

GERIATRIC MEDICINE FELLOWSHIP PROGRAM – CORE ROTATIONS

Geriatric Medicine – Primary Care

Clinical Site: Nebraska Medicine Geriatrics Clinic

Length of Rotation: 12 Months – 1 half day per week

Site director: Dr. William Lyons

Overall Educational Purpose:

- Gain experience in managing the spectrum of health and illness for older outpatients.
- Learn to manage complex geriatric patients in an outpatient setting.
- Understand and apply to practice the principles of geriatrics healthcare maintenance.
- Learn how to provide patient/caregiver education and discuss/set goals of care.
- Learn to perform geriatric consultations in outpatient settings.
- Improve communication skills with referring physicians.
- Improve ability to effectively co-manage patients with other specialists.

Outpatient Geriatric Assessment Clinic and Geriatric Evaluation Management Clinic

Clinical Site: Nebraska Medicine Geriatrics Clinic / Omaha Veterans Administration Hospital

Length of Rotation: 2 Months

Site Director(s): Dr. Amy Coffey, Dr. Al Fisher, Dr. Joe Hejkal, and Dr. Bill Lyons

Overall Educational Purpose:

- Learn to organize and conduct a comprehensive geriatric assessment clinic.
- Master comprehensive geriatric assessment process and techniques.
- Function as an interdisciplinary team member and leader.
- Learn to prioritize evaluation and treatment in the face of complex health problems and the individual patient's priorities.

Inpatient Palliative Medicine Consults

Clinical Site: Omaha Veterans Administration Hospital

Length of Rotation: 2 Months

Site Director(s): Dr. Lou Lukas

Overall Educational Purpose:

- Improve skills in symptom management of patients nearing the end of life.
- Improve skills in developing advance care planning with patients, family members and caregivers.
- Learn to deal with conflicts effectively.
- Learn to fill out death certificates correctly.
- Understand and be able to apply the Medicare Hospice admission criteria.

Post-Acute and Long Term Nursing Home Care

Clinical Site: Gretna Community Living Center and St. Joseph Villa Nursing and Rehabilitation Center

Length of Rotation: 2 Months

Site Director(s): Dr. Mandy Byers and Dr. Natalie Manley

Overall Educational Purpose:

- Fellows will perform regulatory visits in the nursing home and see residents with acute medical problems.
- Refine skills in performing admission H&P examinations and writing orders for new residents to the nursing home.
- Serve as geriatric consultants for residents receiving Medicare Skilled nursing care and rehabilitation.
- Learn about telephone triage through routine contacts from nursing home staff and nighttime calls from the nursing home.

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Outpatient Geriatric Psychiatry

Clinical Site: Omaha Veterans Administration Hospital

Length of Rotation: 1 Month

Site Director(s): Dr. Tom Magnuson and Dr. Steve Wengel

Overall Educational Purpose:

- Know changing social factors that impact upon the aged.
- Know psychological aspects of aging, including adaptability, the role of loss, maladaptive patterns of adjustment.
- Identify psychosocial contributors to depression.
- Know major medical contributors to mood disorders and their evaluation.
- Appreciation of the various presentations of mood disorders.
- Ability to identify and utilize multimodal approaches to treatment of mood disorders including pharmacologic, ECT, psychotherapeutic and social interventions.
- Knowledge of the major etiologies of dementia and their clinical, historical and pathological correlates and risk factors.
- Knowledge of the medical evaluation for delirium and the reversible causes of dementia.
- Knowledge of the available treatment options for Alzheimer's and vascular dementia, both the primary cognitive process and associated psychiatric symptoms.
- Knowledge of the epidemiology, common etiologies, associated psychiatric symptoms, treatment options and prognosis of delirium.

Outpatient Neurology

Clinical Site: Nebraska Medicine

Length of Rotation: 1 Month

Site Director(s): Dr. Daniel Murman

Overall Educational Purpose:

- To expand the fellow's fund of knowledge and skills in the evaluation and management of neurologic disease in the elderly. Primary areas of emphasis will include memory disorders, movement disorders, and cerebrovascular disease.
- Take an appropriately focused history and perform a proper neurologic examination of an older patient presenting with a common neurologic problem.
- Be able to describe normal physiologic changes in the aging nervous system.
- Be able to describe pathophysiology of common neurologic disease of the elderly.
- Incorporate psychosocial aspects of Neurologic diseases in the elderly, including:
- Ethical/legal issues regarding neurologic problems (advance directives, guardianships and other surrogate decision makers).
- Health Economics (Medicare, Medicaid, etc.) of neurologic problems.
- Be able to describe the relationship between neurological disorders and deficits in self-care function.

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Outpatient Urology and Urogynecology

Clinical Site: Nebraska Medicine

Length of Rotation: 1 Month

Site director (s): Dr. Chad Lagrange and Dr. Kristen Rooney

Overall Educational Purpose:

- Be able to develop knowledge in care of geriatric urologic and gynecological problems.
- Be able to explain the mechanisms and types of urinary incontinence.
- Learn appropriate prescribing of non-pharmacologic treatment and management for urinary and fecal incontinence.
- Understanding the indications and mechanisms for screening, diagnosing and evaluating GU cancer primarily prostate, bladder, uterine, and vulvar.
- Understanding the evaluation and treatment modalities for pelvic floor dysfunction.
- Being able to describe the evaluation and treatment of common gynecologic problems in the aged, e.g., vulvar dystrophies.
- Knowledge of AUA scoring and understanding its strengths, limitations and use in prescribing therapy.
- Being able to describe the evaluation and treatments of late-life male and female sexual dysfunction.
- Understand the indications for urodynamics and interpret results from these studies.
- Understand the indications for surgical and minimally invasive interventions in urinary incontinence.

Physical Medicine and Retaliation (Inpatient Stroke Service / Outpatient Clinic)

Clinical Site: Nebraska Medicine / Madonna Rehabilitation Hospital

Length of Rotation: 1 Month

Site director (s): Dr. Michael Weaver

Overall Educational Purpose:

- Employ rehabilitation strategies in older patients with the following problems:
 - Common musculoskeletal disorders and related disabilities
 - Common neurological disorders and related disabilities, including stroke
 - Gait and Balance disorders
 - Common movement disorders (eg, Parkinson's disease)
 - Limb amputation
 - Questionable ability to drive safely
- Be able to identify indications for patient referrals and benefits to be gained from referrals to the following rehabilitation specialists:
 - Physiatrist
 - Physical therapist
 - Occupational therapist
 - Speech therapist
- Be able to identify and order appropriate diagnostic evaluations for physical disabilities and their appropriate use.
- Learn appropriate selection and prescription and principles of fitting canes, walkers and wheelchairs and other adaptive devices and equipment
- Be able to describe how acute care rehabilitation hospitals differ from other rehabilitation settings, and which patients are most appropriate for admission.

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Home Based Primary Care

Clinical Site: Omaha Veteran Administration Hospital

Length of Rotation: 1 Month

Site director (s): Dr. Steve Bonasera

Overall Educational Purpose:

- Be able to perform a geriatric assessment along with functional screening in patients home.
- Be able to describe the advantages of providing medical care in the elder's home.
- List the barriers and limitations of house calls.
- List equipment, supplies, and forms that are useful to bring for a home visit, (realizing that a stethoscope is often the only medical equipment that may be necessary.)
- Be able to demonstrate documentation requirements for physician home visits.
- Be able to describe environmental assessment to identify hazards and barriers in the home (Home Safety Evaluation), and recognize potential safety hazards in the home.
- Be able to describe strategies to maximize the efficiency of house calls.
- List the members of the interdisciplinary team and their roles.
- Be able to describe the values of the interdisciplinary team process to provide optimal care in the home.
- Describe situations when home care is not appropriate or safe for the elder or provider.
- List procedures to ensure the safety of the health care provider.
- Be able to describe the effect of house calls on enhancement of the physician-patient relationship.
- Be able to describe the advanced treatment interventions that can be provided in the home setting.
- Be able demonstrate appropriate skills as physician consultant/member of Interdisciplinary Team. (IDT)
- Discuss the ethical issues arising between patient autonomy versus safety.
- List the definition of elder abuse and neglect and describe the role of Adult Protective Services (APS)

Additional clinical experiences and electives include; Hospice Care, Wound Care, Dermatology, Osteoporosis, ophthalmology, and inpatient geriatric consults.