



# IU GERIATRICS

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

## IU School of Medicine Designated Hartford Center of Excellence in Geriatric Medicine

Steven Counsell, MD, announced that IU Geriatrics had been named a Center of Excellence in Geriatric Medicine by the John A. Hartford Foundation, the only national organization to award this designation.

The grant provides approximately \$450,000 over three years and will help our program meet three goals identified in the application:

- to support the infrastructure to expand the size and scope of the IU Geriatric Medicine Fellowship Program,
- to increase the number of fellows who seek to pursue careers in academic geriatrics, and
- to provide support for third year fellows and junior faculty pursuing careers as physician-scientists in aging research.

The Center will add three new geriatrics fellowship slots through matching funds from the IU School of Medicine, Cornelius and Yvonne Pettinga Chair in Aging Research, Mary Elizabeth Mitchell Chair in Geriatrics, Palliative Care Fellowship endowment, and Clarian Health.

There are 24 Hartford Centers of Excellence and the IU

Center is only one of three in the Midwest, including the University of Michigan and University of Chicago.

“This recognition is important to the aging population in Indiana as we currently lag behind many other states in the number of geriatricians available to treat the specific problems of aging,” stated Steve Counsell,



Steven R. Counsell, MD

MD. “The senior population in Indiana is expected to nearly double in the next 25 years and the demand will be even greater for geriatricians.”

The John A. Hartford Foundation, founded in 1929, is a committed champion of health care, training, research and service system innovations that will ensure the well-being and vitality of older adults. Its overall goal is to increase the nation's capacity to provide effective, affordable care to its rapidly increasing older population. Today, the Foundation is America's leading philanthropy with a sustained interest in aging and health.

## Fellows Forge New Paths

During the past academic year, Padma Chimata, MD, and Leo Solito, MD, brought unique perspectives to the IU Geriatric Medicine Fellowship Program.

Dr. Chimata is the first geriatrics fellow to train in dual programs in geriatrics and rheumatology. Her geriatric interests include pain in older persons and delirium.

Dr. Solito has been in private practice for 8 years, the last 5 in a local geriatric practice. His goals are to become a geriatrician and board certified in palliative care and ultimately gain the skills to become a leader in geriatric care in a hospital or community setting.



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# From a Dream to a Real GENI: The Geriatrics Education Network of Indiana



**GENI Faculty Retreat  
August, 2004**

If your parents live in Indiana, it is likely that their doctor trained at the Indiana University School of Medicine. If you plan to grow old in Indiana, it is likely that your doctor will be a recent or future trainee at the Indiana University School of Medicine.

If we want our parents and ourselves to be treated by a physician who understands the principles of geriatric medicine, we need a bold initiative to improve the geriatric content of our training programs.

An extraordinary group of faculty leaders in the School of Medicine and their community partners came together to dream up such an initiative that will unfold state-wide over the next several years. Participants include Wishard Health Services, Roudebush VA Medical Center, and Clarian Health Partners; educational leaders from the School of Medicine Dean's office; physician-educators in geriatrics, general medicine, medicine-pediatrics, emergency medicine, and family medicine; full-time and part-time physician-

faculty from the School of Medicine's regional campuses; and researchers in the Regenstrief Institute, Inc. and the IU Center for Aging Research. Program participants include literally dozens of faculty across multiple School of Medicine programs.

GENI is funded by a \$2,000,000 grant from the Donald W. Reynolds Foundation with additional matching support from the various participating partners. GENI is led by Glenda R. Westmoreland, MD, MPH, the Director of Geriatrics Education in the IU Geriatrics Program.



**GENI Director  
Glenda Westmoreland, MD, MPH**

The GENI project will train an elite corps of physician-educators in four specific skill sets:

- Knowledge in geriatrics,
- Teaching techniques,
- Relationship-Centered care, and
- Leadership to effect quality improvement in primary care.

Each of these skills is fundamental to an ecological approach to improving physicians' training in geriatrics.

As pebbles dropped in water, the "train-the-trainer" approach coupled with the School of Medicine's existing statewide education infrastructure will result in ever-expanding ripples of geriatrics education that will reach over 1500 current and future physicians during the first four years. This will result in a 75% increase in geriatric "learner-hours" in the medical education curriculum and will reach practicing community-based physicians, residents in internal, family, and emergency medicine, and all levels of medical students.

The ambitious goal of GENI is not only to change the content of the medical curriculum, but also to change the culture of care for older Hoosiers. This is important for the healthcare of our patients and our parents today. We should remember, too, that the medical student we train today could very well be our doctor in a not too distant tomorrow.

## National Institute on Aging Awards Roybal Center to IU

The IU Center for Aging Research, the research arm of IU Geriatrics, has been designated one of six Edward R. Roybal Centers for Research on Applied Gerontology. The National Institute on Aging designation is awarded to only 10 centers in the United States and includes a five-year, \$1.25 million grant to IU-Roybal.

Known as the Edward R. Roybal Center for Translational Research on Chronic Disease Self-Management among Vulnerable Older Adults, IU-Roybal supports the infrastructure to translate social, behavioral, and information science innovations into practical clinical applications in the day-to-day provision of health care for older adults. In turn, health care providers will feed back problems, ideas, and needs for new “user-inspired” basic research.

“The IU-Roybal infrastructure allows us to fund pilot projects, attract new investigators, identify new community partners, and add new clinical research sites to improve the health and functioning of older adults,” states Chris Callahan, MD, co-principal investigator of IU-Roybal with Dan Clark, PhD.

The primary objective of IU-Roybal is facilitation of research

on improving support and education for patient self-management among vulnerable older adults cared for by generalist physicians. Self-management support can involve assistance with skills, confidence, and/or resources.

According to Dr. Clark, researchers have begun generating new models for health care that promise to improve efficiency and outcomes in chronic illness

care. These models universally recognize the central role of patients in managing their illness and the importance of a collaborative relationship between patients and providers.

Self-management education and support represent pathways to assist patients in becoming informed and active, a necessary component for collaborative chronic illness care.



Celebrating the IU-Roybal award are front row Steve Downs, Teresa Damush, Chris Callahan; back row Paul Biondich, Rich Frankel, Dan Clark, Bridget Fultz, Mike Weiner.

## Fellows to Faculty: Trainees Choose IU Geriatrics

If the future of geriatrics depends on the development of new academic geriatricians, then IU Geriatrics is doing its part.

In the past two years, the program has successfully recruited IU Geriatric Medicine Fellows (pictured left to right) Youcef Sennour, Cathy Schubert, and Alejandro Arizmendi to faculty positions.

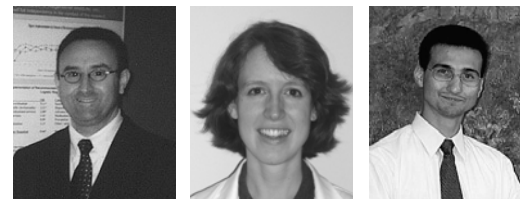
As assistant professors of clinical medicine in the Division of General Internal Medicine and Geriatrics and as geriatricians in IU Medical Group, they provide a variety of clinical services.

The clinical settings for their geriatric consultations include:

- IU Center for Senior Health,
- House Calls for Seniors program
- Wishard’s Acute Care for Elders (ACE) Unit
- ACE program at Methodist Hospital
- Methodist Center for Geriatric Medicine

They also provide primary care to residents of local nursing facilities.

As faculty members, they play a critical role in educating trainees, including fellows, residents and medical students, during their clinical experiences. All three participate in teaching



physical diagnosis skills to medical students in the Introduction to Clinical Medicine course.

These young faculty provide important feedback to help improve the quality of the Geriatric Medicine Fellowship Program. After all, they may be training their own future IU Geriatrics colleagues!

**The future of geriatrics depends on the development of new academic geriatricians.**

# Dr. Robin Beck Receives Achievement in Medicine Award



Congratulations go to Robin Beck, MD, the winner of the 2005 Achievement in Medicine Award presented on February 4, 2005, by the St. Margaret's Hospital Guild. The award honors a member of the Indianapolis-area medical community who upholds the tradition of excellence in healthcare for women.

Dr. Beck joined IU Geriatrics in 1999, created the House Calls for Seniors program where she is medical director, sees primary care patients in the IU Center for Senior Health, and provides

consultations in Wishard's Acute Care for Elders Unit.

House Calls for Seniors is a program operated through the collaborative efforts of Wishard Health Services and the Indiana University Medical Group. The program is comprised of an interdisciplinary team of caregivers with expertise in geriatric care. Members of the team include Dr. Beck who is the Medical Director; Bruce Grau, RN, GNP, geriatric nurse practitioner; Donna Casper, MSW, and Lisa Hoffman, MSW, geriatric social workers; and Debbie Olin, the patient service assistant.

There is a rapidly growing interest and demand for house calls because of the growth of the aging population. Thus, it becomes increasingly important to make house call experiences available to physicians in training. Conducting home visits requires special expertise and experience

and there has been very little opportunity for young physicians to gain the necessary skills. In conjunction with the House Calls program, internal medicine resident physicians make home visits under the supervision of Dr. Beck. These residents also participate in small group discussions and receive written educational materials regarding the practice of house calls.

Dr. Beck has been able to communicate to her House Calls patients in an extraordinary way, to help them understand the life process of aging while promoting quality of life, and finding ways to keep the good memories alive.

Steve Counsell, MD, describes Dr. Beck as an unsung hero whose "participation with the interdisciplinary teams in a variety of care settings has been inspiring to both physicians and staff." We all say, "Well done, Dr. Beck!"

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## IU GERIATRICS

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