

October 2018

Baylor Geriatrics Section Annual Report

The Section of Geriatrics had a very challenging year. We survive and continue to deliver high quality, compassionate healthcare at many venues. At Houston Methodist Hospital (HMH), Geriatrics was ranked 29th in the nation out of 1,516 hospitals by U.S. News, and Baylor Geriatrics is the only Geriatrics at HMH. At Baylor St. Lukes Medical Center (BSLMC), Geriatrics was ranked as High Performing by U.S. News. Ownership changes at Park Plaza Hospital resulted in the displacement of our outpatient clinic. It was a very difficult move, but we have finally settled in affiliation with BSLMC to practice at Kirby Glen, a wonderful, accessible location less than 2 miles from the Medical Center. If the saying "Nothing worthwhile is easy" is true, then this arduous journey should lead us to the "promised land". We hope to have fellows, faculty, and nurses caring for older people in a smoothly operating practice soon while enjoying free parking and easy access. We were also able to celebrate Dr. Robert J. Luchi's 90th birthday. Dr. Luchi, who founded the Geriatrics section at BCM, and his wife, Jean, flew down from Kansas City for a wonderful opportunity, hosted by Rashmi Jaitly and the Huffington Center on Aging, to embrace successful aging and reflect on our incredible accomplishments.

Baylor Geriatrics is unique in providing care in numerous sites across institutional and geographic lines. Our private practice sees inpatients in consultation at BSLMC and HMH, provides continuing care in facilities close to the medical center and provides outpatient wound care. Our Harris Health practice at Ben Taub General and Quentin Mease Hospitals remain active and Harris Health provides the support for our House Calls program. The House Calls team was featured in a number of media outlets including Houston's Channel 2. At the Michael E. DeBakey Veterans Affairs Medical Center patient care is provided across the continuum from the nursing home (CLC) to the clinic with a growing interest in providing Geriatric and Palliative Care in hospital and at home. We are honored to have the last of the "Greatest Generation" entrusted to our care at the VA. The CLC has moved up in quality over the past years. It is now ranked 9th out of 135 CLC's in the nation by SAIL quality measures. A recent visit to the CLC resulted in zero findings. Usually only 2-3 CLC's per year out of 135 achieve this distinction. We have developed wound care as an area of expertise, now providing outpatient wound care at BSLMC, HMH, MEDVAMC, and to inpatients at HHS. Our Innovation interventions have decreased the exposure to drugs known to cause delirium for thousands of elders throughout the Methodist systems. Using EPIC to protect older patients from delirium was so novel that some of the team were invited to Wisconsin to the Epic User's Group Meeting to present their work.

Our faculty continues to play an important role training future clinicians and researchers in geriatrics and gerontology. Our educational impact outweighs our modest size. The Geriatrics track for our BCM medical students is on hiatus, but the student interest group (SAGI) under the leadership of BCM medical student Koby Kaplan has been revitalized. Dr. Major has updated ARTS (Age-Related ThemeS), our didactic course that occurs at the end of the second year of medical school. The Capstone course, the last didactics before graduation for BCM students, includes important input from Geriatrics faculty including Ursula Braun. Every BCM student did a house call with Geriatrics faculty members; this is a unique teaching experience, reminding learners that patients are real people. The house calls clinicians take the medical student with a University of Houston pharmacy student to create an interdisciplinary learning experience. We teach geriatrics to medicine core clerkship students monthly at Ben Taub Hospital. Many medical students choose electives with Geriatrics faculty. All BCM physician assistant

students get training and mentorship at the MEDVAMC, coordinated in part by Mike Anderson, PA-C. To get a clinical perspective on their basic science work, Ph.D. candidates from the Huffington Center on Aging rotate with us. All upper level BCM internal medicine residents spend four weeks on Geriatrics in a unique experience where they work for two weeks on the inpatient consult service at BSLMC and then spend two weeks out of the hospital exploring the continuum of care for older people. This innovation has been greatly appreciated and has lasting impact. We also train BCM family medicine residents and HMH family and internal medicine residents in a variety of venues. The Geriatrics PA residency is the only one of its type in the nation, recruiting excellent candidates from across the nation to do additional training in Geriatrics with our faculty. Its success with two slots spurred an increase to three slots for January 2019. Our Geriatric fellowship program is among the largest and most sought after in the nation lead by Angela Catic. Six first year fellows started in July and six graduated the day before. Annie Smith was our most famous graduating fellow, transported by a Houston Fire Department dump truck to the hospital to deliver Adrielle during the peak of Hurricane Harvey. Annie, husband Gregg, and Adrielle had the highest impact factor of any BCM member, appearing in hundreds of news outlets across the world including the Washington Post and People magazine. Another fellow finished her second year with a focus on quality improvement as it relates to house calls. This unique focus led Claire Campbell to be recognized as a national leader for education in this area and was vital to our program being chosen to be 1 of 9 programs nationally who will participate in the new Learning Collaborative for Quality Improvement in House Calls. Another fellow, Mariam Ahmed, started her second year focused on wound care. Under the leadership of Aimee Garcia, BCM Geriatrics created the only Geriatrics based academic wound care fellowship in the nation. New fellowship slots in palliative care in collaboration with M.D. Anderson Hospital have been organized through the efforts of Drs. Braun and Syed Imam. These will be filled outside the “match” this year, but are planned as an important “non-oncology” focused component of the best in the nation M.D. Anderson palliative care training program . Our educational efforts were not limited to trainees as BCM Geriatrics held its first CME course in June under the leadership of Syed Imam. It was well attended, very well received, and laid the foundation for further courses. The Elder Investor Fraud program, led by Bob Roush, has trained physicians, lawyers and financial advisers in more than half the states and is soon to be made electronic.

The true strength of our section is its people. Lurie McAdow, PA-C retired after more than twenty years of leading the PA efforts at the VA and Rose Dust, PA-C one of the early graduates of the PA residency in Geriatrics moved from the MEDVAMC to Colorado. Mike Anderson, PA-C, another graduate of the PA residency in Geriatrics, joined and will help direct the residency program. Marcia Yparraguirre, our long term administrator and steady hand upon our tiller, is now leading the AMS/HHS relationship at UT Houston. Khelli Simpson, joined BCM Geriatrics from billing to lead administration for the Section. Don Chen, a former fellow who helped develop Home based care at the VA, left as well. Vinh Nguyen, one of our former fellows, returned from California to join the Home Based Primary Care program at the VA. Francisco Loaiciga joined the MEDVAMC to provide palliative care in the homes of dying veterans. Kayla Hall, a nurse practitioner on the house calls team, left to join Methodist Orthopedics. And Nancy Wilson, who brought appreciation of social workers to multitudes of Geriatrics physicians, retired as well.

Our top-notch faculty received many accolades at the local and national levels. For example, we have more “super docs” than the other programs in Geriatrics in Houston. We represent BCM in major professional society meetings; our faculty holds leadership positions within the American Geriatrics

Society, the Gerontological Society of America, American Academy of House Call Medicine, and American Medical Directors Association.

Geriatrics Section members contributed to research funding in 2018. While none of the funds gets directly credited to the Section, key collaborations with Psychiatry, Surgery, Otolaryngology, Endocrinology, Cardiovascular Research, Health Systems Research, and industry were critical to the successes of our collaborators. With our colleagues in the Huffington Center on Aging, a large number of papers in scientific journals including the top journal in our field, Journal of the American Geriatrics Society. The enduring products include a wonderful book, Ethical Considerations and Challenges in Geriatrics, edited by Angela Catic that featured contributions of many of the BCM Geriatrics faculty, fellows and former fellows. The faculty has made a large number of local and regional presentations. The fellows and faculty had a major presence at the BCM Housestaff Research Day with all fellows presenting their efforts during that event. Similarly, the presence of the Geriatrics Section made up almost all the clinical poster presentation at the annual HCOA day.

In summary despite the wandering in the desert this year, BCM Geriatrics faculty was able to keep their focus on the next generation of providers, and our mission “to advance the quality of late life through exemplary research, education, patient care, and community outreach.”

Respectfully submitted,

George E. Taffet, M.D., FACP
Professor in Medicine
Chief, Geriatrics
Geriatrics and Cardiovascular Sciences
Robert J. Luchi, M.D. Chair in Geriatric Medicine
Baylor College of Medicine
Head of the Division of Geriatrics
Houston Methodist Hospital

AWARDS & HONORS

Agarwal, Major, Taffet: Top Doctors in the City of Houston 2018

Garcia, Taffet: Top Geriatric Doctors Castle Connolly 2018

Catic, Selleck, Taffet: Super Doctors, Houston 2018

Agarwal: Woman of Excellence at Baylor College of Medicine. Co-Winner National Association of Hospital Pharmacy Prize 2017; Top Doctors in the City of Houston 2018

Braun: Program Leader, Palliative Care Fellowship Program, MEDVAMC; Leader, Breaking Bad News, CAPSTONE Course BCM

Catic: Program Director for Baylor Geriatrics Fellowship Program; Physician leader VA Physician Assistant Residency Program in Geriatrics; Leader, Educational Swaps Program, American Geriatrics Society; PA Collaborating Physician of 2018 MEDVAMC; Super Doctors, Houston 2018

Cintron: Clinical Supervisor Ethics Program, Harris Health;

Garcia: Director, MEDVAMC Wound Care Program; Top Geriatric Doctors Castle Connolly 2018

Jaitly: Director, HMM Wound Care Program

Johnson: Leader, Non-Physician Faculty Promotion Facilitator for BCM; Promotion to Assistant Professor, BCM

Khin: Director, Geriatric selectives for BCM medical students, Physician champion, Harris Health Wound Care Committee

Major: Leader, House Calls Program; Course Leader, Age-Related Themes, BCM; Education Committee, AACMH; Top Doctors in the City of Houston 2018

Nguyen: Leader, Home Based Primary Care

Reyser: Director, Continuity Experience BCM Family Medicine residency program.

Roush: Leader, Elder Investor Fraud Program (with Naik and Kunik)

Salmeron: Leader, Post-Acute care program

Selleck: Super Doctors, Houston 2018;

Taffet: Research Committee, AGS; Geroscience SIG founder, GSA

Waterhouse: Promotion to Assistant Professor, BCM

Williams: Clinic Director, Baylor Geriatrics Senior Care Clinic; Member FGP Leadership, Dept. of Medicine, BCM

Papers

Agarwal

Multicomponent Interventions Reduce High-Risk Medications for Delirium in Hospitalized Older Adults. Adeola M, Azad R, Kassie GM, Shirkey B, Taffet G, Liebl M, **Agarwal K**. J Am Geriatr Soc. 2018 Aug;66(8):1638-1645. doi: 10.1111/jgs.15438. PMID: 30035315

Prevalence of Cognitive Impairment Among Elderly Patients Upon Hospital Admission Using Mini-Cog™ Assessments Performed by Advanced Pharmacy Practice Experience Students. Bui NA, Adeola M, Azad R, Swan JT, **Agarwal KS**, Sharma M, Liebl MG, Taffet GE. J Pharm Pract. 2018 Jan 1;897190018780591. doi: 10.1177/0897190018780591. PMID: 29909711

Unrecognized Cognitive Impairment and Its Effect on Heart Failure Readmissions of Elderly Adults. **Agarwal KS**, Kazim R, Xu J, Borson S, Taffet GE. J Am Geriatr Soc. 2016 Nov;64(11):2296-2301. doi: 10.1111/jgs.14471. PMID: 27676328.

Braun

Utilization of genomic testing in advanced non-small cell lung cancer among oncologists in the Veterans Health Administration. Arney J, Helm A, Crook T, **Braun UK**, Chen GJ, Hayes TG. Lung Cancer. 2018 Feb;116:25-29. doi: 10.1016/j.lungcan.2017.12.006. PMID: 29413047

Opioids in Cancer Pain: Right or Privilege? Jackson LK, Imam SN, **Braun UK**. J Oncol Pract. 2017 Sep;13(9):e809-e814. doi: 10.1200/JOP.2016.019216. PMID: 28557661

Catic

A Systematic Review of Practice Guidelines and Recommendations for Discontinuation of Cholinesterase Inhibitors in Dementia. Renn BN, Asghar-Ali AA, Thielke S, **Catic A**, Martini SR, Mitchell BG, Kunik ME. Am J Geriatr Psychiatry. 2018 Feb;26(2):134-147. doi: 10.1016/j.jagp.2017.09.027. Review. PMID: 29167065

Dementia and Hospital Readmission Rates: A Systematic Review. Pickens S, Naik AD, **Catic A**, Kunik ME. Dement Geriatr Cogn Dis Extra. 2017 Oct 19;7(3):346-353. doi: 10.1159/000481502. eCollection 2017 Sep-Dec. Review. PMID: 29282407

Cintron

Impact of rescheduling hydrocodone-combination products in an urban Texas county healthcare system. Shumway JW, Ran R, McClusky J, Rafique Z, Dark C, Peacock WF, **Cintron A**, Ludwig M. J Opioid Manag. 2018 Jul/Aug;14(4):257-264. doi: 10.5055/jom.2018.0457. PMID: 30234922

Imam

Opioids in Cancer Pain: Right or Privilege? Jackson LK, **Imam SN**, Braun UK. J Oncol Pract. 2017 Sep;13(9):e809-e814. doi: 10.1200/JOP.2016.019216. PMID: 28557661

Jackson

Opioids in Cancer Pain: Right or Privilege? **Jackson LK**, Imam SN, Braun UK. *J Oncol Pract.* 2017 Sep;13(9):e809-e814. doi: 10.1200/JOP.2016.019216.PMID: 28557661

Kazim

Unrecognized Cognitive Impairment and Its Effect on Heart Failure Readmissions of Elderly Adults. Agarwal KS, **Kazim R**, Xu J, Borson S, Taffet GE. *J Am Geriatr Soc.* 2016 Nov;64(11):2296-2301. doi: 10.1111/jgs.14471. PMID: 27676328.

Taffet

Improved Cardiovascular Function in Old Mice After N-Acetyl Cysteine and Glycine Supplemented Diet: Inflammation and Mitochondrial Factors. Cieslik KA, Sekhar RV, Granillo A, Reddy A, Medrano G, Heredia CP, Entman ML, Hamilton DJ, Li S, Reineke E, Gupte AA, Zhang A, **Taffet GE**. *J Gerontol A Biol Sci Med Sci.* 2018 Aug 10;73(9):1167-1177. doi: 10.1093/gerona/gly034. PMID: 29538624

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Prevalence of Cognitive Impairment Among Elderly Patients Upon Hospital Admission Using Mini-Cog™ Assessments Performed by Advanced Pharmacy Practice Experience Students. Bui NA, Adeola M, Azad R, Swan JT, Agarwal KS, Sharma M, Liebl MG, **Taffet GE**. *J Pharm Pract.* 2018 Jan 1:897190018780591. doi: 10.1177/0897190018780591. PMID: 29909711

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Transient activation of AMPK preceding left ventricular pressure overload reduces adverse remodeling and preserves left ventricular function. Nam DH, Kim E, Benham A, Park HK, Soibam B, **Taffet GE**, Kaelber JT, Suh JH, Taegtmeier H, Entman ML, Reineke EL. *FASEB J.* 2018 Jul 19:fj201800602R. doi: 10.1096/fj.201800602R. PMID: 30024790

Short-Term Global Cardiovascular Disease Risk Prediction in Older Adults. Saeed A, Nambi V, Sun W, Virani SS, **Taffet GE**, Deswal A, Selvin E, Matsushita K, Wagenknecht LE, Hoogeveen R, Coresh J, de Lemos JA, Ballantyne CM. *J Am Coll Cardiol.* 2018 Jun 5;71(22):2527-2536. doi: 10.1016/j.jacc.2018.02.050. PMID: 29535064

Steroid receptor coactivator-2 (SRC-2) coordinates cardiomyocyte paracrine signaling to promote pressure overload-induced angiogenesis. Suh JH, Lai L, Nam D, Kim J, Jo J, **Taffet GE**, Kim E, Kaelber JT, Lee HK, Entman ML, Cooke JP, Reineke EL. *J Biol Chem.* 2017 Dec 29;292(52):21643-21652. doi: 10.1074/jbc.M117.804740. PMID: 29127200

Dissecting the role of myeloid and mesenchymal fibroblasts in age-dependent cardiac fibrosis. Trial J, Heredia CP, **Taffet GE**, Entman ML, Cieslik KA. *Basic Res Cardiol.* 2017 Jul;112(4):34. doi: 10.1007/s00395-017-0623-4. PMID: 28478479

Cardiac Resynchronization Therapy in Older Adults with Heart Failure. Lam PH, **Taffet GE**, Ahmed A, Singh S. Heart Fail Clin. 2017 Jul;13(3):581-587. doi: 10.1016/j.hfc.2017.02.011. Review. Erratum in: Heart Fail Clin. 2017 Oct;13(4):xi. PMID: 28602373

Murine Echocardiography of Left Atrium, Aorta, and Pulmonary Artery. Granillo A, Pena CA, Pham T, Pandit LM, **Taffet GE**. J Vis Exp. 2017 Feb 20;(120). doi: 10.3791/55214. PMID: 28287520

Williams

Tandem walking as a quick screening test for vestibular disorders. Cohen HS, Stitz J, Sangi-Haghpeykar H, **Williams SP**, Mulavara AP, Peters BT, Bloomberg JJ. Laryngoscope. 2018 Jul;128(7):1687-1691. doi: 10.1002/lary.27022. PMID: 29226324

Utility of quick oculomotor tests for screening the vestibular system in the subacute and chronic populations. Cohen HS, Stitz J, Sangi-Haghpeykar H, **Williams SP**, Mulavara AP, Peters BT, Bloomberg JJ. Acta Otolaryngol. 2018 Apr;138(4):382-386. doi: 10.1080/00016489.2017.1398838. PMID: 29141478

Vision Screening in Adults Across the Life Span. Cohen HS, Stitz J, Sangi-Haghpeykar H, **Williams SP**. South Med J. 2018 Feb;111(2):109-112. doi: 10.14423/SMJ.0000000000000762. PMID: 29394428