



Center on Aging

Director's Note

Dear Friends,

Many exciting developments are taking place in gerontology and geriatrics at UCSF. This issue of the UCSF Mt. Zion Center on Aging newsletter, focuses on three:

- (1) the Paul Beeson Physician Faculty Scholars in Aging
- (2) the UCSF HouseCalls Program, and
- (3) the educational initiatives that are being conducted as a result of the Academic Geriatric Resource Center's special augmentation funding for 2000-01.

Also, this issue begins a new feature entitled NAMES IN THE NEWS. We will use this column to recognize recent publications or awards to UCSF faculty in gerontology or geriatrics.

The Center on Aging and the Division of Geriatrics have continued to host Geriatric Grand Rounds on the first Wednesday of each month, 4:30-5:30 pm, in room N-721 at the Parnassus Campus. Recent speakers have included:

- Jeanette Brown, MD
Urinary Incontinence in Women: Current Knowledge, Future Directions
- Kristine Yaffe, MD
Prevention of Cognitive Decline in the Elderly
- Josh Adler, MD
Modern Management of Parkinson's Disease

The Center on Aging, in collaboration with the Goldman Institute on Aging and OnLok, Inc., is sponsoring two community education programs on arthritis this spring. One will be held on May 19 at the Laurel Heights Conference Center, and the second will be on June 2 at the OnLok Senior Health Mission Center. The Center on Aging is also participating in a Healthy Futures Forum and Fair for Older Adults on Sunday, May 20, at the Jewish Community Center.

For more information, please call us at 415-514-0715.

Sincerely,

C. Seth Landefeld, MD
Director, UCSF/Mount Zion
Center on Aging
Chief, Division of Geriatrics

Beeson Program Recognizes UCSF Researchers as Rising Stars

UCSF is proud to be the home institution for a total of four Paul Beeson Faculty Scholars in Aging Research. They are:

- **Kenneth E. Covinsky, MD**, Assistant Professor of Medicine, Division of Geriatrics
- **Dale C. Leitman, MD, PhD**, Assistant Adjunct Professor of Obstetrics, Gynecology, and Reproductive Sciences
- **Mary A. Whooley, MD**, Assistant Professor of Medicine, Epidemiology and Biostatistics
- **Kristine Yaffe, MD**, Assistant Professor of Psychiatry, Neurology, Epidemiology and Biostatistics

The Beeson Faculty Scholars are a select group. The prestigious Beeson Program identifies individuals who are strongly committed to excellence in geriatrics and aging research and whose careers are taking off. Applications for the 10 annual Beeson scholarships have numbered as high as 80 per year, and there are only 30 scholars at any one time.

The Paul Beeson Physician Faculty Scholars in Aging Research program originated in 1994 with a pledge of \$8.4 million from the John H. Hartford Foundation to support faculty development in geriatric medicine. The Hartford Foundation was joined in the effort by The Commonwealth Fund and the Alliance for Aging Research. Together, they raised a total of more than \$14 million to support a national competition for scholarships in aging research. Each scholarship provides \$450,000 over a three-year period to outstanding physician-scientists to strengthen and expand research and educational programs in geriatrics in academic centers of excellence.

The Beeson award is unique in its recognition of basic and clinical science. It has a broad base of acceptance criteria and a spectrum of awardees who are diverse in their areas of research interest. Dr.

Covinsky is leading a study on health outcomes of frail nursing home-eligible elders who are living in the community. Dr. Leitman is conducting a project entitled, "Role of Coactivators in Estrogen Repression of Gene Transcription." Dr. Whooley is studying mechanisms of association between depression and poor health outcomes in older patients. Dr. Yaffe is researching "Determinants of Cognitive Change and its Outcomes in African-American and White Elders."

In addition to funding specific research projects, the Beeson scholarship serves as a faculty development award. For each scholar, a senior faculty member at the scholar's institution is selected to serve as a mentor. The mentor guides the scholar's research and career development and provides access to organizations, programs, and colleagues helpful to the scholar's efforts. Three of the awardees (Drs. Covinsky, Yaffe, and Whooley) have selected Dr. Seth Landefeld, Professor of Medicine, Epidemiology and Biostatistics, Chief of the Division of Geriatrics and Director of the UCSF Mt. Zion Center on Aging, as their mentor. Dr. Yaffe is also mentored by Tammy Harris, MD, of the NIH, and Dr. Whooley is also mentored by Warren Browner, MD, MPH, Vice-President, Academic Affairs and Scientific Director, Research Institute, California-Pacific Medical Center.. Dr. Leitman's mentor is Richard I. Weiner, Ph.D., Professor and Associate Chair of Obstetrics, Gynecology, and Reproductive Sciences.

Dr. Covinsky received his award in 1999, and Drs. Yaffe and Whooley are the most recent recipients. Dr. Yaffe is looking forward to beginning her Beeson research program in July, 2001. Dr. Whooley says "the Beeson program provides an exciting opportunity for me to direct my research efforts toward answering questions of special relevance to older patients." Dr. Covinsky states that the Beeson award allowed him the time to take his research in a new direction, asserting that "It allows you to take chances, develop new ideas, and form new collaborations." Dr. Leitman says that the research funding came at a critical time for him, "The finan-

UCSF HouseCalls Program — Providing Care to the Community

The UCSF HouseCalls Program began in July of 1999 with funding from the generous gift of **Mr. & Mrs. Richard Ury** in honor of **Dr. Harry Weinstein**. Dr. Weinstein founded the Mt. Zion Home Care Program and has always been committed to teaching young physicians about caring for the seriously chronically ill in the context of their home environment. With that in mind, the UCSF HouseCalls Program was started.

The program addresses both clinical and educational needs. More than 100 separate patients have been cared for in their own homes by UCSF physicians within the past two years. Three faculty physicians from the Division of Geriatrics currently staff the program. They are: **Gregory Bugaj, MD**, **C. Bree Johnston, MD, MPH**, and **Pauline Terebuh, MD**.

Twenty-five medical residents have rotated through the program, and the number of interns has increased from zero at its inception to fifteen presently. The majority of residents in the program are interested in primary care or women's health and hope to gain skills and insight in the HouseCalls program that will be invaluable to their future careers. According to **Cathy Drake, RN**, program coordinator, "a number of students have decided they really like geriatrics" as a result of their HouseCalls experience.

Patients in the program are managed three different ways: the attending physician can assume responsibility for the patient's primary care; the attending physician can co-manage the patient with another

physician for a period of time; the attending physician can be asked to consult on a patient who is temporarily homebound. Patients are referred to the program from a variety of sources, including the UCSF Home Care Department, the Goldman Institute on Aging MSSP Program, the UCSF/ Mt. Zion clinics via physician referrals, and the occasional community referral.

The program is beneficial in a variety of ways, but the main benefit to the patient is the close collaboration between the Home Care Department and the HouseCalls Program. This allows nursing staff, therapists, and any other health care professional who is seeing the patient in the home an opportunity to consult directly with the attending physician, thus ensuring a greater continuum of care. This is particularly important for patients with complicated health problems because it allows the program staff to tailor care and treatment plans to the needs of the patient.

Beginning in July, 2001, **Rebecca Conant, MD**, will assume the role of Director of UCSF HouseCalls. In this role Dr. Conant will be responsible for the oversight and organization of the program and for assuring the quality of teaching and clinical care. She will coordinate HouseCalls with the UCSF Mt Zion Home Care program and will coordinate the teaching programs with related programs in the Division of Geriatrics and other teaching programs in the UCSF School of Medicine.

Beeson Program Recognizes UCSF (continued)

cial support has allowed me to hire postdoctoral fellows, who have made major contributions to the studies proposed in the grant. The award came when I was trying to establish my laboratory while trying to generate data that is essential for obtaining other grants." Dr. Leitman was able to use the data generated from the Beeson award to obtain additional funding through the Komen Foundation to continue his research.

That four UCSF Beeson Scholars have been funded in the past three years reflects the excellence and growth of aging research at UCSF institution. The recognition of the exceptional work of our faculty, as both researchers and mentors, conveys a message to other institutions of higher learning that exemplary work in gerontology and geriatrics is being done at UCSF. The Beeson scholars at UCSF are making a notable contribution to the field of aging.

AGRC Augmentation Grants Further Efforts to Expand Geriatric Curriculum

The passage of AB 1820, the Geriatric Medical Training Act of 2000, and the special augmentation funding for the Academic Geriatric Resource Program on the University of California health sciences campuses has allowed UCSF to address many issues related to the education of health professions students and residents in geriatrics. The approach of the UCSF Academic Geriatric Resource Center (AGRC) has been to focus on curriculum development and planning for curriculum changes in geriatrics that will have a long-term influence on health professions education at UCSF. The funded projects span all the schools and involve a wide range of health care professionals, educators, and students. Here are some highlights of those efforts:

Strengthening geriatric competencies of primary care physicians: Enhancements in curriculum, clinical experiences, and evaluation for UCSF primary care residents

Robert B. Baron, MD, Director of the Primary Care Internal Medicine Residency Program, is directing this project to increase the number and quality of clinical experiences in geriatrics for primary care residents. A comprehensive evaluation of clinical experiences in geriatrics, the geriatrics curriculum, and resident knowledge, attitudes and competencies is being initiated.

Integration of gerontology/geriatrics content into the first two years of the medical school curriculum

The School of Medicine at UCSF is undergoing a comprehensive process of curriculum revision, and AGRC faculty are involved in these efforts. **Bree Johnston, MD**, is Principal Investigator on a project funded by the American Association of Medical Colleges (AAMC) to integrate geriatrics into the undergraduate medical school curriculum. Dr. Johnston chairs a committee of AGRC faculty, **Linda Mitteness, PhD, Judith Barker, PhD, and William Lyons, MD**, all of whom have strategic positions on the curriculum design teams in the School of Medicine. This committee has had considerable success in developing curriculum content,

case materials, and tools for evaluating clinical learning, which will be incorporated into the revised curriculum.

Development and implementation of the UCSF home care curriculum

The UCSF HouseCalls program is a relatively new training vehicle in geriatrics for medical students and residents. **Drs. Bree Johnston and William Lyons**, both of whom provide clinical training through the HouseCalls program, are developing the home care curriculum.

Planning and implementation of a geriatrics curriculum in sub-acute care

The presence of a UCSF geriatrics faculty on the staff of a sub-acute care program at a skilled nursing facility, through a contractual arrangement with UCSF Health Care, was the impetus for curriculum development in this area. **Dr. William Lyons** is providing leadership in developing this curriculum.

Planning for a buddy system pairing medical students with an older adult

SAGE (Students and Great Elders) is an effort to provide a positive experience with an older adult to sensitize first-year medical students against the negative stereotypes of aging. Students will be allowed to partner with an older person for a required longitudinal patient experience in the Foundations of Patient Care course. **Bree Johnston, MD**, has primary oversight for development of the SAGE program.

Enhancing geriatric training for hospitalists and trainees in hospital medicine

Robert Wachter, MD, and Scott Flanders, MD, Directors of the Hospitalist track, are developing a series of educational modules aimed at enhancing training in geriatrics for Hospitalists and trainees in hospital medicine. Topics include: General Care of the Hospitalized Elder, Management of the Geriatric Surgery Patient, and Geriatric Sub-Acute Care. These modules will be used first to train members of the Hospitalist group, then house staff and students. **Dr. William Lyons** is serving as a consultant in developing the content in geriatrics.

Teach the teachers: Faculty development to improve geriatrics teaching for medical residents

Faculty in the Internal Medicine Residency Program at San Francisco General Hospital (**Helen Chen, MD**, Project Director) are creating a series of seminars which will be used to train key teaching faculty in core content in geriatrics. They, in turn, will teach the content to medical residents in a variety of settings.

Comprehensive geriatric home assessment and clinical linkage curriculum

Margo Vener, MD, is leading a group of Family and Community Medicine (FCM) faculty in developing a structured geriatrics curriculum, using a home visit model, for third-year medical students in the FCM clerkship. Training will be provided for clinical preceptors prior to full implementation of the model.

Bree Johnston, MD, and **Joan B. Wood, PhD**, are providing consultation to this project.

Heart disease in the elderly: Special training for special needs

The Division of Cardiology is developing a one and a half day Continuing Medical Education (CME) program on geriatric cardiology to be offered in November, 2001, for family practitioners, internists, and practicing cardiologists. **Kirsten Fleischmann, MD**, is project director.

Diabetes: Protocols to meet the unique needs of the geriatric population

Martha Nolte, MD, is leading an effort from the Division of Endocrinology to develop an evaluation and management curriculum for UCSF medical students and fellows that addresses the unique needs of the geriatric diabetic patient. Trainees will be taught to conduct a more comprehensive assessment of the goals of care and of the patient's personal resources and to provide linkages to appropriate community resources to support the goals of care.

Geriatric education for students, post-doctoral trainees and faculty in anesthesia, pain, and critical care

The Department of Anesthesia, under the leadership of **Jeanine Wiener-Kronish, MD**, is focusing atten-

tion on geriatrics issues in the ICU, the pain clinic, and the pre-op clinic. With the assistance of faculty from the Division of Geriatrics, they will conduct four geriatric-intensive care, case-based Social Service Rounds during the grant period. Anesthesia Grand Rounds on June 6, 2001, with participation from four hospitals plus residents and medical students, will focus on geriatrics.

Development of an integrated program in gerontology and geriatric dentistry for dental and dental hygiene students

Arnold Kahn, DDS, is leading the efforts of the School of Dentistry to develop a pre-doctoral program in geriatric dentistry for both dental and dental hygiene students. Initial efforts are focused on curriculum development. By the end of the funding period, a curriculum proposal will be presented to the Dean and to the committees responsible for oversight of curricular change.

Curricular planning and evaluation to strengthen the preparation of advanced practice nurses in gerontology to meet the health care needs of older adults

The School of Nursing, under the leadership of **Margaret Wallhagen, PhD, RN, CS, GNP**, Project Director, is reviewing and revising the curriculum for gerontological nurse specialists (Gerontological Nurse Practitioners and Gerontological Clinical Nurse Specialists). The feasibility of developing a Master's degree program in Long Term Care Administration is also being explored.

Geriatric pharmacy education: An assessment of geriatric/gerontology curricula to facilitate long-range planning

The School of Pharmacy is surveying pharmacy programs in California about their curriculum content on specific medication-related issues among older adults as a preliminary step in a three-year plan to expand pharmaceutical education in geriatrics at UCSF. A cadre of faculty with expertise and active interest in geriatrics/gerontology will develop the curriculum. **R. Ron Finley, BS, Pharm**, is leading this effort.

UCSF/Mount Zion Center on Aging

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Names in the News

Helene L. Lipton, PhD, Professor, Dept. of Clinical Pharmacy, addressed the Commonwealth Club of San Francisco on April 24. Her topic was "Debunking the Myths Surrounding a Prescription Drug Benefit under Medicare."

Margaret Wallhagen, PhD, RN, CS, GNP, Associate Professor, Dept. of Physiological Nursing, is first author, with W. J. Strawbridge and G. A. Kaplan, of an article on Five-year Impact of Hearing Impairment on Physical Functioning, Mental Health, and Social Relationships. *British Society of Audiology News*, 2001, 32, 9-11. Dr. Wallhagen also organized and chaired a symposium on Diabetes Mellitus in Older Adults: What is Culturally Competent Care? at the Annual Scientific Meeting of the American Geriatrics Society, May 9-13, 2001, in Chicago, IL.

Nancy Byl, PhD, PT, Associate Professor and Director, Program in Physical Therapy, was awarded the 2000-2001 Catherine Worthingham Fellowship from the American Physical Therapy Association, the highest honor of the association for leadership and contribution to the profession. Dr. Byl also received the Royce B Noland Award

from the California Chapter of the APTA for leadership and contribution to the profession with her lecture delivered at the 2001 annual meeting.

M.A. Gropper and Jeanine P. Wiener-Kronish, MD, Professor and Vice-Chair, Dept. of Anesthesia and Perioperative Care, are Editors of *Conscious Sedation*, published by Hanley & Belfus, 2001. This book includes a chapter on sedation in the elderly. Dr. Wiener-Kronish is a Visiting Professor in Basel, Switzerland, this spring and is an invited speaker to the European Society of Anesthesia.

R. Ron Finley, BS.Pharm, RPh, Lecturer, Dept. of Clinical Pharmacy, has published Alzheimer's Disease: Options in the Decade of Treatment in *Clinical Trends in Pharmacy Practice*, 14 (2), 2000. Mr. Finley was also a contributor to *Eldercare at Home: Chapter 23, Using Medications Safely*. Foundation for Health in Aging, American Geriatrics Society. <http://www.healthinaging.org>

Joan B. Wood, PhD, UCSF Mt. Zion Center on Aging and UCSF Academic Geriatric Resource Center, was invited to address a Statewide Task Force on Oral Health with Disabilities on Aging and Disability on May 3, 2001, in San Francisco.