GERIATRICS ROTATION
GOALS AND OBJECTIVES

Goals
The resident will develop the necessary knowledge, skills, and attitudes to ensure expertise as an Internal Medicine practitioner with responsibility for health care of the elderly.

General Objectives
The resident will be exposed to a range of health issues within the elderly population. The role of the physician as part of a multidisciplinary health care team will be demonstrated in a variety of clinical experiences. Residents will have clinical exposure in a number of sites depending on the focus and objectives of the resident. These may include community assessment visits, inpatient and outpatient rehabilitation services, acute care consultations, and ambulatory clinics. The resident will acquire competence in the assessment and management of specific diseases common in the elderly and gain experience providing clinical care to frail elderly.

Specific Objectives
During the Geriatrics rotation, the resident will achieve the following in their role as:

A. Medical Expert
   1. Distinguish between normal aging and the diseases of aging;
   2. Recognize the common “atypical presentations” of illness in elderly patients
   3. Describe the basic approach to the “geriatric giants” including:
      a. Falls
      b. Urinary incontinence
      c. Delirium
      d. Dementia
   4. Demonstrate understanding of the clinical sequelae of frailty including atypical presentation and decreased homeostasis.
   5. Describe the basic approach to manage conditions that are common in elderly patients including:
      a. Parkinson's disease
      b. Constipation
      c. Osteoarthritis
      d. Polymyalgia rheumatica, temporal arteritis
      e. Osteoporosis
      f. Depression
   6. Describe the impact aging has on pharmacology and safe drug prescribing.

B. Communicator
   1. Effectively communicate with older patients with hearing impairment and/or cognitive impairment.
   2. Formulate a problem/issue list with identification of predisposing and precipitating factors.
   3. Establish patient-centered goals with the older adult or their surrogate decision-maker; communicate effectively with an interdisciplinary team.
4. Demonstrate ability to discuss end-of-life care issues and advance directives with older patients and their families

C. Collaborator

1. Function collaboratively as a member of a health care team involved in geriatric assessment and treatment.
2. Understand the role of health care services to the older adult including:
   a. Inpatient geriatric assessment units
   b. Day Hospital and geriatric medicine clinics
   c. Consultation services
   d. Community Geriatric Outreach assessment Programs
3. Apply the principles of geriatric assessment.

D. Manager

1. Describe and utilize community and institutional resources and services to optimize function and minimize dependency.
2. Demonstrate ability to manage multiple medical issues as part of a goal-oriented approach.

E. Health Advocate

1. Understand the relationship between societal factors and aging:
   a. Socioeconomic, environmental and public policy
   b. Cultural aspects of aging
   c. Spiritual aspects of aging
2. Recognize the challenges older patients face in hospital and institutional settings and be able to identify at least 3 strategies for decreasing risk of iatrogenic illness.
3. Demonstrate a positive attitude to aging by exposure to seniors in a variety of settings and will:
   a. Understand the diversity and complexity of older adults
   b. Demonstrate an awareness of the importance of health promotion and maintenance
   c. Act as an advocate of the right of the older adult to autonomy and decision-making.

F. Scholar

1. Use patient encounters as a stimulus to literature review.
2. Apply existing evidence from studies in geriatric and non-geriatric populations to care for elderly Patients.

G. Professional

1. Recognize their limitations and seek advice and consultation when needed.
2. Describe and demonstrate the basic approach to common ethical issues in the management of patients with medical illnesses, including resource allocation and end-of-life care (e.g. Advance Directives and capacity).
3. Deliver the highest quality of care with integrity, honesty, and compassion.
4. Exhibits exemplary personal and intra personal behaviour including deportment, punctuality, and respect.