

IU GERIATRICS e-news August 2014

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

Dr. Boustani Named Richard M. Fairbanks Professor in Aging Research

Malaz Boustani, MD, MPH, has been promoted to the rank of professor of medicine by the Board of Trustees of Indiana University. He also has been named the Richard M. Fairbanks Professor in Aging Research.



Dr. Boustani is the chief operating officer of the [Center for Health Innovation and Implementation Science](#), a part of the Indiana Clinical and Translational Sciences Institute. In addition, he is the chief innovation and implementation officer at Indiana University Health, associate director of the IU Center for Aging Research, an investigator at the [Regenstrief Institute](#), director of the Healthy Aging Brain Center at Eskenazi Health and chief research officer of the Indianapolis Discovery Network for Dementia.

Prior to joining the IU School of Medicine faculty in 2002, Dr. Boustani received geriatric medicine and clinical research training at the University of North Carolina-Chapel Hill. He holds an MPH in public healthcare and prevention.

Read about Dr. Boustani's research, publications and collaboration network on [IU Research Connect](#).

Advanced Geriatrics Research Fellow Joins IU Center for Aging Research

Jennifer Carnahan, MD, MPH, MA is a board certified geriatrician who graduated from Medical School at the University of Virginia and completed a Geriatric Medicine Fellowship and an Internal Medicine Residency at the Medical College of Wisconsin where she was the chief resident in Quality and Patient Safety.

What attracted her to the IU Center for Aging Research for her next career challenge?



Dr. Carnahan

Dr. Carnahan explains, "When I was looking for a research fellowship, it became clear that IU-CAR has both the track record and the environment that I knew would be essential for me to grow professionally. I've joined a community of scholars and clinicians who share my goal of discovering new ways to provide seniors with the best health care."

Her primary research interest is in the outcomes and best practices for the transition of sub-acute patients from skilled nursing facilities back to the community. The next two years will provide time to hone research skills in numerous areas from large data set analysis to caregiver interviewing to systematic reviews.

Alexia Torke, MD, MS is her primary mentor; **Chris Callahan, MD** serves on her mentor panel. In addition to research activities, Dr. Carnahan is a primary care provider in the Eskenazi Health Center for Senior Health.

Dr. Nazir Promoted to Associate Professor of Clinical Medicine

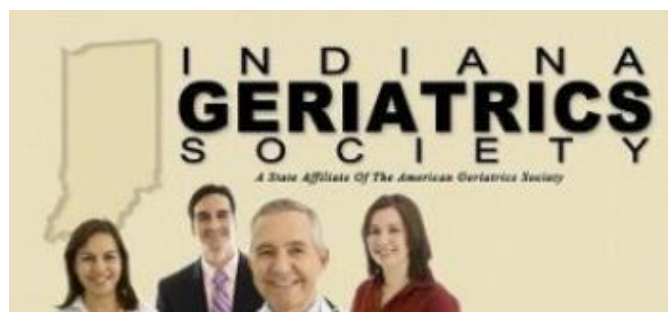
The Trustees of Indiana University have approved the recommendation for a milestone accomplishment --**Dr. Arif Nazir's** promotion to Associate Professor of Clinical Medicine.



Dr. Nazir turned his career aspirations toward becoming an academic geriatrician after completing a geriatrics fellowship in 2007 in the Department of Geriatrics at Michigan State University and after serving as medical director in a skilled nursing facility and an internist in Michigan. He joined the IU faculty and Geriatrics Program in 2007.

He is medical director of Westpark Rehabilitation and Healthcare Center and the Center for Medicare and Medicaid Innovation-funded [OPTIMISTIC project](#). He is the past president of the Indiana Medical Directors Association.

Dr. Nazir is an expert in the care of frail and elderly patients in the post-acute and long-term care settings. His research interests include dementia care and new models of care and physician engagement in nursing homes. He has published peer-reviewed articles regarding nursing home quality.



8th Annual IGS Fall Conference

2014 Update and Key Challenges in Geriatrics

Friday, October 3, 2014
7:30 am – 5:00 pm

New Location
Fairbanks Hall | FH 1110/1112
340 West 10th Street
Indianapolis, IN

Registration information is available
at <http://www.indianageriatricsociety.org/>

IU Geriatrics Welcomes Geriatric Medicine Fellows

Felipe P. Perez, MD, director of the IU Geriatric Medicine Fellowship, and assistant director **Adnan Arseven, MD** welcomed **Hannah 'Cher' J. Samonte, MD** and **Mirela 'Cristina' Ciotor, MD** to the fellowship program for the 2014-2015 academic year.

Dr. Samonte graduated from medical school at the University of Santo Thomas, Manila, Philippines. She is a graduate of the IU School of Medicine Family Medicine Residency program. During the residency she completed an elective rotation with IU Geriatrics to improve her knowledge about health and wellness issues of the elderly and to have a better understanding of the role of a geriatrician in the care of older adults.

She chose to pursue an IU Geriatrics Fellowship due to its academic excellence and strong faculty support. She is especially interested in primary care geriatrics, and post-acute and long-term care of older adults.



Dr. Samonte



Dr. Ciotor

Dr. Ciotor graduated from the Internal Medicine Residency program at St. Joseph Mercy Hospital in Pontiac, Michigan. After graduating from the University of Medicine and Pharmacy from Cluj-Napoca, Romania, she completed a three-year Residency of Family

Practice in Iasi, Romania. Dr. Ciotor worked as a hospitalist at McLaren Regional Medical Center in Flint, Michigan and as an Internal Medicine Physician in Germany since 2009.

Dr. Ciotor applied to the IU Geriatric Medicine Fellowship Program because 90% of the patients in her prior practice were 65 years old, and she enjoyed taking care of them and listening to them. "The elderly have complex medical problems and taking care of them is many times a challenge." Her fields of interest are Parkinson's disease and rehabilitation because "the goal of each person is to remain functional for as long as possible."

Presentations and Professional Activities

Greg Sachs, MD, was one of 27 national leaders who participated in May in the American Academy of Hospice and Palliative Medicine's (AAHPM) first academic palliative medicine "summit." Via strategic planning, AAHPM aimed to provide its board with ideas and suggestions for how best to support palliative care physicians and programs based at academic health centers and schools of medicine.

Alexia Torke, MD, MS, is the new section editor for "Ethics, Public Policy and Medical Economics" in the [Journal of the American Geriatrics Society](#) (JAGS). Dr. Torke also serves on the AGS Ethics Committee.



Arif Nazir, MD, CMD, was featured in "[How to choose wisely when required to move from a hospital to a nursing home](#)," an article in the Fort Wayne News-Sentinel on August 25, 2014.

The article referred to Dr. Nazir's publication, "[More Than Just Location: Helping Patients and Families Select an Appropriate Skilled Nursing Facility](#)," which appeared in the August issue of the Annals of Long-Term Care.

Be sure to check out the [YouTube video](#) in the News-Sentinel article. It features actors **Kofi Quist, MD**, **Kathy Frank, RN, PhD**, **Monica Tegler, MD, CMD**, **Chris Callahan, MD**, and **Dr. Nazir**. They present a common scenario families face when they are required to select a rehab nursing facility for the care of their loved ones who are discharged from the hospital.



Steve Counsell, MD reports that the Geriatric Resources for Assessment and Care of Elders ([GRACE](#)) model is listed in The Commonwealth Fund's [Issue Brief](#) titled "[Caring for High-Need, High-Cost Patients: What Makes for a Successful Care Management Program?](#)"

GRACE is included on page 12 in the table of Outcomes from 18 Primary Care –Integrated Complex Care Management Programs.



Related to complex care management (CCM), in August **Dr. Counsell** participated on a [Global Health Delivery](#) online panel of invited experts who shared their experience in designing and implementing successful CCM programs that are integrated into primary care. The panel was part of the US Communities Initiative, which is supported by the Agency for Healthcare Research and Quality. Go to [Global Health Delivery](#) to read the panelists' online comments.

Steve Counsell, MD, was quoted in the article, "[Train your doctors to treat you right](#)" on the MarketWatch website. The article begins this way:

Imagine you're remodeling your home. The plumber is installing the pipes, the electrician is running the wiring, and the roofer is laying the shingles. Problem is, they're each doing their job in isolation, never talking to one another...That would never fly on a building site, but that's the state of health care for most patients today....Medical professionals across different offices don't often communicate about shared patients.

The article ends with recommendations for patients and their families to act as the general contractor overseeing their teams of physicians.

IU-CAR Presents at 2014 AAIC

Michael LaMantia, MD, MPH, presented at the Alzheimer's Association International Conference® (AAIC) 2014 held in July in Copenhagen, Denmark. He was the chair of the session, Dementia Care Practice, Early Phase Interventions and was the lead author of the presentation, "The Aging Brain Care Medical Home Program: Accomplishments and Lessons Learned at One Year." Co-authors with ties to IU-CAR or IU were **Catherine Alder, MSW, JD, Karim Boustany, PhD, Malaz Boustani, MD, MPH**, Mary Guerriero Austrom, PhD, Ann Cottingham, MA and Debra Litzelman, MD.

Dr. Austrom presented "Meeting the Needs of a Rapidly Aging Population: Task Shifting and the Development of a New Work Force." Co-authors were **Catherine Alder, Michael LaMantia, Debra Litzelman, Ann Cottingham, and Malaz Boustani**.

Co-author Sujuan Gao, PhD, presented the poster, "Cognitive Health Outcomes Investigation of the Comparative Effectiveness of Dementia Screening: The Indiana University CHOICE Study." Co-authors were **Amanda Harrawood, BS, Amie Frame, MPH**, Anthony Perkins, MS, **Christopher Callahan, MD, Greg Sachs, MD**, Dustin French, PhD, and **Malaz A Boustani**. The lead author was **Nicole R Fowler, PhD** who joined the

IU Center for Aging Research and Regenstrief Institute as an investigator in August 2014.

An extended list of conference participation by IU faculty is available by entering "Indiana" in the search function at <http://www.alz.org/aaic/portal/overview.asp>.

Presentations and Professional Activities

Chris Callahan, MD and **Alexia Torke, MD, MS**, met with the deputy director of the [US Senate Special Committee on Aging](#), Oliver J. Kim, JD in August. The meeting coincided with a field hearing hosted on Senior Day at the Indiana State Fair by Indiana Senator Joe Donnelly who is a member of the Special Committee on Aging.

Chris Callahan, MD, participated as expert in the field of dementia caregiving at meeting of the [Hartford Change AGENTS Initiative Dementia Caregiving Network](#) in August. The network is working to achieve improvements in services, supports, and care for persons with dementia and their caregivers. The network members will synthesize existing reports and literature in the dementia caregiving field and identify a short list of target areas for change.

Publications

Perez FP, Bose D, Maloney B, Nho K, Shah K, Lahiri DK. [Late-Onset Alzheimer's Disease, Heating up and Foxed by Several Proteins: Pathomolecular Effects of the Aging Process.](#) J Alzheimers Dis. 2014;40(1):1-17. doi: 10.3233/JAD-131544.



Arling G, Mueller C. [Nurse staffing and quality: the unanswered question.](#) J Am Med Dir Assoc. 2014 Jun;15(6):376-8. doi:10.1016/j.jamda.2014.02.008.

Gao S, Hendrie HC, Wang C, Stump TE, Stewart JC, Kesterson J, Clark DO, Callahan CM. [Redefined Blood Pressure Variability Measure and Its Association With Mortality in Elderly Primary Care Patients.](#) Hypertension. 2014 Jul;64(1):45-52. doi: 10.1161/HYPERTENSIONAHA.114.03576 .

Fowler NR, Harrawood A, Frame A, Perkins AJ, Gao S, Callahan CM, Sachs GA, French DD, Boustani MA. [The Indiana University Cognitive Health Outcomes Investigation of the Comparative Effectiveness of dementia screening \(CHOICE\) study: study protocol for a randomized controlled trial.](#) Trials. 2014 Jun 6;15(1):209. doi: 10.1186/1745-6215-15-209

Hendrie HC, Murrell J, Baiyewu O, Lane KA, Purnell C, Ogunniyi A, Unverzagt FW, Hall K, Callahan CM, Saykin AJ, Gureje O, Hake A, Foroud T, Gao S. [APOE ε4 and the risk for Alzheimer disease and cognitive decline in African Americans and Yoruba.](#) Int Psychogeriatr. 2014 Jun;26(6):977-85. doi: 10.1017/S1041610214000167.

Gao S, Unverzagt FW, Hall KS, Lane KA, Murrell JR, Hake AM, Smith-Gamble V, Hendrie HC. [Mild Cognitive Impairment, Incidence, Progression, and Reversion: Findings from a Community-Based Cohort of Elderly African Americans.](#) Am J Geriatr Psychiatry. 2014 Jul;22(7):670-81. doi: 10.1016/j.jagp.2013.02.015.

Pahor M, Guralnik JM, Ambrosius WT, Blair S, Bonds DE, Church TS, et al; LIFE study investigators (Hendrie HC). [Effect of structured physical activity on prevention of major mobility disability in older adults: the LIFE study randomized clinical trial.](#) JAMA. 2014 Jun 18;311(23):2387-96. doi: 10.1001/jama.2014.5616.

Cottingham AH, Alder C, Austrom MG, Johnson CS, Boustani MA, Litzelman DK. [New Workforce Development in Dementia Care: Screening for "Caring": Preliminary Data.](#) J Am Geriatr Soc. 2014 Jul;62(7):1364-8. doi: 10.1111/jgs.12886.