

IU GERIATRICS

NEWS FROM THE INDIANA UNIVERSITY GERIATRICS PROGRAM
& THE INDIANA UNIVERSITY CENTER FOR AGING RESEARCH

Spring 2014

Delivering Clinical Interventions and Developing Junior Faculty

Aging Brain Care

The Aging Brain Care (ABC) Program incorporates the common features of several evidence-based collaborative care models into one program designed to deliver high quality, efficient medical care to older adults suffering from dementia and/or depression. With the support of a 3-year, \$7.8 million CMS Health Care Innovation award, the services of the ABC program have expanded from a small pilot of 200 patients to serve more than 2000 Medicare and Medicaid beneficiaries in central Indiana receiving primary care services at Eskenazi Health or IU Health Arnett.

OPTIMISTIC

OPTIMISTIC - Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care, is a comprehensive program, building on evidence-based strategies, to collaborate with 19 central Indiana nursing facilities to improve the quality of care of long stay nursing facility residents and reduce avoidable hospitalizations. Funded by a 4 year \$13.4 million CMS Innovation Center contract to Indiana University, the program is one of 7 funded for CMS's Initiative to Reduce Avoidable Hospitalizations Among Nursing Facility Residents.

Two areas of special focus for IU Geriatrics are delivering clinical interventions and developing junior faculty. In this issue of our newsletter we highlight two new projects selected by CMS for Health Care Innovation Awards, and nine junior faculty who have garnered career awards for academic development.

The Aging Brain Care program, commonly referred to as the ABC Medical Home, is led by Malaz Boustani, MD, MPH (PI) and Michael LaMantia, MD, MPH; and OPTIMISTIC – Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care, is led by Greg Sachs, MD (PI), Kathleen Unroe, MD, MHA, and Arif Nazir, MD, CMD. Each of these clinical interventions aim to deliver better health, improved care and lower costs to approximately 2,000 seniors in central Indiana enrolled in Medicare and/or Medicaid; and both support primary care providers in the care of their complex older patients – ABC for community dwelling people with depression or dementia, and OPTIMISTIC for dually eligible persons

residing in one of 19 nursing homes. These two projects are the latest releases in a long line of innovations in primary care designed and tested by clinicians and investigators of IU Geriatrics and the IU Center for Aging Research, including IMPACT (Improving Mood – Providing Access to Collaborative Treatment; JAMA 2002), PREVENT (Providing Resources Early to Vulnerable Elders Needing Treatment for dementia; JAMA 2006), and GRACE (Geriatric Resources for Assessment and Care of Elders; JAMA 2007).

One of the most gratifying roles Chris Callahan, MD and I have as Director of the IU Center for Aging Research and Director of IU Geriatrics, respectively, is to facilitate the career development of our junior faculty. Through the integration of all three academic missions – patient care, education, and research – we have developed exciting opportunities for professional growth. Delivering clinical interventions and developing junior faculty get more exciting every year!



INDIANA UNIVERSITY
SCHOOL OF MEDICINE

Steven R. Counsell MD

Steven R. Counsell, MD
Mary Elizabeth Mitchell Professor
Director, IU Geriatrics



April 30, 2014

CMS Selects Two Local Programs for Health Care Innovation Awards

The Centers for Medicare and Medicaid Services' Health Care Innovation Awards fund organizations that are implementing projects in communities across the nation that aim to deliver the most compelling new ideas to deliver better health, improved care and lower costs to people enrolled in Medicare, Medicaid and Children's Health Insurance Program, particularly those with the highest health care needs.

The Aging Brain Care (ABC) Program

Much of the **ABC intervention** is targeted to co-manage or support the practice behavior of primary care clinicians by providing personalized care aimed at improving the self-management skills and coping behavior of both the patient and the informal caregiver.

The program utilizes the concept of a **"mobile office"** which

- may include the patient's or caregiver's home
- may include any of the primary care or specialty clinics, the hospital, ER or any community setting
- takes into account the physical, emotional, and psychological comfort of patients and caregivers when clinical staff schedule appointments

Each team is led by an RN and a social worker who serve as care coordinators and supervise care coordinator assistants (CCAs) who have at least a high school degree, are chosen for their aptitude for working with vulnerable older adults and receive additional training in the care of older adults with dementia and depression.

The **CCAs assist the care coordinators** in assessing patient symptoms and caregiver burden, delivering care protocols, monitoring medication adherence, managing data entry, scheduling patient and caregiver visits, and managing patient transportation.

The clinical teams are supervised by a medical director with expertise in dementia and depression management and are supported by the **eMR-ABC care coordination software**.

The eMR-ABC:

- creates a registry of all patients enrolled in the program
- tracks appointments
- alerts the care coordinators of any acute care visits
- monitors the current symptoms of the patients & informal caregivers
- recommends individualized care protocols based on current symptoms
- provides timely feedback on the performance of the ABC program in managing the health and acute care utilization of its population

Leadership, Project Team, Advisory Board

Directors Malaz A. Boustani, MD, MPH, Lee Livin, MBA; Medical Director Michael LaMantia, MD, MPH; Manager Catherine Alder, JD, MSW; Leadership Core Malaz Boustani, MD, MPH, Lee Livin, MBA, Michael LaMantia, MD, MPH, Christopher Steinmetz, MD, Kathy Frank, RN, PhD, and Catherine Alder, JD, MSW; Consumer Advisory Board is comprised of patients, families, and their advocates.

www.agingbraincare.org

OPTIMISTIC - Optimizing Patient Transfers, Impacting Medical quality, and Improving Symptoms: Transforming Institutional Care

The **primary outcome** of **OPTIMISTIC** will be achieved through:

- proactive management of chronic conditions through structured care management reviews
- increased capacity to respond to changes in medical conditions through availability of additional resources including RNs and NPs and through training in INTERACT tools
- optimized transitional care protocols
- a comprehensive advance care planning process
- improved access to palliative care

The program is **supported by a project team** with geriatrics and palliative care expertise, including 18 specially trained registered nurses stationed on-site at each nursing facility. They provide direct support, and education and training to the facility staff; lead care management reviews of long-stay patients to optimize chronic disease management; reduce unnecessary medications; and clarify goals of care.

Nurse practitioners support the OPTIMISTIC RNs, respond to urgent resident care needs, with evening and weekend availability for in-person evaluation, and become site champions for training and leadership development.

Nursing facility partners include independent facilities, as well as regional and national chains.

Stakeholder representation includes:

- Health Care Excel
- Indiana Area Agencies on Aging
- Health & Hospital Corporation
- State of Indiana Division of Aging
- LeadingAge™ Indiana
- Other community stakeholders

Leadership, Project Team and Staff

Directors Greg A. Sachs, MD, Kathleen Unroe, MD, MHA; Medical Director Arif Nazir, MD, CMD; IU Team Kathy Frank, RN, PhD, Michael LaMantia, MD, MPH, IU School of Nursing—Susan Hickman, PhD; Monica Tegeler, MD, Steve Counsell, MD, Greg Gramelspacher, MD, Greg Arling, PhD; Purdue—Noll Campbell, PharmD; University of Indianapolis—Ellen Miller, PhD; Project Staff Regenstrief Institute Laura Holtz, BS, CCRC, Helen Maurer, MA, CHES, Shaila Strayhorn, MPH, Connor Norwood, MHA; University of Indianapolis—Lidia Dubicki

www.optimistic-indy.com

IU Geriatrics Junior Faculty Garner Awards to Advance Careers

Faculty mentors from IU Geriatrics and the IU Center for Aging Research are recognized nationally and internationally for their expertise in developing and advancing the academic and professional careers of our physician-scientists and clinician-educators. Their dedication is enriched and enhanced through the substantial resources awarded to our emerging leaders from entities such as the National Institute on Aging, the US Department of Health and Human Services, the John A. Hartford Foundation and the National Palliative Care Research Center.

Ella H. Bowman, MD, PhD

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award
Training Teams in Hospital to Home Transitional Care Needs of Frail Elders
September 2010 – August 2015

Noll Campbell, PharmD, BCPP

National Institute on Aging
K23 Mentored Patient-Oriented Research Career Development Award

Evaluating the Adverse Cognitive Effect of Medications
April 2014 – March 2019

Tochukwu Iloabuchi, MD, MS

John A. Hartford Foundation / IU Center of Excellence in Geriatric Medicine
Hartford Scholar

Risk Factors for Early Hospital Readmission in Low-Income Elderly Adults
July 2012 – June 2014

Todd James, MD

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award
Improving Interdisciplinary Education for New Models of Team Care
September 2010 – August 2015

Babar Khan, MD, MS

National Institute on Aging
K23 Mentored Patient-Oriented Research Career Development Award

Delirium Biomarkers in the Intensive Care Unit
September 2012 – May 2017

Michael LaMantia, MD, MPH

National Institute on Aging
K23 Mentored Patient-Oriented Research Career Development Award

Delirium Evaluation in the Emergency Department for Seniors (DEEDS)
April 2014 – March 2019

Arif Nazir, MD, CMD

US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Professions

Geriatrics Academic Career Award
Education Strategies for Improving Interdisciplinary Care of Nursing Home Residents
September 2010 – September 2015

Kofi Quist, MD

John A. Hartford Foundation / IU Center of Excellence in Geriatric Medicine
Hartford Scholar

Medication Management Interventions in Patients Enrolled in GRACE Team Care
July 2013 – June 2015

Kathleen Unroe, MD, MHA

National Palliative Care Research Center
Junior Faculty Career Development Award

Use of Hospice Services in Nursing Homes
September 2011 – September 2013

IU Geriatrics — 33 Faculty Growing in Excellence



Gregory W. Arling, PhD

Associate Professor of Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on applied research that will improve the effectiveness of health and long-term care for older people



David Bose, MD, CMD

Assistant Professor of Clinical Medicine
Medical Director, IU Health West Hospital
Acute Care for Elders (ACE) Consult Service
Medical Director, Wellbrooke of Avon

Interests include acute care of the frail elderly, focused mainly on minimizing functional decline in the acute care setting



Adnan Arseven, MD

Associate Professor of Clinical Medicine
Medical Director, Eskenazi Health Center for Senior Health
Assistant Program Director, Geriatric Medicine Fellowship

Interests include improving quality of coordinated health care delivery to vulnerable older adults, and training health professionals in the care of older adults



Evelyn Bose, MD, CMD

Assistant Professor of Clinical Medicine
Medical Director, Eskenazi Health Extended Care
Medical Director, IU Health Nursing Home Service
Medical Director, Westside Village Health Care

Interests include post acute care, readmission reductions and safe care transitions from hospital to SNF and SNF to home; introducing palliative care with hospice to families in post acute care settings



Robin A. Beck, MD

Associate Professor of Clinical Medicine
Associate Medical Director, Eskenazi Health Senior Care
Medical Director, Eskenazi Health Center House Calls for Seniors

Interests include developing & improving clinical programs to provide excellent health care to frail older adults across a continuum, focusing on the homebound



Malaz Boustani, MD, MPH

Richard M. Fairbanks Scholar in Aging Research
Associate Professor of Medicine
Associate Director, IU Center for Aging Research
Investigator, Regenstrief Institute
Chief Operating Officer, Center for Health Innovation and Implementation Science
Chief Innovation and Implementation Officer, Indiana University Health

Research focuses on rapid translation of aging brain research discovery into health care delivery

IU Geriatrics Faculty



Ella H. Bowman, MD, PhD

Assistant Professor of Clinical Medicine
Medical Director, Eskenazi Health Acute Care
for Elders (ACE) Consult Service

Interests include improving the care of frail hospitalized patients with multiple co-morbidities, educating learners about the hazards of hospitalization, hospital-to-home care transitions, and palliative care/end of life issues



Tochukwu Iloabuchi, MD, MS

Assistant Professor of Clinical Medicine

Interests include care transitions for frail older adults across acute care settings, dissemination of best geriatrics practices through design and implementation of innovative curricular and education leadership



Christopher M. Callahan, MD

Cornelius and Yvonne Pettinga Professor
Director, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on social, clinical, and health system interventions to improve the care of older adults with depression, dementia, and multimorbidity



Todd James, MD

Assistant Professor of Clinical Medicine
Medical Director, Eskenazi Health Center
GRACE / Bridge Care Management

Interests include development of geriatrics and interprofessional curricula, and improving care for vulnerable seniors



Noll Campbell, PharmD, BCPP

Research Assistant Professor, Department of
Pharmacy Practice, Purdue University
Adjunct Assistant Professor of Medicine, IUSM
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on safety of medications and health systems interventions to improve the care of older adults in primary care settings



NiCole Keith, PhD

Associate Professor, IUPUI Department of
Kinesiology
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on the evaluation of the impact of health promotion activities on delaying decreased fitness and functional decline.



Daniel O. Clark, PhD

Associate Professor of Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on better understanding health behaviors; designing and evaluating programs to meet the health promotion and self-management needs of adults



Babar Khan, MD, MS

Assistant Professor of Medicine,
Division of Pulmonary Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on long term outcomes of critically ill patients admitted to the ICU and developing a biomarker profile among delirious patients to predict long term cognitive, physical and psychological morbidity



Steven R. Counsell, MD

Mary Elizabeth Mitchell Professor
Director, IU Geriatrics
Chief, Geriatrics Service Line, IU Health Physicians
Scientist, IU Center for Aging Research

Research focuses on disseminating evidence-based models of care and influencing health policy to improve integration of medical and social care to vulnerable elders



Michael LaMantia, MD, MPH

Assistant Professor of Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute
Medical Director, Aging Brain Care Medical Home

Research focuses on coordination of care for older, vulnerable patients transitioning across sites of healthcare delivery, especially care in the emergency department and care provided to seniors with delirium and dementia



Teresa M. Damush, PhD

Associate Research Professor of Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute
Research Scientist, Indianapolis VAMC, HSR&D

Research focuses on translating guidelines into practice, evaluating implementation strategies to change primary and specialty care practice



Kristi Lieb, MD

Assistant Professor of Clinical Medicine
Medical Director, Northwest Healthcare

Interests include dementia and long term care medicine



Hugh C. Hendrie, MB, ChB, DSc

Professor, Department of Psychiatry
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on epidemiology of cognitive and emotional health in the elderly and intervention trials for dementia and depressive disorders and for serious mental illness in primary care



Douglas K. Miller, MD

Professor Emeritus of Medicine
Scientist, IU Center for Aging Research
Distinguished Scientist, Regenstrief Institute

Research focuses on investigation of the causes and remediation of frailty and related health disparities in older African-Americans living in urban areas and the emergency care of older adults

IU Geriatrics Faculty



Arif Nazir, MD, CMD
Assistant Professor of Clinical Medicine
Medical Director, OPTIMISTIC Project
Medical Director, Westpark Rehabilitation
and Healthcare Center

Interests include providing expert care for frail & elderly patients in the post-acute and long-term care setting. Research interests include dementia care, physician engagement in nursing homes & nursing home quality



Monica Tegeler, MD, CMD
Assistant Professor of Clinical Medicine
Medical Director, American Village
Medical Director, Harrison Terrace

Interests include post-acute/long term care, palliative care, and behavioral symptoms in patients with dementia



Felipe Perez, MD
Associate Professor of Clinical Medicine
Director, Geriatric Medicine Fellowship
Medical Director, IU Health Methodist Senior
Health Center and IU Health Methodist Acute
Care for Elders (ACE) Consult Service

Interests include development of new treatment strategies for dementia and other age-related diseases, focusing in the molecular biology of aging and longevity pathways



Alexia M. Torke, MD, MS
Associate Professor of Medicine
Associate Director, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on ethics, communication, and palliative care for older adults, especially those with cognitive impairment and dementia who are facing major medical decisions



Kofi Quist, MD
Assistant Professor of Clinical Medicine
Medical Director, IU Health Methodist
GRACE Team Care

Interests include medication management in older adults and acute care of frail elders



Wanzhu Tu, PhD
Professor of Biostatistics
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on developing new statistical methods for clinical and epidemiological studies



Geetha Rao, MD
Assistant Professor of Clinical Medicine
Interests include long term care medicine, teaching of residents/fellows and geriatric curriculum development



Kathleen Unroe, MD, MHA
Assistant Professor of Medicine
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute
Faculty, RESPECT Center, Research in Palliative
and End-of-Life Communication and Training

Research focuses on policy relevant nursing home health services research in the areas of palliative and end of life care, workforce, and quality of medical care



Greg Sachs, MD
Professor of Medicine and Neurology
Chief, Division of General Internal Medicine
and Geriatrics
Co-Director, RESPECT Center
Scientist, IU Center for Aging Research
Investigator, Regenstrief Institute

Research focuses on ethical issues surrounding research and clinical care involving people with dementia, including palliative care



Michael Weiner, MD, MPH
Associate Professor of Medicine
Scientist, IU Center for Aging Research
Director, VA HSR&D Center for Health Information
and Communication; Health Services Research
Program at Regenstrief Institute

Research focuses on measuring and improving quality and delivery of health services for elders and the impact of health information in healthcare



Cathy Schubert, MD
Associate Professor of Clinical Medicine
Section Chief of Geriatrics,
Indianapolis VA Medical Center

Interests include dementia, delirium and geriatric consultative care



Glenda Westmoreland, MD, MPH
Associate Professor of Clinical Medicine
Director of Geriatrics Education
Scientist, IU Center for Aging Research
Statewide Competency Director for Effective
Communication, IUSM

Interests include developing and implementing innovative ways to teach geriatric medicine and assessing impact of curricular innovations on delivery of patient care



Michael Sha, MD
Assistant Professor of Clinical Medicine
Medical Director, Indianapolis VAMC
Primary Care Geriatrics Teaching Clinic

Interests include geriatric care in the primary care setting and health care advocacy



“It is individual interactions with patients and families that fuel our desire to discover new and better ways to care for seniors in Indiana.”

Steve Counsell, MD
Director, IU Geriatrics

IU Geriatrics has experienced tremendous growth over the last few years. The program includes a strong educational component for medical students, residents and geriatric fellows, exceptional research in the IU Center for Aging Research, and an excellent clinical program of care for older adults.

Our program has a vital role in our community, and we are privileged to help older adults face the challenges that come their way. Although we spend time in education, research, and patient care, it is individual interactions with patients and families that fuel our desire to discover new and better ways to care for seniors in Indiana. As we continue to grow, we would be pleased if you would consider supporting our endeavors. The generosity of alumni, friends, and grateful patients can assist IU Geriatrics in

maintaining and advancing our program. Every individual contribution and every single dollar helps. Your financial support is well placed and deeply appreciated.

SUPPORTING IU GERIATRICS

If you would like to learn more about supporting Indiana University’s geriatrics and aging research, education, or patient care activities, please contact Kathryn Red at kred@iupui.edu or at:

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A John A. Hartford Foundation
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in Geriatric Medicine

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