The Center for Geriatric Medicine at UH Case Medical Center is a multidisciplinary center marshaling resources to meet the growing demand from our community for improved care of older adults. The center is a collaborative program sponsored by the Departments of Family Medicine, Internal Medicine and Nursing and is devoted to the health and well-being of geriatric patients. These three departments work closely together, ensuring that the center’s innovative programming extends from UH Case Medical Center to system community hospitals and community agencies. As a result, the center is a nationally recognized exemplar of geriatric care in the hospital, community and home.

Among the nation’s leading academic medical centers, UH Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine.

With more than 1,000 registered beds, UH Case Medical Center provides primary, specialty and subspecialty medical and surgical care. Located in the heart of Cleveland’s University Circle on a beautiful 35-acre campus, UH Case Medical Center includes general medical, intensive care and surgical units as well as three major hospitals:

- UNIVERSITY HOSPITALS SEIDMAN CANCER CENTER
- UNIVERSITY HOSPITALS MACDONALD WOMEN’S HOSPITAL
- UNIVERSITY HOSPITALS RAINBOW BABIES & CHILDREN’S HOSPITAL

Our physicians and researchers – who also serve as faculty at Case Western Reserve University School of Medicine – are leaders in their respective fields, and their ongoing clinical research programs push the boundaries of medical progress.

To learn more, visit UHhospitals.org

ACCELERATING BREAKTHROUGH DISCOVERIES INTO MEDICINES

The Harrington Discovery Institute at University Hospitals is the nonprofit arm of The Harrington Project for Discovery & Development, a national initiative supporting breakthrough research by physician-scientists. The Harrington Project is a new and powerful approach to address the challenges of advancing discoveries into medicines.

To learn more, visit HarringtonDiscovery.org

Visit UHhospitals.org/CME for the latest in live, webinar and on-demand Continuing Medical Education events.
UH Case Medical Center’s Acute Care for the Elderly (ACE) program, the first of its kind in the nation, combines the principles of geriatric assessment and quality improvement within the context of the hospital’s culture. The ACE interdisciplinary team consists of a geriatrician, gerontologic clinical nurse specialist, social worker, pharmacist, rehabilitation therapist, dietitian and floor nurses. This team recommends interventions to improve care for frail elders, such as providing early referrals to therapy services and identifying medications that could exacerbate confusion or balance issues.

The ACE team conducts rounds on both medical and surgical floors, as well as in a new eight-bed, physician-led ACE inpatient unit that opened in July 2014. The team also provides geriatric consults for patients older than age 65 throughout the hospital.

The ACE unit is the site of the new Prevention of Incident Delirium in the Elderly (PRIDE) program, which launched in the summer of 2014 under the leadership of Gowrishankar Gnanasekaran, MD, MPH, Center for Geriatric Medicine, UH Case Medical Center; and Assistant Professor of Medicine, Case Western Reserve University School of Medicine.

The concept of PRIDE is simple: to cognitively and physically engage elderly patients to reduce the risk of delirium and confusion. Trained volunteers spend up to two hours a week interacting one-on-one with patients in activities such as playing cards, looking through photo albums and performing simple exercises, mixing a physical activity with a cognitively engaging one. Once patients are discharged, the volunteers follow up with phone calls to assess the benefits of these interventions.

Up to 50 percent of elderly patients may develop delirium during a hospital stay, according to Stefan Gravenstein, MD, MPH, CMD, AGSF, FACP, Associate Director for Research, Center for Geriatric Medicine, UH Case Medical Center; and Professor of Medicine, School of Medicine. By reducing this risk, the PRIDE program has the potential to shorten lengths of stay and improve outcomes.

Other model programs at the Center for Geriatric Medicine focus on training and retaining quality staff and developing a culture of continuous quality improvement. The following programs have been launched in the Hanna House Skilled Nursing Center, a post-acute care site for UH Case Medical Center:

- The Intensive Nurse Practitioner Orientation (INPO) program gives nurse practitioners who are new graduates or new to UH, hands-on experience in the field. They also receive training in the technology and processes specific to UH Case Medical Center, such as the electronic medical records system. The INPO curriculum was developed by Catherine Roscoe-Herbert, DNP, APRN, FGNLA, geriatric nurse practitioner and clinical nurse specialist, Center for Geriatric Medicine, UH Case Medical Center. The program lasts from one to three months, depending on the nurse practitioner’s experience, and serves as an additional clinical rotation to increase skills and confidence.

- Hanna House also is the site of a Lean Six Sigma initiative, a quality improvement program used by businesses to streamline manufacturing processes and eliminate waste; it has been adapted by health care facilities nationwide to prevent medical mistakes, decrease mortality rates, lessen lengths of stay and improve patient care. The Hanna House initiative, led by Sandy Chang, MD, MHS, Assistant Professor of Family Medicine and Community Health, School of Medicine, is aimed at streamlining work flows, simplifying the admissions process and improving patient handoffs between clinicians.

- UH Case Medical Center continues to participate in the Nurses Improving Care for Health System Elders (NICHE) program, a national senior care initiative to improve the care of older hospitalized adults by training nurses to become geriatric resource specialists. More than 400 nurses have completed the geriatrics nurse training program so far, and some have gone on to be credentialed in geriatric care.

All National Institutes of Health (NIH) funding for basic and clinical research is awarded to the School of Medicine at Case Western Reserve University.
Every year, UH Case Medical Center engages in an evaluation process to maintain its NICHE designation. In 2013, the hospital was awarded “Exemplar” status, the highest of the four levels of recognition, acknowledging the significant accomplishments and ongoing commitment to geriatric care as demonstrated by a rigorous review of the hospital’s organizational structure, leadership, staff competence and more. Only 49 hospitals nationwide have achieved Exemplar status.

Under the leadership of Dr. Roscoe-Herbert, the Center for Geriatric Medicine has extended NICHE to institutions and agencies outside the hospital setting and dramatically increased geriatric resource specialists at UH Case Medical Center; six community hospitals and several nursing facilities are now NICHE partners.

When it comes to caring for older adults in the hospital, the home and the community, the Center for Geriatric Medicine offers a depth of care and scope of services that is unmatched by any other medical center in Ohio.

UH Case Medical Center Palliative Care Consultation Service focuses on preventing or easing pain, stress and suffering and improving communication during a serious illness to offer patients and their families the best possible quality of life. Palliative Care is an active and growing program that began in 2008 with 200 consultations and now provides more than 900 consultations a year.

The Hanna House Skilled Nursing Center is an important post-acute care site for UH Case Medical Center. The Center for Geriatric Medicine works closely with Hanna House and several area nursing facilities to provide short- and long-term skilled medical care. The model of care emphasizes a collaborative partnership between geriatrician and gerontologic nurse practitioner.

UH Foley ElderHealth Center brings together geriatricians, behavioral neurologists, and social workers and nurses specializing in geriatrics to address issues pertinent to older adults. This interdisciplinary team of health professionals works together with the patient and caregivers to clarify care issues and devise goals of care that respond to individual needs.

Taryn Lee, MD, who joined UH in 2001 from the Weill Cornell Medical College in New York City, serves as the Program Director for the UH/VA Geriatric Medicine Fellowship Program. Dr. Lee is the Medical Director for UH Foley ElderHealth Center and also serves as an Assistant Professor, Department of Medicine, School of Medicine. This highly regarded Geriatric Medicine Fellowship training program for family physicians and internists interested in obtaining in-depth expertise in senior care also provides extensive training to medical students and residents seeking to understand the unique aspects of care for the older adult.
UH Case Medical Center’s physicians, surgeons and scientists – all members of the faculty of Case Western Reserve University School of Medicine – are leaders in their respective fields, and their ongoing research programs are at the leading edge of medical progress. A strong emphasis on translational, or “bench-to-bedside,” research means that new and innovative treatments and technologies transfer more rapidly from the research laboratory to actual patient care.

In concert with their clinical and academic activities, the Department of Family Medicine and Community Health and the Department of Internal Medicine conduct clinical research in areas such as cancer, chronic illnesses, cardiovascular disease, Alzheimer’s disease, preventive care and physician-patient communication that will help primary care physicians and geriatricians better navigate patients through the ever-changing health care landscape.

Researchers at the Brain Health & Memory Center in the UH Neurological Institute are conducting drug trials in Alzheimer’s disease and frontotemporal dementia, studies of the genetics of Alzheimer’s disease, and research on caregiving methods and outcomes for patients with Alzheimer’s disease.

David H. Canaday, MD, Associate Director of Research, Geriatric Research, Education and Clinical Center (GRECC), Louis Stokes Cleveland VA Medical Center, and Associate Professor, Division of Infectious Disease, Case Western Reserve University School of Medicine, conducts research to determine defects in the human immune system that occur with aging. One current aspect of this project is trying to determine predictors of the failure of influenza and shingles vaccination in older adults. He is collaborating with Dr. Gravenstein on this project.

Peter DeGolia, MD, CMD, Jack H. Medalie Professor in Home-Centered Health Care, and Professor, Department of Family Medicine and Community Health, School of Medicine, was awarded a grant through the School of Medicine to research the impact of environmental home assessments on health care of frail elders. With the development of a screening tool that clinicians can use in the office, more elderly patients will be able to remain in their homes independently.

Dr. Stefan Gravenstein is the principal investigator on a national study that looks at comparative effectiveness of the high-dose influenza vaccine in nursing homes. The 800-nursing home study is among the largest prospective randomized control trials ever, and utilizes a pragmatic (cost-effective) approach for conducting large-scale clinical comparative effectiveness of various medical and nonmedical interventions.

In addition, Dr. Gravenstein is also involved in a number of other clinical research projects, including:

- A collaboration with Nick Cohen, MD, Clinical Instructor, Family Medicine, School of Medicine, in the Department of Family Medicine and Community Health funded by an auxiliary grant that is focused on improving patient self-management skills.
- A co-investigator role with Brown University’s Rosa Baier, MPH, on an Agency for Healthcare Research and Quality’s grant looking at how information is presented on quality measures and how it affects consumer choice.
- Studying delirium prevention with Dr. Gowrishankar Gnanasekaran.
- A proposal under review that examines cytokines, trauma and aging.

Dr. Sandy Chang comes to UH from Yale University. Dr. Chang, a 2011 Hartford Scholar in Geriatric Medicine, conducts clinical research on the epidemiology of aging, including the impact of chronic disease on frail elders. She is also working with Drs. DeGolia, Gnanasekaran and Gravenstein on a project to improve PACE patient’s utilization.

All National Institutes of Health (NIH) funding for basic and clinical research is awarded to the School of Medicine at Case Western Reserve University.
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