



Pennsylvania Geriatrics Society

WESTERN DIVISION

An Affiliate of the American Geriatrics Society

NEWSLETTER

VOLUME 28 NO 1 SPRING 2024



Pennsylvania Geriatric Society - Western Division

32nd Annual Virtual Clinical Update in Geriatric Medicine

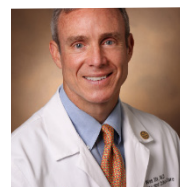
Scheduled for April 25-26, 2024, the 32nd Annual Virtual Clinical Update in Geriatric Medicine is presented by the Pennsylvania Geriatrics Society – Western Division (PAGS-WD), in collaboration with UPMC/University of Pittsburgh Division of Geriatric Medicine and the University of Pittsburgh School of Medicine Center for Continuing Education in Health Sciences. This conference is designed to equip clinicians with an evidence-based approach to provide exceptional care for elderly patients. The virtual format encompasses a compelling agenda featuring lectures, panel discussions, live question-and-answer sessions, vendor halls, and opportunities for interactive conversations with speakers, exhibitors, and fellow attendees.

This conference stands as a leading educational resource for healthcare professionals engaged in the direct care of older individuals, especially with the fastest-growing segment of the population being those aged 85 and above. Recognized with the American Geriatrics Society State Achievement Award for Innovative Educational Programming, the Clinical Update draws in distinguished national and international speakers, as well as nationally renowned local faculty. Participants can earn Continuing Medical Education credits.

Back by popular demand, a Geriatric Cardiology Expert Panel will be part of the agenda. Featured faculty include **Daniel Forman, MD**, Professor of Medicine, Division of Geriatric Medicine University of Pittsburgh School of Medicine; Chair, Geriatric Cardiology, UPMC, Director, Cardiac Rehabilitation VA Pittsburgh Healthcare System, **Deirdre O’Neill, MD, MSc, FRCPC**, Assistant Professor, Division of Cardiology, Department of Medicine University of Alberta, Alberta, Canada, and **Scott Hummel, MD**, Associate Professor, Advanced Heart Failure and Transplant Cardiology, Cardiovascular Disease, Internal Medicine, University of Michigan. All three physicians will participate in a live, rapid-fire question-and-answer session.

Other highlights for this year’s conference include a keynote presentation on critical illness survivorship and humanistic care in the post-COVID era by **E. Wesley Ely, MD, MPH**, nationally renowned thought leader in critical care medicine and author of the award-winning book *‘Every Deep-Drawn Breath,’* several sessions highlighting practical strategies for the care of patients living with memory disorders, perspective on engaging older adults in conversations around sexuality, gender identity, and sexual health, and interdisciplinary approaches to the management of urinary incontinence, with opportunities for interactive Q/A with a physical therapist specializing in pelvic health, **Megan E. Glod, PT, DPT, WCS, CLT-LANA**, and a nationally recognized physician expert, **Catherine DuBeau, MD**.

To view the complete conference agenda and details on registration, please visit [here](#). Registration is open through April 22. Members of the PAGS-WD receive a discount when registering. To check on your membership status, please contact Eileen Taylor at etaylor@acms.org.



E. Wesley Ely, MD, MPH

Grant W. Liddle Chair in Medicine, Professor of Medicine, Vanderbilt University Medical Center, Co-Director, Critical Illness, Brain Dysfunction, and Survivorship (CIBS) Center Associate Director of Aging and Research, VA-GRECC.



Megan E. Glod, PT, DPT

Staff Physical Therapist Women’s Rehabilitation and Men’s Health, University of Pittsburgh Medical Center (UPMC) Centers for Rehab Services



Catherine DuBeau, MD

Professor of Medicine Section of General Internal Medicine - Geriatric Dartmouth-Hitchcock Medical Center, Geisel School of Medicine at Dartmouth, Lebanon, NH

2023 Fall Program

Is it worth it?

A debate about offering lecanemab to our patients with dementia.

On November 2, 2023, the Pennsylvania Geriatrics Society-Western Division convened in person for their annual Fall Program. The focus of this year’s event was a debate on administering lecanemab to dementia patients. The Rivers Casino Baquet Center hosted the successful event, drawing over 70 healthcare professionals, including internists, family practitioners, geriatricians, pharmacists, nurses, nursing home administrators, and social workers.

Speakers **Alison O’Donnell, DO, MPH**, Geri-PACT Medical Director at the Veterans Administration Pittsburgh Healthcare System; **Steven M. Handler, MD, PhD, CMD**, Associate Chief of Staff for Geriatrics and Extended Care at the Veterans Administration Pittsburgh Healthcare System; and **Eric Rodriguez, MD, MPH**, Associate Professor of Medicine in the Geriatric Division at the University of Pittsburgh, addressed the audience. The debate and Q&A sessions were expertly moderated by **James D Tew, MD**, Associate Professor of Psychiatry at the University of Pittsburgh’s Department of Psychiatry.

The Fall Program aimed to educate attendees on current therapeutic options for major neurocognitive disorders, specifically emphasizing new monoclonal antibody therapies. Through a pro-con debate format, the risks and benefits of these novel agents were explored in an interactive learning session. Attendees left equipped with the knowledge to recognize available therapeutic options, assess risks and benefits of monoclonal antibody therapy for major neurocognitive disorders, and identify dosing and monitoring strategies for safe use.





Welcome Incoming Fellows

UPMC ST. MARGARET

UNIVERSITY OF PITTSBURGH, DIVISION OF GERIATRIC MEDICINE

INCOMING



Daniel Jaremko, MD

Dr Jaremko completed medical school at Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo, and an Internal Medicine residency at SUNY University at Buffalo.

INCOMING



Stephanie Sweeny, MD

Dr Sweeny completed medical school at Loyola University Chicago Stritch School of Medicine and an Internal Medicine residency at Allegheny Health Network.

INCOMING



Boris Fishman, MD

Dr Fishman completed residency at Ben-Gurion University of the Negev Faculty of Health Sciences and Cardiology residency at Sheba Medical Center.

OUTGOING



Yehia Ali, MD

Completed residency at University of Mississippi Medical Center. Dr Ali is interested in Geriatric Cardiology with a focus on preventive aspects, heart failure and multimodality imaging.

OUTGOING



Semenawit Burka, MD

Completed her residency at University of Texas Rio Grande Valley, Knapp Medical Center. She is interested in Geriatric Cardiology and Clinical Research.

OUTGOING



Bola R. Nashed, MD

Completed his residency at Cairo University School of Medicine. He specializes in Geriatric Gastroenterology. Dr Nashed will be joining Ascension St John Hospital & Medical Center in Detroit for a GI Fellowship in 2024.

UPMC ST. MARGARET GERIATRIC FELLOWSHIP

INCOMING



Julia Zheng, MD

Went to Rutgers Robert Wood Johnson Medical School, and completed her residency in Family Medicine at UPMC St. Margaret.

INCOMING



Alexander Androkites, DO

Attended medical school at Lake Erie College of Osteopathic Medicine. Alex completed his family medicine residency at Excelsa Health Latrobe Family Medicine Residency Program.

INCOMING



Sarah Dion, MD

Also completed her family medicine residency program at UPMC St. Margaret. She finished medical school at the University of Cincinnati College of Medicine.

OUTGOING



Sana Borda, MD

Completed her family medicine residency at Heritage Valley prior to joining the fellowship. After graduating in June, she plans to join the St. Margaret's Geriatrics Fellowship Program as faculty, practicing nursing home, outpatient, and inpatient work.

OUTGOING



Leah Nash, MD

Completed her family medicine residency at St. Margaret's prior to joining the fellowship. After graduating in June, she plans to join Renaissance Family Practice, in Aspinwall. She will be practicing inpatient and outpatient medicine.

Honoring Alzheimer's Disease Awareness Month: What's New in Dementia Care at Allegheny Health Network

Lyn Weinberg, MD, Director, Division of Geriatrics, Allegheny Health Network
Member of PAGS-WD and Course Director of the Clinical Update in Geriatric Medicine

For years, Allegheny County has had one of the highest concentrations of older adults in the nation. The risk of Alzheimer's Disease increases with age, and 1 in 3 seniors dies with Alzheimer's or another dementia, making it more deadly than breast cancer and prostate cancer combined¹. Like cancer care, patients with Alzheimer's Disease and other forms of dementia have specialized needs due to the complex and progressive nature of these conditions. Healthcare systems in Allegheny County must prioritize creating dedicated programs to cater to the needs of patients and their caregivers living with dementia. At Allegheny Health Network (AHN), we are committed to providing a holistic approach of care that addresses not only the medical needs but also the emotional, social, and psychological well-being of patients living with dementia and their caregivers. Here are some key features of the care being delivered at AHN which is designed to meet these unique needs.



Early Detection and Diagnosis

Early detection and diagnosis are crucial in managing Alzheimer's Disease. At AHN, every patient age 65 years and older who is cared for by an AHN primary care provider undergoes cognitive screening with an evidence-based tool called the Mini-Cog[®], which aims to identify patients that may be at risk for dementia. For patients who screen positive, resources are available for further evaluation and support, including engagement with a multidisciplinary team comprised of Geriatricians, Neurologists, nurses, social workers, and behavioral health consultants. Additionally, team-based clinicians from our home health partner, AHN Healthcare @ Home, as well as Highmark's Enhanced Community Care Management (ECCM) program can provide further assessments and services in the home setting for qualifying patients with complex needs. AHN Primary Care Institute has received Institute for Healthcare Improvement recognition for this work with designation as an Age-Friendly Health System, indicating AHN's commitment to following evidence-based principles and aligning care to what matters most older adults and their families.

Support for Caregivers: The Aging Brain Care Program

Caregivers play a vital role in the lives of individuals living with Alzheimer's Disease and related dementias. Providing support, resources, and education for caregivers is essential to prevent burnout and ensure the well-being of both the patient and their caregivers. With generous support from the Hillman Foundation and in collaboration with Indiana University and local community partners, AHN has implemented the Aging Brain Care Program (ABC), which provides comprehensive coaching and support for caregivers. With this program, a caregiver coach works closely with the caregiver and patient to help navigate the day-to-day challenges of living with the disease. Caregivers are also connected to community resources and are aided with planning for future care needs. Research shows that caregiving is associated with higher rates of depression and anxiety and poorer physical health outcomes for the caregiver themselves. To help combat this, ABC provides one-on-one counseling by a specialized behavioral health consultant to ensure the caregiver is empowered to address their own health and emotional needs. Currently this program is in the pilot phase, with future plans to expand to meet the broad needs of the community.

Research and Innovation

Continued research and innovation are fundamental in advancing our understanding of the most effective models of care for patients with dementia. AGS CoCare[®]: HELP (the Hospital Elder Life Program) is an example of an evidence-based, innovative model of care aimed toward improving quality for high risk hospitalized older adults, many of whom are living with dementia. AGS CoCare[®]: HELP is especially focused on maintaining thinking and memory for patients with dementia who are high risk for complications during hospital stays. Since 2016, AHN has implemented this program in two hospitals with demonstrated efficacy in reducing functional decline and costs of care. In 2023, AHN earned Center of Excellence status from the American Geriatrics Society for expert implementation of the program. Additionally, AHN was honored to be invited as a research site in the PCORI-funded ENHANCE trial (Evaluating Novel Healthcare Approaches to Nurturing and Caring for Hospitalized Elders), led by a team of national experts from Harvard Medical School and University of Michigan, set to start in late 2023. The ENHANCE Trial will compare the effect of standard HELP to an adapted version of HELP, called Family-Augmented HELP (FAM-HELP), on patient health outcomes and experiences while in the hospital. This study will enroll 3,000 patients over the course of the next 5 years, and Allegheny General Hospital will be one of 8 sites nationally contributing to this important study.

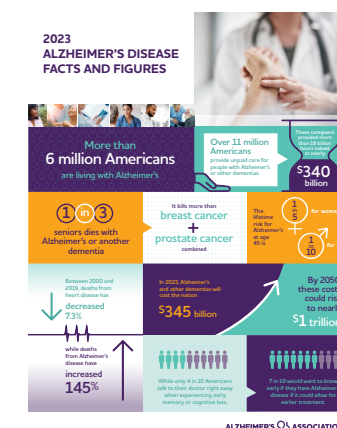
In conclusion, Allegheny Health Network is evolving to meet the complex needs of individuals living with Alzheimer's Disease and related dementias. By focusing on specialized care, early detection, caregiver support, and innovation, we can strive towards providing comprehensive and compassionate care for those affected by these conditions.



For more information or questions, please contact:
Lyn Weinberg, MD
Director, Division of Geriatrics
Medical Director, Hospital Elder Life Program
Medical Director, Aging Brain Care Program
Primary Care Institute | Allegheny Health Network
Lyn.Weinberg@ahn.org

Reference:

• Alzheimer's Association, 2023 Alzheimer's Disease Facts and Figures.
<https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf>





32nd Clinical Update in Geriatric Medicine

April 25-26
Virtual Meeting
[Website](#)

American Society of Consultant Pharmacists 2024 Annual Meeting & Exhibition

November 7-10, 2024
Gaylord Rockies Resort & Convention Center
Aurora, Colorado

American Medical Directors Association (AMDA) the Society for Post-Acute and Long-Term Care Medicine – 2024

March 9-11, 2024
Sam Antonio, TX
[Website](#)

American College of Physicians - Internal Medicine 2024

April 18-20, 2024
Boston, MA
[Website](#)

Society of General Internal Medicine 2024 Annual Meeting

May 15-18, 2024
Boston, MA
[Website](#)

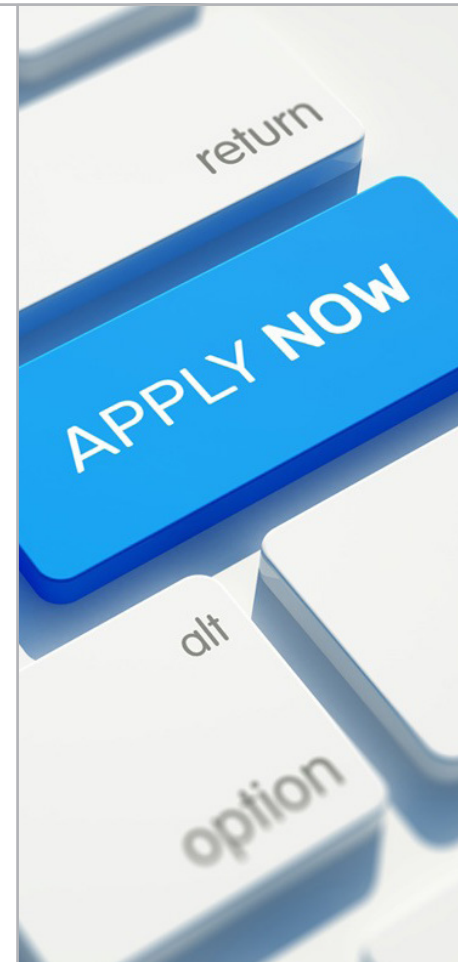
American Geriatrics Society 2024 Annual Scientific Meeting

May 9-11, 2024
Virtual
[Website](#)



2023 Annual Report

The Annual Report can be viewed by visiting the [society website](#). This yearly report summarizes the activities of the organization.



David C. Martin Award
The application process is underway!

If you have been notified by the Society of your eligibility for the David C. Martin Award, please proceed with the application process below.

To be considered as a candidate for the award, [download](#) the application and attach the following with the completed application:

- A copy of your AFAR/AGS Presentation Acceptance Letter
- Accepted Abstract
- Applications must be received no later than MARCH 11, 2024.

Contact Eileen Taylor at etaylor@acms.org to inquire about award criteria and to confirm eligibility.

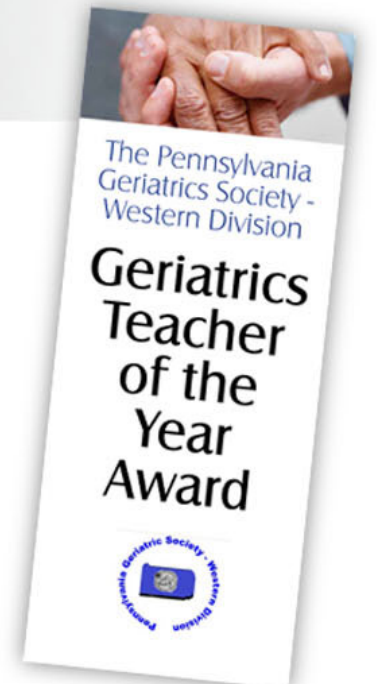


Geriatrics Teacher of the Year Award 2023 Awardees

The Society is pleased to announce the Recipients of the 2023 Geriatrics Teacher of the Year Award. Please visit our [website](#) to learn more about the 2023 awardees and obtain the application form for 2024. Call for nominations are now open, and applications must be submitted by May 24, 2024.

Left:
Christine O’Neil, PharmD, BCPS, BCGP, FCCP, FASCP, TTS, Professor of Pharmacy, Duquesne University

Right:
Karen Scandrett, MD, MPH, Associate Professor of Medicine, University of Pittsburgh, Division of Geriatric Medicine





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Member Dues: Renew for 2024

It's not too late to renew! Society membership dues are renewed on a yearly basis. Your dues are instrumental in aiding the society to provide quality educational program offerings to healthcare professionals in our region. Dues also support the David C. Martin Award, which provides financial support to qualified medical students who have an interest in the field of geriatrics, and the Geriatrics Teacher of the Year Award, which recognizes outstanding teachers for their dedication and commitment to geriatrics education.

It's convenient and easy to renew! Online payments are accepted (Visa, Mastercard, Discover, and American Express).

Contact Eileen Taylor, administrator, at (412) 321-5030 x105 to receive to inquire about your membership status.



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