

# Geriatric Education and Training in Texas (GET-IT):

## An Innovative and Comprehensive Approach to Strengthening Physicians' Training in Geriatrics

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### Abstract

#### Purpose:

It is estimated that by the year 2030 the youngest of the baby boomers will be reaching retirement age. One of the largest areas of population growth worldwide is among those age sixty-five and above. Provision of health care to this age group is rapidly becoming a large proportion of clinical practice. Nationally there is a shortage of geriatricians and projections do not indicate relief in sight.

The UNTHSC Reynolds Geriatrics Education and Training in Texas (GET-IT) Program has been developed to help meet the growing need to train physicians in the care of the geriatric population. The goal of the GET-IT Program is the development and implementation of an innovative and sustainable program to strengthen physicians' training in geriatrics.

#### Methods:

Four broad objectives intended to reach medical students, residents, faculty, and practicing physicians have been developed. This four year program targets each of these populations through its forty-eight geriatrics infusion tasks and requires highly coordinated and collaborative efforts between the Division of Geriatrics and other departments and schools within the UNTHSC system.

TCOM medical students are impacted by: Integration of geriatrics content into the TCOM application oriented medical curriculum; Introduction of a unique senior mentoring program (SAGE); Introduction of geriatrics content into Student Grand Rounds; The introduction of Geriatric Standardized Patients in medical school year one and two; Introduction of geriatrics content into the third and fourth year clerkships; and the introduction of curriculum mapping and tracking of geriatric competencies and geriatric content in the TCOM curriculum.

#### Results:

Integration of Geriatrics content into the TCOM year one curriculum for TCOM Class of 2013. Overall results are being evaluated to determine the longitudinal impact of this program. TCOM End of Course Surveys, Senior Surveys, and the survey "Aging and Health Care Medical Students' Perceptions" are being utilized to help determine program impact on medical students attitudes, knowledge, and skills related to geriatrics.

#### Conclusion:

Our hypothesis is that medical students, residents, faculty, and practicing physicians' attitudes, knowledge, and skills related to geriatrics can be enhanced through application of the GET-IT Program.

The Reynolds GET-IT Program's funding is provided by a four year grant from the Donald W. Reynolds foundation and matching funds from UNTHSC.

### GET-IT Program Goal

**To Develop and Implement an Innovative and Sustainable Program to Strengthen Physicians' Training in Geriatrics**

### Target Populations

**Texas College of Osteopathic Medicine Students  
Texas OPTI Residents  
Faculty  
Practicing Physicians**

### GET-IT Program Objectives

- 1. Implement an Integrated Geriatrics Curriculum in all four years of Undergraduate Medical Education.**
- 2. Implement an Integrated Geriatrics Curriculum during Osteopathic Residency Training**
- 3. Establish a Geriatrics Faculty Development Program for Osteopathic Residency Training**
- 4. Develop Geriatrics Continuing Medical Education Programs for Practicing Physicians**

### TCOM Medical Students

**SAGE** (Seniors Assisting in Geriatric Education) A unique senior mentoring program that pairs two 1<sup>st</sup> year medical students with a senior adult client of Meals on Wheels Inc. of Tarrant County for two years. Medical students complete assignments with their Senior Clients through in home visits to aid in the students' attitudes, knowledge, and skills related to aging.



### Geriatrics Student Grand Rounds

Introduced through the Medical Informatics Course, 1<sup>st</sup> year medical students are placed in groups of fifteen and assigned a complex geriatrics case from the New England Journal of Medicine. Under the direction of a GET-IT Program Geriatrician, students research and present the case to their class.

### TCOM Medical School Curriculum

**Geriatrics content** is being integrated into the TCOM medical school curriculum with each new semester beginning with the orientation and Fall semester for the Class of 2013. The Class of 2013 will be the first to experience this truly geriatrics enriched curriculum across all four years of medical school.



**Medical Students** are given the opportunity to examine geriatric standardized patients beginning in their first year of medical school through their Clinical Medicine Course. This contact with geriatric patients is continued through the end of their second year.

### Semester 1 Year 1 Integration (Fall 2009)

#### Hours of Geriatrics Content

Cellular Science	4 Hours
Musculoskeletal Skin System 1	1 Hour
Nervous System 1	3 Hours
Cardio-Pulmonary System 1	1 Hour
Osteopathic Manipulative Medicine 1	2 Hours
Clinical Medicine 1	8 Hours
Community Resources 1	1 Hour
Medical Ethics 1	1 Hour
Medical Informatics 1	Additional Geriatrics Cases
(Student Grand Rounds)	

**39 of 100 Geriatrics Competencies Addressed!**  
**Geriatrics Content is being tracked by Course and Geriatrics Competencies**

### TCOM Year 3 & 4 Clerkships

#### Psychiatry

Additional Geriatrics Content on Neurocognitive Disorders

#### Surgery

Additional Geriatrics Content and Cases

#### Internal Medicine

Additional Geriatrics Content: Transitions of Care, Hospice, Dementia, Delirium, Hospital Acquired Infections

#### Family Medicine

Additional Geriatrics Content on Advanced Directives, and EOL

#### Core Geriatrics

Mandatory 1 Month Clerkship for all 4<sup>th</sup> Year TCOM Medical Students, Utilization of Blackboard Learning System

Additional Geriatrics Content will be integrated into the OB/GYN and OMM Clerkships in 2010.

### The GET-IT Programs Total Impact on Medical Students Years 1 – 4 Fall 2009

37.5 Hours Geriatrics Content Lectures	<b>Total Dose 64 Additional Hours Geriatrics Content</b>
5 Hours Geriatric Patient Contact	
11 Hours (CIL)s Geriatrics Cases	
10.5 Hours Student Assignments on Geriatrics and Aging Topics	

### Texas OPTI Residents

Residents within the Texas OPTI (Osteopathic Postdoctoral Training Institutions) are impacted by:

Local IM/FP Interns have a mandatory 1 month rotation with GET-IT Program Geriatricians  
Geriatrics Lecture Series  
Geriatrics Grand Rounds  
Geriatrics "Ask the Expert"  
Geriatrics Journal Club Course

### Faculty and Practicing Physicians

UNTHSC Faculty, Texas OPTI Residency Program Directors, ROME (Rural Osteopathic Medical Education) Faculty, and Practicing Physicians are impacted by the GET-IT Program through:

**Geriatrics Grand Rounds** In partnership with the UNTHSC Department of Professional and Continuing Education (PACE) these live events are also accessible by internet for CME.  
**39 of 100 Geriatrics Competencies addressed.**

**RAGU** (Reynolds Annual Geriatric Update)  
A 6.5 hour symposium on Geriatric Syndromes  
2009 RAGU "Alzheimer's Disease"  
**28 of 100 Geriatrics Competencies addressed.**

**Primary Care Updates** (% Geriatrics Content Added)  
North Texas Primary Care Update 43%  
Stanley Weiss Primary Care Update 30%

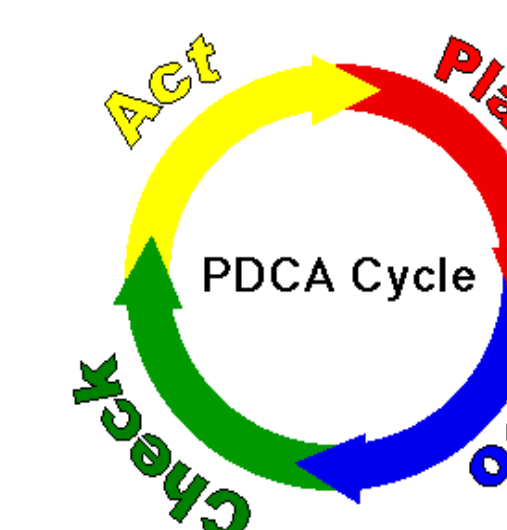
### Regional Texas OPTI Workshops

**Osteopathic Manipulative Medicine Demonstration Videos**  
For students, residents, faculty, physicians

### Program Evaluation

#### Refinement

**Activities:**  
Data Analysis  
Outcomes Measured  
Modifications Identified



**Data Collection:**  
Focus Groups  
Surveys  
CME Evaluations  
Curriculum Tracking

#### Planning Activities:

Advisory Board  
Curriculum Committee  
Management Teams  
Planning Groups

#### Program Implementation:

4 Year Schedule  
Program Timelines  
Coordination With Program Partners