

IU GERIATRICS e-news June 2012

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

NCQA's Highest Recognition Goes to Wishard's IU Center for Senior Health and House Calls for Seniors

"This is a big accomplishment and we can all be proud of this designation. This is recognition on a national level of the great clinical practices that we have in Senior Care. It is definitely time to celebrate!"

Robin Beck, MD
IU Geriatrics Geriatrician



A call for celebration began in May when the [National Committee for Quality Assurance](#) announced that Wishard's IU Center for Senior Health and House Calls for Seniors both achieved the highest level of NCQA recognition as Patient-Centered Medical Homes.

The NCQA is a private, not-for-profit organization whose contribution to the health care system is regularly measured in the form of statistics that track the quality of care delivered by the nation's health plans. NCQA's seal is widely recognized symbol of quality earned by organizations that pass a rigorous, comprehensive review and report annually on performance. It is a reliable indicator that an organization is well-managed and delivers high quality care and service to consumers and employers.

To learn more about the NCQA and Patient-Centered Medical Homes recognition, visit <http://www.ncqa.org/tabid/443/Default.aspx>.

HABC Uses ABC Model to Treat 1,000th Patient

In May, the 1,000th patient was seen at the Wishard [Healthy Aging Brain Center](#), a research lab and a treatment facility that uses an [Aging Brain Care model](#) developed by local researcher/clinicians.

The successful model extends the definition of a patient to include family members who enable cognitively impaired individuals to live in the community. Physicians, nurses, social workers and other staff members work closely with both the older adult and family caregivers—in the exam room and in the home, as well as over the phone and via email—to deliver care to improve both brain and physical health. That care typically includes recognizing potentially harmful medications, prescribing new medications, initiating brain and physical exercise regimens, and working on reducing stress to improve daily life.

The center has seen reductions of 45 percent in hospital emergency department visits and 54 percent in hospitalization stays in HABC patients compared to similar individuals not seen in the center.

The [Senior Health Implementation Center](#) at the Regenstrief Institute and IU Center for Aging Research will disseminate ABC tools, including a how-to manual for clinicians, a dementia symptoms monitor and a resource handbook for caregivers, along with onsite training.

Aging Brain Care

Medicine Residents Recognize Dr. Perez for Teaching Excellence

Felipe P. Perez, MD, was named the recipient of the Richard W. Campbell Award for Excellence in Teaching in June. The award is given annually by the Department of Medicine to a clinician/educator at Methodist Hospital who exemplifies the qualities of warmth, wisdom and the perceptive use of eyes, ears, hands and heart for the benefit of both patients and students of Medicine.

Dr. Campbell was a master clinician and universally revered teacher who directed the Internal Medicine Residency Program at Methodist Hospital for 25 years. The Award is voted by the residents themselves. In a note, a resident included the following about Dr. Perez.



"Dr. Perez approaches each patient with the compassion and thoroughness that I would want for myself and my family members....He takes a thorough history to uncover the root of each patient's problems in an effort to restore their quality of life. He is personable, confident, knowledgeable and respects his patients and learners. Dr. Perez excels in what few physicians ever fully master – the ability to merge both the art and science of medicine into a patient-centered and family-centered, evidence-based holistic practice."

Dr. Clark to Test RCT of Video-Conference and In-Person Weight Loss Services in NIH R01

Sitting at a computer and looking at the monitor is commonly viewed as a sedentary activity. IU-CAR Scientist **Dan Clark, PhD**, aims to change that.

In an R01 funded by the National Institute of Diabetes and Digestive and Kidney Diseases, Dr. Clark is conducting a "[RCT of Video-Conference & In-Person Weight Loss Services for Adult CHC Patients](#)," a trial testing whether twice-weekly weight loss classes delivered either in-person or via video-conference lead to greater weight loss than usual care. The trial follows a successfully piloted multiparty video-conference weight loss program delivered to community health center patients in their homes using simple hardware and Internet access supplied by the project.



Classes consist of progressive exercise and nutrition education designed for a population with a range of literacy and numeracy skills. Participants will be obese, middle-aged patients of community health centers. Those randomized to the video-conference group will meet online in multi-party video-conferences.

In addition to identifying effective methods of treating obesity in at-risk populations, the R01 will compare the costs of video conference versus in person administered programs.

Kudos

Chris Callahan, MD, received a Health Advocate Award from the American Occupational Therapy Association during the association's 92nd Annual Conference & Expo held in April in Indianapolis.

The award recognizes contributions of national significance, and in particular, noted Dr. Callahan's patient-centered approach to his work with older adults with dementia and depression; his commitment to developing interventions which maintain and improve everyday function of elders, with a focus on self-management; and his promotion, advocacy, and support for occupational therapy in both clinical and research settings.



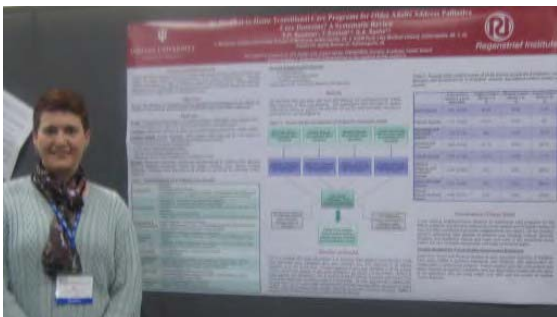
Chris Callahan, MD, Arlene Schmid, PhD, OT, Carrie Morris, MS, OT

Tochukwu Iloabuchi, MD, presented his abstract at the May 18th Medicine Grand Rounds as one of four finalists in the Annual Fellow Research Competition sponsored by the Department of Medicine. His project, "Risk Factors for Early Hospital Readmission among Community Dwelling Low Income Seniors" was awarded 3rd place among the 30 submissions. His mentor was **Steve Counsell, MD**. Dr. Iloabuchi will join the IU Geriatrics faculty in July.



Ella Bowman, MD, PhD, was the 2012 Annual Assembly Poster Award Winner at the joint meeting of the [American Academy Hospice and Palliative Medicine](#) and Hospital and the Palliative Nurses Association held in March in Denver.

The poster, "Do Hospital-to-Home Transitional Care Programs for Older Adults Address Palliative Care Domains? A Systematic Review," was co-authored with Tom Emmett, MD, MLS, and **Greg Sachs, MD**.



Presentations and Professional Activities

Michael LaMantia, MD, MPH, attended the Annual Meeting of the [Society for Academic Emergency Medicine](#) held in May in Chicago. Dr. LaMantia's research focuses on the coordination of care for older, vulnerable patients as they transition across sites of healthcare delivery, in particular the care of seniors in the emergency department.

The Second Annual [American Delirium Society](#) Conference, "A 21st Century Delirium Care Roadmap to Protect Our Brains," was held in June in Indianapolis.

Invited speakers from the IU Center for Aging Research and their presentation sessions were **Malaz Boustani, MD, MPH** in Pathophysiology and Biomarkers, **Noll Campbell, PharmD** in Delirium Care in the 21st Century and **Babar Khan, MD, MS** in Clinical Trial Updates.

Dr. Campbell serves on the ADS Board of Directors. Following the conference, Dr. Boustani began his year as ADS President.

Future Physicians Conduct Aging Research



2012 Summer Research Scholars Anne McLaren, Maria Solis, Kristin Geros

The summer between the first and second year of medical school offers a window of time for students to learn research skills under the mentorship of faculty investigators. This summer, the IU Center for Aging Research and Regenstrief Institute are hosting three future physicians in a program designed to engage IU medical students in individually rewarding experiences and to foster geriatric-friendly future clinicians and researchers.

Each student is conducting a research project with a faculty mentor. They are Kristin Geros and **Alexia Torke, MD, MS**, Anne McLaren and **Chris Callahan, MD**, and Maria Solis with mentors **Kathleen Unroe, MD, MHA** and Greg Gramelspacher, MD.

The program also offers opportunities to shadow geriatricians in outpatient and inpatient settings, including Senior Care at Wishard's House Calls for Seniors, the Acute Care for Elders Service, the Healthy Aging Brain Center, and the IU Center for Senior Health.

In addition to shadowing their research mentors, the students observed clinicians **Robin Beck, MD**, **Ella Bowman, MD, PhD**, **Todd James, MD**, and **Glenda Westmoreland, MD, MPH**.

From the **IUSMNEWSROOM**

Study: Free, user-friendly 'blood pressure cuff' for dementia is reliable and valid

June 14, 2012

INDIANAPOLIS – A new study shows that a practical clinical tool developed by researchers from the Regenstrief Institute and the Indiana University School of Medicine to measure severity of dementia symptoms is reliable and valid. The Healthy Aging Brain Care Monitor is simple, user-friendly and sensitive to change in symptoms. [Read more...](#)



Malaz Boustani, MD, MPH

Study: Willingness to be screened for dementia varies by age but not sex, race or income

June 19, 2012

INDIANAPOLIS – The first study to examine the actual willingness of older adults to be screened for dementia has found that acceptance of screening is pervasive, although it varies by age. However, willingness to be screened for dementia does not differ by sex, race or income level. [Read more...](#)

SAVE the DATE

Visiting Professor
G. Michael Harper, MD

will present

“PHARMACOLOGIC TREATMENT OF
ALZHEIMER DISEASE:
HAVE WE BEEN DUPED?”

at

Medicine Grand Rounds

Friday, August 17

12:00-1:00PM

Wishard Myers Auditorium

[Dr. Harper](#) is a geriatrician, associate professor of medicine, vice chief in the Division of Geriatrics, and director of the Geriatrics Fellowship Program at the University of California, San Francisco. He is director of the Geriatrics & Extended Care Service Line and associate chief of staff for Geriatrics & Extended Care at the San Francisco VAMC.



PUBLICATIONS

Clark DO, Stump TE, Tu W, Miller DK. [A comparison and cross-validation of models to predict basic activity of daily living dependency in older adults](#). Med Care. 2012 Jun;50(6):534-9. PubMed PMID: 22581013; PubMed Central PMCID:PMC3351695.

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Campbell NL, Boustani MA, Skopeljia EN, Gao S, Unverzagt FW, Murray MD. [Medication adherence in older adults with cognitive impairment: a systematic evidence-based review](#). Am J Geriatr Pharmacother. 2012 Jun;10(3):165-77. PubMed PMID: 22657941.

Platts-Mills TF, Biese K, LaMantia M, Zamora Z, Patel LN, McCall B, Egbulefu F, Busby-Whitehead J, Cairns CB, Kizer JS. [Nursing home revenue source and information availability during the emergency department evaluation of nursing home residents](#). J Am Med Dir Assoc. 2012 May;13(4):332-6. PubMed PMID: 21450234; PubMed Central PMCID: PMC3134611.

Schmid AA, Van Puymbroeck M, Altenburger PA, Dierks TA, Miller KK, Damush TM, Williams LS. [Balance and balance self-efficacy are associated with activity and participation after stroke: A cross-sectional study in people with chronic stroke](#). Arch Phys Med Rehabil. 2012 Jun;93(6):1101-7. PMID: 22502804

Yang L, Unverzagt FW, Jin Y, Hendrie HC, Liang C, Hall KS, Cao J, Ma F, Murrell JR, Cheng Y, Li P, Bian J, Gao S. [Normative Data for Neuropsychological Tests in a Rural Elderly Chinese Cohort](#). Clin Neuropsychol. 2012 May;26(4):641-53. PMID: 22439633 [PubMed - in process]