

IU GERIATRICS e-news October-November 2012

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

Dr. Khan Awarded K23 from National Institute on Aging

IU Center for Aging Research scientist **Babar A. Khan, MD, MS**, has received a five-year Mentored Patient-Oriented Research Career Development Award from the National Institute on Aging.

The award, called "[Delirium Biomarkers in the Intensive Care Unit](#)," includes a career development plan that will enable Dr. Khan to develop expertise in patient-oriented translational clinical research by



acquiring the necessary skills in biomarker technology, bio-informatics and biostatistics. He will study serum biomarkers of inflammation, astrocyte activation and neuroprotection in the context of a large on-going randomized clinical trial, the [Pharmacological Management of Delirium](#) (PMD) trial.

Dr. Khan's research project is a cohort study embedded within PMD, a large ongoing trial with diverse patient population, data acquisition

resources, and other strengths inherent in the R01. The project will identify a unique set of candidate

biomarkers for delirium duration and severity and will launch Dr. Khan as a neurocognitive critical care researcher.

Dr. Khan will also engage in advanced coursework in molecular biology, biostatistics, and bioinformatics; will participate in local and national meetings to develop expertise in translational research; and

will benefit from a multi-disciplinary mentored research experience.

His mentor panel consists of **Malaz Boustani, MD, MPH**, Anantha Shekhar, MD, and **Siu Hui, PhD** from IU and Wes Ely, MD, from Vanderbilt University School of Medicine.

Dr. Khan is an assistant professor of medicine in the Division of Pulmonary/Critical Care and is an investigator at the Regenstrief Institute, Inc.

- Delirium affects up to 80% of mechanically ventilated patients in the intensive care unit.
- Delirium duration and severity are independently associated with higher morbidity and mortality.
- A personalized approach utilizing biomarkers to identify vulnerable delirious patients prone to increased delirium duration and severity offers promise to curtail the disease burden.
- Early identification of patients susceptible to prolonged delirium duration and higher delirium severity will help in instituting effective therapeutic interventions to reduce complications associated with delirium.

New Faculty Join IU Geriatrics

IU Geriatrics welcomed **Geetha A. Rao, MD** and **Evelyn E. Bose, MD, CMD**, to the faculty this fall.

Dr. Rao completed medical school at Boston University, an internal medicine residency at the University of Pittsburgh Medical Center, and a geriatrics fellowship at UCLA. She has been on faculty at the University of Pittsburgh Medical Center where she provided long-term care and was medical director of an assisted living site.

She later joined the faculty at UCLA-Olive View Medical Center where she was the first geriatrician on staff. In that role, she instructed housestaff in the principles of geriatric medicine and created a nursing home rotation and geriatrics curriculum. Most recently, Dr. Rao was on the faculty at the University of Michigan Health System's Division of Geriatrics, focusing on work as a clinician-educator and "SNFist". At IU, Dr.

Rao will do similar work in providing sub-acute care for complex older patients in skilled nursing facilities (SNF).

Dr. Bose completed medical school and an internship at the Madras Medical College in Madras, India. While in India, she worked in private practice, directed a health center and provided the full scope of family medicine including ob/gyn and hospitalist care. She later graduated from the St. Mary's Family Medicine Residency in Evansville, Indiana.

Dr. Bose has extensive experience as an attending doctor in nursing home facilities as well as serving as medical director in nursing facilities and hospice services. Most recently she was associate director of Post Acute Care Geriatrics at St. Mary's Medical Center in Evansville.

At IU, Dr. Bose provides primary care in the IU Center for Senior



Dr. Rao

Dr. Bose

Health and has assumed leadership of the Wishard Extended Care Service and the IU Health Nursing Home Service.

"Drs. Rao and Bose add immensely to our growing expertise in caring for complex older patients transferred from hospital to a SNF for post-acute care and rehabilitation prior to returning home. We are most fortunate to have them as a part of our group," offers **Steve Counsell, MD** and director of IU Geriatrics.

Welcome Dr. Rao and Dr. Bose!

What brought you here?

When the second largest medical school in the country, the IU School of Medicine, wondered how to let prospective faculty know about its remarkable qualities, the IUSM emailed some of the newer recruits.

IU Geriatrics clinician-researchers **Michael LaMantia, MD, MPH**, and **Kathleen Unroe, MD, MHA** responded with answers that helped fill the booklet titled, "[What brought you here? 26 answers to one question.](#)"

Dr. Unroe's contributions are on booklet pages 32-33. Dr. LaMantia's are on pages 46-47. His comments were remarkable enough to also earn a spot as the booklet's closing compliment!



Indianapolis is a fantastic city that is small enough to be manageable but large enough to have many of the amenities of much larger cities. Between the (short) length of my commute, the numerous activities for both kids and adults around town, and the general friendliness of Hoosiers, my family and I consider Indianapolis to be a vibrant, livable, and ideal place to call home.

Michael LaMantia

Drs. Nazir and Sachs Quoted in *New York Times* blog, *The New Old Age*

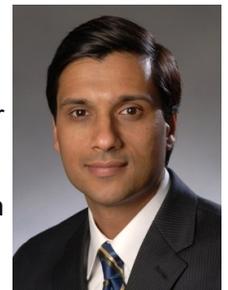
Caring and coping are a way of life for many baby boomer children who assist their parents with the challenges of aging. What do boomers face when there's a revolving door between the nursing home and the hospital?

Writing on the Caring and Coping topic in the *New York Times* "New Old Age" blog, contributor Judith Graham quoted IU Geriatrics faculty geriatricians **Arif Nazir, MD, CMD** and **Greg Sachs, MD**.

Dr. Nazir was quoted in "A Revolving Door to Avoid" on October 25, 2012, and Dr. Sachs was quoted in "How to Bypass the Revolving Door" on November 2, 2012.

- <http://newoldage.blogs.nytimes.com/2012/10/25/a-revolving-door-to-avoid/?ref=health>
- <http://newoldage.blogs.nytimes.com/2012/11/02/how-to-bypass-the-revolving-door/>

Read these and other postings in The New Old Age blog at <http://newoldage.blogs.nytimes.com/>.



Publications

Abrahamson K, **Clark D**, Perkins A, **Arling G**. [Does Cognitive Impairment Influence Quality of Life Among Nursing Home Residents?](#) *Gerontologist*. 2012 Oct;52(5):632-40. doi: 10.1093/geront/gnr137. PMID: 22230491

Aljadhey H, **Tu W**, Hansen RA, Blalock SJ, Brater DC, Murray MD. [Comparative effects of non-steroidal anti-inflammatory drugs \(NSAIDs\) on blood pressure in patients with hypertension.](#) *BMC Cardiovasc Disord*. 2012 Oct 24;12:93. doi: 10.1186/1471-2261-12-93. PMID: 23092442

Hickman SE, Cartwright JC, Nelson CA, Knafelz K. [Compassion and vigilance: investigators' strategies to manage ethical concerns in palliative and end-of-life research.](#) *J Palliat Med*. 2012 Aug;15(8):880-9. PubMed PMID: 22731516; PubMed Central PMCID: PMC3396150.

Liu CJ, Rawl SM. [Effects of text cohesion on comprehension and retention of colorectal cancer screening information: a preliminary study.](#) *J Health Commun*. 2012 Oct;17 Suppl 3:222-40. doi: 10.1080/10810730.2012.712614. PubMed PMID: 23030572.

Von Ah D, Carpenter JS, Saykin A, Monahan P, Wu J, Yu M, Rebok G, Ball K, Schneider B, Weaver M, Tallman E, **Unverzagt F**. [Advanced cognitive training for breast cancer survivors: a randomized controlled trial.](#) *Breast Cancer Res Treat*. 2012 Oct;135(3):799-809. PubMed PMID: 22918524.



IU Medical Student Presents Geriatrics Research at AMA Meeting

As lead author, Kilby P. Osborn IV presented the poster, "Cumulative Illness Rating Scale (CIRS) Can Be Used to Predict Hospital Outcomes in Geriatric Patients," in the Medical Student Section at the 10th [Annual American Medical Association Research Symposium](#) held in November in Honolulu, Hawaii.



The poster was a product of Mr. Osborn's 2012 summer research with IU-CAR mentor **Alexia Torke, MD, MS**. In addition to Dr. Torke, Mr. Osborn's co-authors were **Siu Hui, PhD**, James E. Slaven, MS, and **Kianna Montz, MA**.

Mr. Osborn's AMA activities extend beyond research. "I've been active in the AMA Medical Student Section for the past two years," notes Osborn. "While a member, I have been appointed to, and am the current vice-chair of the Region 5 Committee on Legislative Action. I have played an intricate roll in educating the MSS members on aspects of the new Patient Protection and Affordable Care Act, focusing on Accountable Care Organizations and the Independent Pay Advisory Board."

His recent focus has been reforming Graduate Medical Education; he plans to apply for the student position on the [AMA Counsel on Medical Education](#). Congrats!

Presentations and Professional Activities

Chris Callahan, MD presented "Collaborative Care for Dementia in Primary Care" and participated in a panel discussion at the Care Coordination and Care Transitions session held during the [Translating Innovation to Impact](#) Conference held in Washington, DC in June. Sponsored by the Administration on Aging and the Alliance for Aging Research, the meeting focused on evidence-based interventions that support people with Alzheimer's disease and their caregivers at home and in the community.

Malaz Boustani, MD, MPH presented "Triggers (Self Report, Tools)" on the Cognitive Assessment Process panel for the Alzheimer's Disease in Primary Care Settings session held at the Alzheimer's Association International Conference in July 2012 in Vancouver, BC.

He also was lead author of the poster, "Real World Prescribing in the Treatment of Alzheimer's Disease: Results of an In-Depth Physician Survey," presented in the session, Clinical Diagnosis Across the Spectrum I.

Kathleen Unroe, MD, MHA, presented at a meeting of the [Indiana Medical Directors Association](#) in November, 2012. The meeting topic was "Hospital to SNF Transitions: An Introduction to a New Model of Care."



Local radio program, *Sound Medicine*, interviewed our sound clinician-researchers **Alexia Torke, MD, MS** and **Chris Callahan, MD** for October radio broadcasts.

Dr. Torke addressed the question "What creates communication barriers between caregivers and health care providers?" in the October 14, 2012 program. Dr. Callahan was featured in "What mental health and substance abuse issues do baby boomers face?" in the October 21, 2012 program.

Find their interviews by searching the archive for the program dates at <http://soundmedicine.iu.edu/archive/>.

Sound Medicine is produced by the IU School of Medicine and WFYI Public Radio. The program educates and encourages listeners to make sound health decisions. It's also a forum for health issues affecting local communities.



Faculty with current and past ties to IU Geriatrics participated in "Updates in Geriatrics... Across the Continuum of Care," a conference presented by the [Indiana Geriatrics Society](#) on October 5, 2012 in Indianapolis.



- **Noll Campbell, PharmD**, IU-CAR scientist and clinical pharmacist at Wishard Health Services, presented "Highlights from the Beers Criteria Update 2012."
- **Ella Bowman, MD, PhD**, geriatrician and medical director of the Wishard Hospital Acute Care for Elders Consult Service participated on an inter-professional panel case presentation, "Best Practice for Transitions in Care for the Older Adults with Hip Fracture."
- **Susan Hickman, PhD**, co-director of the [RESPECT Center](#) and IU-CAR affiliated scientist, presented "Physician Order for Scope of Treatment (POST) in Indiana: An Update."
- **Dennis Joseph, MD**, geriatrician, former IU Geriatrics fellow and current endocrine fellow presented "Aging Sweetly: Diabetes Updates in the Older Adults."