

# IU GERIATRICS e-news July 2009

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

## Dr. Counsell Named 2009-2010 Health and Aging Policy Fellow

**Steven R. Counsell, MD** has been named a 2009-2010 [Health and Aging Policy Fellow](#). The Program is a unique opportunity for professionals in health and aging to receive the experience and skills necessary to make a positive contribution to the development and implementation of health policies that affect older Americans.

The Health and Aging Policy Fellows program is directed by Harold Alan PinCUS, MD, Professor of Psychiatry at Columbia University, in collaboration with the [American Political Science Association Congressional Fellowship Program](#) and made possible by the support of [The Atlantic Philanthropies](#).

Dr. Counsell's fellowship is in the non-residential track which will focus on the completion of a specific health policy project with placement opportunities tailored to his individual policy interests and background. He plans to focus on policy related to improving care coordination in frail elders at both the state and national levels. His work will be informed by research and geriatrics programming at Indiana University, past work with the Indiana Medicaid Medical Advisory Cabinet, and his recent Packer Policy Fellowship in Australia.

"In putting together the application and learning more from current fellows over the past few months, I feel this is just the right next step as I explore opportunities to impact health policy toward improving healthcare for older adults," states Dr. Counsell.

Fellows participate in core program components that focus on career development and professional enrichment and that are designed to provide the knowledge and skills needed to translate the fellows' work into policy action. They will participate in the "Health Policy Orientation: Behind the Scenes of Decision-Making in Washington" organized annually by [AcademyHealth](#) and are introduced to key players, formal and informal policymaking processes, and critical health policy issues.

In September Dr. Counsell will travel to Washington, DC to attend the Annual Leadership Retreat for current fellows and alumni, [National Advisory Board](#) members, mentors, colleagues from residential placement sites and invited experts.



Steven R. Counsell, MD

## SCAN Foundation Selects GRACE Care Management for Dissemination in California

The [SCAN Foundation](#) has selected Indiana University and IU Geriatrics as the recipient of funding for "Dissemination of GRACE Care Management to High Risk Seniors of a Managed Care Medical Group." The seniors are Medicare beneficiaries aged 70 or older who receive medical care from Healthcare Partners in California (HCP).

**Steve Counsell, MD**, is the principal investigator; **Kathy Frank, RN, DNS**, is a co-investigator. Selected from 75 submissions, the project is one of five that focuses on supporting promising program models for building a long-term care system to help seniors maintain their quality of life and remain independent, at home and in the community.

GRACE is a model of primary care for low-income seniors and their primary care physicians developed to improve the quality of geriatric care to optimize health and functional status, decrease excess healthcare use, and prevent long-term nursing home place-

ment. GRACE pairs a social worker and nurse practitioner as part of an interdisciplinary team who conducts in-home assessments and develops care plans with the patient's primary care physician.

The model was created by IU Geriatrics and was tested in community-based health centers in Indianapolis. The [GRACE model of care](#) and Interdisciplinary Team Suggestions were published in the *Journal of the American Geriatrics Society (JAGS)*, and the [GRACE outcomes](#) were published in the *Journal of the American Medical Association*. GRACE cost analyses are forthcoming in JAGS.

The new project involves setting up a dissemination website, writing a training manual, training HCP staff, implementing GRACE protocols via

the HCP electronic medical record, and developing a dashboard to track process of care, quality indicators, and emergency department and hospital utilization.

The SCAN Foundation is an independent nonprofit foundation dedicated to advancing the development of a sustainable continuum of quality care for seniors that integrates medical treatment and human services in the settings most appropriate to their needs and with the greatest likelihood of a healthy, independent life. Though the nonprofit has a program focus in California, The Foundation not only supports local programs and services, but is dedicated to advancing long-term care policy reform at the national level.

Learn more about GRACE at <http://medicine.iupui.edu/IUCAR/research/grace.asp>.



### Palliative Care Program Celebrates 10th Anniversary

Congratulations to the Palliative Care Program at Wishard Health Services as it observes its tenth year in improving comfort and quality of life for all patients who face life-limiting illness. It guides and supports each patient and family, regardless of socioeconomic status, location of treatment, or goals of care.

The program is the main teaching program not only for Palliative Medicine Fellows but it also hosts IU Geriatrics Fellows, residents and medical students during their training. The program also collaborates closely with



Senior Care at Wishard to provide patients and their families with compassionate, continuous, and compre-

hensive palliative care at every stage of their illness.

Dr. Greg Gramelspacher, director of the Palliative Care Program, will celebrate the program's anniversary with 'Dr. Greg's Ride to Remember,' a 3,280-mile cross-country bicycle ride to honor the more than 3,000 patients touched by Wishard's Palliative Care Team over the past 10 years.

Visit [www.ridetoremember.us](http://www.ridetoremember.us) to learn how this ambitious 40-day ride across 11 states supports Wishard's Palliative Care Program. Good luck, Dr. Greg!

### Dr. Van Nostrand Receives Nod as Outstanding Geriatrics Resident

Indiana University School of Medicine intern Keriann Van Nostrand, MD completed the 2008-2009 academic year by being named the Outstanding Geriatrics Resident. Dr. Van Nostrand, a graduate of West Virginia University School of Medicine, is currently a second year internal medicine resident at IU.

What guides the IU Geriatrics faculty as they rank the residents when they are on geriatrics rotation?

The outstanding geriatrics resident best exemplifies the principles of geriatric medicine as a health care provider during the geriatric medicine rotation and beyond. These principles include attention to the functional, quality of life, and psychosocial issues in the care of the elderly in addition to focus on medical care. The resident who receives this award must have demonstrated excellence in knowledge, skills and attitudes of geriatric principles.

Congratulations, Dr. Van Nostrand!



### Presentations and Professional Activities

**Tamilyn Bakas, DNS, RN**, wrote "Stroke and the Family," a chapter in *Stroke Recovery and Rehabilitation*, published in 2009 by Demos Publishing in Woodbridge, CT.

**Michael Weiner, MD, MPH**, was a co-author of "Amount of formal caregiving is associated with risk for hospital and nursing home admissions," a poster presented at the 19th [International Association of Gerontology and Geriatrics](#) World Congress of Gerontology and Geriatrics held in July in Paris, France.

**Greg A. Sachs, MD**, participated in an [American Geriatrics Society – American Academy of Hospice and Palliative Medicine](#) leadership summit in New York City in July. The meeting involved leaders from both organizations as well as from the John A Hartford Foundation. They planned ways to work together because of the great overlap in goals and interests surrounding the care of older adults with serious illness. Further information about how AGS and AAHPM will try to work together in the domains of clinical care, education, research, and public policy will be forthcoming as the results of the leadership summit and proposed collaborations are discussed with the boards of both organizations. The summit was supported and facilitated by the [John A. Hartford Foundation](#).

As a 2008-2009 Packer Policy Fellow, **Steve Counsell, MD**, was invited to The Commonwealth Fund in New York City (<http://www.commonwealthfund.org/>) in June to present the findings of his fellowship and Australian sabbatical project, entitled, "Innovative Models of Providing and Coordinating Care for Older Australians" at the first Packer Policy Roundtable. During the trip, he presented at the 2008-2009 Harkness Fellowships in Health Care Policy and Practice Final Reporting Seminar. He provided formal comment on Harkness Fellow and Australian emergency medicine physician Dr. Carolyn Hullick's project entitled, "Improving the Emergency Care Experience for the Elderly."

### Publications

**Campbell N, Boustani MA**, Ayub A, Fox GC, **Munger SL**, Ott C, Guzman O, Farber M, Ademuyiwa A, Singh R. [Pharmacological management of delirium in hospitalized adults--a systematic evidence review](#). J Gen Intern Med. 2009 Jul;24(7):848-53.

**Schmid A**, Rittman M. [Consequences of Post-Stroke Falls: Activity Limitation, Increased Dependence, and the Development of Fear of Falling](#). Am J Occup Ther. 2009 May-June; 63 (3):310-6.

Modi A, **Weiner M**, Craig BA, Sands LP, Rosenman MB, Thomas J 3rd. [Concomitant Use of Anticholinergics with Acetylcholinesterase Inhibitors in Medicaid Recipients with Dementia and Residing in Nursing Homes](#). J Am Geriatr Soc. 2009 Jul;57(7):1238-44.

Malmstrom TK, **Miller DK**, Coats MA, Jackson P, Miller JP, Morris JC. [Informant-based dementia screening in a population-based sample of African Americans](#). Alzheimer Dis Assoc Disord. 2009 Apr-Jun;23(2):117-23.

Murray M, **Tu W**, Wu J, Morrow D, Smith F, Brater D. [Factors Associated With Exacerbation of Heart Failure Include Treatment Adherence and Health Literacy Skills](#). Clin Pharmacol Ther. 2009 Jun;85(6):651-8.

Krebs EE, Lorenz KA, Bair MJ, **Damush TM**, Wu J, Sutherland JM, Asch SM, Kroenke K. [Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference](#). J Gen Intern Med. 2009 Jun;24(6):733-8.

Gao S, Jin Y, **Unverzagt FW**, Liang C, Hall KS, Ma F, Murrell JR, Cheng Y, Matesan J, Bian J, Li P, **Hendrie HC**. [Hypertension and cognitive decline in rural elderly Chinese](#). J Am Geriatr Soc. 2009 Jun;57(6):1051-7.

Kolanowski A, Fick DM, Campbell J, Litaker M, **Boustani M**. [A preliminary study of anticholinergic burden and relationship to a quality of life indicator, engagement in activities, in nursing home residents with dementia](#). J Am Med Dir Assoc. 2009 May;10(4):252-7.

Campbell N, **Boustani M**, Limbil T, Ott C, Fox C, Maidment I, **Schubert CC**, **Munger S**, Fick D, Miller D, Gulati R. [The cognitive impact of anticholinergics: A clinical review](#). Clin Interv Aging. 2009;4(1):225-33.

Kroenke K, Theobald D, Norton K, Sanders R, Schlundt S, McCalley S, Harvey P, Iseminger K, Morrison G, Carpenter JS, Stubbs D, Jacks R, Carney-Doebbeling C, Wu J, **Tu W**. [The Indiana Cancer Pain and Depression \(INCPAD\) trial Design of a telecare management intervention for cancer-related symptoms and baseline characteristics of study participants](#). Gen Hosp Psychiatry. 2009 May-Jun;31(3):240-53.

Schwamm LH, Holloway RG, Amarenco P, Audebert HJ, **Bakas T**, Chumbler NR, et al. American Heart Association Stroke Council; Interdisciplinary Council on Peripheral Vascular Disease. [A review of the evidence for the use of telemedicine within stroke systems of care: a scientific statement from the American Heart Association/American Stroke Association](#). Stroke. 2009 Jul;40(7):2616-34.

Hansen RA, Kim MM, Song L, **Tu W**, Wu J, Murray MD. [Comparison of methods to assess medication adherence and classify nonadherence](#). Ann Pharmacother. 2009 Mar;43(3):413-22.

### News Headlines

**Delirium in Hospitalized Adults: Situation Critical, No Relief Available**



According to an IU School of Medicine [news release](#), every year as many as seven million adults in the United States experience delirium during hospitalization.

What does the scientific literature have to say about delirium prevention and treatment?

Learn what authors **Noll Campbell, PharmD**, **Malaz Boustani, MD, MPH** and **Stephanie Munger, MPH** discovered in their [systematic review](#) published in the July 2009 issue of the *Journal of General Internal Medicine*.