September 2010

GET-IT Newsletter

2010 Outstanding Citizen for Seniors Award

Special Interest:

- 2nd Annual RAGU Conference
- Question of the month
- Senior Volunteer

SCS Announces 14th Annual Award

Senior Citizen Services of Greater Tarrant County, Inc. (SCS) has chosen to honor a husband and wife who together and separately have been stellar advocates for Clinical Geriatrics and Gerontology: Janice Knebl, DO, MBA and Thomas Fairchild, PhD. The duo will receive the "Outstanding Citizen for Seniors Award" on Tuesday, September 14, 2010.

Dallas Southwest Osteopathic Physicians, Inc.
Honored with the Institutions Highest level of Philanthropic support
"Doctor of Philanthropy"

University of North Texas Health Science Center's President Ransom, the Office of Institutional Advancement & Division of Geriatrics, Internal Medicine Department Honored the Dallas Southwest Osteopathic Physicians, Inc. *for induction into the institution's highest level of philanthropic support "*Doctor of Philanthropy". Dr. Knebl is the Endowed Chair in Clinical Geriatrics, which is the first in the osteopathic profession.

Seniors Assisting in Geriatrics Education

This is the first time that the Reynolds Program will run 2 SAGE Programs simultaneously. We will have the Class of 2013 starting their second year and the Class of 2014 starting their 1st year of SAGE.

The Class of 2013 will help identify community resources for seniors, conduct a nutritional assessment and explore advance care planning issues.

The Class of 2014 will conduct a life reminiscence, home safety assessment, medication assessment; complete a medical history and limited physical examination.

A Remarkable SAGE Mentor & Volunteer Experience

Ms. Thelma Swindell, SAGE Mentor & Standardized Patient Volunteer

SAGE has provided students with a rare and meaningful opportunity, and through this experience I have had the occasion to meet a wonderful mentor, Ms. Swindell who has been enriching to both my medical education and my personal life. The experience has afforded me the chance to gain an understanding to a culture I will never be a part of. Frankly, I am never going to live through the Oklahoma dust bowl, wringing my only set of clothes free of dust and grime daily. I am never going to live through the Great Depression, cutting toothpaste tubes open to scrape the last morsels free. While I have been extremely fortunate to have wonderful relationships with my own grandparents, Ms. Swindell's life has offered me insight to a world previously intangible to me.

We are encouraged to ponder the lessons our senior mentors learned in life when it comes to the difficult topics of faith, loss, and love. Who better to provide insight into what can be learned from life than someone who has lived so much of it? The value of such an opportunity has not been lost on me.

Remarkably, this is an experience that I was given within the first semester of my medical education. There are many physicians who will practice in the evolving world of the aging baby boomer generation who have never been exposed to such a situation, and to have this chance as a mere first year student is unparalleled. We are taught to treat our senior mentor as our first patient. We take vitals, practice interviewing, research their medications, and home our physical examination skills. We are encouraged to get to know our client on a person basis, as a physician would with his patients. Furthermore, we learn to interact with a subset of the population that is growing dramatically, and this will give us an unbelievable advantage in the future. These are skills and memories I will carry with me for the rest of my life.

For me, this has also become a personal journey. I have come to view my senior mentor as more than a patient; I consider Ms. Swindell a friend. I count myself extremely lucky to be given this amazing opportunity, and I look forward to the remainder of the program for it is truly one of the most rewarding experiences a budding medical student could receive.

~Kara Stoudt, 2nd Year Student Doctor

With the time constraints seen in clinical practice, are DOs really able to use OMM on a regular basis? Or clinically are DOs, to an extent, excluding this part of treatment?"

Dr. Gamber believes this is a myth that is perpetuated and he does not agree with it, because a DO can apply effective OMT in as little as 5 minutes. A key factor is, some DO's believe they are not remunerated for this procedure when in fact they are. Osteopathic physicians will likely be the "First Responders" for elder care needs in the US as a result of their disproportionately high rates of primary care practice.

It is important for DO's to explain what they are doing and why and provide an anatomical/physiological explanation. One will find that many elderly patients are generally very receptive to osteopathic manipulative treatment as an adjunct to their medical care. Some clinical conditions in the elderly that may be amenable to the use of OMT include; hypertension, arthritis, congestive heart failure, constipation and respiratory disease. Skillfully applied OMT using techniques which work with the unique structural problems of elderly patients will promote mobility and help to alleviate aches and pains for which older people often seek relief.

We want to promote optimal nutrition, strength training and exercise and daily function for older adults to delay unnecessary depletion with physiologic reserves. We must understand the skills for functional assessment, "The 6th Vital Sign" and the opportunity for promoting the older adult's long term health and safety. Dr. Gamber believes in being proactive in one's approach to this population. Dr. Gamber conducted a Geriatrics Grand Rounds in June and Dr. Pham will speak about it at the RAGU conference on September 18th.

"The benefits of a hands-on approach are well worth the few extra minutes it takes to do OMT."

Dr. Gamber

September Grand Rounds

"GERIATRIC UPDATE"

September 22, 2010 @ noon in, Mini-Auditorium

Dr. G. Paul Eleazer, MD, FACP, AGSF,
USCSM/Palmetto Health, Columbia, South Carolina

The tenured professor and University of South Carolina and Medical University of South Carolina alumnus was appointed to the faculty at the School of Medicine in 1988. Dr. Eleazer has an extensive background in geriatric medicine originating from his private practice in Kentucky.

He has served in numerous national positions as well, including the American Geriatrics Society Educational Committee. Presently, he is the president of the Association of Directors of Geriatrics Academic Programs and chair of the National Fellowship Directors of Geriatrics. His interests include medical education research, health service delivery, and ethnicity.

While at the University, Dr. Eleazer jump started an innovative Senior Mentor Program that matches senior citizens with medical students. UNTHSC's SAGE Program was developed based on Dr. Eleazer's Senior Mentoring Program. His pioneering program gained the attention of CBS-TV's "Evening News" and *Parade* magazine.

New! Earn Category 1A (AOA) & Category 1 (AMA PRA™) Credits Online!!!

Grand Rounds- Online

Download the application, install it on your computer and participate in **LIVE** Grand Rounds Wednesdays at 12 PM (central).

http://www.hsc.unt.edu/education/PACE/DownloadGrandRoundsApplication.cfm

"Them Old Bones: Preventing Falls, Managing Fractures, & Maintaining Mobility in Older Patients"

RAGU

Saturday, September 18, 2010

For more information visit www.RegisterWithUNT.com

SENIOR STANDARDIZED PATIENT VOLUNTEER PROGRAM

Needs Seniors!!!

Do you have a flexible schedule?

Do you find the chance to play a patient appealing?

Are you ready to inspire medical students?

We are looking for people 65 years of age and older to participate as standardized patients. If you agree to be a part of this program, you will have the opportunity to assist in medical students' development of communication and clinical skills in the care of older adults. If you are interested in the opportunity to be involved, please contact Yolanda Pitts at Yolanda.pitts@unthsc.edu or 817-735-0289.