

## **VA Geriatrics Rotation**

### Goals & Objectives

**Site Director/Faculty Supervisor: Robert Kaplan, MD/Patrick Giesemann, MD**

### **Description of Rotation & Educational Experience**

The geriatric rotation is a core rotation for the internal medicine residency and an ACGME requirement. Residents on this rotation will learn to diagnose, treat and manage various geriatric related conditions in the ambulatory and nursing home setting. Residents will obtain experiential learning from direct, hands on patient care in addition to a variety of didactic experiences. The curriculum will focus on understanding the approach to the geriatric patient with residents learning efficient, prioritized and patient-centered care based on evidence-based medicine and guidelines. Residents will learn the approach to common geriatric conditions. Residents will be supervised by the faculty attending(s) and fellow(s) assigned to their service for the duration of the rotation.

### **Schedule**

- Two or three-week rotation, Monday- Friday with minimum of one day off per week
- Ambulatory clinic, hospice, nursing home and additional special activities as determined by the rotation supervisor

### **Rotation Curricular Goals**

- Learn to assess and manage common conditions requiring geriatric consultation and care
- Learn to competently conduct a comprehensive exam to evaluate for common geriatric disorders
- Understand the indications, limitations and interpretation of diagnostic testing for common geriatric conditions
- To learn to provide care that is cost-effective and evidence-based
- To develop an understanding in transitions of care with patients including discharge planning related to common geriatric conditions
- Learn to function effectively as part of an inter-disciplinary team
- Learn to effectively provide consultative care
- Learn to maintain accurate, timely and appropriate medical records

## **Competency by PGY level**

### **PGY1**

#### **Core Competency: Patient Care**

Residents will be able to:

- Acquire accurate and relevant history from patients related to geriatric conditions
- Perform accurate and appropriate physical exam related to common geriatric conditions
- Develop an appropriate care plan for common geriatric conditions
- Recognize situations requiring urgent or emergent care
- Provide consultative services for patients with clinical problems requiring geriatric evaluation
- Provide appropriate care for common geriatric diagnosis in outpatient and nursing home setting

#### **Core Competency: Medical Knowledge**

Residents will:

- Learn the scientific knowledge required to provide care for common and comprehensive geriatric conditions
- Be able to interpret diagnostic tests accurately related to diagnosing and managing geriatric conditions
- Understand the rationale and risks associated with common procedures as it relates to the geriatric population of patients

#### **Core Competency: Practice Based Learning & Improvement**

Residents will:

- Learn to self-reflect upon one's practice
- Solicit feedback and be open to unsolicited feedback
- Be able to utilize information technology effectively
- Begin to utilize clinical trials, guidelines and studies in decision making

#### **Core Competency: Systems Based Practice**

Residents will:

- Be able to work effectively within an inter-professional team
- Learn the roles and responsibilities of the health care team

- Learn key concepts of high value care and minimize unnecessary diagnostic and therapeutic tests

### **Core Competency: Interpersonal & Communication Skills**

Residents will:

- Learn to engage patients in shared decision making
- Be able to develop therapeutic relations
- Engage in collaborative communication with appropriate members of the team
- Learn key documentation skills and ensure health records are organized, accurate and complete for consultative notes

### **Core Competency: Professionalism**

Residents will:

- Demonstrate respect and be responsive to needs and concerns of patients, caregivers and members of the inter-professional team
- Complete tasks in a timely manner
- Demonstrate sensitivity to each patient's unique characteristics and needs
- Show accountability for the care of patients and be honest in all clinical interactions

### **PGY 2 & PGY3**

#### **Core Competency: Patient Care**

Residents will be able to:

- Take a history that is efficient, prioritized and hypothesis driven based
- Perform accurate physical exams targeted to the patient's complaints
- Synthesize all sources of data to generate a prioritized differential diagnosis
- Effectively use history and physical exam skills to minimize the need for further diagnostic testing
- Modify the care plan based on patient's clinical course and additional data throughout the patient's hospitalization
- Manage common and complex geriatric conditions, both acute and chronic in the nursing home and ambulatory setting
- Provide recommendations as a geriatric consultative service to the primary team or provider as appropriate

#### **Core Competency: Medical Knowledge**

Residents will:

- Possess the scientific knowledge required to provide care for medical conditions and comprehensive care related to the geriatric patient
- Be able to interpret common diagnostic tests accurately
- Understand the concept of pre-test probability and test performance characteristics
- Understand the rational and risks associated with common medical procedures as it relates to the geriatric patient

### **Core Competency: Practice Based Learning & Improvement**

Residents will:

- Identify opportunities for learning and consistently acts upon those reflections
- Solicit feedback from all members of the team and patients
- Consistently incorporate feedback and change behavior to improve their practice
- Learn to utilize guidelines, best practices and critically appraise clinical research studies and reports

### **Core Competency: Systems Based Practice**

Residents will be able to:

- Work effectively within an inter-professional team
- Understand the roles and responsibilities of the team and seeks input from all members
- Advocate for safe patient care
- Reflect upon and learn from their own incidents that may lead to medical error
- Work to address patient specific barriers to cost-effective care
- Utilize resources to ensure safe care coordination with transition in patient care across settings
- Incorporate cost-awareness principles into decision making for patients in the hospitalized setting

### **Core Competency: Interpersonal & Communication Skills**

Residents will be able to:

- Identify and incorporates patient preference in shared decision making
- Establish a therapeutic relationship with patients and caregivers including persons of different socioeconomic and cultural backgrounds
- Actively and consistently engage in collaborative communication with all members of the inpatient care team
- Document succinct, relevant and patient specific information that effectively communicate clinical reasoning in their documentation

## **Core Competency: Professionalism**

Residents will be able to:

- Demonstrate empathy, compassion and respect to patients and caregivers in all situations
- Incorporate input of members from the inter-professional team into the plan of care as appropriate
- Prioritize multiple competing demands and complete these tasks in a timely and effective manner
- Appropriately modify the care plan to account for a patient's unique characteristics and needs
- Demonstrate integrity, honesty and accountability to patients and the profession

### **Assessment Methods**

PGY 3:

Direct observation and feedback

Participation in didactics

Delivery of journal club presentation

Written evaluations- faculty supervisor

Verbal feedback- fellows and faculty

### **Key Topics**

Dementia, memory loss and cognitive impairment

Depression

Delirium

Urinary incontinence

Falls, gait impairment and mobility

Hearing loss

Vision loss

Osteoporosis

Osteoarthritis

Pressure ulcers

Polypharmacy and de-prescribing

Places of care: hospital, home, ALF/B&C, SNF, LTC, Clinic

Goals of care

Interdisciplinary teamwork

Functional Assessment