistant Professor of Clinical Medicine  
Medical Director, Eskenazi Health Acute Care  
for Elders (ACE) Consult Service

*Interests include improving the care of frail hospitalized patients with multiple co-morbidities, educating learners about the hazards of hospitalization, hospital-to-home care transitions, and palliative care/end of life issues*



**Tochukwu Iloabuchi, MD, MS**

Assistant Professor of Clinical Medicine

*Interests include care transitions for frail older adults across acute care settings, dissemination of best geriatrics practices through design and implementation of innovative curricular and education leadership*



**Christopher M. Callahan, MD**

Cornelius and Yvonne Pettinga Professor  
Director, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on social, clinical, and health system interventions to improve the care of older adults with depression, dementia, and multimorbidity*



**Todd James, MD**

Assistant Professor of Clinical Medicine  
Medical Director, Eskenazi Health Center  
GRACE / Bridge Care Management

*Interests include development of geriatrics and interprofessional curricula, and improving care for vulnerable seniors*



**Noll Campbell, PharmD, BCPP**

Research Assistant Professor, Department of  
Pharmacy Practice, Purdue University  
Adjunct Assistant Professor of Medicine, IUSM  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on safety of medications and health systems interventions to improve the care of older adults in primary care settings*



**NiCole Keith, PhD**

Associate Professor, IUPUI Department of  
Kinesiology  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on the evaluation of the impact of health promotion activities on delaying decreased fitness and functional decline.*



**Daniel O. Clark, PhD**

Associate Professor of Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on better understanding health behaviors; designing and evaluating programs to meet the health promotion and self-management needs of adults*



**Babar Khan, MD, MS**

Assistant Professor of Medicine,  
Division of Pulmonary Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on long term outcomes of critically ill patients admitted to the ICU and developing a biomarker profile among delirious patients to predict long term cognitive, physical and psychological morbidity*



**Steven R. Counsell, MD**

Mary Elizabeth Mitchell Professor  
Director, IU Geriatrics  
Chief, Geriatrics Service Line, IU Health Physicians  
Scientist, IU Center for Aging Research

*Research focuses on disseminating evidence-based models of care and influencing health policy to improve integration of medical and social care to vulnerable elders*



**Michael LaMantia, MD, MPH**

Assistant Professor of Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute  
Medical Director, Aging Brain Care Medical Home

*Research focuses on coordination of care for older, vulnerable patients transitioning across sites of healthcare delivery, especially care in the emergency department and care provided to seniors with delirium and dementia*



**Teresa M. Damush, PhD**

Associate Research Professor of Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute  
Research Scientist, Indianapolis VAMC, HSR&D

*Research focuses on translating guidelines into practice, evaluating implementation strategies to change primary and specialty care practice*



**Kristi Lieb, MD**

Assistant Professor of Clinical Medicine  
Medical Director, Northwest Healthcare

*Interests include dementia and long term care medicine*



**Hugh C. Hendrie, MB, ChB, DSc**

Professor, Department of Psychiatry  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on epidemiology of cognitive and emotional health in the elderly and intervention trials for dementia and depressive disorders and for serious mental illness in primary care*



**Douglas K. Miller, MD**

Professor Emeritus of Medicine  
Scientist, IU Center for Aging Research  
Distinguished Scientist, Regenstrief Institute

*Research focuses on investigation of the causes and remediation of frailty and related health disparities in older African-Americans living in urban areas and the emergency care of older adults*

## IU Geriatrics Faculty



**Arif Nazir, MD, CMD**  
Assistant Professor of Clinical Medicine  
Medical Director, OPTIMISTIC Project  
Medical Director, Westpark Rehabilitation  
and Healthcare Center

*Interests include providing expert care for frail & elderly patients in the post-acute and long-term care setting. Research interests include dementia care, physician engagement in nursing homes & nursing home quality*



**Monica Tegeler, MD, CMD**  
Assistant Professor of Clinical Medicine  
Medical Director, American Village  
Medical Director, Harrison Terrace

*Interests include post-acute/long term care, palliative care, and behavioral symptoms in patients with dementia*



**Felipe Perez, MD**  
Associate Professor of Clinical Medicine  
Director, Geriatric Medicine Fellowship  
Medical Director, IU Health Methodist Senior  
Health Center and IU Health Methodist Acute  
Care for Elders (ACE) Consult Service

*Interests include development of new treatment strategies for dementia and other age-related diseases, focusing in the molecular biology of aging and longevity pathways*



**Alexia M. Torke, MD, MS**  
Associate Professor of Medicine  
Associate Director, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on ethics, communication, and palliative care for older adults, especially those with cognitive impairment and dementia who are facing major medical decisions*



**Kofi Quist, MD**  
Assistant Professor of Clinical Medicine  
Medical Director, IU Health Methodist  
GRACE Team Care

*Interests include medication management in older adults and acute care of frail elders*



**Wanzhu Tu, PhD**  
Professor of Biostatistics  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on developing new statistical methods for clinical and epidemiological studies*



**Geetha Rao, MD**  
Assistant Professor of Clinical Medicine

*Interests include long term care medicine, teaching of residents/fellows and geriatric curriculum development*



**Kathleen Unroe, MD, MHA**  
Assistant Professor of Medicine  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute  
Faculty, RESPECT Center, Research in Palliative  
and End-of-Life Communication and Training

*Research focuses on policy relevant nursing home health services research in the areas of palliative and end of life care, workforce, and quality of medical care*



**Greg Sachs, MD**  
Professor of Medicine and Neurology  
Chief, Division of General Internal Medicine  
and Geriatrics  
Co-Director, RESPECT Center  
Scientist, IU Center for Aging Research  
Investigator, Regenstrief Institute

*Research focuses on ethical issues surrounding research and clinical care involving people with dementia, including palliative care*



**Michael Weiner, MD, MPH**  
Associate Professor of Medicine  
Scientist, IU Center for Aging Research  
Director, VA HSR&D Center for Health Information  
and Communication; Health Services Research  
Program at Regenstrief Institute

*Research focuses on measuring and improving quality and delivery of health services for elders and the impact of health information in healthcare*



**Cathy Schubert, MD**  
Associate Professor of Clinical Medicine  
Section Chief of Geriatrics,  
Indianapolis VA Medical Center

*Interests include dementia, delirium and geriatric consultative care*



**Glenda Westmoreland, MD, MPH**  
Associate Professor of Clinical Medicine  
Director of Geriatrics Education  
Scientist, IU Center for Aging Research  
Statewide Competency Director for Effective  
Communication, IUSM

*Interests include developing and implementing innovative ways to teach geriatric medicine and assessing impact of curricular innovations on delivery of patient care*



**Michael Sha, MD**  
Assistant Professor of Clinical Medicine  
Medical Director, Indianapolis VAMC  
Primary Care Geriatrics Teaching Clinic

*Interests include geriatric care in the primary care setting and health care advocacy*



**“It is individual interactions with patients and families that fuel our desire to discover new and better ways to care for seniors in Indiana.”**

**Steve Counsell, MD**  
Director, IU Geriatrics

IU Geriatrics has experienced tremendous growth over the last few years. The program includes a strong educational component for medical students, residents and geriatric fellows, exceptional research in the IU Center for Aging Research, and an excellent clinical program of care for older adults.

Our program has a vital role in our community, and we are privileged to help older adults face the challenges that come their way. Although we spend time in education, research, and patient care, it is individual interactions with patients and families that fuel our desire to discover new and better ways to care for seniors in Indiana. As we continue to grow, we would be pleased if you would consider supporting our endeavors. The generosity of alumni, friends, and grateful patients can assist IU Geriatrics in

maintaining and advancing our program. Every individual contribution and every single dollar helps. Your financial support is well placed and deeply appreciated.

### **SUPPORTING IU GERIATRICS**

If you would like to learn more about supporting Indiana University’s geriatrics and aging research, education, or patient care activities, please contact Kathryn Red at [kred@iupui.edu](mailto:kred@iupui.edu) or at:

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**IU GERIATRICS**  
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**Center of Excellence**  
**in Geriatric Medicine**

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