

PENNSYLVANIA GERIATRICS SOCIETY

WESTERN DIVISION



AN AFFILIATE OF THE AMERICAN GERIATRICS SOCIETY

VOLUME 23 No. 2
FALL 2019

The Pennsylvania Geriatrics Society – Western Division invites you to attend the Annual



Fall Program

a **CONTROVERSIES**

in Geriatric Medicine Presentation

OCTOBER

1

The University Club

123 University Place
Pittsburgh PA 15260

6:00 p.m. Registration, Networking,
Visit with Exhibitors

6:50 p.m. PAGES-WD Business
Meeting

7:00 p.m. Dinner & Program

8:35 p.m. Conclusion

REGISTRATION BEGINS
AUGUST 22nd ONLINE AT

www.pagswd.org

This program is sponsored by
The Pennsylvania Geriatrics Society –
Western Division and University of
Pittsburgh School of Medicine Center for
Continuing Education in the Health
Sciences

*No Show Policy - a fee of \$30.00
will be charged to those who
register, but do not attend the
program. Cancellations will be
taken up until September 28th

Drinking and Dementia: a toxic cocktail in senior residential communities

This year's case involves an 89-year-old retired business executive with moderate dementia and excessive alcohol consumption in a personal care facility with his wife who also has dementia and diabetes.

The male patient prevents the facility staff from administering medication to his diabetic wife, displays disruptive and abusive behavior to the staff while exacerbating his dementia by drinking alcoholic beverages.

Join us as we discuss the ramifications of behavior problems related to obligations and rights of the patients, healthcare providers, assisted living facility, and power of attorney.

PANEL

Rollin Wright, MD, MS, MPH - Assistant Professor of Medicine Division of Geriatric Medicine, University of Pittsburgh School of Medicine; Director, Geriatric Track Program UPMC Internal Medicine Residency Training Program, Pittsburgh, PA.

Brendan Hanley, Division Chief of Care Coordination, Area Agency on Aging, Pittsburgh, PA.

LalithKumar K. Solai, MD - Chief and Medical Director, Geriatric Psychiatry; Medical Director, Center for Interventional Psychiatry; Director, Patient Safety, University of Pittsburgh Medical Center; Associate Professor of Psychiatry, University of Pittsburgh School of Medicine Service, Pittsburgh, PA.

Lianne Glaus Vighetti, DHCE, LSW - Gerontological Social Worker, UPMC Shadyside/Senior Care, Pittsburgh, PA.

Namita Ahuja, MD, MMM (Moderator) - Sr. Medical Director, Medicare and Geriatric Programs, UPMC Health Plan; Clinical Assistant Professor, Division of Geriatric Medicine, University of Pittsburgh, Pittsburgh, PA.

The program is **COMPLIMENTARY** for members,
REGISTRATION IS REQUIRED*

**Register online no later than September 27th
at www.pagswd.org**

Guests are welcome at a fee of \$60.00
(this includes program, dinner and one-year of membership (2020) in the
Pennsylvania Geriatrics Society - Western Division)

We gratefully acknowledge exhibitor support for this activity from

Avanir Pharmaceuticals Optum Sanofi
Curavi Health Presbyterian SeniorCare Network
Mallinckrodt Pharmaceuticals Salix Pharmaceuticals

INTRODUCTION

This program is designed to be beneficial for internists, family practitioners, geriatricians, geriatric psychiatrists, pharmacists, nurses, nursing home administrators, social workers and other health care professionals who provide care to older adults.

How do healthcare professionals and interdisciplinary teams deal with the ramifications and complexities of behavior problems related to obligations and rights of the patients, healthcare providers, assisted living facility and power of attorney? Many professionals, including staff who work in senior independent and assisted living communities, are inadequately prepared to deal with these complex situations, and may avoid intervention. Discussion on how this topic can best be handled by an interprofessional team, including geriatrician, psychiatrist, social services, nursing, and others will be explored.



Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling Nadine Popovich at (412) 321-5030.

AGENDA

6:00 pm	Registration / Reception and Visit with Exhibitors	7:50 pm to 8:05 pm	Lianne Vighetti, DHCE, LSW
6:50 pm	PAGSWD Annual Business Meeting		Presentation
7:00 pm	Namita Ahuja, MD – Welcome and Introduction of Panel	8:05 pm to 8:20 pm	Lalith Solai, MD
7:10 pm to 7:35 pm	Rollin Wright, MD – Case presentation	8:20 pm to 8:35 pm	Panel/Audience Q&A
7:35 pm to 7:50 pm	Brendan Hanley – Presentation	8:35 pm	Conclusion

LEARNING OBJECTIVES

At the end of this course, participants should be able to:

- Determine whether a person with dementia has capacity or right to deny necessary basic and medical care for himself and a demented spouse.
- List ethical, legal, safe, viable approaches to cases of self-neglect and abuse that takes place in personal care settings.
- Explore the legal and ethical obligations of the nurse, personal care administration and provider in the case and how to balance this with individual's rights to self-determination and how this varies when the individual is living with dementia.

CME ACCREDITATION AND DESIGNATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of University of Pittsburgh School of Medicine and the Pennsylvania Geriatrics Society - Western Division.

The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded .1 continuing education units (CEU's) which are equal to 1.5 contact hours.

PROGRAM FACULTY

Namita Ahuja, MD, MMM - Sr. Medical Director, Medicare and Geriatric Programs, UPMC Health Plan; Clinical Assistant Professor, Division of Geriatric Medicine, University of Pittsburgh, Pittsburgh, PA.

Judith S. Black, MD, MHA - Clinical Associate Professor of Medicine, University of Pittsburgh School of Medicine; Medical Advisor, Jewish Healthcare Foundation, Pittsburgh, PA.

Brendan Hanley - Division Chief of Care Coordination, Area Agency on Aging, Pittsburgh, PA.

Fred Rubin, MD - Chair, Department of Medicine, Division of Medicine UPMC Shadyside; Professor of Medicine, University of Pittsburgh School of Medicine, Pittsburgh, PA.

LalithKumar K. Solai, MD - Chief and Medical Director, Geriatric Psychiatry; Medical Director, Center for Interventional Psychiatry; Director, Patient Safety, University of Pittsburgh Medical Center; Associate Professor of Psychiatry, University of Pittsburgh School of Medicine Service, Pittsburgh, PA.

Lianne Glaus Vighetti, DHCE, LSW -Gerontological Social Worker, UPMC Shadyside/Senior Care, Pittsburgh, PA.

Rollin Wright, MD, MS, MPH - Assistant Professor of Medicine, Division of Geriatric Medicine, University of Pittsburgh School of Medicine; Geriatric Track Program Director UPMC Internal Medicine Residency Training Program, Pittsburgh, PA.

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Thank you to the following who provided support for the Fall Program



Transitioning to E-Newsletter

The Leadership of the Society is always looking for ways to operate in a cost-effective manner. With that in mind, we are transitioning from a printed newsletter to a digital "E-Newsletter."

Members will receive the E-newsletter electronically, sent to their preferred email. The E-Newsletter also will be available to view and download on the Society website at www.pagswd.org.

If you would like to continue receiving a printed version of the newsletter, please contact Nadine Popovich, administrator, at npopovich@acms.org.

What are the benefits of going paperless?

- The costs of printing and mailing the newsletter have doubled. This paperless effort will save money and administrative time, which will keep operational costs at a minimum.
- Environmentally friendly: The EPA estimates that Americans use about 99 million tons of paper each year and paper makes up 34 percent of the waste in this country.

President's Message

As president, I am pleased to report that our organization is strong, active and hard at work. As you will read in the following pages, 2019 has been a productive year. I hope you had the opportunity to attend our annual update offered in the spring.



Dr. Ahuja

The final program for 2019 (Fall Program) will take place Oct. 1 at the University Club in Oakland. This year's program features a panel discussion about challenging medical and social issues that providers face with patients with cognitive impairment. Many healthcare professionals, including staff who work in senior independent and assisted living communities, are inadequately prepared to deal with these complex situations and may avoid intervention. Discussion on how this topic can best be handled by an interprofessional team, including geriatrician, psychiatrist, social services, nursing and others will be explored.

Mark your calendar and join us Oct. 1 as the evening is both educational and social, and is a perfect opportunity to network, socialize and reconnect with colleagues.

A recap of highlights from this year and to come include:

- The Clinical Update in Geriatric Medicine: The conference yielded a robust attendance, and comments and evaluation scores were superlative. This premier educational event held "in our own backyard," provides outstanding and timely education to all geriatric healthcare professionals. The conference is designed by the PAGS-WD planning committee, which consists of a consortium of your colleagues, including those from the community, academic and payor sectors. Mark your calendar for the 28th Annual Clinical Update scheduled for March 5-7, 2020, at the Pittsburgh Marriott City Center. Details for the upcoming conference can be found by visiting <http://dom.pitt.edu/ugm/>.
- Geriatrics Teacher of the Year Award: Initiated in 2016, this award recognizes outstanding teachers for their dedication and commitment to geriatric education and who have made significant contributions to the education and training of learners in Geriatrics. The call for nominations will begin Oct. 1, with the awards presentation to take place during the 28th Annual Clinical Update, scheduled for March 5-7, 2020.
- David C. Martin Award: Named after Pittsburgh's first full-time geriatrician, this award provides financial support for medical students and other trainees who have had scholarly work accepted for presentation at the national meeting of the American Geriatrics Society. A student may receive up to \$1,500 for travel, registration and hotel costs. Since its inception, the Society has granted more than \$84,500 to awardees. This year, we had the pleasure of presenting this award to two medical students during the Clinical Update.
- Resident and fellow interest remains strong, with recruitment of 12 new resident and fellow members this year. This brings the total number of resident and fellow members to 38. The Society waives membership dues for the length of training. We hope this initiative will be a pipeline to bring young physicians into our organization.

As a member of the Society, your commitment is a testament to our efforts and mission: to educate, communicate, and engage healthcare professionals in the provision of quality healthcare for all older persons.

Thank you for your continued support and I look forward to seeing you Oct. 1.

Namita Ahuja, MD, MMM

AGS Meeting spotlights Society members

The AGS Annual Scientific Meeting of the American Geriatrics Society (AGS) is the premier educational event in geriatrics, providing the latest information on clinical care, research on aging, and innovative models of care delivery.

The meeting addresses the educational needs of geriatrics professionals from all disciplines. Physicians, nurses, pharmacists, physician assistants, social workers, long-term care and managed care providers, health care administrators, and others update their knowledge and skills through state-of-the-art educational sessions and research presentations.

The AGS issues a call for submission of applications to present new information either as a verbal presentation or a poster (abstracts receiving the highest scores through the peer review process are included in the Presidential poster session).

The following submissions were accepted and selected to present at the 2019 annual meeting. Accompanying the meeting is a published supplement to the Journal of the American Geriatrics Society, which includes abstracts of the selected submissions.

Congratulations to the following Society members on achieving this prestigious honor of their submission being accepted at a national meeting:



From left are Amy Haver, PharmD, BCPS, BCGP; Erica Wilson, PharmD, BCPS; Emily Bobrzynski, PharmD, BCPS; Heather Sakely, PharmD, BCPS, BCGP; Teresa DeLellis, PharmD, BCPS, BCGP; Ashley Campbell, BCPS; Sydney Springer, PharmD, BCPS, BCGP; and Christine Eisenhower, PharmD, BCPS.

- Emily Bobrzynski, PharmD
- Susan Greenspan, MD
- Amy Haver, PharmD
- Rachel Jantea, MD
- Matthew Koperwas, MD
- Mary Kotlarczyk, PhD
- Krista Leman, DO
- Elizabeth Mohan, MD
- David Nace, MD, MPH
- John Naumovski, MD
- Weston Nix, DO
- Fred Rubin, MD
- Heather Sakely, PharmD, BCPS, BCGP
- Katherine Wilhemy, MD
- Erica Wilson, PharmD
- Rollin Wright, MD, MA, MPH
- David Yuan, MD

Membership

2020 MEMBERSHIP DUES - ONLINE RENEWAL BEGINS OCTOBER 1

Members will receive an email which will include an E-statement. A link will be provided on the E-statement for online payment (Visa, Mastercard, Discover). Paper statements will be mailed to members who do not have an email address on file. You also may send in a check for payment or contact Nadine Popovich if you wish to renew your dues by phone. She can be reached at (412) 321-5030, ext. 110, or npopovich@acms.org.

Membership supports our award-winning programming for healthcare professionals in our region, as well as sustaining our philanthropic efforts in support of medical students, residents and fellows. **As a member, you are entitled to discounts (and complimentary registration) when registering for all Society-sponsored programs.**

Recruit a member!

The Fall Program is the perfect opportunity to strengthen our membership. Consider inviting a colleague to attend the program. The nominal guest fee includes the program registration and one year of membership in the organization. Forward the society website www.pagswd.org for program registration or to download the membership application.

Nominating Committee

2020 slate of candidates

Kawita Vichare, MD, chair of the Nominating Committee, submitted the slate of candidates for election of officers and members of the Board of Directors.

The following individuals will be placed on the ballot, which will be mailed to the membership Nov. 2, 2019:

Anthony Giampolo, MD

Shuja Hassan, MD

Christine Herb, MD

Fred Rubin, MD

Lyn Weinberg, MD

Rollin Wright, MD

COSAR Representative

Neil Resnick, MD

Board of Directors and COSAR Representative

(three-year term beginning Jan. 1, 2020, to Dec. 31, 2022)

Members in the News

Fred Rubin, MD, immediate past president, recognized at Clinical Update

The Society honored immediate past president, Fred Rubin, MD, during the Clinical Update in Geriatric Medicine Conference April 26.

Judith Black, MD, secretary/treasurer, and course directors Shuja Hassan, MD, and Neil Resnick, MD, presented a plaque to Dr. Rubin for his tireless commitment to the organization.

Dr. Rubin was a founding member of the Society and served as president from 2009 until his term ended in December 2018. He also served as president-elect when the Society was established and its members met for the first time Jan. 29, 1991.

During Dr. Rubin's term, the Society has seen consistent growth in membership. He was instrumental in offering a new educational program called Controversies in Geriatric Medicine, now in its fourth year. In addition, the Society has been recognized by the AGS and awarded the State Affiliate Achievement Award for Innovative Programming, an honor bestowed upon the Society on three separate occasions, two of which when Dr. Rubin was president.

Board of Directors appoints healthcare advisor and member-at large positions

The Board of Directors unanimously appointed the following to serve on the Board in the following roles:



Dr. Rubin

Healthcare Professional Advisor to the Board of Directors

Lianne Glaus Vighetti, DHCE, LSW - Gerontological Social Worker, UPMC Shadyside/Senior Care

Member-At-Large

Melissa Connelly, DNP, FNP-BC - Allegheny Health Network

Lauren Dornin, DNP, AGNP - UPMC Canterbury

Ms. Vighetti assumes the role previously held by Rachel Jantea, MD, who recently moved. Ms. Connelly and Ms. Dornin assume the role previously held by Lisa Hilal, CRNP. The Board extends a sincere thank you Dr. Jantea and Ms. Hilal for their commitment and dedication by serving on the Board of Directors.

Lyn Weinberg, MD, named course director for the Clinical Update in Geriatric in Medicine

Lyn Weinberg, MD, division director, Geriatrics, assistant professor of medicine, Temple University School of Medicine, Allegheny Health Network, has accepted the position of course director for the Clinical Update in Geriatric Medicine. Dr. Weinberg joins present course directors Shuja Hassan, MD, and Neil Resnick, MD.



Dr. Weinberg

Article VI.
Board of Directors

Amendment: 2.

Section 10. Healthcare Professional Advisor. The Healthcare Professional Advisor may serve as member of the Board of Directors. Officers and Board of Directors of the Corporation will identify no more than two (2) candidates to be considered for the Advisor appointment to the Board. The Advisors to the Board may serve a 2-year term, with the term beginning July 1 and ending June 30th of the following year. Advisors will be invited to all meetings of the Board of directors but will not have voting privileges. Eligible healthcare professional advisor criteria are defined as:

- (a) Resident, Fellow (attending a training program approved by Corporation) Nurse, Physician Assistant, Pharmacist, or Social Worker. To be eligible, candidates must be from the Western Pennsylvania Region. (~~Region of the Corporation includes Pittsburgh, New Castle, Oil City, Erie, Greensburg, Johnstown, Altoona, DuBois, Bradford, Williamsport, Harrisburg.~~)
- (b) Candidates must be a member in good standing with the Corporation.
- (c) Each candidate will be provided a Healthcare Professional Advisor questionnaire form for completion. Candidates will be required to submit the short form in order to be considered.

Rationale:

This definition of the region is too restrictive by naming specific cities. The Region was defined at the time the Corporation became Pennsylvania Geriatrics Society Western Division (2004) to include all Western Pennsylvania as far east as Lancaster, PA.

Article IX.
Committees

Amendment: 3.

Section 3. Membership Committee. The Membership Committee shall consist of not less than three nor more than ten members elected by the Board of Directors from among the members of the Corporation and may include members of the Board of Directors. This Committee shall stimulate membership and review applications for membership. ~~The Committee will recommend to the Board those persons appropriate for membership.~~ ***The membership committee may submit recommendations for any special categories of membership to the Board for approval.***

Rationale:

Same as Rationale in proposed Amendment to Article IV Membership.

28th Annual Clinical Update in Geriatric Medicine

Planning is underway for the 28th Annual Clinical Update in Geriatric Medicine conference, jointly provided by the Pennsylvania Geriatrics Society - Western Division (PAGS-WD), UPMC/University of Pittsburgh Institute on Aging, University of Pittsburgh School of Nursing, and University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences. The conference will be held at the Pittsburgh Marriott City Center; **please note the earlier conference date of March 5-7, 2020.**

The fastest-growing segment of the population comprises individuals above the age of 85 years. The purpose of the conference is to provide an evidence-based approach to help clinicians take exceptional care of these often frail individuals. Designed by course directors Shuja Hassan, MD, Neil Resnick, MD, and Lyn Weinberg, MD, along with members of the PAGS-WD planning committee, this award-winning course is designed for family practitioners, internists, geriatricians and other healthcare professionals who provide care to older adults.

Speakers are selected by a multidisciplinary committee of academic and practicing clinicians and based on two criteria:

1. **Expertise** - nationally recognized and often responsible for advances relative to practice, and
2. **Ability** - to share it in a practical, succinct, and entertaining way to facilitate its easy incorporation into a practice.

Conference highlights include:

28th Annual Clinical Update

GERIATRIC MEDICINE

- Year in Review for Geriatric Medicine;
- State of the art updates on common geriatric conditions, and tailored to each setting, i.e., office, hospital, home, nursing home;
- Return of the popular Geriatric Cardiology Symposium and Cardiology Expert Panel Q&A;
- Special topics including: Ask the Expert sessions (Psychiatry, Endocrinology and Cardiology), Differentiating Dementias, Case Studies in LFT abnormalities, Clinical Pearls on Skin Disorders, Approach to UTIs, Vignettes in Palliative Care, and more;
- Multiple breakout sessions allowing attendees to design their own course and affording close interactions with experts on challenging topics and real-world cases.

Conference credits include AMA PRA Category 1 credits™, AAFP, Nursing, Risk and ACPE credits. To register, visit <https://dom.pitt.edu/ugm>. Members of the Pennsylvania Geriatrics Society - Western Division receive a discount when registering. For details on the conference, please contact Nadine Popovich, administrator, at npopovich@acms.org or (412) 321-5030.

27th Annual Clinical Update in Geriatric Medicine

More than 390 geriatrics professionals from all disciplines, including physicians, nurses, pharmacists, physician assistants, social workers, long-term care and managed care providers, and healthcare administrators participated in the 27th Annual Clinical Update in Geriatric Medicine conference held at the Pittsburgh Marriott City Center Hotel April 25-27. The course attracted registrants from numerous states, including California, North Carolina, New York and Washington.

Previously awarded the American Geriatrics Society Achievement Award for Excellence in a CME program, this conference continues to be a well-respected resource to educate healthcare professionals involved in the direct care of older persons by providing evidence-based solutions for common medical problems that afflict older adults daily and for which rapidly evolving research (much done in Pittsburgh) is revealing new approaches that are feasible for the real world.

Under the leadership of course directors Shuja Hassan, MD, and Neil M. Resnick, MD, who worked diligently with the planning committee, the course is a premier educational event in the region. The course attracts prominent international and national lecturers and nationally renowned local faculty.

Nearly 40 state-of-the-art sessions taught by highly regarded clinician-educators and researchers were offered during the three-day event. Each lecture,

Continued on Page 12



From left are Alisha Hemraj, MD; course director Neil Resnick, MD; Christina Bungo, MD; and course director Shuja Hassan, MD. Below, David Pasquale, DO, presents a session on Orthostatic Hypotension



symposium and breakout session offered participants evidence-based "pearls for practice" designed to be immediately incorporated into the realities of daily practice.

The conference is jointly sponsored by the Pennsylvania Geriatrics Society - Western Division; UPMC/University of Pittsburgh Aging Institute; and University of Pittsburgh School of Nursing, in partnership with the University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences.



From left are Shuja Hassan, MD, course director, and Dinner Symposium presenters: guest faculty Parag Goyal, MD, and Benjamin Wessler, MD; local faculty Daniel Forman, MD; and moderator Deirdre O'Neill Valais, MD, FRCPC.

New to the program was the Geriatric Cardiology Symposium and Cardiology Expert Panel Q&A, which was a crowd favorite. The presentations featured guest faculty Parag Goyal, MD, MSc, and Benjamin Wessler, MD, with local faculty presenters Daniel Forman, MD, and Jared Magnani, MD.

PAGS-WD Celebrates Geriatrics Teacher of the Year Awardees

The Society honored the 2019 Geriatrics Teacher of the Year Award recipients, Christine M. Herb, MD, Physician Award recipient, and Victoria A. Hornyak, PT, DPT, GCS, Healthcare Professional Award recipient. The Geriatrics Teacher of the Year award is presented to two outstanding teachers for their dedication and commitment to geriatrics education and who exemplify geriatrics teaching excellence. The awards presentation was held April 25, 2019, prior to the dinner symposium at the 27th Annual

Clinical Update in Geriatric Medicine. Rollin Wright, MD, MA, MPH, awards chair, and Namita Ahuja, MD, MMM, president, shared the podium to highlight the achievements and significant contributions Dr. Herb and Dr. Hornyak have made to the education and training of learners in geriatrics and to the progress of geriatrics across the health professions. More than 75 attendees were on hand for the presentation. Dr. Herb served as director of Geriatrics Education and Core Faculty at Allegheny Health Network from

2012 to 2017. She currently is chair of AHN's Academic Improvement Committee and contributor to the Clinical Competency Committee.

As a highly respected teacher, mentor and innovator, Dr. Herb developed a comprehensive geriatric curriculum that is mandatory for all third-year residents at AHN. The multifaceted curriculum incorporates didactic lectures, simulation, home visits, nursing home rotations, outpatient and inpatient geriatric elective rotations, and more. More than 150 residents have participated in the geriatric curriculum thus far and 13 residents have pursued a Geriatric Fellowship since 2013 at several prestigious institutions across the country.



From left are Award Committee Chair Rollin Wright, MD, MA, MPH; Physician Award recipient Christine M. Herb, MD; Healthcare Professional Award recipient Victoria A. Hornyak, PT, DPT, GCS; and President Namita Ahuja, MD, MMM.

Dr. Hornyak practiced physical therapy at several regional nursing facilities and UPMC Presbyterian Hospital prior to becoming a full-time faculty member within the Department of Physical Therapy (DPT) at the University of Pittsburgh in 2008, where she is responsible for coordinating and serving as the primary instructor for courses related to patient management and geriatrics in the DPT program.

To further stimulate the interests of DPT students in geriatrics, Dr. Hornyak serves as the faculty mentor for the students' Geriatrics Special Interest Group. She also was appointed to the University of Pittsburgh's Working Group on Inter-professional Education as a representative of the University's School of Health and Rehabilitation Sciences.

In 2010, Dr. Hornyak successfully competed for and was named as the first non-physician Geriatric Scholar in the Geriatric Academic Career Award (GACA), supporting her research project that compared two continuing education methods on practice patterns of physical therapists who work in skilled nursing settings.

David C. Martin Awardees Honored

The Society is proud to award the 2019 recipients of the David C. Martin Award: Mr. Tyler Paras and Ms. Vivianne Oyefusi, both second-year medical students attending the University of Pittsburgh School of Medicine.

Abstracts by Ms. Oyefusi and Mr. Paras were accepted for poster presentation by the American Geriatrics Society (AGS) during their 2019 Annual Scientific meeting, held May 2-4, 2019, in Portland, Ore. Mr. Paras' abstract also was selected for presentation as a poster during the Presidential Poster Session. Abstracts receiving the highest scores through the peer review process are included in the Presidential Poster Session.



Ms. Oyefusi

"Get S-M-A-R-T! Teaching Students Geriatric Health-Related Goal Setting," was the abstract submitted by Ms. Oyefusi. Rollin Wright, MD, MA, MPH; Rachel Jantea, MD; Pamela Toto, PhD, OTR/L, BCG, FATOA; and Paula Leslie, PhD, CCC-SLP, FRCSLT, served as mentors.



Mr. Paras

Mr. Paras submitted "Association Between Body Composition and Risk of Vertebral Fracture in Long-Term Care Community Residents." Susan Greenspan, MD, and Mary Kotlarczyk, PhD, served as mentors.

Each was formally recognized at the 2019 Clinical Update in Geriatric Medicine dinner symposium, held April 25, where they were presented with a certificate of excellence and an honorarium. The honorarium was used to defray expenses to attend the AGS 2019 Annual Scientific Meeting to present their work.

The award was named after David C. Martin, MD, who established the first geriatrics fellowship in Pittsburgh, Pa. The goal of this prestigious award is to encourage and prepare future physicians in the field of geriatric medicine.

Since its inception, the Society is proud to have awarded more than \$84,500 to area medical students interested in the field of geriatric medicine.

Pennsylvania Geriatrics Society - Western Division

Serving as a resource in providing information and educational programming among a society of professionals who are dedicated to advancing clinical care and quality of life for the elderly.

Mark Your Calendar

National Conference of Gerontological Advanced Practice Nurses Association

When: October 3-5, 2019

Where: Paris Hotel, Las Vegas, NV

Phone: 866-355-1392

Email: gapna@ajj.com

Website/Registration: www.gapna.org/annual-conference

American Society of Consultant Pharmacists - Annual meeting - Celebrating 50 Years

When: November, 7-10, 2019

Where: Gaylord Texan Resort, Grapevine, Texas

Pharmacists can earn up to 12 BCGP Recertification

Credits and up to 18 CPE Credits. PLUS earn up to an additional 6 BCGP credits with the Flex Plan.

Pharmacy technicians can earn up to 12 CE credits.

Southwestern Pennsylvania Partnership for Aging SWPPA2019 SWPPA Annual Conference – The Big Shift: Creating a New Blueprint for a World Changed by Aging

When: October 15, 2019

Where: Hilton Garden Inn Pittsburgh/Southpointe, Canonsburg, PA

Please visit www.swppa.org/education for additional conference details.

American Medical Directors Association (AMDA) AMDA the Society for Post-Acute and Long-Term Care Medicine - 2019

When: April 2-5, 2020

Where: Hyatt Regency Chicago, Chicago, IL

Email: registration@paltc.org

Website: <https://paltc.org/>

Credit Type: CEUs for Nurses, CMD Clinical, CMD Management, CME, Other

American College of Physicians Internal Medicine – 2020

When: April 23-25, 2020

Where: Los Angeles, CA

Phone: 800-523-1546 x2600 or 215-351-2400

Website: <https://annualmeeting.acponline.org/>

Choose from more than 200 CME courses in internal medicine and the subspecialties presented by distinguished

faculty and the ability to earn up to 30.5 AMA PRA Category 1 credit(s)™

American Geriatrics Society 2020 Annual Scientific Meeting

When: May 7-9, 2020

Where: Long Beach, CA

Phone: 212-308-1414

Website: <https://meeting.americangeriatrics.org/>

The AGS Annual Scientific Meeting is the premier educational event in geriatrics, providing the latest information on clinical care, research on aging, and innovative models of care delivery. The 2020 Annual Meeting will address the educational needs of geriatrics professionals from all disciplines. Physicians, nurses, pharmacists, physician assistants, social workers, long-term care and managed care providers, health care administrators, and others can update their knowledge and skills through state-of-the-art educational sessions and research presentations.

The 2020 Annual Meeting offers many continuing education sessions, including invited symposia, workshops, and meet-the-expert sessions. Sessions will include information about emerging clinical issues, current research in geriatrics, education, health policy, and delivery of geriatric health care.

Society of General Internal Medicine 2020 Annual Meeting - Transforming the Medical and Social Determinants of Health: General Internists Driving innovation, practice, educational, research and policy

When: May 6-9, 2020

Where: Sheraton Birmingham Hotel & Westin Birmingham Hotel, Birmingham, AL

Website: <https://www.sгим.org/meetings>

Email Annual Meeting inquiries to: support@sgim.org

POLST: DOING IT RIGHT! Training Course

When: October 29, 2019

Where: Jewish Healthcare Foundation, Center City Tower, 650 Smithfield Street 26th Fl, Pittsburgh, PA 15222

Sponsored by Jewish Healthcare Foundation

Up to 8.0 CME and Social Work Credit Hours are available.

Co-sponsored by University of Pittsburgh School of Social Work. For further information, contact the POLST Coordinator at papolst@verizon.net or for details/registration visit www.papolst.org after September 1.

SAVE THE DATE / FRIDAY & SATURDAY / OCTOBER 18-19, 2019

27TH ANNUAL
PMDA SYMPOSIUM



HERSHEY LODGE

325 University Drive
Hershey, PA 17033

NETWORKING RECEPTION

Thursday, October 17 / 6:30-8 p.m.

CREDITS

CME, CMD and NHA credits will be available.

PURPOSE

The PMDA Annual Symposium is designed to meet the educational needs of health-care professionals working in post-acute and long-term care settings. A strong interdisciplinary approach is emphasized, and organizations are encouraged to attend as a team to experience the most benefit.

WHO SHOULD ATTEND?

Medical directors and long-term care health professionals, physical medicine and rehabilitation providers, geriatricians, NPs, PAs, registered nurses, family physicians, internists, nursing home administrators and consultant pharmacists.

ACCOMMODATIONS

Accommodations are the responsibility of the program participant.

ROOM BLOCK
Hershey Lodge

DEADLINE
Wednesday, September 4, 2019

RATE
\$179 plus tax / single or double

RESERVATIONS
(717) 533-3311
<http://bit.ly/a596920h>

GROUP
27th PMDA Annual Symposium

A continuing education service of Penn State College of Medicine, jointly provided by:
The Pennsylvania Society for Post-Acute and Long-Term Care Medicine (PMDA)



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To view the conference brochure and for further details please visit www.pamda.org and click on "education."

2020 Geriatrics Teacher of the Year Award - Call for Nominations

The Geriatrics Teacher of the Year Award call for nominations will begin Oct 1. The award will be presented to two outstanding teachers for their dedication and commitment to geriatrics education.

The annual award will recognize and honor both a physician and a healthcare professional from healthcare disciplines including nursing, advanced practice, physical therapy, pharmacy, occupational therapy, dentistry, audiology, speech-language, pathology and social work, who have made significant contributions to the education and training of learners in geriatrics and to the progress of geriatrics education across the health professions. Members and non-members of the Pennsylvania Geriatrics Society will be considered.

Eligible nominees will have demonstrated leadership and inspired learners to better the care of older

adults and will have contributed to the growth of geriatrics in their professions. Teaching expertise and/or education program development are valued in the selection of the recipient for this honor.

Award eligibility and criteria, along with the nomination form, is available on the society's website at www.pagswd.org. Nominations must be received before Jan. 5, 2020. Questions regarding the awards or nomination process can be directed to Nadine Popovich, administrator, at npopovich@acms.org or (412) 321-5030.

Awardees will be recognized at the 2020 Clinical Update in Geriatric Medicine scheduled on Thursday, March 5, 2020, at the Pittsburgh Marriott City Center. Recipients will be honored with a plaque and receive complimentary membership in the society for one year.

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American Geriatrics Society

The AGS has been active in measure review and development through participation in several partnerships and collaborations.

As our health system continues to shift toward reimbursing providers based on the quality rather than the quantity of care they provide, we must ensure that measures used to evaluate healthcare performance take into account the unique healthcare needs of older people, as well as the challenges providers face when promoting health, independence and well-being in light of particularly complex care needs.

In July 2019 AGS Commented to the Senate Special Committee on Aging on Falls Prevention. Below is a portion of the response by AGS. To download a pdf of the entire response, please [click here](#).

Dear Chairman Collins and Ranking Member Casey,

The American Geriatrics Society ("AGS") appreciates the opportunity to provide input to the Senate Special Committee on fall-related injuries and deaths, which are a major threat to the health and independence of older adults. Founded in 1942, the AGS is a nationwide, not-for-profit society of geriatrics healthcare professionals dedicated to improving the health, independence, and quality of life of older people. Our nearly 6,000 members include geriatricians, geriatric nurses, social workers, family practitioners, physician assistants, pharmacists, and internists who are pioneers in advanced-illness care for older individuals, with a focus on championing interprofessional teams, eliciting personal care goals, and treating older people as whole persons. The Society provides leadership to healthcare professionals, policymakers, and the public by implementing and advocating for programs in clinical care, research, professional and public education, and public policy that can support us all as we age.

Falls are a leading cause of serious injuries in older adults that can lead to hospitalization, nursing home admission, and even death.¹ Each year, at least 27,000 older adults die as a result of falls² even though research has shown that falls can be prevented.^{3,4}

We appreciate the committee's focus on this important issue and welcome the opportunity to work with you to reduce older Americans' risk of falls and fall-related injuries. We have responded to your specific questions below.

REPORTING AND FOLLOW-UP

To what extent are falls unreported among older Americans?

Fewer than half of those who fall each year discuss their falls or fall prevention with a health care provider.⁵ Older adults may believe falls are not preventable and therefore some may choose not to discuss falls with their provider. The Centers for Disease Control and Prevention (CDC) has launched the [Stopping Elderly Accidents,](#)

[Deaths and Injuries](#) (STEADI) initiative, which encourages healthcare providers to screen older patients for their fall risk, identify the modifiable fall risk factors (e.g., poor balance, vision impairment), and intervene to reduce risk using effective clinical strategies (e.g., physical therapy, medication management) and community strategies (community-based exercise programs like Tai chi). Given that more than 90% of older adults see a healthcare provider at least once a year, healthcare providers are well positioned to discuss falls with their patients and reduce underreporting of falls.⁶

What strategies can be employed to encourage patients to promptly notify their health care provider or caregivers of a fall?

Public health campaigns can be effective, particularly when seeing the impact of initiatives like the "stop smoking" campaign. We have described on page 6 the work being led by The John A. Hartford Foundation which includes a paradigm shift in clinical practice to focus on safe personal mobility instead of falls reporting at the point of clinical care. We see this shift as holding great promise because it moves the discussion from a focus on negative events (falls) towards one that is focused on how the older adult can safely move around in his/her community.

Recently, the CDC released a tool kit, [MyMobilityPlan](#) which is also focused on what older adults can do to remain active and safe in their communities.

How can follow-up with appropriate healthcare providers be improved after a visit to an emergency department for a fall?

The AGS suggests two possible approaches to improve follow-up with providers:

- Medicare can increase reimbursement to the emergency department (ED) to support care coordination following presentation for a fall, including arranging follow-up visits and providing referrals to community-based programs as well as fall-related information. Appropriate documentation would be required before full reimbursement is received. This would incentivize hospitals to ensure patients are supported following an ED visit.
- Invest in the Electronic Health Record to better identify those patients who would benefit from falls-related interventions. This would mitigate the barriers that time and staff availability present in the emergency department and also allow referral numbers to be modulated to resources available in the community.⁷

PATIENT RESOURCES

Through the Health in Aging Foundation, AGS provides patient education materials for our members and the public at large to advance our commitment to the health, independence, and quality of life of all older adults. [HealthinAging.org](#) is the Foundation's public education portal, providing older adults and caregivers with up-to-date information on health and aging - as well as access to a network of geriatrics healthcare professionals.

Patient "tools and tips" can be obtained by visiting <https://www.americangeriatrics.org/publications-tools/patient-education>.

ADVOCACY

The AGS mission is to improve the health, independence, and quality of life of all older people. We believe that doing so will ensure that we all can continue to make meaningful contributions to our communities as we age.

We believe in a vision for the future when we all can contribute to our communities and maintain our health, safety, and independence as we age; and when older people have access to high-quality, person-centered care informed by geriatrics principles.

To achieve our vision, the AGS is working hard as a leader and with our partners to shape programs and policies that are important to older people, their families, and healthcare professionals.

Visit the [AGS Advocacy Center](#) to find your elected officials and browse active advocacy campaigns. Be sure to subscribe to action alerts so you never miss an opportunity to get involved!

References

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POLST Update

Updated POLST Website

The Pennsylvanian POLST Collaborative is announcing a new POLST website that increases accessibility to POLST information. To reach the new site, visit www.papolst.org.

Users who have been accessing POLST information through the website of the Aging Institute of UPMC Senior Services of the University of Pittsburgh will be able to continue to do so. That link is www.aging.pitt.edu/professionals/resources-polst.htm. The continuing support of the institute is appreciated.

MARK YOUR CALENDAR: POLST: Doing It Right! Training Program - Oct. 29

The Jewish Healthcare Foundation (JHF) is again sponsoring a POLST training course to be presented at the JHF offices at 650 Liberty Avenue in downtown Pittsburgh Oct. 29. The course provides 8.0 CME and social work credit hours.

For further information, contact the POLST coordinator at papolst@verizon.net or view details and registration instructions on the POLST website after Sept. 1.

Fit with a Physician

Local groups join forces to help seniors get active

In 2017, the Fit with a Physician program was developed in partnership with the medical community and the Jewish Healthcare Foundation Senior Connections to promote the importance of exercise in helping people successfully age. The goal of the Fit with a Physician program is to:

- Promote exercise in seniors through one-mile walks in Pittsburgh and Allegheny parks led by physicians, therapists and nutritionists;
- Provide an educational component emphasizing the importance of exercise and healthy living;
- Encourage participants to keep walking, or join walking groups and use the Venture Outdoors Walks website to find walks nearby.



PHOTO / ABIGAIL LITTLEJOHN

Participants are pictured May 9, 2018, at Schenley Park during a Fit with a Physician walk.

With aging, dramatic changes occur in the body with a major one being the loss of muscle and its replacement with fatty adipose tissue. As a result, significant compromises can occur in physical performance and general well-being. Regular exercise can significantly impact these changes and help preserve body function and maintain quality of life.

In 2018, Venture Outdoors began working with senior centers to offer comprehensive programming to include as many older adults as possible. This program model allows us to offer indoor and low impact programming to less-able older adults and offer programming during winter months, in addition to our outdoor Fit with a Physician walks.

Continued on Page 22

How does the program work?

Our model introduces a series of two-hour programs beginning with indoor stretching and light walking in a small space. We build up to a longer indoor walk in a gym to prep for a longer outdoor walk. The final program piece offers an outdoor Fit with a Physician walk for members who are ready to walk outdoors for a mile or more.

As a final step in programming, we are asking our partner centers to use our newly live Venture Outdoors Walks website to find walks near them and encourage their residents to participate.

We implemented an incentives program for centers that completed this program model in the 2018-19 fiscal year. This increases confidence and leads to more people continuing the activities on their own, and utilizing printable resources such as our Venture Outdoors Walks website to have access to walking routes. We offer two walks a month that are open to the public. Our partner centers are offered these programs, in addition to indoor walking and exercise programs throughout the year.

This year, Venture Outdoors is actively recruiting medical professionals to help lead more walks and reach more older adults through the region through Fit with a Physician. Any interested medical professionals are welcome to join our walks to see what they are all about. We also have information sessions set up to talk through what it means to volunteer for Fit with a Physician.

"We want to make Allegheny County and Pittsburgh the healthiest region in the state of Pennsylvania. With programs like Fit with a Physician, we believe that we can achieve that goal," said ACMS member Terence Starz, MD, a regular volunteer with Fit with a Physician.

Registration for any of these programs is available by visiting ventureoutdoors.org, or by calling Joanna Lemmon at (724) 554-0632, or emailing joanna@ventureoutdoors.org.

**This article originally was published in the May 2019 issue of the Allegheny County Medical Society Bulletin.*

VENTURE OUTDOORS AGAIN
FREE PROGRAMS FOR PEOPLE OVER 50!

September Outdoor Trips

Fit with a Physician

Allegheny Commons | Sept 7, 10-12

We'll join local medical professionals who will introduce facts and tips on keeping our hearts healthy as we age.

Grand Hike for Grandparents

Frick Park | Sept 8, 1-3 pm

Celebrate National Grandparents Day with a grand hike! We'll cover 2-3 miles on this easy hike through Schenley Park.

Morning Beginner Paddle

North Park | Sept 11, 10-12 pm

Learn about equipment and techniques then head to the water to practice your new skills.

Morning Beginner Paddle

North Park | Sept 18, 10-12 pm

Learn about equipment and techniques then head to the water to practice your new skills.

Fit with a Physician

Schenley Park | Sept 18, 1-3 pm

We'll join local medical professionals and their therapy dogs for a fun walk in the park.

Autumn Equinox Stroll

Schenley Park | Sept 23, 6-7:30 pm

Fall is here and with it comes the cool nights! We're going to celebrate the sun's position over the equator with a stroll in South Park.

TO REGISTER

Visit ventureoutdoors.org and use discount code SCF17 or email Joanna at joanna@ventureoutdoors.org or call 412-255-0564 ext 229

The Jewish Healthcare Foundation and the Jefferson Regional Foundation generously support the Venture Outdoors Again Program.



PCPs can provide valuable care during hospice

**ROBERT H. POTTER JR., MD,
CMD, FAAFP**

Recently, I was at an interdisciplinary team (IDT) meeting as medical director for a hospice. During the meeting, one of the nurses reported that one of her patients had a severe sore throat. She also relayed the information that her primary care physician (PCP) had declined continuing as her PCP once she became enrolled in hospice. By default, then, I was her PCP. Fortunately, I had time between the end of the meeting and my next appointment to stop by her house, which was not particularly out of the way. The patient was an elderly woman on hospice with end-stage chronic obstructive pulmonary disease. One of the hospice nurses happened to be there with me during my visit. It took us each about two seconds to look in her throat and identify thrush as the culprit, probably related to inhaled corticosteroids. We prescribed a treatment, and she was better in short order.

The reason that I am reporting this episode is because I think it highlights something that happens, in my opinion, too often. I have become, by default, the PCP for many of the hospice patients on my team. Many of them I actually never see. It would be impractical for me to go to each of their locations. Therefore, I usually rely on the reporting of the high-quality hospice nurses with my team to treat any primary care type issues.

As a medical director for a hospice, I provide hospice-related medical care. This includes, of course, palliative treatment related to their hospice diagnosis. In ideal circumstances, I feel that the patient's PCP should be the one providing for the

patient's continued primary care needs. Often, patients have had a long-term relationship with their PCP. As a family doctor myself, I recognize that there are many times when patients come to me for support or problems that are being primarily taken care of by other specialists. They often seek a reassuring confirmation from someone with whom they have established trust. When could this trusting relationship be of more benefit to the patient than in end-of-life circumstances?

People who are at the end of their life continue to have primary care problems, such as sore throats, urinary tract infections, rashes, bowel issues and an endless list that can best be addressed by the PCP. Additionally, the knowledge acquired by the PCP during that long-term relationship can be valuable to the hospice team in treating a patient in the best possible manner. This patient is usually totally new to the members of the hospice team at the time of the admission. However, the PCP may have years of experience with the patient, which would be helpful in end-of-life management.

I am not sure why many PCPs decline to continue caring for patients once they're on hospice. It may be that they don't fully understand how hospice works. The hospice team will take care of hospice-related problems. Primary care issues are separate.

It may be that a lot of doctors don't feel comfortable taking care of patient's pain medication needs, particularly in today's environment. Hospice nurses and providers are educated in pain management and will prescribe appropriate medications for end-of-life.

PCPs may not be involved, but certainly could be if they desire. Another issue is that in our American system of medical training, very little time has traditionally been spent on end-of-life issues.

A lot of doctors feel that once a patient is on hospice, there is nothing more they can do for them since they're not going to be better. We often seem to view death as a failure in our system, although it is inevitable. It should be noted that any services provided by the patient's own PCP still can be billed to insurance the same as if they were not in hospice.

I would hope that as physicians become more comfortable with hospice, they will continue to treat their patients at end of life. Ideally, this should be a total team effort, with both the hospice team and the primary care team involved for optimal treatment.

Dr. Potter specializes in family medicine, practicing in the North Hills of Pittsburgh. He serves as a clinical instructor at Saint Francis University and associate clinical instructor at the University of Pittsburgh School of Medicine. He is medical director for Kane Ross Regional Center and Allegheny Health at Home Hospice. Additionally, Dr. Potter serves as school physician for two large school districts to the North of Pittsburgh and as medical consultant to the Pittsburgh Pirates. He can be reached at bulletin@acms.org.

**This article originally was published in the July 2019 issue of the Allegheny County Medical Society Bulletin.*



Dr. Potter