



GET-IT Newsletter

Special Interest Articles:

- The Experience of SAGE (Seniors Assisting in Geriatric Education)
- Student's SAGE Visit
- Memory Walk

SAGE (Seniors Assisting in Geriatric Education) The Experience.....

The SAGE Program officially kicked off September 3rd with the first group of medical school students going out to visit their senior mentor. We are truly excited and a little nervous about our first year implementing the SAGE Program. I'm sure there will be bumps and bruises along with the way, but we are committed to providing the medical school students with an experience that will help prepare them to work with senior adults.

During this first year, students will meet with their senior mentor five times and address issues such as home safety, medical history and physiology of aging, medication assessment and understanding the benefits of a life review and a physical examination.

Many of the senior mentors have enjoyed meeting and talking to the students. Difficulties have arisen in regard to the coordination of schedules between students and their senior mentor and senior mentors forgetting they signed up for the SAGE program. The responses from the students have been interesting to say the least.

Here is the story of one student's visit with their senior mentor.....

I didn't really know what to expect from our SAGE visit. When we got there our senior, told us that she was 95 and I was really shocked. She had good balance, did not seem to have any problems with standing up from a relatively low seated chair, and was very quick witted. I guess this came as a shock to me because I expected her to be much younger. In my mind a 95 year old has difficulty standing up on his/her own, has poor balance, and has a hard time remembering or thinking quickly. It's not that I think a 95 year old is completely helpless; it's just that so many people die at such a younger age and many people that are younger have those problems I described above.

I guess more than anything I was surprised at how healthy she was in every aspect of the term at an older age like 95. I am excited about getting to go visit her again and look forward to getting to know her

better. I think both student and senior can benefit from these visits. My senior has outlived two of her three children! What an experience. I have a seven week old and could not possibly even imagine having to live through her death.

Our senior has a vast array of experiences and wisdom that I hope to just absorb a fraction of during our visits. Not only can she help us grow as student doctors (practicing our exam skills and learning how to work with older patients), but she can help us grow as students of life. When we first arrived, our senior seemed a little skeptical of us but she quickly warmed up and seemed very happy to have us there. She lives alone in her small three bedroom house and was excited to have someone to talk with. Acknowledgement was all we received when stating her blood pressure and pulse. She was not interested in the medical side of our visit, but was much more intrigued by carrying on a simple conversation with us.



"It is good to know that elderly people do take their own health into their hands and think ahead, knowing that their abilities will only decrease with time."

Leah Freeman
TCOM 2013

One student's visits continue from page 1...

She was however, very much obliged to tell us the secrets to what has given her such a long and healthy life. I really feel that it will be an honor to spend two years with such a sweet woman.

The only thing that disappoints me about this arrangement is that we are so busy with classes, community service, preceptorship, and our other responsibilities that it does not seem like we will be able to really put a whole hearted effort into our SAGE visits.

These visits could be something really great for both us and the seniors we are assigned too. I would just hate to see students have a bad attitude by letting it become just one more thing we have to do.

Overall, I think the SAGE program is a great program and I am excited to participate in it, but it still needs some fine tuning (that's what first years are for). I hope to see it evolve over the years here at TCOM, so that it can successfully benefit both senior and student alike.

Adam Biesman
TCOM 2013

Student Chapter of American Geriatrics Society (SCAGS) – Memory Walk

SCAGS will be participating in the annual Memory Walk to support Alzheimer's Disease. Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's care, support, and research. When you participate in Memory Walk, you join other frontline champions in the growing movement to end Alzheimer's. Here is some more information about the event:

When: Saturday, October 17th, 9:00am - 1ST AND 2ND YEARS HAVE TEST THE FRIDAY BEFORE, so this is a great day to participate!!!

Where: LaGrave Field in Fort Worth. Participants can also meet at school to ride together.

Who can participate: All students, faculty, staff, family members, and friends are encouraged to participate in this event.

How to get involved: There are many ways in which you can participate in this event:

- 1. Join Our Team!**
- 2. Volunteer - VOLUNTEERING COUNTS TOWARDS CLIN MED HOURS!**
- 3. Donate**

If you are interested in any more information, please feel free to email Amanda Brooke Hall at abowling@hsc.unt.edu

Thank you so much for your interest in participating in the fight against Alzheimer's Disease!



"I thought that this was a great experience that gave us good exposure to a geriatric patient. I'm very grateful for the patient's compliance."

Zachary Gibson
TCOM 2013

UPCOMING GRAND ROUNDS

Dr. Paul Eleazer, USC – September 23rd

Dr. Mindy Fain, UA – October 28th

Dr. Ron Cook, Texas Tech – November 18th

All are invited to attend – so please mark your calendars!

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

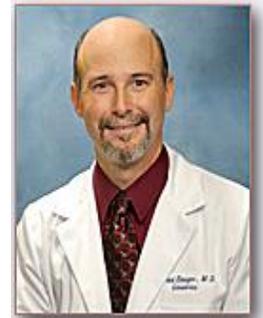
The tenured professor and University of South Carolina and Medical University of South Carolina alumnus was appointed to the faculty at the School of Medicine in 1988. Dr. Eleazer has an extensive background in geriatric medicine originating from his private practice in Kentucky.

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. His pioneering program gained the attention of CBS-TV's "Evening News" and *Parade* magazine.

"Since we introduced a geriatrics component to Grand Rounds, we've educated almost 200 healthcare professionals on the latest in geriatric care." - Pam McFadden, Associate Vice President, Professional and Continuing Education



The Fountain of Youth?

Successful Aging in 2009

September 23rd

SAVE the DATE

Reynolds Annual Geriatric Update

Alzheimer's Disease: Implications for an Aging Society

November 14, 2009 - UNT Health Science Center at Fort Worth

This conference will train healthcare professionals on the latest diagnosis and treatment approaches to Alzheimer's Disease.

Alzheimer's Disease is the most common cause of dementia among older adults and is an irreversible, progressive brain disease that slowly destroys memory and thinking skills, eventually even the ability to carry out the simplest of tasks. With the aging of the American population, Alzheimer's Disease currently affects over 5.2 million individuals and this number is expected to triple by 2050. Scientists have made progress into the basic biology, neuropathology, clinical assessment, diagnosis, treatment and management of this progressive neurodegenerative disease. 6.5 hours of CME for physicians. Continuing education for nurses, social workers

KENOTE SPEAKER:

Rachelle Doody, MD, PhD

Professor of Neurology

Effie Marie Cain Chair in Alzheimer's Disease Research - Baylor College of Medicine

Geriatric Fellowship Program

Geriatric medicine offers some of the greatest career opportunities for modern healthcare professionals. Strengthening your credentials with a Fellowship in Geriatric Medicine could help you be in the right place at the right time with the right expertise!

One and two year training programs are available. The curriculum encompasses didactic coursework, teaching, clinical experience, healthcare management/administration, palliative/end of life care and research. Stipends are competitive.

For additional information contact: Julene Conway at 817-735-2333 or Email: jconway@hsc.unt.edu

"There's a joke in geriatrics that a 90-year-old man goes to the doctor and says, 'I'm having pain in my left knee.

Can you help me?' The doctor says, 'Your knee is 90 years old, so what did you expect?' The man replies, 'My right knee is 90, too, and it's not bothering me.'"

What are we working on.....

- Reviewing previous year's curriculum for geriatric content
- Developing a Reynolds GET-IT website
- Infusion into all 4 years of osteopathic medical school curriculum
- Surveys being implemented to 1st year medical students, & residents and faculty
- Semester 2 Curriculum development
- SAGE Program
- Reynolds GET-IT Advisory Board Meeting 9/11

The need for teachers, administrators and practitioners who are proficient in geriatric medicine will increase as America's over-65 population doubles in the next 25 years.

Every 8 seconds.....a Baby Boomer turns 60.



By 2015, nearly 15% of our population will be over 65 years of age..... according to the American Geriatrics Society.

Reynolds GET IT On Oversight Networking Meeting

On September 11, Dr. Janice Knebl, Reynolds LGET-IT PI and Dr. David Farmer, Program Director presented a six month program progress report to its advisory board. Highlights included the development and implementation of geriatrics curriculum content in all year one, semester one systems, clinical medicine, and OMM courses. The class of 2013 will be the first class to experience a truly geriatric infused curriculum. Further highlights included the development and implementation of the SAGE program, Seniors Assisting in Geriatric Education. First years, semester one clinical medicine students have for the first time had the opportunity to work with geriatric standardized patients in their year one clinical medicine experience. Geriatric education with residents, faculty, and practicing physicians has been accomplished through geriatric grand Rounds; and geriatric content being taught at state wide conferences. Reynolds GET-IT program progress continues to meet and exceed year one commitments.