



SPECIAL ISSUE

# IU GERIATRICS

News from the Indiana University Geriatrics Program  
& The Indiana University Center for Aging Research

## INDIANA UNIVERSITY CENTER FOR AGING RESEARCH 2005 - 2006 ANNUAL REPORT TO PRESIDENT HERBERT

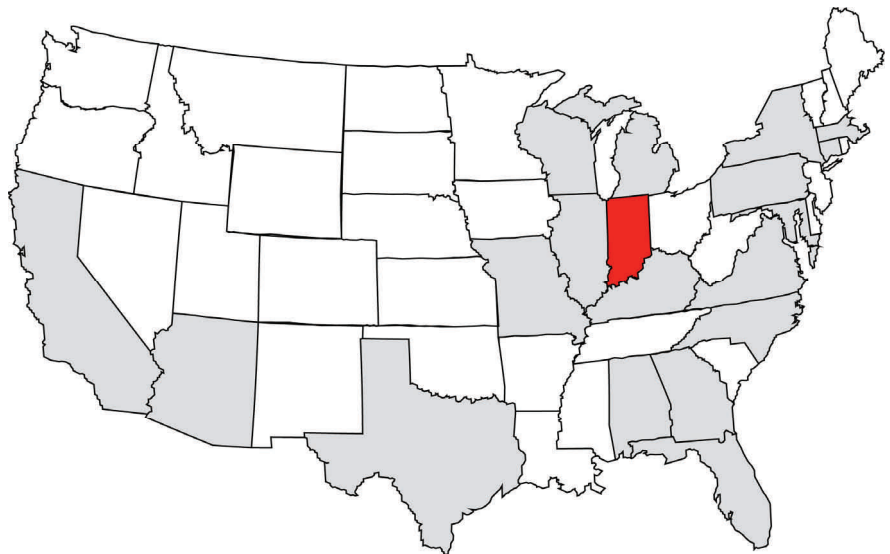
**R**esearch at the Indiana University Center for Aging Research seeks to improve the quality of health care for vulnerable older adults. In conducting this work, we enjoy a special relationship with Wishard Health Services and we make a special commitment to the older adults served by this health care system.

From the very beginnings of our research center, our scientists understood that innovative strategies developed to improve the care of Indiana's older adults would have great relevance to the national and international population of vulnerable elders. This strategy of thinking globally but acting locally keeps our scientists busy both at home and on the road. Over the past three years, for example, our team has visited 20 states (many more than once) and 4 foreign countries.

Professional travel to disseminate our work is essential for three reasons.

First, we are consistently developing health systems innovations in Indiana that are relevant to the rest of the nation and often to other countries. We disseminate our findings not only through publications in

### INDIANA FIRST



States visited during IU-CAR professional travel in past three years

peer-reviewed journals but also through presentations at national and international meetings.

Second, through networking at meetings, visits to other universities and research programs, and participation in professional organizations, we generate new ideas for research projects in Indiana, collaborate with other scientists on their work, and provide consultation to other programs. This collegial interaction serves to build credibility and respect among our peers who will review, critique, and disseminate our work.

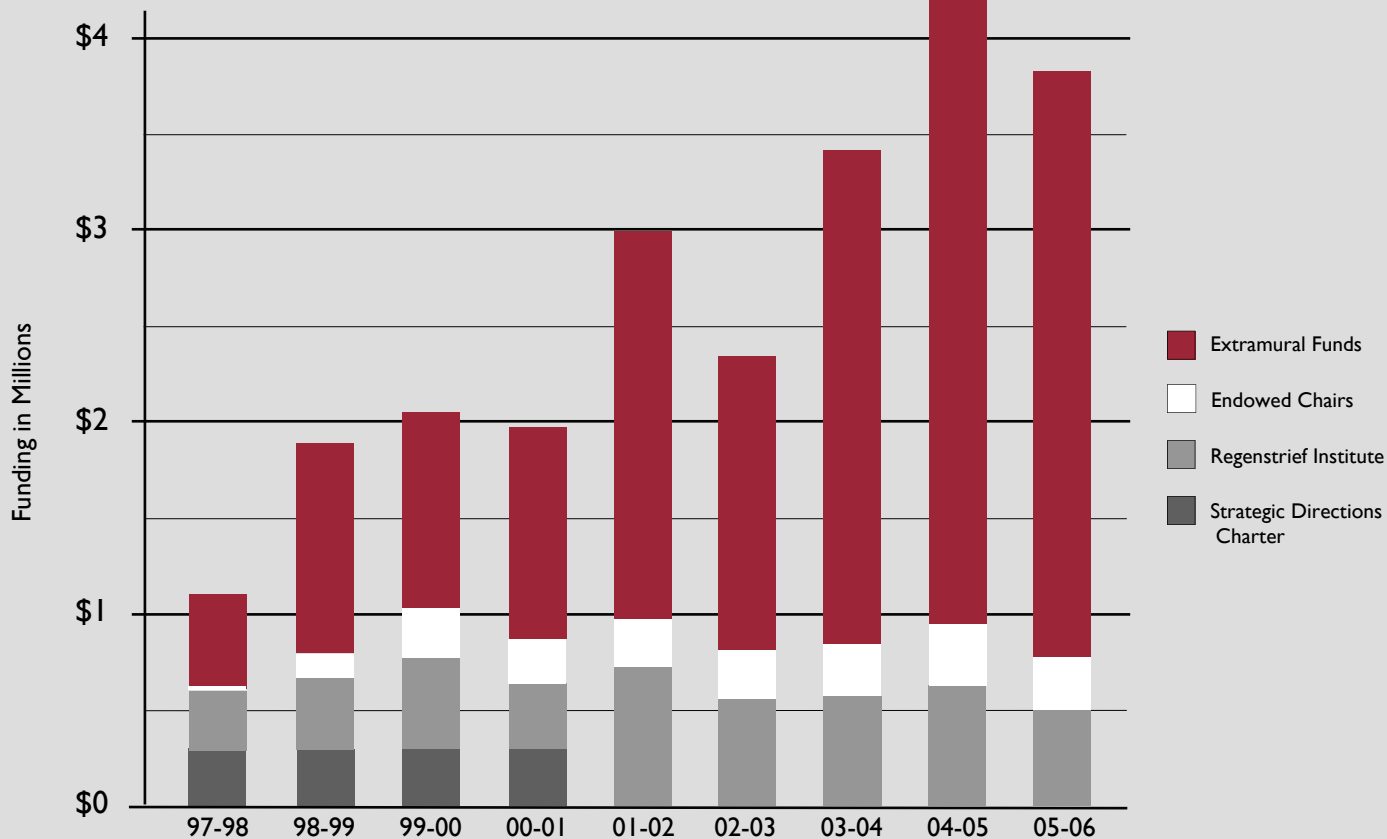
Third, through travel across the country we build enthusiasm for our research program so that we can attract new scientists to Indiana. We want to change the refrain "if we had only heard about Indiana sooner" to "we thought of Indiana first."

Christopher M. Callahan, MD  
Cornelius & Yvonne Pettinga  
Professor in Aging Research  
Research Scientist,  
Regenstrief Institute  
December 1, 2006



INDIANA  
UNIVERSITY  
SCHOOL OF  
MEDICINE

## External Funding

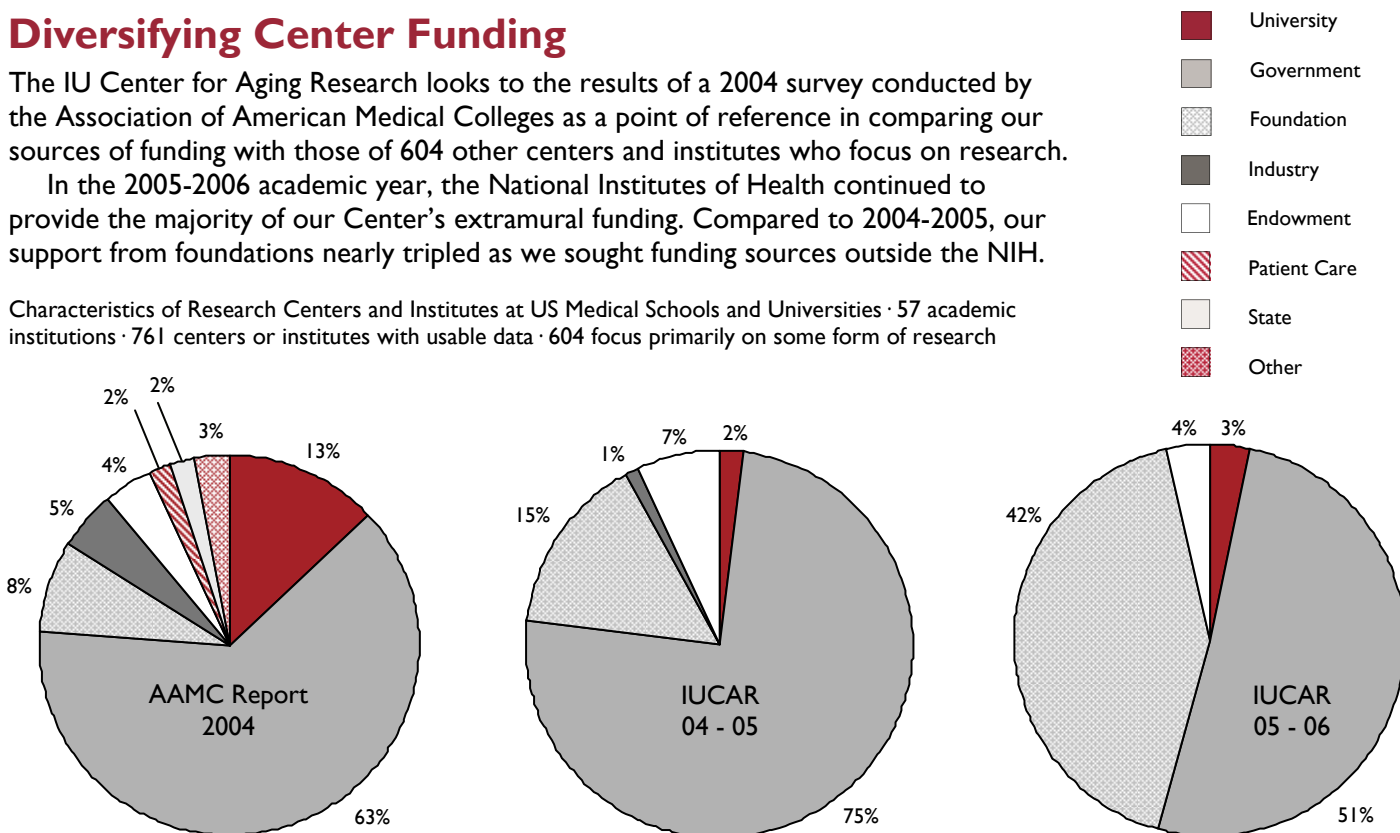


## Diversifying Center Funding

The IU Center for Aging Research looks to the results of a 2004 survey conducted by the Association of American Medical Colleges as a point of reference in comparing our sources of funding with those of 604 other centers and institutes who focus on research.

In the 2005-2006 academic year, the National Institutes of Health continued to provide the majority of our Center's extramural funding. Compared to 2004-2005, our support from foundations nearly tripled as we sought funding sources outside the NIH.

Characteristics of Research Centers and Institutes at US Medical Schools and Universities · 57 academic institutions · 761 centers or institutes with usable data · 604 focus primarily on some form of research



## Fairbanks Institute Creates Lab for Community-Based Research

Predicting the future health of Hoosiers will become a reality for researchers through the Fairbanks Institute.

Established in 2006 in Indianapolis, the Institute's community of scholars is creating a multi-decade prospective community-based research laboratory that uses an array of integrated patient data to conduct basic and interventional research aimed at predicting, preventing, and treating several categories of disease.

The Indianapolis Predictive Cardiovascular Health Project, known as IPCHP, is the first Fairbanks Institute platform and is focusing on cardiovascular disease.

The Richard M. Fairbanks Foundation provided a \$10 million start-up grant to the local nonprofit, Biocrossroads, who has partnered with Indiana University, the Regenrief Institute, and others, to form the Fairbanks Institute. The Guidant Foundation provided \$500,000 to help launch the venture.



The Fairbanks Institute uses an integrated array of data:

- Longitudinal clinical
- Epidemiological
- Socio-behavioral
- Proteomic
- Genomic
- Cellomic

At left, PI Dr. Douglas K. Miller and IPCHP Project Coordinator Angela Harris plan an Administrative Core meeting.

- The Fairbanks Institute capitalizes on the expertise and research capabilities of Indiana's world-class institutions, like the Indiana University School of Medicine, the Regenrief Institute, the Indiana Center for Vascular Biology and Medicine, and the Indiana University Center for Aging Research.
- IU Center for Aging Research scientists working with the Fairbanks Institute include IPCHP Principal Investigator Douglas K. Miller, MD, and Core Leaders Siu L. Hui, PhD, in Data Integration & Biostatistics, Daniel O. Clark, PhD, in Epidemiology, and Christopher M. Callahan, MD, in Communications.
- For more information about the Fairbanks Institute, visit their Web pages at <http://iucar.iu.edu/>.

## IU-Roybal Facilitates Research on Patient Self-Management

The IU Center for Aging Research is home to a National Institute on Aging Edward R. Roybal Center for Research on Applied Gerontology. IU-Roybal builds upon a twelve-year history of support from the NIA to IU-CAR to develop research programs focused on improving the quality of life of vulnerable older adults.

New models to improve efficiency and outcomes in chronic illness care recognize the central role of patients in managing their illness. IU-Roybal focuses on research to improve support and education for self-management among chronically ill older adults cared for by generalist physicians.

Our Pilot Core is responding to community needs and local opportunities for collaboration to identify and fund projects that can translate and evaluate models of chronic disease self-management education and support.



Multiple IU-Roybal pilot projects have conducted focus groups to gain insight into barriers and facilitators for patient self-management.

At left, IU-Roybal Pilot Core Director Dr. Dan Clark and IU-CAR Focus Group Facilitator Gretchen Ricketts review focus group data.

Examples of IU-Roybal pilot projects studying self-management include:

- Direct observations of patients' homes to identify resources and barriers to self-management
- Testing a system of home-based self-management to monitor pain and dysmobility and transmitting related information to clinicians
- Investigating the role of self-management in the likelihood that individual patients receive a sufficient dose and duration of treatment for depression
- Identifying self-management interventions that address the barriers and meet the preferences of providers and their chronically ill older patients with co-morbidities.

## Indiana University Center for Aging Research

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## IU GERIATRICS

is a publication of the  
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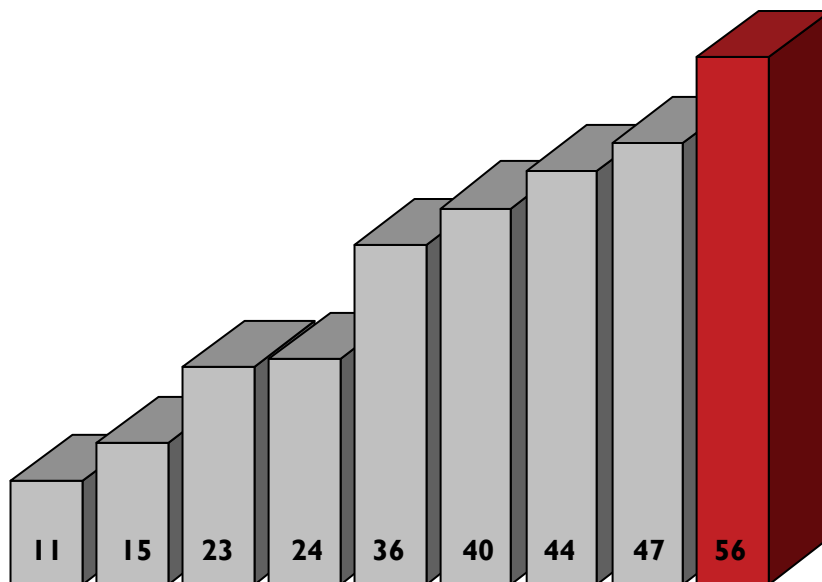
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## IUCAR Core Scientists' Publications



**Number of Publications in Academic Years  
1997-1998 through 2005-2006**

The Center for Aging Research Web site contains a list of our publications as well as information about the center, our investigators, and our research. Learn more about the IU-Roybal Center, the Indianapolis Predictive Cardiovascular Health Project, and the Gero-Informatics Program on the IU-CAR site.

[iucar.iu.edu](http://iucar.iu.edu)