

# IU GERIATRICS

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

Spring, 2007

## STATE HEALTHCARE IMPACT IN VIEW

Dear Friends and Colleagues:

It is a joy to share with you the progress and future directions of IU Geriatrics. Blessed with outstanding leadership, excellent faculty and staff, and supportive partners, we have come a long way in our program's nearly ten year existence as evidenced by our designation as a John A. Hartford Foundation Center of Excellence in Geriatric Medicine. We have indeed entered a new era for IU Geriatrics with the opportunity to reach our vision of having a statewide impact on improving healthcare for older Hoosiers.

Comprehensive and state-of-the-art geriatrics clinical services are in place through Wishard Health Services and IU Medical Group-Primary Care; a recent contract to provide a "geriatrician advisor" for the new Indiana Medicaid Medical Advisory Cabinet will allow our experiences at Wishard to inform state policy in healthcare of low-income seniors. Expanding clinical services at Methodist Hospital and Indiana University Hospital of Clarian Health are quickly demonstrating improvements in quality and cost-effectiveness of care. The growing hospital network of Clarian Health provides another avenue for us to positively affect quality of care statewide.

As the Geriatrics Education Network of Indiana (GENI) completes its fourth year of funding by the Donald W. Reynolds Foundation, we continue to disseminate exciting methods of teaching geriatrics content, relationship-centered care, teaching skills and office-based quality improvement to medical students, primary care residents and practicing physicians throughout Indiana.

Innovations in depression and dementia care and geriatrics care management, as developed by our team of scientists at the Indiana University Center for Aging Research, are being presented and adopted locally and nationally.

Our rapid program growth coupled with increasing statewide interest in geriatric care has led us to start the Indiana Geriatrics Society (IGS), a new state affiliate of the American Geriatrics Society. Annual IGS conferences are planned for geriatrics practitioners, educators and researchers to share information, gain new knowledge, and collaborate to improve the healthcare and well-being of older adults.

This is truly a new era for IU Geriatrics and we look forward to working together with you in the exciting days ahead toward advancing healthcare for older Hoosiers.



Steven R. Counsell, MD  
Director, IU Geriatrics  
April 2, 2007



INDIANA UNIVERSITY  
SCHOOL OF MEDICINE

# IU GERIATRICS NAMED HARTFORD CENTER OF EXCELLENCE IN GERIATRIC MEDICINE

THE JOHN A. HARTFORD FOUNDATION, founded in 1929, is a committed champion of health care, training, research, and service system innovations that will ensure the well-being and vitality of older adults. The goals of the Hartford Center of Excellence at IU Geriatrics include:

- Supporting the infrastructure to expand the size and scope of the IU Geriatric Medicine Fellowship Program
- Increasing the number of fellows who seek to pursue careers in academic geriatrics
- Providing support for second and third year fellows and junior faculty pursuing careers as leaders in geriatrics education or aging research

## WHO BECOMES A GERIATRICIAN?

A goal of IU Geriatrics is to increase the number of academic geriatricians. We believe a way to achieve this is to recruit current medical students, interns, and residents. By increasing their exposure to geriatric issues and learning how to integrate specific geriatric care concepts into all types of patient care specialties, these learners see the importance of geriatrics and discover how they can incorporate geriatrics into their careers. For example:



- Medical students interact with healthy older adults. This early experience allows students to confront biases and assumptions about aging and develop positive beliefs that influence interactions with patients.
- The Dr. Jeffery C. Darnell Medical Student Geriatrics Award allows a medical student to experience a national geriatric conference and interact with a variety of geriatric professionals.
- Geriatrics is integrated into education during the intern year, allowing these physicians to practice what they learned during the remainder of their residency program. They realize there is even more to learn about geriatrics, and thus pursue a fellowship experience at IU Geriatrics.

Research is a critical part of the future of geriatrics and a strong component of our Hartford

Center of Excellence. Teaching residents the importance of systematic review and learning how to practice evidence-based medicine is vital in providing quality patient care to older adults.

IU Geriatrics offers a full continuum of clinical programs, a strong education program, and robust research. Future geriatricians can develop a career based upon a variety of experiences and create a highly satisfying work experience, whether it be a clinician-educator, a clinician-researcher, a clinician-administrator, or another combination.

## GERO-INFORMATICS

IU Geriatrics recognizes the important role of information systems in addressing the special needs of older adults, including issues such as coordination of care, transitional care, disability, mental illness, social isolation, polypharmacy, and end of life.

Gero-informatics is the study, development, and application of medical informatics in caring for older adults. Through the Hartford Center of Excellence, IU Geriatrics supports the clinical, educational and research activities and personnel of our Gero-informatics Program (GiP). The program also provides support for fellows to obtain training in gero-informatics.

The Gero-informatics Program strives to:

- Advance research and training in gero-informatics
- Design, implement, study, and advance successful applications of information technology in health and healthcare of older adults
- Support diverse needs for clinical information in caring for older adults
- Increase local and national recognition of gero-informatics

Through the strengths of and association with the IU Center for Aging Research and the Regenstrief Institute, IU Geriatrics and the GiP foster commitment and support the organization, collaboration, and resources to advance gero-informatics.

# GERIATRICS CLINICAL PROGRAMS

## SENIOR CARE AT WISHARD

The **Acute Care for Elders (ACE) Unit** is a 22-bed unit where the consultant geriatrician and ACE interdisciplinary team work with the hospitalist and teaching service to address geriatric syndromes and functional and psychosocial issues concomitant with the treatment of the acute illness.



The **IU Center for Senior Health** provides outpatient geriatrics consultation and primary care to frail older adults through an interdisciplinary team approach involving a geriatrician, nurse, social worker and pharmacist. Other specialists including psychiatry, neurology, physical medicine and rehabilitation, and podiatry provide consultation in this senior friendly environment.



**House Calls for Seniors** reaches out to homebound older adults who otherwise are unable to access primary care. The House Calls team (geriatrician, nurse practitioner, and social worker) works with the patient, their family, and community services to meet complex medical and psychosocial needs and provide an opportunity for the patient to remain in their home and avoid nursing home placement.

The **Extended Care Service** provides rehabilitative, palliative, or long-term care to patients unable to live independently. Geriatricians and nurse practitioners are teamed up to care for patients in several local skilled nursing facilities. The team coordinates care with the patient, the family, the hospital, outpatient specialty clinics, and community services.

## CLARIAN SENIOR HEALTH

The **Acute Care for Elders (ACE) Consult Service** delivers proactive inpatient geriatrics consultation to patients 70 or older admitted to the hospitalist and cardiology services at Methodist Hospital, and to the hematology/oncology service at Indiana University Hospital. Early geriatrics involvement addresses common geriatric conditions and prevents functional decline and other complications in these patients.



Geriatrician Cathy Schubert, MD, provides an "ACE Consult" for hematologist/oncologist Larry Cripe, MD, at University Hospital

The **Senior Health Center at Methodist Hospital** provides outpatient geriatric medicine consultation for older adults referred by primary care and specialty physicians. The center's interdisciplinary team completes a comprehensive assessment, shares findings and recommendations with the patient and family, provides resource materials, and collaborates with the referring physician to ensure implementation of the care plan.

The **Nursing Home Service** provides a geriatrician and nurse practitioner team to care for patients in several skilled nursing facilities and continuing care retirement communities.

## CLINICAL GERIATRICS AT ROUDEBUSH VA

The **Well Older Adult Clinic** provides primary care to older veterans living independently and having few medical problems. Medicine residents participate in this clinic as an opportunity to see healthy older adults that help dispel the myths of aging.

The **Frail Older Adult Clinic** provides primary care to older veterans who need assistance in activities of daily living. Geriatric Medicine fellows participate in this clinic as an opportunity to work with frail older adults with complex medical and psychosocial problems.

# GERIATRICS EDUCATION

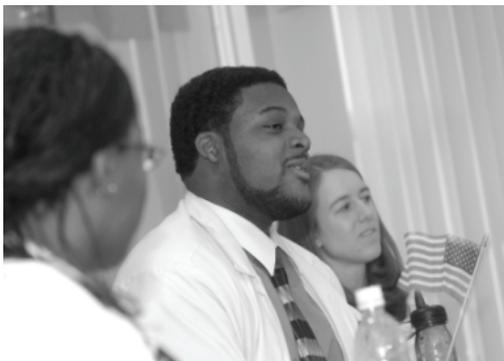


IU Geriatrics provides education at all levels of training—medical students, residents, and fellows and continuing education for faculty and community-based physicians. Our goal is to provide a training experience across the continuum of health care and that provides exposure to older adults with functional impairment as well as those who have aged successfully. Notably, we are conducting research on innovative educational methods so that our geriatrics education programs are evidence-based and highly effective.

Funding from the Donald W. Reynolds Foundation has led to the development of the Geriatrics Education Network of Indiana (GENI). This four-year grant has already facilitated improvements in the quality of geriatrics education and clinical care at the IU Medical Center and state-wide by engaging faculty and community-based primary care physicians to learn more about geriatric syndromes and conduct quality improvement projects in their practices.

## MEDICAL STUDENTS

The Indiana University School of Medicine (IUSM) is the second largest medical school in the country with 280 medical students per class and nine state-wide campuses. As part of the GENI project, first and second year medical students are given the opportunity to dialogue with a panel of “well” older



adults (the “Council of Elders”) to enhance their communication skills and learn about successful aging. During the third and fourth years, students gain Web-based instruction, attend small group discussions about the Web content, and apply their new skills in a variety of inpatient and outpatient clinical venues where older adults receive care.

## RESIDENTS

All 150 IUSM Medicine and Med-Peds residents complete a one-month block rotation in geriatrics. The goal of the rotation is to teach fundamental knowledge and skills in geriatric medicine, and to foster positive attitudes toward providing health-care to older adults. Residents gain clinical experience caring for patients on the inpatient Acute Care for Elders (ACE) Unit, in the IU Center for Senior Health, in local nursing facilities, and by participating in the House Calls for Seniors program. Funding from the Robert Wood Johnson Foundation is being used to create Web-based modules for resident education in geriatrics.

## GERIATRIC MEDICINE FELLOWS

The focus of our fellowship is to train future leaders in academic geriatrics as well as clinicians who will provide outstanding consultative and primary care to older adults. All fellows complete one year of clinical training. Those pursuing an academic career complete an additional one or more years of “advanced” fellowship to gain further experience in teaching, research and/or administration. Fellows who pursue the academic track complete a research project for publication and presentation at the annual meeting of the American Geriatrics Society.



## FACULTY AND COMMUNITY PHYSICIANS

As a result of the GENI Project, over 60 clinician-educator faculty from the Departments of Medicine and Family Medicine at IUSM have completed training to enhance their knowledge and skills in clinical geriatrics, relationship-centered care, quality improvement (QI), and clinical teaching. Using a train-the-trainer model, these “GENI Educators” are facilitating the training of additional IUSM faculty, medical students, residents, and community-based physicians statewide. Faculty and community-based physicians are also implementing QI projects in their office practices related to falls, dementia, depression and urinary incontinence. These QI projects will serve to advance the care delivered to older adults in Indiana as well as qualify participating physicians for credit toward specialty board recertification.

# AGING RESEARCH

The Indiana University Center for Aging Research (IU-CAR) is the research arm of IU Geriatrics. Our scientists conduct geriatric health services research with an interest in testing innovative strategies to improve the quality of health care and self-care for older adults.

The center is particularly interested in testing new clinical models to improve the care of older adults provided by generalist physicians. Patient self-management supported by primary care providers is considered to be an integral component of these models.

Center research foci include:

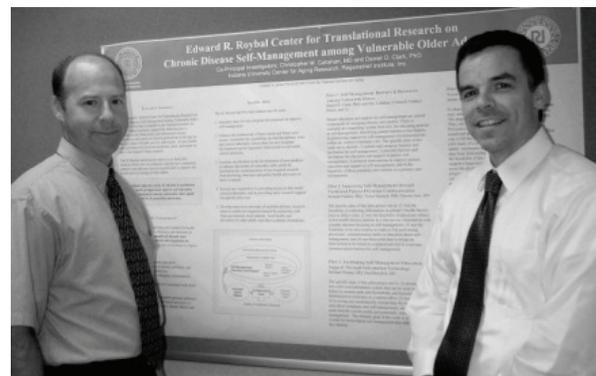
- Aging Brain - research in late life depression, dementia, and delirium
- Gero-informatics - research in the study, development and application of medical informatics in caring for older adults
- Health Promotion - research in self-care, lifestyle, and prevention

## IU ROYBAL CENTER

The Center for Aging Research is home to a National Institute on Aging Edward R. Roybal Center for Research on Applied Gerontology. The Roybal Centers are designed to move promising social and behavioral basic research findings out of the laboratory and into programs, practices and policies that will improve the lives of older people and the capacity of society to adapt to societal aging.

Funded in 2004, the IU Roybal Center builds upon our twelve-year history of support from the NIA in building a research program focused on improving the quality of life of vulnerable older adults.

Models for health care that undertake improved efficiency and outcomes in chronic illness care universally recognize the central role of patients in managing their illness. The IU Roybal Center facilitates research on improving support and education for self-management among vulnerable older adults cared for by generalist physicians.



Daniel Clark, PhD, and Christopher Callahan, MD, co-direct the IU Roybal Center

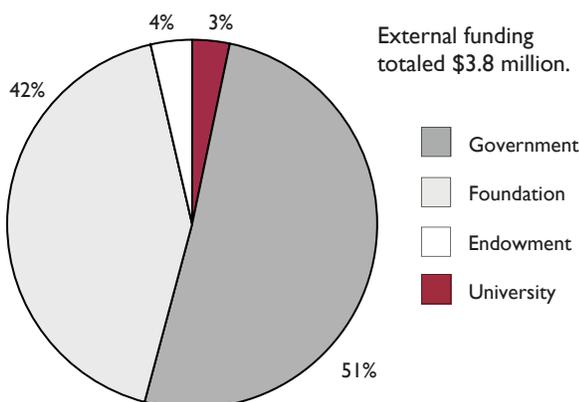
## PROFESSIONAL DEVELOPMENT

Building capacity for aging research by developing the next generation of scientists is a core goal of the Center for Aging Research. The center conducts a successful professional development program that has origins in the Division of General Internal Medicine and Geriatrics and the Regenstrief Institute.

Evidence of research career growth by junior investigators includes funding via the Paul B. Beeson Career Development Award in Aging Research, Dennis W. Jahnigen Career Development Scholars Award, and NIH K23 Mentored Patient-Oriented Research Career Development Award. Support for junior investigators comes from the Hartford Center of Excellence in Geriatric Medicine, the IU Roybal Center, Regenstrief Institute and an NIA K24 award.

The mentorship activities of IUCAR Director Christopher M. Callahan, MD, were recognized when he received the 2006 Society of General Internal Medicine Mid-Career Research Mentorship Award.

IU-CAR Sources of Funding in Academic Year 2005-2006



# IU GERIATRICS FACULTY



**Alejandro Arizmendi, MD**  
 Assistant Professor of Clinical Medicine  
*Interest is to provide care for frail, elderly patients in homebound, long-term care, primary care and inpatient settings; teach residents and students the importance of interdisciplinary team care*



**Daniel O. Clark, PhD**  
 Associate Professor of Medicine  
 Scientist, Center for Aging Research  
 Research Scientist, Regenstrief Institute  
*Research focuses on better understanding health behaviors and chronic disease self-management; designing and evaluating programs to meet the health promotion and self-management needs of adults*



**Gregory W. Arling, PhD**  
 Visiting Associate Professor  
 School of Public & Environmental Affairs  
 Adjunct Visiting Professor  
 General Internal Medicine and Geriatrics  
 Scientist, Center for Aging Research  
*Interest focuses on applied research that will improve the effectiveness of health and long-term care for older people*



**Steven R. Counsell, MD**  
 Mary Elizabeth Mitchell Professor of Geriatrics  
 Director, IU Geriatrics  
 Director of Geriatrics, IU Medical Group  
 Scientist, Center for Aging Research  
*Interests are in improving the care of older adults through interdisciplinary team collaboration & health system innovations*



**Robin A. Beck, MD**  
 Assistant Professor of Clinical Medicine  
 Medical Director of Senior Care and  
 Medical Director House Calls  
 Wishard Health Services  
*Interests include development & improvement of clinical programs to provide excellent health care to frail older adults across continuum, focusing on homebound*



**Teresa M. Damush, PhD**  
 Assistant Scientist, Department of Medicine  
 Scientist, Center for Aging Research  
 Research Scientist, Regenstrief Institute  
 Research Scientist, Roudebush VAMC, HSR&D  
*Research interests are patient self-management for acute and chronic conditions, and the translation and implementation of evidence-based practices*



**Malaz Boustani, MD, MPH**  
 Assistant Professor of Medicine  
 Scientist, Center for Aging Research  
 Research Scientist, Regenstrief Institute  
 Beeson Scholar in Aging Research  
*Research relates to improving the quality of life and care of older patients with cognitive impairment using system-based approaches across continuum of care*



**Michael Q. Graham, MD**  
 Associate Professor of Clinical Family Medicine  
 Geriatrics Education Coordinator  
 Department of Family Medicine  
*Interest is in teaching geriatric care in the family medicine clinical setting*



**Ella Bowman, MD, PhD**  
 Assistant Professor of Clinical Medicine  
 Medical Director, Acute Care for Elders (ACE)  
 Unit & Consult Service, Wishard Health Services  
*Interests include care of frail hospitalized patients with multiple comorbidities, health hazards of hospitalization, and palliative care and end of life issues*



**Gregory P. Gramelspacher, MD**  
 Associate Professor of Medicine  
 Director, Palliative Care Program  
 Wishard Health Services  
 Director, Palliative Care Fellowship  
 Indiana University School of Medicine  
*Interests include medical professionalism and the doctor-patient relationship, end of life care, and health care for the underserved*



**Christopher M. Callahan, MD**  
 Cornelius and Yvonne Pettinga Professor  
 in Aging Research  
 Director, Center for Aging Research  
 Research Scientist, Regenstrief Institute  
*Research focuses on health systems interventions to improve the care of older adults in primary care settings*



**Hugh C. Hendrie, MB, ChB, DSc**  
 Professor, Department of Psychiatry  
 Scientist, Center for Aging Research  
 Research Scientist, Regenstrief Institute  
*Research interests relate to preserving cognitive and emotional health in the elderly; epidemiology of dementing disorders and intervention trials for dementia and depressive disorders in primary care*

# IU GERIATRICS FACULTY



**Siu L. Hui, PhD**

Professor, Department of Medicine  
Biostatistics Director, Center for Aging Research  
Director Biostatistics Section, Regenstrief Institute

*Research interest is in development of statistical methods and their application to biomedical and health services research*



**Michael Sha, MD**

Assistant Professor of Clinical Medicine  
Medical Director, Primary Care Geriatrics  
Teaching Clinic, Roudebush VAMC

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



**Muna Jneidi, MD**

Assistant Professor of Clinical Medicine

*Interest is to provide care to elderly patients and their families in long term care and outpatient settings; teach residents and students the important role of the geriatric team*



**Leo Solito, MD**

Assistant Professor of Clinical Medicine  
Medical Director, Lockefield Village Health and Rehabilitation Center

*Interest is providing geriatric care in the primary care setting & extended care facilities; providing geriatric consultation; teaching medical students*



**J. Eugene Lammers, MD, MPH**

Adjunct Clinical Professor of Medicine  
Medical Director, Senior Patient Safety and Quality, Clarian Senior Health

*Interests include care of the frail and hospitalized elderly, hospital system approaches to improving care, and medical ethics*



**Kevin M. Terrell, DO, MS**

Assistant Professor of Clinical Emergency Medicine  
Affiliated Scientist, Center for Aging Research  
Affiliated Research Scientist, Regenstrief Institute

*Research focuses on improving the care of older emergency department patients*



**Douglas K. Miller, MD**

Richard M. Fairbanks Professor in Aging Research  
Associate Director, Center for Aging Research  
Research 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*



**Wanzhu Tu, PhD**

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

*Research focuses on the development of statistical methods and their applications in clinical trials and health services research*



**Cathy Schubert, MD**

Assistant Professor of Clinical Medicine  
Medical Director  
IU Center for Senior Health  
Extended Care Service  
Acute Care for Elders (ACE) at  
Indiana University Hospital

*Interests include dementia and delirium and providing continuity of care to elders*



**Michael Weiner, MD, MPH**

Associate Professor of Medicine  
Scientist, Center for Aging Research  
Research Scientist, Regenstrief Institute  
Director, Gero-Informatics

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



**Youcef Sennour, MD**

Assistant Professor of Clinical Medicine  
Director, Acute Care for Elders (ACE)  
Consult Service at Methodist Hospital  
Associate Director  
Geriatric Medicine Fellowship Program

*Interests include improving care for hospitalized older adults by preventing cognitive and functional decline; teaching to help train future geriatricians*



**Glenda Westmoreland, MD, MPH**

Associate Professor of Clinical Medicine  
Director of Geriatrics Education  
Scientist, Center for Aging Research

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

## YOU CAN HELP IU GERIATRICS!

IU Geriatrics has experienced tremendous growth over the last few years. The program now 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.



Geriatrician Youcef Sennour, MD, provides consultation to hospitalists at Methodist Hospital

### INTERESTED IN SUPPORTING GERIATRICS?

If you would like to learn more about supporting Indiana University's geriatrics and aging research, education, or clinical activities, please contact George Schenetzke at [gschenet@iupui.edu](mailto:gschenet@iupui.edu) or at:

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