

IU GERIATRICS e-news March 2010

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

Stephanie Nothelle Receives Darnell Medical Student Geriatrics Achievement Award



Stephanie Nothelle has received the Dr. Jeffrey C. Darnell Medical Student Geriatrics Achievement Award for 2010. The award recognizes a medical

student for outstanding service and leadership in the care of older adults and was created in 2006 to honor the founding father of geriatrics at IU, **Dr. Darnell**, for his dedication and 31 years of service to his patients and to IU Geriatrics.

Ms. Nothelle received an engraved crystal keepsake and her name has joined previous recipients on the Darnell Award perpetual plaque located in the Medical Science Building.

A third-year medical student who plans to become a geriatrician, Ms. Nothelle is the current president of the Student Geriatrics Interest Group. As the award recipient, she will attend the

American Geriatrics Society Annual Meeting in May, and as a co-author, she will present her research project entitled "Medical Students' Perspectives about Participation in a Geriatrics Elective." In the summer of 2008, she was an MSTAR - Medical Student Training in Aging Research scholar.

Glenda Westmoreland, MD, MPH, pictured left in photo, presented the award to Ms. Nothelle on March 12, 2010, preceding Medicine Grand Rounds delivered by Visiting Professor Mike Rich, MD, a geriatric cardiologist.

NAPH Cites GRACE in Medical Homes Research Brief

The National Association of Public Hospitals and Health Systems has cited the GRACE Program in its Research Brief publication, [Safety Net Hospitals Establish "Medical Homes."](#)

"This is great national recognition for Wishard and the GRACE program," notes **Steven R. Counsell, MD**, the GRACE medical director.

The February 2010 issue on safety net hospital and health system implementation of the medical home model of care provides an overview of 46 NAPH member medical home programs and identifies common characteristics of such programs.

While the medical homes are noted for sharing universal characteristics, they also are tailored to the needs of their patient populations. For example, GRACE, Geriatric Resources for Assessment and Care of Elders, attends to the needs of older adults.

The Research Brief also shares evidence from the literature about the efficacy of medical homes in improving quality of care and reducing both costs and emergency department visits, citing the randomized controlled trial results published about the GRACE Program in JAMA in 2007.

The recognition of GRACE Program services by NAPH in 2010

What is a "medical home?"

The National Committee for Quality Assurance, which accredits medical homes, defines the term as "*a model for care...that seeks to strengthen the physician-patient relationship by replacing episodic care based on illnesses and patient complaints with coordinated care and a long-term healing relationship.*"

follows the organization's award to the program in 2008 when Wishard's GRACE Program was honored with a NAPH Chair Award, in recognition of exceptional creative and successful work in addressing the needs of the underserved in member hospitals and health systems.

The Health and Hospital Corporation of Marion County and Wishard Health Services are members of NAPH which represents more than 100 of America's most important safety net hospitals and health systems.

Dr. Tegeler Certified in Geriatric Medicine

Congratulations to **Monica Tegeler, MD**, a card carrying geriatrician. She passed the Certification Exam in Geriatric Medicine in late 2009.

Exam content is consistent with a pre-established blueprint developed by the Geriatric Medicine Test Committee and is reviewed and revised annually to ensure that it is current. In addition, practicing geriatricians, geriatric medicine trainees, and training program directors are surveyed periodically to provide feedback on the blueprinting process.

In 2007, the American Board of Internal Medicine elevated geriatric medicine from a certificate of added qualifications (CAQ) to a Subspecialty of Internal Medicine. Every 10 years, internists and subspecialists certified in or after 1990 renew their certificates through ABIM's Maintenance of Certification program.

Congrats to **Gene Lammers, MD, MPH**, who was recertified in geriatric medicine in 2010.



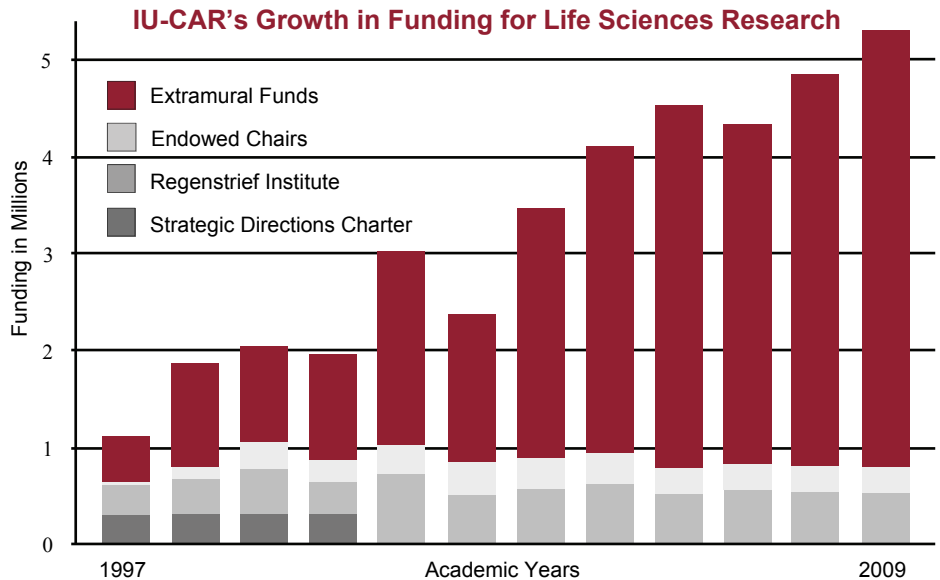
IU-CAR Annual Report Highlights Community-Based Participatory Research



The IU Center for Aging Research has published its 2008-2009 Annual Report to President McRobbie. The reports' title and theme is "Partnering in Community-Based Participatory Research."

A message from Center Director **Chris Callahan, MD**, notes the success of the center's partners--Indiana University, Wishard Health Services, and the Regenstrief Institute, Inc--in improving the quality of life for our community.

"A key reason for the success of our partners has been their ability to engage the community in defining problems and identifying solutions. IU-CAR has embraced this approach in seeking solutions to the healthcare



problems faced by older adults," adds Dr. Callahan.

The report highlights examples of IU-CAR's community-based participatory research in real-world laboratories and the networks that support these collaborations.

IU-CAR's growth in funding for life sciences (seen above) and growth in life sciences jobs are depicted graphically in the report.

The annual report is available online at <http://medicine.iupui.edu/IUCAR/news/annual2009.pdf>

Publications

Torke AM, Moloney R, Siegler M, Abalos A, Alexander GC. [Physicians' Views on the Importance of Patient Preferences in Surrogate Decision-Making](#). J Am Geriatr Soc. 2010 Mar;58(3):533-8.

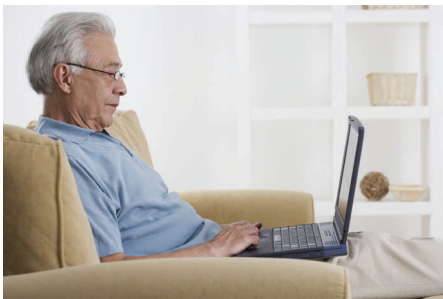
Miller DK, Malmstrom TK, Miller JP, Andresen EM, Schootman M, Wolinsky FD. [Predictors of Change in Grip Strength Over 3 Years in the African American Health Project](#). J Aging Health. 2010 Mar;22(2):183-96.

Williams LS, Rudd AG. [Advances in health policy and outcomes 2009](#). Stroke. 2010 Feb;41(2):e77-80. Review.

Schmid AA, Kapoor JR, Dallas M, Bravata DM. [Association between Stroke Severity and Fall Risk among Stroke Patients](#). Neuroepidemiology. 2010 Feb 2;34(3):158-162.

Haren MT, Malmstrom TK, **Miller DK**, Patrick P, Perry HM 3rd, Herning MM, Banks WA, Morley JE. [Higher C-Reactive Protein and Soluble Tumor Necrosis Factor Receptor Levels Are Associated With Poor Physical Function and Disability: A Cross-Sectional Analysis of a Cohort of Late Middle-Aged African Americans](#). J Gerontol A Biol Sci Med Sci. 2010 Mar;65(3):274-81.

Jia H, Chumbler NR, Wang X, Chuang HC, **Damush TM**, Cameon R, Williams LS. [Racial and ethnic disparities in post-stroke depression detection](#). Int J Geriatr Psychiatry. 2010 Mar;25(3):298-304.



Presentations and Professional Activities

Jesse C. Stewart, PhD, gave an oral presentation of “Depressive symptom clusters as predictors of CAD events over a 13-year period” at the 68th Annual Meeting of the American Psychosomatic Society held in March in Portland, Oregon. **Chris Callahan, MD**, was a local co-author.

Dr. Stewart also presented a poster, “Cross-sectional and longitudinal associations between vitality and peripheral atherosclerosis: Results from the African American Health Study.” **Douglas K. Miller, MD**, was a co-author.



Chris Callahan, MD, was invited as an international specialist, and presented “Case Management for Alzheimer’s Disease in Primary Care” at Fondation Plan Alzheimer’s Case Management Workshop held March 8-9, 2010 in Boutigny-sur-Essonne, France.

The French National Foundation on Alzheimer’s disease is studying case management as an option to assist the French health care system in caring for patients and families. Workshop participants represented the US, Japan, Canada, Italy, the United Kingdom and France.

Malaz Boustani, MD, MPH and **Mary Guerriero Austrom, PhD**, presented “The Aging Brain and Gender Differences in Coping and Managing,” at the Indiana University School of Medicine “Mini Medical School” on March 3, 2010. Mini Medical School is an annual program for the public, students, faculty and lifelong learners and is hosted by IUSM, the Faculty Community Relations Committee and the IU National Center of Excellence in Women’s Health.

Greg Sachs, MD, presented “Truth Telling in Dementia Care” at the St. Vincent Center for Healthy Aging’s 21st Annual Interdisciplinary Conference on Aging held on March 12, 2010 in Indianapolis. The conference theme was Treatment Challenges in the Elderly.

Arif Nazir, MD, CMD, and **Monica Tegeler, MD** attended Long Term Care Medicine 2010, the annual conference of the [American Medical Directors Association](#) held in Long Beach, California in March. As president of the [Indiana Medical Directors Association](#), Dr. Nazir presided over the Indiana Chapter Meeting for the association.

Greg Sachs, MD, presented the keynote address, “Sensitive Issues in Palliative Care and Dementia” at the Fourth Annual Martin Family Alzheimer Disease Symposium in Indianapolis, IN on March 20, 2010.

Alexia Torke, MD, MS, presented “Surrogate Decision-Making” at the Fourth Annual Martin Family Alzheimer Disease Symposium in Indianapolis on March 20, 2010.

Steve Counsell, MD, was invited to present the GRACE model by teleconference on March 1, 2010 to the national VA Care Coordination & Care Management Workgroup on Transitional Care. This workgroup is helping develop the medical home concept for the Veterans Health Administration and was interested in hearing how the GRACE model works relative to care transitions and preventing hospital readmissions.

Steve Counsell, MD, was invited by the U.S. Administration on Aging to present in Chicago on March 18 at *Aging in America*, the 2010 Annual Conference of the National Council on Aging and the American Society on Aging. Dr. Counsell’s talk, “GRACE, ACE, and ADRCs: Integration of Hospital-Based Geriatrics and Community-Based Social Services,” was one of three given as a part of the symposium entitled, “The Role of ADRCs in Care Coordination and Hospital Discharge Planning Models.”

Save the Dates for Geriatrics Presentations

Sara Blackburn, DSc, RD, CD, will present “The Effect of Nutrition on GI Function” at the April 28 IU Geriatrics Conference held from 7:30-8:30am in Wishard T2008 A&B. Dr. Blackburn is clinical associate professor of nutrition and dietetics at the IU School of Health and Rehabilitation Sciences and is co-director of the Dietetic Internship Program.



Malaz Boustani offers suggestions for caregivers to ensure that doctors and staff recognize a problem that commonly crops up after an older adult checks into a hospital: cognitive impairment. [Listen to Mar 14, 2010 Sound Medicine...](#)