PENNSYLVANIA GERIATRICS SOCIETY Western Division

An Affiliate of the American Geriatrics Society

VOLUME 27 NO 1 Spring 2023

President's message

As president, I am pleased to report that our organization remains strong, active and more highly interprofessional than ever before. As you will read in the following pages, 2022 has been a productive year despite obstacles lingering from the pandemic. I hope you had the opportunity to attend our second Virtual Annual Clinical Update offered in the Spring.

Building from a strong start with our first virtual program offering in 2021, the 2022

Clinical Update proved to build on our early success. The virtual format allowed for an even wider breadth of attendance from across health professions, the country and internationally. The course remained steadfast in its purpose to provide relevant, current, and practical knowledge to our attendees. In our 2023 Clinical Update, we are delighted to welcome distinguished guest faculty Edward R. Marcantonio, MD, SM, internationally recognized clinical investigator and thought leader in delirium research, Paula Leslie, FRCSLT, Reg HCPC, CCC-SLP, joining us this year from the UK and is clinically licensed in the USA and UK where she is a Professional Adviser to the Royal College of Speech and Language Therapists, as well as our Geriatric Cardiology Expert Panel featuring Daniel Forman, MD, Deirdre O'Neill, MD, MSc, FRCPC, and Eiran Z. Gorodeski, MD, MPH, FACC, FHFSA.

The Fall 2022 Program, The State of Age Friendly Health Systems in Pennsylvania, was a wonderful testament to how our society fosters collaboration across health systems and care partners.

Represented by leaders from Age-Friendly Care PA GWEP, Penn State Nese College of Nursing,



Dr. Heather Sakely

Allegheny Health Network, UPMC Mercy, UPMC St. Margaret, Veterans Affairs Pittsburgh Healthcare System and Presbyterian SeniorCare Network: The Willows, presenters shared experiences and pragmatics tips for incorporating the IHI 4Ms Framework for Age Friendly Care into practice.

While uncertainties linger with the pandemic, we are thankful for our membership and all healthcare workers who have

continued to work hard on the front lines. Looking forward to new opportunities in 2023, including increasing membership and active engagement among trainees across all health professions, increasing geriatric educational offerings among health care professionals in underserved communities to improve equity of care of older adults, and finally to increasing partnerships with other key stakeholders of geriatric care in western Pennsylvania.

A recap of highlights from 2022 include:

• The Clinical Update in Geriatric Medicine - The conference yielded a robust attendance, and comments and evaluation scores were superlative. This premier educational event provides outstanding and timely education to all geriatric healthcare professionals, whether it is in person or virtual.

Our conference footprint expanded as we welcomed registrants from numerous states, including California, North Carolina, New York, Texas, and Washington. For the first time in the history of the course, we welcomed attendees from Germany, New Zealand, Puerto Rico, Saudi Arabia and Singapore. The conference, designed

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31st Annual Virtual





March 23 - 24, 2023

The **31st Annual Clinical Update in Geriatric Medicine** will be held virtually on March 23 - 24, 2023. Presented by the Pennsylvania Geriatrics Society – Western Division (PAGS-WD), UPMC / University of Pittsburgh Division of Geriatric Medicine and the University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences, the conference provides an evidence-based approach to help clinicians take exceptional care of elderly patients. The virtual offering includes an outstanding agenda of lectures and panel discussions, including live question-and-answer sessions, vendor halls and opportunities to engage in conversations with speakers, exhibitors, and fellow attendees.

With the fastest-growing segment of the population comprised of individuals more than 85 years of age, this conference is a premier educational resource for healthcare professionals involved in the direct care of older people. As the recipient of the American Geriatrics Society State Achievement Award for Innovative Educational Programming, the Clinical Update attracts prominent national and international lecturers and nationally renowned local faculty. Continuing Medical Education credits are available to participants.

Course Directors, **Shuja Hassan, MD; Neil Resnick, MD; and Lyn Weinberg, MD,** along with the planning committee, are delighted to welcome distinguished guest faculty **Edward R. Marcantonio, MD, SM.** Dr. Marcantonio is the Section Chief for Research in the Division of General Medicine at Beth Israel Deaconess Medical Center, and Professor of Medicine at Harvard Medical School. Dr. Marcantonio is an internationally recognized clinical investigator



Dr. Edward R. Marcantonio



Dr. Paula Leslie



Dr. Daniel Forman

and thought leader in delirium research who has led more than 15 major observational and intervention studies designed to improve the diagnosis of delirium, target individuals at risk, identify modifiable risk factors, and test intervention strategies to reduce the incidence, severity, and duration of delirium. Dr. Marcantonio will present an Update in Delirium.

Paula Leslie, FRCSLT, Reg HCPC, CCC-SLP, will be joining us this year from the UK and is clinically licensed in the USA and UK where she is a Professional Adviser to the Royal College of Speech and Language Therapists. She is the academic



Dr. Deirdre O'Neill



Dr. Eiran Z. Gorodeski

author of the 2021 RCSLT National Pre-registration Competencies in Eating, Drinking, and Swallowing. Dr.

Continued on following page

Clinical Update Continued from page 2

Leslie will present will present Innovative Approaches to Dysphagia.

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 Eiran Z. Gorodeski, MD, MPH, FACC, FHFSA, Director of the Advanced

Heart Failure & Transplant Center, Harrington Heart & Vascular Institute, University Hospitals Health System, Section Head of advanced heart failure in the Division of Cardiovascular Medicine, and Professor of Medicine at Case Western Reserve University. All three physicians will participate in a live, rapid-fire question-and-answer session.

To view the complete conference agenda and details on registration, please visit:

https://dom.pitt.edu/ugm/. Members of the PAGS-WD receive a discount when registering. To check on your membership status, please contact Eileen Taylor at etaylor@acms.org.

President's message

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by the PAGS-WD planning committee, consists of a consortium of your colleagues, including those from the community, academic and payor sectors.

• Geriatrics Teacher of the Year Award - Initiated in 2016, this award recognizes outstanding teachers for their dedication and commitment to geriatric education and who have made significant contributions to the education and training of learners in Geriatrics. Physicians and other healthcare professionals are eligible. The call for nominations is now open. I encourage all members to submit a nomination on behalf of a fellow colleague.

Pennsylvania Geriatrics Society - WD - Teacher of the Year (pagswd.org)

• David C. Martin Award - Named after Pittsburgh's first full-time geriatrician, this award provides financial support for up to six medical students and other healthcare professional trainees who have had scholarly work accepted for presentation at the

national meeting of the American Geriatrics Society. A student may receive funding commensurate with conference expenses for travel, registration and hotel costs. Since its inception, the Society has granted more than \$80,000 to awardees. The society is pleased to continue to offer this student award as it aligns strongly with our educational and geriatric training mission. Pennsylvania Geriatrics Society -

WD - David C. Martin Award (pagswd.org)

• The total number of resident and fellow members is growing and strong at 40, along with 9 student members. The Society waives membership dues for the length of training. We hope this initiative will be a pipeline to bring young physicians and healthcare professionals into our organization. Encourage your students, residents and fellows to learn more about the society and consider joining.

Heather Sakely, PharmD, BCPS, BCGP

Pennsylvania Geriatrics Society-Western Division - Fall Program 2022

The State of Age Friendly Health Systems in Pennsylvania

The Pennsylvania Geriatrics Society-Western Division Virtual Fall Program was held Thursday, November 10, 2022. Thank you to Dementia 360, a Presbyterian SeniorCare Network program, for sponsoring the event. For more information regarding the Dementia 360 program or to make a referral, call 412-435-8950 or email dementia 360@srcare.org. A special thank you to the Jewish Healthcare Foundation for co-hosting our fall program and providing technical support for the second year in a row.

In conjunction with the program, the annual Fall Business Meeting was held and conducted by Christine Herb, MD, President and Judith Black, MD, MHA, Secretary/Treasurer.

Over 50 internists, family practitioners, geriatricians, pharmacists, nurses, nursing home administrators and social workers attended this popular event to welcome panelists from across Pennsylvania that have obtained Age Friendly Health System recognition and/or certification. The panelists were:

- Jenny Knecht Fredo, MSN, CRNP, Advanced Care Practitioner, Age-Friendly Care PA GWEP, Penn State Nese College of Nursing
- Morgan Mihok, MD, Geriatric Inpatient Quality Physician Lead, Allegheny Health Network

What are we doing?

- Embarking on our 4th year of collaboration
- Primary Health Network (PHN)is the Largest FQHC in PA
 - Initially, started by focusing on 3 of PHN's sites
 - NOW, PHN has 23 age-friendly certified medical primary care



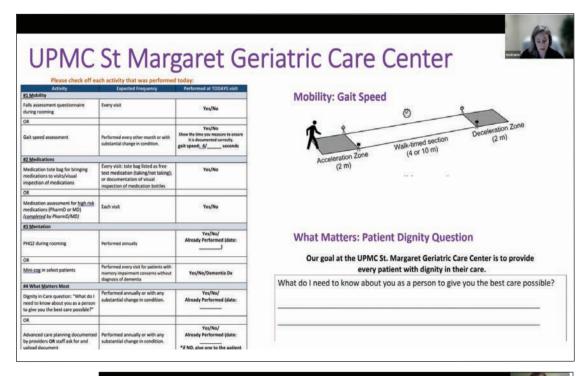
- **Stasa D. Tadic, MD, MS,** Associate Professor of Medicine, Division of Geriatrics, Academic Chief, Geriatric Medicine, UPMC Mercy Hospital, Physician Leader, Supportive Services, UPMC Health Plan
- Melissa Jones, MSN, RN, GEROBC, CDP, Geriatric Programmatic Nurse Specialist, UPMC Mercy Nursing Education, UPMC Mercy
- Elizabeth Mohan, MD, Associate Program Director, UPMC St Margaret Hospital Geriatric Fellowship Program, Medical Director, UPMC St Margaret Hospital Geriatric Care Center, UPMC St. Margaret's
- **Taylor McMahon, RN**, Director of Nursing, The Willows, Presbyterian SeniorCare Network
- **Gwyn Gilliland, NP, CRNP,** Geriatric Nurse Practitioner, Veterans Affairs Pittsburgh Community Living Center (CLC)Veterans Affairs Pittsburgh Healthcare System

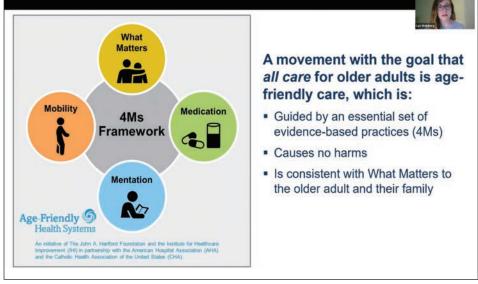
• Jennifer Pruskowski, PharmD, MS, BCPS, BCGP, CPE,

Geriatric Clinical Pharmacy Specialist, Associate Director of Education and Evaluation (ADEE), GRECC, Veterans Affairs Pittsburgh Healthcare System

This year's Fall
Program was
designed to
educate attendees
on Age Friendly
Health Systems
and the 4M's of

geriatrics as well as give an opportunity to learn about multiple health systems across
Pennsylvania and their experience in gaining Age
Friendly Health System recognition and certification.
Following the Business
Meeting, Lyn Weinberg, MD,
Director, Division of Geriatrics,
Allegheny Health Network, gave a presentation on the 4Ms
(What Matters, Medication,
Mentation, Mobility) and then each panelist described their





motivation for obtaining age friendly status, discussed challenges they faced when applying for recognition and/or certification, and summarized how they implemented the 4M's in their Age Friendly system.

The panelists and attendees then started a Q&A session that was robust and educational. Panelists shared unique and innovative ways that their organizations have implemented Age Friendly and dementia friendly care. They also shared how staff were educated and trained to provide Age Friendly care and ongoing efforts to improve upon their achievements.

If you missed our Fall Program, the recording is available on the Pennsylvania Geriatrics Society-Western Division website: https://pagswd.org/2022-Fall-Program

Welcome Incoming Fellows:

UPMC St. Margaret Geriatric Fellowship

Leah Nash, MD, went to the University of Rochester School of Medicine and Dentistry. Leah completed her residency in Family Medicine at UPMC St. Margaret where she will be staying for her Geriatric Fellowship.







University of Pittsburgh, **Division of Geriatric Medicine**

Mohammad Harun Rashid, MD, Ph.D., attended Dhaka Medical College and earned his doctorate from the Medical College of Georgia. Dr. Rashid plans to become a physicianscientist in Geriatric medicine.



Pennsylvania Geriatrics Society -Western Division

Serving as a resource in providing information and educational programming among a society of professionals who are dedicated to advancing clinical care and quality of life for the elderly.

Congratulate Outgoing Fellows:

UPMC St. Margaret Geriatric Fellowship

Tiffany Corbean, MD, completed her residency in family medicine in Columbus, Ohio, and is returning to Ohio, to work in a primary care practice, with a nursing home component.



Daniel Hedayati, MD, completed a dual residency program in family medicine and psychiatry with UPMC and will be staying in the area, providing part time psychiatry, and part time geriatrics and nursing home care.



Katelyn Rogers, DO, received her undergraduate degree in microbiology at Northern Michigan University and attended medical school at Michigan State University College of Osteopathic Medicine. She will be joining Renaissance, a family practice in Penn Hills. She will be practicing inpatient and outpatient medicine.



University of Pittsburgh, Division of Geriatric Medicine

Majd Fayad Nimer Al-Ahmad, MD, completed his medical school at the Jordan University of Science and Technology and completed his residency at Albany Medical Center Internal Medicine. He plans to practice hospital medicine with an



emphasis on research and academic medicine, as well as post-acute care and rehabilitation. His longterm plans include a career in geriatric cardiology.

University of Pittsburgh, Division of Geriatric Medicine

Ruthanne L. Sobecki, DO, attended Pacific Northwest University of Health Sciences for medical school. She did her Family Medicine Residency at UPMC Shadyside in Pittsburgh, where she fell in love with geriatric medicine and decided



to do a fellowship. Her special interests in geriatrics include long-term facility care, behavioral health, and women's health.

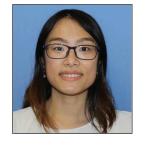
Sahar Y. Soomro, MD, attended medical school at Pacific Northwest University of Health Sciences in Yakima, WA. She aims to take the fund of knowledge and skills she acquired here to serve the community in an outpatient



setting where she wants to provide holistic, safe, and meaningful care to elderly patients.

Washington Health System

Cheuk Mun Au, MD, was born in Hong Kong and attended medical school at the University of Queensland in Australia. She completed her Family Medicine residency at Royal Australian



College of General Practitioner in Murgon, Australia.

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

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

Follow PAGS-WD on Socal Media

Follow the society wherever you go, for updates on News, Events.



@PAGSWD https://twitter.com/PagsWd

Supporting Caregivers of Patients with Dementia

It's challenging for doctors to give family caregivers the support and guidance they need during infrequent and brief office visits, especially if the person living with dementia is there.

Though your actual patient may be the person with dementia, it's likely that it's the family caregiver who is most in need of your support. Often they feel unprepared, alone, and overwhelmed with the role of caregiver for a loved one with dementia.

First, let them know that life does not prepare anyone to be a dementia caregiver and, secondly, they don't have to face this alone—it's never too early or too late to ask for help. Everyone is impacted by this disease in a different

way. Finding answers and solutions to the challenges of daily life with dementia is a very personal journey, a journey no one should have to go on alone.

Dementia360 can help.

Designed specifically for the family caregiver, the highly skilled Care Coordinators at Dementia360 provide the support, resources, connections, and ongoing coaching caregivers need to keep people with dementia at home–living comfortably and safely, for as long as possible.

Dementia 360 helps families wherever they are on their journey to:

- Understand and accept a new dementia diagnosis,
- Develop good habits to shape the disease as it progresses,
- Overcome behavioral challenges,





• Have a life that is better because they have the confidence, skills, and support to be successful.

To learn more about Dementia360 or to make a referral, call 412.435.8950, email Dementia360@SrCare.org or visit our webpage at PSCNDementia360.org.

2022 Annual Report

The Annual Report can be viewed by visiting the society website: https://pagswd.org/ This yearly report summarizes the activities of the organization

The Pennsylvania Geriatrics Society-Western Division (PAGS-WD) serves as the regional affiliate of the American Geriatrics Society (AGS). The PAGS-WD is a thriving specialty organization. 2022 was a productive year with enormous amount of time and energy spent on continuing our tradition of providing quality programming for members.

The Society remains true to the mission of educating healthcare professionals from multiple disciplines to foster professional and public awareness in geriatric medicine. We provide awareness through outstanding educational offerings, as well as serve as a leader for healthcare professionals from all disciplines involved in eldercare. The Society's website, www.pagswd.org, is a convenient resource for relevant and timely information for those involved with the quality of care for the geriatric population.



The Board of Directors provides active oversight of our organization's mission and goals. The Board maintained a full slate for 2022.

Throughout the year, an emphasis was placed on each strategic goal item, and all successfully accomplished.

- 1. Promote geriatric education for all geriatric healthcare professionals.
- 2. Provide an opportunity for networking with other professionals who share an interest in improving care for older adults.
- 3. Advocate for programs and public policy which will improve the health and well-being of older adults.
- 4. Encourage students and residents to pursue careers in geriatrics.

Mark Your Calendar

March 9-12, 2023

American Medical Directors Association (AMDA) the Society for Post-Acute and Long-Term Care Medicine – 2023

Tampa Convention Center

https://www.eventscribe.net/2023/PALTC23/index.asp?launcher=1

Credit Type: CEUs for Nurses, CMD Clinical, CMD Management, CME, Other

March 23-23, 2023

31st Annual Virtual Clinical Update in Geriatric Medicine

Virtual Meeting

April 27-29, 2023

American College of Physicians - Internal Medicine 2023

San Diego, CA

800-523-1546 x2600 or 215-351-2400

https://www.acponline.org/internal-medicine-meeting-2023

May 4-6, 2023

American Geriatrics Society 2023 Annual Scientific Meeting

Long Beach, CA

212-308-1414

https://meeting.americangeriatrics.org/about/past-future-meetings



May 10-13, 2023

Society of General Internal Medicine 2023 Annual Meeting – General Internal Medicine: Meeting the Promise of Tomorrow

Aurora, CO - Gaylord Rockies Resort https://connect.sgim.org/annualmeeting/home Email Annual Meeting inquiries to: support@sgim.org

October 26-29, 2023

American Society of Consultant Pharmacists 2023 Annual Meeting & Exhibition

Gaylord Palms Resort & Convention Center | Kissimmee, Florida

November 7-10, 2024

American Society of Consultant Pharmacists 2024 Annual Meeting & Exhibition

Gaylord Rockies Resort & Convention Center | Aurora, Colorado

Purpose:

The Geriatrics Teacher of the Year will be presented to two (2) outstanding teachers, one physician and a non-physician health professional, for their dedication and commitment to geriatric education.

Eligibility:

This annual award honors individuals who have made significant contributions to geriatric education. Members and non-members of the Pennsylvania Geriatrics Society will be considered. Eligible nominees have demonstrated leadership and inspired learners to better the care of older adults and have contributed to the growth of geriatrics in their professions.

The ideal candidate meets some or all of the following criteria:

- Contributes significantly to the teaching of students/ trainees
- Coaches and mentors the career development of students and trainees;
- Inspires students, trainees and even colleagues to join the field of geriatrics
- Demonstrates innovation in geriatric education
- Exhibits dedication and commitment to geriatric education
- Champions the teaching mission and the growth of geriatrics



The Pennsylvania Geriatrics Society -Western Division

Geriatrics Teacher of the Year Award

Teaching expertise and/or education program development are valued in the selection of the recipient for this honor.

Application Requirements:

- 1. Nomination letter that outlines specific contributions to geriatrics education
- 2. Curriculum vitae
- 3. One or two supporting letters of recommendation (one must be from a learner)

Nomination Process:

Nominations will be reviewed and the winners for each category (physician/non-physician) will be decided by the Awards committee. The winners will be presented to the Board of Directors for confirmation. Once confirmation is received by the Board of Directors, the winners will be notified. Nominations

will be considered for (3) years from the date of submittal.

Award:

The Geriatrics Teacher of the Year awardees will receive an award letter and a plaque. Each awardee also will receive a complimentary membership for the remainder of the year (non-member awardee) or a complimentary membership for the following year (member awardees).

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

Member Dues: Renew for 2023

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 now accepted (Visa, Mastercard, Discover, and American Express).

Contact Eileen Taylor, administrator, at (412) 321-5030 x105 or etaylor@acms.org to receive an e-invoice or to inquire about your membership status.

Recruit a member!

The Clinical Update is the perfect opportunity to strengthen our membership. Consider inviting a colleague to participate in the program.

Forward the Society website, www.pagswd.org for program registration and to download the membership application.

2023 OFFICERS AND BOARD OF DIRECTORS

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Judith Black, MD, MHA **Secretary/Treasurer**

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