

## OBJECTIVES FOR INTERNAL MEDICINE AND FAMILY MEDICINE RESIDENTS ON THE GERIATRICS ROTATION

Trainees should complete tasks related to the Institute for Healthcare Improvement's Age-Friendly Health Systems 4Ms Framework. \*(Reference: What Does It Mean to be Age-Friendly? Institute for Healthcare Improvement. 2019.)

### 1. What Matters

- The resident will have confidence in counseling patients/families on advance directives and goals of care for end-of-life. The resident will demonstrate professionalism and a caring attitude in working with older adults and frail elderly.
- Identify when end-of-life care is appropriate. The resident will be able to describe when to utilize feeding tubes, make referrals, and propose pain management and hospice.
- Task:
  - Participate in an advance care planning discussion.
  - Assist or observe the completion of one of the following documents: medical power of attorney, directive to physicians, out of hospital DNR, or Texas MOST Form.

### 2. Medication

- The resident will be able to conduct a medication review and evaluate appropriateness considering creatinine clearance, medication interactions and side effects.
- Task:
  - Interact with a clinical pharmacist.
  - Review the Beer's List.
  - Conduct a medication reconciliation during ambulatory visits.

### 3. Mentation

- The resident will be able to administer a brief cognitive assessment for screening purposes and identify when it is appropriate to refer for neuropsychological testing.
- The resident will be able to identify and recommend community resources available for older adults and their families to assist with care giving.
- Task:
  - Perform an MMSE, MOCA, or SLUMS.
  - When possible, participate in a Dementia Care Conference and Care Plan Session (Stayton).
  - Interact with a clinical social worker regarding community resources.

### 2. Mobility

- The resident will be able to assess a patient's basic activities of daily living and perform a falls risk assessment.
- Task:
  - Complete a Timed up and Go for a patient.
  - Interact with a physical therapist regarding mobility assistive devices for a patient case.
  - Assess Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) for a patient.