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# DIVISION OF GERIATRIC MEDICINE DEPARTMENT OF MEDICINE

Issue 12 February 2015

# GERIATRIC MEDICINE at the University of Toronto

# Dr. Jennifer Watt receiving her prize from David Rocco

One of our residents, Dr.Jennifer Watt, PGY4 won a door prize at a fundraising event for The Division of Geriatrics at Sunnybrook held by the Ipinia Club.

Jennifer won an Italian cooking themed gift bag from David Rocco celebrity chef and star of the Food Network.



In 1994, the Canadian College of Health Leaders and 3M Canada Company launched the **3M Health Care Quality Team Awards** to encourage and recognize innovation in health services by linking two important concepts: quality and teams. We are pleased to announce that the 2014 3M Health Care Quality Team Awards Recipient for Programs and Processes in an Acute Hospital Environment is Mount Sinai Hospital. Mount Sinai's ACE strategy was launched in 2010 to improve how care to older patients is delivered. The hospital, under this strategy, implemented a series of evidence informed but tailored interventions. The strategy links these interventions to create a more seamless, integrated delivery-model spanning the continuum of care through strong partnerships with the Toronto Central Community Care Access Centre and Community Support Services Agencies. This strategy is enabled by an interprofessional team-based approach to care as well as technological innovations with a focus on maintaining the independence of older adults in our community for as long as possible.

The strategy includes a multi-year action plan to evaluate progress and make refinements using a balanced scorecard and a benchmarking system that allows for quarterly, regional performance comparators to identify areas of improvement.

Since 2009-10, Mount Sinai Hospital has seen a 31% increase in the number of admitted older adults (65+) it serves on an annual basis. In that time, the strategy allowed us to reduce our average total length of stay per patient by more than 28% and decrease our average ALC days by 18%. Our patients are now more likely to go directly home, are less likely to be readmitted and are more satisfied with our care. Despite the increase in patient volumes, our approach which required minimal financial investments, but rather a different approach to the way we work, has reduced our overall care costs by more than \$6.4 million in 2012-13 alone.

Contact: Dr. Samir K. Sinha Director of Geriatrics Mount Sinai Hospital

ssinha@mtsinai.on.ca



## Education

# Dr. Samir Sinha-Honorary Diploma/50 Most Important People

Michener Institute for Applied Health Sciences celebrated the achievements of Dr.Samir Sinha as the 2014 Honorary Diploma recipient!

Dr. Samir Sinha was also named one of the top 50 most important people in Canada by MacLean's Magazine.

#### Read more online:

http://www.macleans.ca/news/canada/the-macleans-power-list-the-50-most-important-people-in-canada/#pow47



Dr. Samir Sinha is a passionate and respected advocate for the needs of older adults. Dr. Sinha currently serves as the Director of Geriatrics at Mount Sinai and the University Health Network Hospitals in Toronto and in 2012 he was appointed by the Government of Ontario government to serve as the expert lead of the Ontario's Seniors Strategy. He is also an Assistant Professor of Medicine at the University of Toronto and the Johns Hopkins University School of Medicine.

Dr. Sinha's breadth of international training and expertise in health policy and the delivery of services related to the care of the elderly have made him a highly regarded expert in the care of older adults and around the implementation and administration of unique, integrated and innovative models of genitaric care that reduce disease burden, improve access and capacity and ultimately promote health.

# Geriatric Medicine Trust Fund: Supporting Trainee Education

As we approach the holiday season, why not consider a gift that keeps on giving?

A donation to the Geriatric Medicine Trust Fund will help to support training and educational initiatives for trainees, including educational resources, speaker honoraria and networking opportunities. Geriatric Medicine is one of the only divisions that does not receive corporate pharmaceutical support.

Make a donation today! Charitable tax receipts will be issued.

- Visit <a href="https://donate.utoronto.ca/deptmedicine">https://donate.utoronto.ca/deptmedicine</a>
- Click on "Geriatric Trainee Trust Fund", enter an amount to donate and click "Add to cart"
- Follow the prompts to enter your personal information

The Department of Medicine will develop and annual reports outlining donations from division members. Funds received to date, and how monies are directed, will be presented at the upcoming Division Retreat at the King Edward Hotel on Thursday, December 12, 2013.

# Welcome to our new Residents in Geriatric Medicine

**Jillian Alston** is an internal medicine resident from the University of Toronto. Earlier this year, Jillian won the resident presentation award at the Combined University Geriatrics Research Day. She is interested in clinical epidemiology and health service research, enjoys travelling and playing ultimate Frisbee.

**Syed Yaser Habeeb** is an internal medicine resident from Queen's University of Toronto. He is interested in education and has been mentored by Sudeep Gill, a graduate of our Toronto program. Yaser enjoys public speaking and debating and has been active in leadership roles throughout his training.

**Nathan Stall** is an internal medicine resident from the University of Toronto. Nathan is interested in public policy and health services research. He has been a vocal advocate against ageism, the hidden curriculum. He has published a series of commentaries in CMAJ and regularly contributes to HealthyDebate.ca.

Maia von Maltzahn is an internal medicine resident from the University of Saskatchewan. She has an interest in clinical epidemiology, ethics in health care and enjoys teaching. She is passionate about all things geriatric and has done geriatric electives across the country. Maia's current research project focuses on delirium.

# Dr. Barbara Liu awarded Leo N. Steven Award for Excellence in Leadership

Sunnybrook has in place many different types of recognition awards to honour the extraordinary contributions of health professionals, students and service/support staff. The Hospital and Board of Directors wanted to create an opportunity to recognize extraordinary leadership in the Leo N. Steven Award.

Sunnybrook Hospital was pleased to announce that Dr.Barbara Liu was awarded this highest honour for congratulating these extraordinary individuals who through their leadership contribute to Sunnybrook's vision to invent the future of healthcare with the Senior Friendly Initiative.

Congratulations to Dr.Barbara Liu, the Senior Friendly Hospital Team and the Regional Geriatric Program of Toronto!

#### Announcements

# **Dr.Margaret Grant- Physician of the Year**

The Division of Geriatric Medicine would like to congratulate Dr.Margaret Grant with receiving the Physician of the Year award from Trillium Health Partners for her work with seniors and rehabilitation. Dr. Grant was recognized for her exemplary leadership skills in bringing teams of health care professionals together to develop studies and pilot projects that can help improve patient care. The Trillium Health Partners (THP) Better Together Awards recognize those who demonstrate and lead the advancement of collaborative practice at THP. It also recognizes individuals that consistently demonstrate THP values of compassion, courage and excellence

# Dr. Camilla Wong receives Outstanding Teacher Award at Higgin's Day Event 2014

Congratulations to Dr.Camilla Wong on receiving the St.Michael's Hospital— Department of Medicine Outstanding Postgraduate Teaching Award at the annual Higgin's Day Event.

#### Profiles- Dr. Dan Liberman



Under Dr. Liberman's leadership, the Geriatric Rehab Program is restructuring the patient admission process, aiming to help seniors bypass the emergency room or avoid unnecessary acute care hospitalizations. "I have always been passionate about the care

of elderly patients. Growing older is a beautiful thing, and I aim to help my patients lead long, healthy, lives filled with meaning."

Ensuring health and safety requires safety precautions. For seniors and their loved ones, it is important to become informed and proactive in their care. "There is an abundance of free resources available to seniors," explains Dr. Liberman. "Ask questions about your health and stay connected."

Organizations like University Health Network (UHN), Alzheimer's Society and local Community Care Access Centres (CCAC) provide excellent health and safety information for seniors.

He also encourages patients and families to take every safety precaution at home. "Outfit your house with a falls prevention system, wear a medical alert device or have an occupational therapist provide an in-home assessment."

Most importantly, Dr. Liberman advises seniors to continue doing what they love to do. "Don't give up just because you had a bad day," he says. "Whether it is reading, being social or going to the theatre, continue to lead your life the way you want to, keeping in mind your safety and well-being."

### **Babies!**



Catherine Talbot-Hamon and future Geriatrician Alexis attending the Geriatric Divisional Retreat!

Congratulations Catherine and Maxime!



Grace Leung and her husband welcomed Baby Anna on Wednesday January 21st! Congratulations!



Have an upcoming event or announcement that you would like to share with the division in an upcoming issue?

Send pertinent details to: steve.livshin@sunnybrook.ca

#### Announcements

Dr. Jarred Rosenberg- Harry and Rose Perlstein Graduate Award

The Division of Geriatric Medicine would like to congratulate Dr. Jarred Rosenberg as he was awarded the Harry and Rose Perlstein Graduate Award for his project entitled "Improving antimicrobial stewardship in long-term care."

The Harry and Rose Perlstein Graduate Award is presented to a student in the MSc QIPS concentration, whose project has a potential to benefit patients in long-term care or post-acute care.

Mr. Perlstein, the donor, would like his award to improve quality and safety in a long-term care or post-acute care setting in memory of his wife Rose .

## MOCA Test- Now available in 36 Languages and Dialects

It is currently used for detection of Mild Cognitive Impairment in multiple conditions:

MCI/Alzheimer's disease, Vascular Cognitive Impairment, Parkinson, HIV, Frontotemporal dementia, Huntington, Multiple Sclerosis, Heart failure, Lung disease, REM sleep disorders, Sleep apnea, Substance abuse, Visual impairment, Brain tumors, Lupus, Epilepsy. It has been validated in 21 languages/dialects.

See References' section for more information at www.mocatest.org .

#### Manulife Walk for Memories 2015

Thank you to Dilpriya and her team of "Cognitive enhancers", and all those who raised money in support of the Alzheimer Society of Toronto by participating in the 2015 Walk for Memories.

The team far surpassed their goal and managed to raise \$3882 for the Alzheimer Society Manulife Walk for Memories and we couldn't be more excited!

The "Cognitive Enhancers" were in the Top 50 Fundraisers! This money will go a long way to help those living with Dementia.



# **Upcoming Events**

- Journal Club (Fri, Feb. 27 2015—8:00am-9:30am)
- Jennifer Watt and Joanne Ho

Broadcast from:

•Mount Sinai, A01-212 rm. #1

Videoconferencing available at:

- •Sunnybrook- Room M1006
- •St. Michael's, Shuter rm. 3-054
- •Baycrest, Telehealth Boardroom 2A11
- •Sunnybrook- Room C103
- ●NYGH Classroom C
- •Trillium 1028 on 1B-M Site
- •North York General, Classroom C
- •Orillia Soldier's Memorial Hospital
- •St. Joseph's, Conference room
- •St.Mary's Room 4-544
- Journal Club (Fri, March 27th 2015— 8:00am-9:30am)
- Stephanie Siu and Martha Carmichael

Videoconferencing available at:

- •Mount Sinai, A01-212 rm. #1
- •Sunnybrook- Room M1006
- •St. Michael's, Shuter rm. 3-054
- •Baycrest, Telehealth Boardroom 2A11
- •Sunnybrook- Room C103
- ●NYGH Classroom C
- •Trillium 1028 on 1B-M Site
- •North York General, Classroom C
- •Orillia Soldier's Memorial Hospital
- •St. Joseph's, Conference room
- •St.Mary's Room 4-544

Graduation Date: June 22nd, 2016

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# Combined University Research Day 2014- Award Winners

#### Masters/Graduate:

3<sup>rd</sup> place: Ikdip Brar -1 year survival in AML patients

2<sup>nd</sup> place: Narhari Timilshina- Cardiovascular reserve capacity and Arterial stiffening in SA older adults

1<sup>st</sup> place: Natasha Lane- socioeconomic status and disease burden

#### Resident:

3<sup>rd</sup> place: Christine Ibrahim-QI study on Resuscitation status

2<sup>nd</sup> place: Jason Kerr- Journals and editors

1<sup>st</sup>: Jillian Alston- Strategies for MCI: systematic review

#### Undergraduate:

3<sup>rd</sup> place: Husavn Gulamhusein- Biphosphonate Rx in men on ADT

2<sup>nd</sup> place: Adrian Chan-IMAT w/ and w/out T2DM

1st place: Christina Reppas- Physician contact and Anticholinergic in older adults w/Dementia

# Brickworks Skating Event 2015- Sunday March 8th, 2015

Come join us at the next Geriatric Medicine Social Event, when the Division takes to the ice at Evergreen Brickworks for our 2nd annual Hot Chocolate and Skating event:

Sunday March 8th 4:00 to 5:30pm

Evergreen Brickworks 550 Bayview Avenue

(http://www.evergreen.ca/get-involved/evergreen-brick-works/visitor-info/) Skates and helmets will be available for those who need them.

Hot chocolate and marshmallows will be served.

Other activities available at Evergreen Brickworks that day:(http://www.evergreen.ca/whats-on/event-details/11214)
- Evergreen Garden Market 9am-6pm - Cafe Belong 10am-3pm

- Farmers' Market 10am-3pm

Sowing Seeds: Planting Demo and Info session 1-1:30pm

No RSVP necessary this year -- come and join us if you are able to!

# Program resources are just a click away!

Division of Geriatric Medicine materials and resources are available through the UofT Portal. Access is membership based and is limited to Division faculty and trainees.

#### **FEATURES**

- Journal Club articles, presentation material and schedule
- Academic Half-Day presentation materials
- Forms (e.g. leave request)
- Division newsletters
- Residency Program Committee meeting minutes
- · Program Manual and updates
- Current rotation schedule

#### TO ACCESS PROGRAM PORTAL

- Login at <a href="https://">https://</a> weblogin.utoronto.ca/ and enter your UTORid username and password
- Once logged in, you will be directed to a new page; click on "Portal" link on the top right part of the screen
- From the UofT Portal homepage, click on the "Log in to the portal" icon - this will direct you to a new page
- click on "Geriatric Medicine" link under "My Organizations Plus"

#### TO JOIN

To access the portal, please forward your UTORid username (e.g. "janedoe") to <a href="mailto:liis-ann.klein@sunnybrook.ca">liis-ann.klein@sunnybrook.ca</a>





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