Internal Medicine Residency Program
Competency-Based Goals and Objectives
Geriatrics

Academic year: 2016-2017
Site Location: Riverside Medical Clinic
Assigned Residents: PGY 2

EDUCATIONAL GOALS AND OBJECTIVES

Goals: The goal of this rotation is to introduce the resident to prevention, general care, and special areas of concern in caring for older patients.

Objectives: By the end of this rotation, the resident will be able to:

Medical Knowledge

PGY-2 Residents must demonstrate knowledge of established and evolving clinical sciences and the application of this knowledge to patient care. Key areas are:

- The changes in physiology associated with aging
- Nutritional evaluation and assessment of older patients and the treatment of malnutrition
- The changes in pharmacodynamics and pharmacokinetics with aging
- The resident will demonstrate knowledge in the following areas of medical care by directly presenting, discussing, and managing common geriatric problems, including but not limited to the following:
  - Dementia
  - Depression
  - Parkinson’s disease
  - Urinary incontinence
  - Stroke and its residual disability
  - Urinary catheter care
  - Artificial nutrition and tube feeding
  - Skin care and pressure ulcers
  - Congestive heart failure
  - Hypertension
  - COPD
  - Diabetes mellitus
  - Acute infections such as UTI, pneumonia, zoster
  - Sensory deprivation (vision and hearing)
  - Mobility problems
  - Malnutrition
  - Osteoporosis
  - End of life care
  - Acute rehabilitation

- The resident will attend morning didactic lectures to discuss common geriatric syndromes.
- The resident will be able to recall 5 ADLs and 5 IADLs from memory
- The resident will match patient’s medical status with criteria for domiciliary, intermediate, and skilled care
Patient Care

PGY-2 residents must be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health and function in older patients. Residents are expected to:

- Under the supervision of the attending physician, the resident will manage medical conditions commonly seen in the geriatric population
- The resident will perform a comprehensive physical and functional assessment of geriatric patients in the nursing home, geriatrics clinic, and home visits.
- The resident will perform mental status testing accurately and interpret the results
- The resident will serve as the advocate for a patient in a nursing home. He/she will:
  a. Become familiar with patient rights
  b. Monitor care provided
  c. Review nursing plans and staffing reports
  d. Make recommendations for improving care
  e. Encourage the patient to remain ambulatory as long as possible
  f. Appropriately assess preventive and health maintenance issues
  g. Acknowledge and comfort when there is a loss of control
  h. Counsel families who have experienced a loss of control by one of its members
  i. Consider hospice consult for a patient who appropriately meets the criteria for the end of life care.

- The resident will periodically inform the family of the patient’s status and discuss further care when appropriate.
- Evaluate, diagnose and treat conditions of special concern to older patients such as mental status changes, osteoporosis,
- Be able to perform a functional assessment using ADLs and IADLs on a patient.
- Understand how to assess and apply hospice criteria to patients nearing the end of their life.
- Be able to conduct an initial assessment of an older patient in the clinic, home, or nursing home.

Practice-Based Learning and Improvement

PGY-2 residents must be able to investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their patient care practices. Residents are expected to:

- Through journal club apply knowledge of study designs and statistical methods to the appraisal of clinical studies and other information on diagnostic and therapeutic effectiveness
- Use information technology to manage information, access on-line medical information such as Up-To-Date to support their education.
- Will work with learners from other disciplines such as pharmacy students, pharmacy residents, physician assistants, and geriatric fellows to facilitate their learning.
- Locate, appraise and assimilate evidence from scientific studies related to their patients’ health problems.
- The resident will work closely with the nurse practitioner and the nursing staff to implement changes to improve patient care.
• The resident will attend the quarterly QI (quality improvement) meetings whenever possible.

**Interpersonal and Communication Skills**

PGY-2 residents must be able to demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, their families, and professional associates. Residents are expected to:

• The resident will present and participate in interdisciplinary patient case management meetings
• Discuss patient care and progress with other members of the health care team often found in long-term care: physical therapists, occupational therapists, speech therapists, nursing staff.
• Make patient presentations in a logical, organized format with appropriate history, examination findings, assessment of problems, and appropriate plans.
• Residents are expected to create and sustain a sound therapeutic relationship with patients, caregivers, and their families.
• Work in a collaborative fashion with other members of the health care team in caring for patients.
• The resident will counsel and inform patient and his/her family. When appropriate, issues surrounding end of life care or future care direction will be discussed.
• The resident will give in-service talks on patient-related topics to the nursing home staff.

**Professionalism**

PGY-2 Residents must demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population. Residents are expected to:

• Demonstrate respect, compassion, and integrity for patients and their families.
• Demonstrate a commitment to established ethical principles relating to the provision of care, withholding clinical care, confidentiality of patient information, and informed consent.
• Demonstrate responsiveness to patient needs

**Systems-Based Practice**

PGY-2 Residents must demonstrate an awareness of and responsiveness to the larger context and system of healthcare and the ability to effectively call on Health System resources to provide care that is optimal. Residents are expected to:

• Know the levels of the continuum of care, the criteria for each, and use this knowledge for appropriate patient care.
• Know how types of medical practice and delivery systems differ from one another
• Practice cost-effective health care resource allocation that does not compromise the quality of care.
• Advocate for the quality of patient care and assist patients in dealing with system complexities.
• The resident will consider federal and state regulations concerning Medicare and Medicaid patients:
  o Understand the Medicare benefits and apply them to newly admitted patients
  o Evaluate, examine and write progress notes every 30 to 60 days for SNF patients
  o Understand and interpret the components of the medical records.
• The resident will make use of appropriate consultation and referral services.