

CPMII notes 1/14/13 - Session 1 - Overview

HW assignment for next time: recite story on handout (about "just being old") to elderly person.

Tips for dealing with patients:

Find way to add your own humor/ personality.

Give HW assignments to patients (get BP test, paraffin bath to help with arthritic hands...)

A lot of geriatric medicine has certain online assessments (geriatric depression scale, activities of daily living...). Patients answer questions themselves so doctors/med students don't have to ask. Look at report to know where to start when working with patient.

Students should look into iPhone apps: Stall geriatrics. 7 different apps, each one \$1.99. These may be very helpful for med students working with geriatric population.

Key Principles of Geriatric Medicine:

1. Man with blank stare, has Urosepsis (severe urinary infection). He was sent back home healthy and happy with logical approach (Atbs)

2. Find out last time patient was well and what their function was. Goal is to figure out what is wrong and get them back to previous level of functioning. Realize that gradual decline in function is not necessarily Alzheimer's. Example, there can be gradual decline in blood count, gradual decline in vision etc. Often when things are gradual, it is easy to not notice change.

3. Medication use in elderly. Cost and management are very important. Eg, 65 yo patient, on 20 rx meds. Physician was able to discontinue 20 medications. Patient was still fine 1 week later and wanted him to get rid of more.

4. Agism is important factor to consider.

5. Look for and treat dis-ease, not just disease. Anything that can cause lack of comfort or lack of ease. Looking at it this way will allow you to treat patient more effectively. You may not be able to get rid of their chronic disease but can help with dis-ease. Geriatric specialists should maximize QOL and functional ability.

6. Uncle Leo is barefoot skiing. This shows that even at older ages, people can still be very active and enjoy activities they did at younger ages.

7. Patient with Hb of 5 and colon cancer which is gradually declining. When the doctors ask if there was anything they could get her while they went out to lunch, patient said she would like a donut. They brought her back a donut and Krispy Kreme hat which made her smile even though she passed 2 weeks later.

Transference= the transfer feelings onto caregiver. eg) depressed patient makes caregiver feel depressed.

Our country is 13% geriatrics.

Baby boomers: 1946-1964

The social determinants of health have an overall greater effect on health and well being. These include: poverty, education, housing, personal safety, nutrition.

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