

IU GERIATRICS e-news October 2009

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

Senior Care at Wishard Launches *Living Longer Better.org*

*How do I find a geriatrics doctor?
Will a doctor spend quality time with me?
I'm starting to forget things...what should I do?
How can I keep all my medicines straight?*

What if an entire medical staff focused entirely on seniors? What if the staff is a team of experts from a variety of disciplines who are all committed to helping seniors be as healthy and independent as possible? [LivingLongerBetter.org](#) is a resource developed by Senior Care at Wishard to help seniors and caregivers living in central Indiana and beyond learn more about the issues they face everyday. It's also part of a recent marketing plan that includes radio and print media describing the benefits of Senior Care's program of services. The goal of all of these services is to listen carefully to each senior's needs, study his or her overall situation, and provide advice, insight and treatment to improve quality of life.

Senior Care Medical Director **Robin Beck, MD**, adds, "LivingLongerBetter has tidbits on all providers and staff who serve in the clinical programs of Senior Care and much of the patient information was written by some of the Senior Care staff. There are also listings of community events that Senior Care participates in, like HOPP, the Healthy Older People's Program and Senior Expo, that you can share with patients or for your own information. So take a look, as you might learn something about your colleagues and more about the wonderful programs that Senior Care has to offer."

The screenshot shows the homepage of [LivingLongerBetter.org](#). At the top, there is a search bar and a navigation menu with links for Home, About Us, Programs, Health Topics, Caregiver Resources, News, Contact Us, and Support Us. The main content area is titled 'About Us' and contains the following text: 'What if an entire medical staff focused entirely on seniors? Not just a specialist here and a general physician there, but a team of experts from a variety of different disciplines, all committed to helping you and your family be as healthy and independent as possible.' Below this, it states: 'LivingLongerBetter.org is a resource that can help seniors living in central Indiana and beyond learn more about the issues they face everyday. Our goal is to listen carefully to each senior's needs, study his or her overall situation, and provide advice, insight and treatment to improve quality of life.' A list of services is provided: 'We offer a complete list of services, including geriatric psychiatry, mental health counseling, neurology, podiatry, rehabilitation medicine and hospitalization assistance.' A list of programs is also shown: 'In addition, you'll find a variety of innovative programs here, including: Acute Care for Elders Unit, Healthy Aging Brain Center, Extended Care, House Calls for Seniors, IU Center for Senior Health at Wishard, and Senior Connection.' A sidebar on the right contains 'Quick Links' with buttons for 'Frequently Asked Questions', 'Health Topics', 'Caregiver Resources', 'Senior Health Update (Our Blog)', and 'Events'. Below that is a 'Sign up for our newsletter' button and a 'Quick Poll' section titled 'What patient-related issues do you deal with most often?' with radio button options: 'Managing pain', 'Trouble remembering things', 'Moving around', 'Diet and nutrition', 'Feeling sad or depressed', 'Staying active', 'Driving and transportation', and 'Overall general health'. At the bottom of the page, there are social media icons and a copyright notice: '© 2009 Wishard Health Services. All Rights Reserved.'

Will Electronic Medication Reconciliation Improve the Quality of Transitional Care?

Principal investigator **Michael Weiner, MD, MPH** will produce outcomes to begin to answer this question with Medication Reconciliation to Improve Quality of Transitional Care, a three-year R18 funded by the Agency for Healthcare Research and Quality.

Medical errors are common and dangerous. Approximately 20% of medical errors are related to prescription of medications. Most medication errors occur at transitions in care, such as when patients are admitted from ambulatory settings to hospitals or discharged from hospitals to ambulatory settings. Since prescriptions at hospital discharge are intended to be followed in ambulatory care, improving

transitional and ambulatory care requires attention to the discharge prescriptions.

With medication reconciliation (MR), multiple sources of medication information are reviewed, to determine which medications are currently active, and which medications should be prescribed. The process of MR is tedious and time-consuming.



Michael Weiner, MD, MPH

"Although implementation of formal medication reconciliation systems improves the fraction of cases undergoing MR," notes Dr. Weiner, "we know relatively little about the extent to which these systems alter clinical outcomes. Research also indicates that medication reconciliation should be integrated with

computer-based provider order entry, but this seldom if ever occurs."

The specific aims of this study are to integrate an electronic MR system with an electronic prescribing system, conduct a randomized controlled trial of MR, and determine whether electronic facilitation of MR alters MR and the incidence of medication errors in ambulatory care. The study will target patients at Wishard Health Services.

Main outcomes include adverse drug events and erroneous discrepancies between the pre-admission medication list and the medication list upon the patient's return to ambulatory care. Dr. Weiner hypothesizes that electronic facilitation of inpatient MR will improve completion of MR and will decrease the incidence of drug-related medical errors.

Dr. Perez Named Geriatric Medicine Fellowship Director

Felipe Perez, MD has been named director of the Geriatric Medicine Fellowship Program at IU Geriatrics.

Dr. Perez replaces **Glenda Westmoreland, MD, MPH** who directed the fellowship from 2000 through September of 2009. She will continue as Director of Geriatrics Education and will have a greater focus on training medical students and residents.

Directing a geriatrics fellowship

program is not new for Dr. Perez. He steps into the role at IU having directed the program for six years at the University of Illinois–Chicago, with eight fellows. The change of directorship has been approved by the Accreditation Council of Graduate Medical Education.

Read about the Geriatric Medicine Fellowship at <http://medicine.iupui.edu/Geriatrics/Education/fellowship.asp>.



Felipe Perez, MD and
Glenda Westmoreland, MD, MPH

Hulman Health Achievement Award Recognizes Wishard for Contributions to Geriatrics

The Indiana Public Health Foundation presented a Tony and Mary Hulman Health Achievement Award to Wishard Health Services at the foundation's annual award dinner on October 8, 2009, in Indianapolis.

Wishard CEO and Medical Director Lisa Harris, MD, and President of Health and Hospital Corporation Matt Gutwein, accepted the award from IU Geriatrics Director **Steve Counsell, MD**, presenting on behalf of the Department of Medicine, IUSM.

The Hulman Health Achievement Award was established in 1985 and recognizes Indiana's citizens and organizations whose efforts have resulted in a significant improvement to the human race.

The Hulman Health Award, presented in the Geriatrics and Gerontology category, recognized Wishard Health Services for:

- collaborating with the IU School of Medicine, to develop the most comprehensive clinical program for older adults in Indiana,
- designing a system of care for older adults that provides unique training experiences in geriatric medicine for medical students, residents and fellows of the IU School of Medicine each year,
- conducting landmark health services research studies that have made national contributions to improving health delivery and outcomes of care in vulnerable older adults, and
- supporting the career development of academic geriatricians who have become local and national leaders in geriatrics and gerontology.

Congratulations, Wishard Health Services!

Presentations and Professional Activities

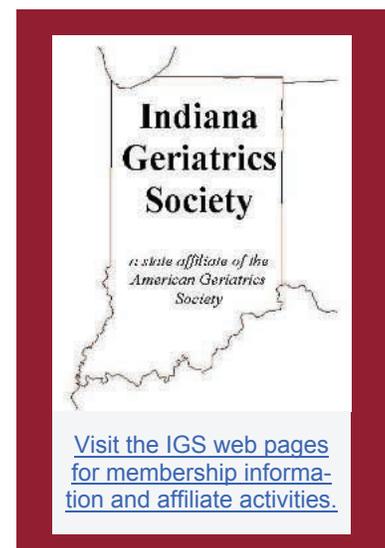
The Indiana Geriatrics Society held its Annual Fall Conference on October 2, 2009 at the Methodist Conference Center in Indianapolis. The IGS is an affiliate of the American Geriatrics Society. **Kathy Frank, RN, DNS** was on the Program Planning Committee for the fall conference.

Several IU Geriatrics faculty members made presentations. **Malaz Boustani, MD, MPH** presented Update on Dementia, **Felipe Perez, MD** presented Fallout of Falls; and **Steve Counsell, MD** presented IOM Report and GRACE Model of Care.

IU Geriatrics faculty and staff currently lead IGS as officers and on committees. **Ella Bowman, MD, PhD** is vice president. **Noll Campbell, PharmD, CGP** is treasurer. **Michael Sha, MD** chairs the Public Policy Committee. **Kathy Frank, RN, DNS** represents IGS on the Council of State Affiliate Representatives (COSAR).

Steve Counsell, MD, presented "The GRACE Model: A Patient-Centered Medical Home Integrated with Mental Health" at the IUSM Department of Psychiatry Grand Rounds on October 9, 2009.

Chris Callahan, MD, is a member of the National Institutes of Health [Health Services Organization and Delivery](#) (HSOD) Study Section and participated in grant reviews on October 8-9 in Seattle, WA. The HSOD Study Section reviews health services research studies on inpatient, ambulatory, sub-acute, acute, community-based, rehabilitative and long-term care.



Publications

Stewart JC, Rand KL, Muldoon MF, Kamarck TW. [A prospective evaluation of the directionality of the depression-inflammation relationship](#). *Brain Behav Immun*. 2009 Oct;23(7):936-44.

Arling G, Job C, Cooke V. [Medicaid Nursing Home Pay for Performance: Where Do We Stand?](#) *Gerontologist*. 2009 Oct;49(5):587-95.

Bair MJ, Matthias MS, Nyland KA, Huffman MA, Stubbs DL, Kroenke K, **Damush TM**. [Barriers and facilitators to chronic pain self-management: a qualitative study of primary care patients with comorbid musculoskeletal pain and depression](#). *Pain Med*. 2009 Oct;10(7):1280-90.

Austrom MG, Lu Y. [Long term caregiving: helping families of persons with mild cognitive impairment cope](#). *Curr Alzheimer Res*. 2009 Aug;6(4):392-8.

Unverzagt FW, Smith DM, Rebok GW, Marsiske M, Morris JN, Jones R, Willis SL, Ball K, King JW, Koepke KM, Stoddard A, Tennstedt SL. [The Indiana Alzheimer Disease Center's Symposium on Mild Cognitive Impairment. Cognitive training in older adults: lessons from the ACTIVE Study](#). *Curr Alzheimer Res*. 2009 Aug;6(4):375-83.

Wolinsky FD, Mahncke HW, Weg MW, Martin R, **Unverzagt FW**, Ball KK, Jones RN, Tennstedt SL. [The ACTIVE Cognitive Training Interventions and the Onset of and Recovery from Suspected Clinical Depression](#). *J Gerontol B Psychol Sci Soc Sci*. 2009 Sep;64(5):577-85.

Sunvisson H, **Habermann B**, Weiss S, Benner P. [Augmenting the Cartesian medical discourse with an understanding of the person's lifeworld, lived body, life story and social identity](#). *Nurs Philos*. 2009 Oct;10(4):241-52.

For Your Calendar



Robert Pascuzzi, MD, will present a Neurologic Exam Demonstration at the IU Geriatrics Conference on Wednesday, November 4, 7:30-8:30am in Wishard T2008 A&B. Dr. Pascuzzi is professor and chair of the Department of Neurology at the IU School of Medicine.

Rafael Grau, MD, will present "Diagnosis & Treatment of Rheumatoid Arthritis" at the IU Geriatrics Conference on Wednesday, November 25, 7:30-8:30am in Wishard T2008 A&B. Dr. Grau is division chief and associate professor of clinical medicine in the Division of Rheumatology.

Dr. Bernardino Ghetti and the Indiana Alzheimer Disease Center invite you and a guest to attend a private screening of HBO's Alzheimer Project on Thursday, November 12, 2009. The title is "Caregivers." Following the screening, iADC faculty members will be available to answer questions about Alzheimer disease, current diagnosis, treatment and promising areas of research.

The screening will be held from 6:30-8:30 pm in the Riley Outpatient Center Auditorium, 601 West Drive, Indianapolis, IN. It's free and open to the public, but registration is required. Please RSVP to 317-274-4939 or rcludy@iupui.edu.



News Headlines

Which comes first? Depression or Inflammation?



IU Center for Aging Research Affiliated Scientist **Jesse Stewart, PhD**, and colleagues have published a new study that is the first to examine both directions of the depression-inflammation connection and measure the physical and cognitive-emotional symptoms of depression, such as fatigue and sleep disturbance, in addition to the cognitive-emotional symptoms, such as pessimism and sadness.

Read the IU School of Medicine [news release](#) about the study which was published in the October 2009 issue of the journal *Brain, Behavior, and Immunity*.