



PENNSYLVANIA GERIATRICS SOCIETY

Western Division

An Affiliate of the American Geriatrics Society

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2022 ANNUAL REPORT

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.*

Finances

The Society's finances remain strong. The Secretary/Treasurer (working with the President and Board of Directors) oversees all accounts for the Society to operate efficiently and effectively within the organization's budget. The three primary accounts include a checking account, business money market and the special

PAGS-WD

**EDUCATE
COMMUNICATE**

and

ENGAGE
healthcare
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**QUALITY
HEALTHCARE**

for all older persons.

education business money market. The Clinical Update in Geriatric Conference, offered again in a virtual format, realized a strong profit, and increased our account balance.

The Society is grateful for the partnership with the Jewish Healthcare Foundation (JHF), who graciously donated their time and talent to facilitate our Fall program.

Membership

Membership continues to remain steady with multiple healthcare disciplines comprising the organization. Our 2022 membership stayed strong at 234 members, compared to 233 members in 2021. Young career physician interest remains strong, with a total of 49 student, resident, and fellow members. Program directors of Internal Medicine and Family Medicine residency programs were asked to distribute recruitment information to their residents and fellows. Each resident can join the organization at no cost for the duration of their training.

Recruitment of new members and retention of existing members is a top priority. Resources for recruitment outreach campaigns include: the registration list of the annual Clinical Update conference; the Pennsylvania Medical Directors Association membership list; the American Geriatrics Society state listing, and the Fall Program attendee list. Furthermore, the Board of Directors is directly involved in the retention process. Each Board member sends personalized retention letters to colleagues. Membership support enables the organization to continue to provide quality educational programs and sustain the various society awards.

Administrative services are handled through a partnership with the Allegheny County Medical Society (ACMS), which provides support and additional resources for new membership outreach campaigns, as well as maintaining all Society business.

Educational Programming

The organization seeks to increase the geriatrics expertise of healthcare professionals who care for older adults by providing high quality educational programs. The Society continually and reliably provides outstanding learning opportunities for those who care for the geriatric population. This year's programming was no exception (see below).

To offset programming, the Society relies on collaborative opportunities and partnerships from various companies and organizations. Partnership continues to remain strong.

30th Annual *Virtual* Clinical Update in Geriatric Medicine

Over 380 healthcare professionals gathered virtually to attend the 30th Annual Clinical Update in Geriatric Medicine held March 31 through April 1, 2022. This stellar two-day educational event attracted attendees from 25 states, including California, North Carolina, New York, Texas, and Washington and representation from two countries: Canada and Puerto Rico.



Attendees recognized and appreciated the convenience of attending the conference from their home or office, while participating in dynamic educational sessions. An added benefit for all registrants: the ability to view recorded lectures and download the handout materials, up to 30 days after the conference.

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. Presented by the Pennsylvania Geriatrics Society – Western Division, UPMC/University of Pittsburgh Aging Institute and University of Pittsburgh School of Medicine Center for Continuing Education in Health Sciences, the program offered an evidence-based approach to help clinicians take exceptional care of these often-frail individuals.

Highlights of the meeting included Live Q&A Sessions with presenters. By using the chat feature, attendees had the opportunity to engage with speakers in these informative sessions.



Back by popular demand, the Geriatric Cardiology Expert Panel featuring Parag Goyal, MD, MSc, providing an update in heart failure; Deirdre O’Neill, MD addressing considerations and nuances when prescribing anticoagulation in older adults with atrial fibrillation; and Daniel Forman, MD presenting: management of hypertension informed by aggregate risk assessment and shared decision-making.

Immediately following, the cardiology panel participated in a live, rapid-fire Q&A session. Moderated by Shuja Hassan, MD and Course Director, the lively session included a framework for each presenter to comment and host a dialogue with their colleagues on a variety of cardiology questions.

Thank you to our Premier Sponsors: Highmark Blue Cross Blue Shield - Allegheny Health Network and UPMC Health Plan, and to all the exhibitors who sponsored the program.

Fall Program

The Fall program continues to be a popular event. More than 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. To avoid the spread of COVID-19, this was the third virtual program using the Zoom platform organized by the Society in collaboration with the Jewish Healthcare Foundation.

The program, which began in 2003, is popular with members, attracts distinguished guest speakers comprised of both national and local faculty, and this year was no exception.



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.

Thank you to Dementia360, a Presbyterian SeniorCare Network program, who sponsored the event.

David C. Martin Award

Established in 1999, the David C. Martin award recognizes academic excellence in the field of geriatric medicine by medical students. This philanthropic effort, solely supported by Society funds, provides each award recipient an honorarium (up to \$1,500.00) to defray the costs of attending the annual meeting of the American Geriatrics Society. Eligible students will have their scholarly work accepted for presentation at the meeting. To date, the Society has awarded over \$84,550 to medical students in the region.

The 2022 David C. Martin Award recipient was **Wendy Osei-Bonsu**, a fourth-year student at Penn State College of Medicine. Wendy's abstract, "Diagnosing Duodenal Diverticulum," was accepted by the American Geriatrics Society (AGS) for presentation at the AGS 2022 Annual Scientific Meeting, May 12-14, in Orlando, FL. In her award application, Wendy stated: "My current career goal is to pursue residency in neurology with an interest in global health, stroke, and epilepsy."

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Geriatrics Teacher of the Year Award

The Award was postponed in 2022 due to the COVID-19 climate. Initiated in 2015, the Geriatrics Teacher of the Year Award is presented to two outstanding teachers (a physician and a nonphysician healthcare professional) for their dedication and commitment to geriatric education. Members and non-members of the Society are eligible for the award, with nominees having demonstrated leadership and inspired learners to better the care of older adults, as well as having contributed to the growth of geriatrics in their professions. Dr. Rollin Wright chairs the selection committee.

The Geriatrics Teacher of the Year Award will return in 2023, with call for nominations beginning January 2023. Award eligibility and criteria, along with the nomination form, will be available on the society's website at www.pagswd.org. The annual award recognizes and honors both a physician and a healthcare professional from healthcare disciplines including nursing, advanced practice, physical therapy, pharmacy, occupational therapy, dentistry, audiology, speech-language, pathology, and social work.

Legislative

In the political and public policy arena, PAGES-WD continues to be involved in state and local policy meetings. On the national level, we work with the American Geriatrics Society (AGS) in their commitment to shape programs and policies that are important to older people, their families, and healthcare professionals.

We are fortunate to have strong representation on the AGS Council of State Affiliate Representatives (COSAR) with Neil Resnick, MD serving as Co-Chair for COSAR. The Society continues to be a role model which other AGS State Affiliates consult for best practices on membership renewal, educational offerings and establishing a successful organization in their region.

We will continue, as an organization and as the experts in the care of older adults in Western Pennsylvania, to let our voices be heard by those who ultimately make policy and distribute resources.

Looking ahead...

2023 will be an exciting year with PAGES-WD remaining a dynamic geriatrics organization in our region and a model for other state affiliates. The goal of engaging and educating healthcare professionals in the provision of quality health care for all older persons will remain our primary focus, while we continue to recognize excellent geriatrics educators and medical students through the Geriatric Teacher of the Year Award and the David C. Martin Award. We will continue to partner with the American Geriatrics Society and aid in their public policy advocacy efforts for older adults.

The Officers and Board of Directors will remain committed to providing strong leadership, keeping members engaged, and continuing to develop future Geriatric professionals through our programs aimed at students, residents, and fellows.

Acknowledging the growth of the Society is with maintaining members and attracting new members. Your loyalty, support, and participation is our strength. Together we can build a better future for older Pennsylvanians.

Your continued 2023 involvement is key to our success!



Respectfully submitted,

Christine Herb, MD

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President