Hulman Health Awards Recognize Dr. Cathy Schubert, Dr. Susan Hickman, and Healthy Me

Indianapolis, IN - Colleagues from IU Geriatrics, Eskenazi Health, and the IU School of Nursing gathered on November 14, 2013 at the Indiana Landmarks Center to celebrate and congratulate the recipients of Indiana’s premier health achievement awards—the Annual Tony and Mary Hulman Health Achievement Awards.

Presented by the Indiana Public Health Association and the Indiana Public Health Foundation, the awards banquet celebrates important accomplishments of public health and health care in Indiana and the rich partnerships that make them possible. The award provides a forum for increasing awareness of the contributions of health leaders by recognizing Indiana’s citizens and organizations whose efforts have resulted in significant improvement to the human race.

**Cathy C. Schubert, MD**, received an Achievement Award for Individual Recognition for Exceptional Contribution to Geriatrics and Gerontology. She is associate professor of clinical medicine at the IUSM, a IU Geriatrics faculty member and a geriatrician at the Richard L. Roudebush VA Medical Center.

The award recognized her significant and distinguished leadership in directing specific care programs to address the needs of the elderly at Wishard/Eskenazi Health Services, IU Health University Hospital, IU Health Methodist Hospital, and now at the Richard L. Roudebush VA Medical Center (VAMC).

Dr. Schubert was recognized for her dedication and leadership in directing programs to address the needs of Indiana’s frail older Veterans. She is the VAMC’s only geriatrician focusing solely on the specialty care of frail older Veterans through implementing evidence-based, state-of-the-art geriatrics clinical services. She serves as director of ACE - Acute Care for Elders Inpatient Consult Service which served over 400 hospitalized older Veterans in three years and is the medical director of **GRACE** – Geriatric Resources for Assessment and Care of Elders, serving over 400 medically and psychosocially complex older Veterans and their caregivers.

**Susan E. Hickman, PhD**, also received an Achievement Award for Individual Recognition for Exceptional Contribution Geriatrics and Gerontology. She is associate professor in Community and Health Systems at the IU School of Nursing and an affiliated scientist at the IU Center for Aging Research.

Dr. Hickman was recognized for ensuring that Indiana citizens have access to a state-of-the-art tool regarding their treatment preferences that is legally valid and recognized by everyone throughout the healthcare system and for increasing awareness about advance care planning.

**Healthy Me**, a healthy lifestyle program offered by Eskenazi Health, received the Business and Industry Recognition for Exceptional Contribution to Preventive Medicine and Public Health for assisting patients to adopt healthier lifestyles resulting in weight loss and improved health.

The program was developed by IU-CAR scientist **Dan Clark, PhD**, and was made possible by the support of the Richard M. Fairbanks Foundation.

Established in 2006, Healthy Me provides free lifestyle counseling and socially supportive education and activities in English and Spanish for overweight or obese patients and families at Eskenazi Health Center primary care sites across Indianapolis.

The program’s objectives have led to:
- Tracking 6,717 patients showing that over 70% of those in the program for one year lost over 7 pounds.
- A 16% reduction in the three-year incidence of type 2 diabetes for every 2.2 pounds of weight loss.
- Estimated prevention of 73 cases of type 2 diabetes saving $538,959 in medical expenses.
- Providing support groups, cooking demos, on-site fitness activities, and supplementary resources such as a free gym membership in partnership with IUPUI.
- Creating vegetable gardens at several Eskenazi Health Centers in partnership with Purdue University Extension Services.

She has conducted research and provided education about the POLST (Physician Orders for Life-Sustaining Treatment) model nationally for the past 15 years and co-founded the Indiana Patient Preference Coalition in 2010. She was a key leader in building consensus among diverse stakeholders in developing and passing the POST bill (Physician Orders for Scope of Treatment) which was made available to Hoosiers effective July 1, 2013. Dr. Hickman has educated professional groups regarding the new law and led implementation efforts for POST in Indiana.
Professional Activities

**Greg A. Sachs, MD**, chief of the Division of General Internal Medicine and Geriatrics was selected and attended an Institute of Medicine meeting of experts on advanced dementia. The IOM convened the January meeting for the U.S. Department of Health and Human Services and the Advisory Council on Alzheimer's Research, Care, and Services, which was created by the National Alzheimer's Project Act (NAPA). The experts were to discuss and make suggestions about how providers, including primary care physicians and hospitals, should address patient-centered goals of care and care-related issues.

**Malaz Boustani, MD, MPH** has been named the first Chief Innovation and Implementation Officer (CIIO) for Indiana University Health. This part time engagement is in collaboration with the Center for Health Innovation and Implementation Science (CHIIS) at the Indiana University School of Medicine and the Indiana CTSI. In Dr. Boustani’s role as the CIIO of IU Health, he leads the Research and Discovery Unit which is the operational bridge between the CHIIS and IU Health. He also serves as the Chief Operating Officer of the CHIIS, which houses implementation science expertise to assist health care systems in identifying and adopting evidence-based practices to improve patient outcomes and population health.

**Ella H. Bowman, MD, PhD, AGSF**, has earned the designation Fellow of the American Academy of Hospice and Palliative Medicine. The Academy is the professional organization for physicians who care for patients with serious illness. Advancement to fellowship status within the academy honors dedication to and scholarship in the field of the hospice and palliative medicine. This distinction represents a minimum of 5 years of membership, participation in AAHPM activities, letters of recommendation, and board certification in hospice and palliative medicine. Dr. Bowman is assistant professor of clinical medicine and medical director of the Eskenazi Health Acute Care for Elders Consult Service.

**Arif Nazir, MD, CMD** has accepted the Education Chair position for the American Medical Directors Association. He also serves on the AMDA Board of Directors as a representative from the State Presidents Council. He is the immediate past president of the Indiana Medical Directors Association.

Dr. Nazir was interviewed about polypharmacy issues and quoted in “Does Grandpa really need that many prescription drugs?” which appeared in “Does Grandpa really need that many prescription drugs?” which appeared in the Angie’s List™ December newsletter.

Publications


From the *Wall Street Journal* to the local media — What’s in the news?

**Take a look back at some of the top stories from 2013**
December 19, 2013  INScope Newsletter

IU School of Medicine Dean Dr. Jay Hess invites us to “Take a look back at some of the top stories from 2013,” and includes the Healthy Aging Brain Center in his commentary. He also includes the Research in Palliative and End-of-Life Communication and Training (RESPECT) Center, a collaboration between the IU schools of medicine and nursing.


**Babar Khan leads study identifying first biomarker linked to delirium duration**
December 19, 2013  INScope Faculty and Staff Spotlight

A scientist at the Regenstrief Institute and the IU Center for Aging Research has led a study identifying the first biomarker that appears to be linked to the duration of delirium.

Babar Ali Khan, MD, assistant professor of medicine at the IU School of Medicine and medical director of the Eskenazi Health Critical Care Recovery Center, identified S100β, or S100 calcium binding protein B, as a biomarker for delirium duration in critically ill patients. | [PubMed](http://www.ncbi.nlm.nih.gov/pubmed)


**The Informed Patient: Hospitals Take On Post-ICU Syndrome, Helping Patients Recover**
November 25, 2013  Online Wall Street Journal

Hospitals are doing more to help the growing number of patients who receive treatment for serious illness in the intensive-care unit—only to find their release is the start of a whole new set of problems.

With medical advances, even the sickest patients now often survive potentially life-threatening conditions after a stay in intensive care. Many experience after effects, not only of the illness but also of the very medical care that may have saved their lives.

To read the full article, copy the article’s title into a web browser.

**Study: Odds of rehospitalization of cognitively impaired varies by discharge destination**
November 19, 2013

INDIANAPOLIS -- Cognitively impaired older adults released from the hospital are less likely to be rehospitalized within 30 days if they go to a nursing home than if they return to their own home or the home of a family member, according to an Indiana University and Regenstrief Institute study. | [PubMed](http://www.ncbi.nlm.nih.gov/pubmed)


**Regenstrief and IU study: Older adults with severe mental illness challenge health care system**
November 14, 2013

INDIANAPOLIS – Although older adults with serious mental illness didn’t have more recorded physical illness and had fewer outpatient visits to primary care physicians, they made more medical emergency department visits and had considerably longer medical hospitalizations than older adults without mental illness, according to a study conducted by researchers from the Regenstrief Institute and the Indiana University Center for Aging Research. | [PubMed](http://www.ncbi.nlm.nih.gov/pubmed)

The GRACE Program made the front page of the Roudebush VA Medicine Section Newsletter in December!

Dr. Schubert Recognized For Work With GRACE

Congratulations to Dr. Cathy Schubert as she was recently recognized with the 2013 Tony and Mary Hulman Health Achievement Award in the field of Geriatrics and Gerontology. Dr. Schubert leads the Geriatric Resources for Assessment of Care and Elders ("GRACE") program here at the Roudebush VAMC.

The GRACE Program, originally developed as a clinical research trial at Wishard Health Services 11 years ago by Dr. Steven Counsell, works with PACT teams to provide comprehensive geriatric care to Veterans ages 65 and older who live within a 20 mile radius around the Medical Center. There are over 15,000 Veterans aged 65 or older who receive primary care services at Roudebush VAMC. This population, often burdened by multiple chronic illnesses and/or dementia, is at risk for needing institutional extended care. GRACE offers an innovative and patient centered alternative to institutional extended care. The GRACE team includes a nurse practitioner and a social worker who care for veterans in collaboration with the patient’s Primary Care Provider and other interdisciplinary team members.

Veterans are enrolled in the program either following a hospital admission to the Medicine Service and discharge to their home or with a referral from their Primary Care Provider. The GRACE model includes transitional care followed by home-based geriatric assessment and care management by a nurse practitioner and social worker team. In the visit, the team reconciles medications and ensures that the post-discharge plan is implemented. The team then returns to the veteran’s home a few weeks later for a full geriatric assessment. There are weekly interdisciplinary team conferences between the Nurse Practitioner/Social Worker team, a geriatrician, a pharmacist, and psychologist/mental health liaison. An individualized, veteran-centric care plan guided by 12 GRACE protocols is then designed for the patients. The GRACE team then discusses that plan with the PACT providers and veterans and strategizes implementation. The process is guided by 12 care protocols for the common geriatric conditions listed below:

- Difficulty Walking
- Depression
- Dementia
- Urinary Incontinence
- Chronic Pain
- Malnutrition/Weight Loss
- Visual Impairment
- Hearing Loss
- Medication Management
- Advance Planning
- Caregiver Stress
- Healthcare Maintenance

In the first two years of its existence at the Roudebush VAMC GRACE has made a very positive impact. For veterans enrolled in the program there was a 46% reduction in 30-day readmission rate compared to a similar group of veterans who did not receive GRACE. Also, there was a 17% lower hospitalization rate, saving 56 admissions per year for every 200 veterans enrolled in GRACE. Further, there was a 15% reduction in bed days, 44% lower mortality rate, and 2% reduction in Emergency Department visit rate.

A big challenge with the GRACE program is the amount of travel time the teams spend going to veterans' homes. GRACE is currently working closely with TeleHealth to pilot interventions that might reduce the amount of travel time to home visits and increase communication with patients.

The Roudebush VAMC and veterans who participate in the GRACE program are greatly appreciative of Dr. Schubert and the entire GRACE team.

The IU GERIATRICS e-news archive is available at medicine.iupui.edu/Geriatrics/News/. To subscribe, unsubscribe or send e-news comments, call 317-274-9045, or email Nancy Buchanan or Kathy Frank, RN, PhD.