

## **Geriatric Medicine Curriculum**

**I. Introduction** – Training in geriatric medicine is an important skill set for all internists. The demographic changes in this country require all internists to attain a minimum level of competency in managing the complex medical problems of older adults. Internists must understand the relationship between normal aging and disease, as well as the changes in physical and cognitive function that often accompany the aging process.

The following document will describe the current educational learning objectives and minimum competencies in geriatric medicine for internal medicine residents. Currently, internal medicine residents learn geriatrics from core conferences, grand rounds, recommended reading, mandatory resident geriatrics rotations and hospital-based geriatrics consults.

### **II. Learning Venue**

A. Rotation description – Residents will rotate through the ambulatory geriatric practice that includes the opportunity to evaluate the full spectrum of medical conditions in older adults from wellness and health maintenance to the complex, frail patient. The ambulatory practice is also the clinical site for the CNY Center of Excellence for Alzheimer's Disease, which will allow residents to evaluate adults with Alzheimer's disease and related dementias. Residents will also spend a minimum of two weeks during their training on the Acute Care of the Elderly (ACE) Team, which provides interdisciplinary geriatric consultations for older adults admitted to the inpatient service. Residents will also evaluate patients in the OrthoCo Care Program that will give them experience working with a multi-specialty team focused on optimizing the care of older adults with hip fractures.

Additional activities include providing nursing home care with a faculty preceptor.

B. Teaching Methods – Residents are taught one-on-one by faculty preceptors. Residents receive a copy of *Geriatrics at Your Fingertips*, as well as pertinent articles from peer reviewed journals.

C. Recommended Reading

- Up- To- Date
- Harrison's online
- Geriatrics Review Syllabus
- ACP online PIER for recent peer reviewed articles

D. Unique Learning opportunities – Home care, palliative care, nursing home care, and Geriatrics Grand Rounds.

E. Mix of diseases and patient care characteristics

- Dementia
- Incontinence
- Osteoporosis
- Malnutrition
- Falls
- Frailty Syndrome
- Depression, anxiety
- Dizziness
- Deconditioning
- Dysmobility
- Polypharmacy
- Chronic pain
- Prevention
  - Principles of screening
  - Immunizations
  - Adverse drug reactions
- Geriatric assessments
  - Cognitive assessment
  - Functional assessment
  - Medication review
  - Use of multidisciplinary team
- Ethical/legal considerations – advance directives, health care proxy

III. See attached minimum competencies in geriatric medicine for internal medicine residents.

- IV. **Method of Evaluation** – at the end of the rotation the attending will do a summative evaluation. Residents complete a pre and post-test. Residents are also advised to seek mid rotation evaluations from those that they work with.

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