



Pennsylvania Geriatrics Society

Western Division

An Affiliate of the American Geriatrics Society

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2017 ANNUAL REPORT

As President of the Pennsylvania Geriatrics Society – Western Division (PAGS-WD), I am pleased to present the 2017 Annual Report, which outlines the achievements of the organization. As a regional affiliate of the American Geriatrics Society (AGS), the PAGS-WD is a thriving specialty organization within the region. The Society has consistently grown and continues to educate healthcare professionals from multiple disciplines to foster professional and public awareness in geriatric medicine.

The organization provides awareness through outstanding educational offerings for the western region, as well as serves as a leader for healthcare professionals from all disciplines involved in eldercare. The Society's website, www.pagswd.org, is a convenient resource for relevant and timely information for those involved with the quality of care for the geriatric population.

The Board of Directors provides active oversight of our organization's mission and goals. The Board maintained a full slate for 2017. In addition to the Board of Directors, a "Healthcare Professional Advisor" contributes to Board activities. Serving as Healthcare Professional Advisor is Rachel Jantea, MD, a fellow in Geriatric Medicine.

The following strategic goals were reviewed and approved by the Board on January 10, 2017. Throughout the year, an emphasis was placed on each item, with all successfully accomplished.

1. *Promote geriatric education for all geriatric healthcare professionals.*
2. *Provide an opportunity for networking with other professionals who share an interest in improving care for older adults.*
3. *Advocate for programs and public policy which will improve the health and well-being of older adults.*
4. *Encourage students and residents to pursue careers in geriatrics.*

Your support is a testament to the success of the organization as your membership is instrumental in the Society's achievements and ability to create awareness to healthcare providers in our region.

Finances. The Society's finances remain sound. The Secretary/Treasurer (working with the President and Board of Directors) oversees all accounts for the Society to operate efficiently and effectively within the organization's budget. The three primary accounts include the checking account, business money market and the special education business money market.

Membership. Membership continues to be solid with multiple healthcare disciplines comprising the organization. Total membership stands at 216 as compared to 226 members in 2016. This year's resident recruitment outreach produced 11 new members, which brings the total number of resident members to 35. Program directors of Internal Medicine and Family Medicine residency programs were asked to distribute recruitment information to their residents and fellows. Each can join the organization at no cost for the duration of their training.

Recruitment of new members continues to be a top priority. Resources for recruitment outreach campaigns include: the registration list of the annual Clinical Update conference; the Pennsylvania Medical Directors Association membership list; the American Geriatrics Society state listing, and the June and Fall Program attendee list. All serve as valuable resources to outreach to prospective members. Furthermore, the Board of Directors is directly involved in the recruitment and retention process. Each Board member sends personalized recruitment letters to colleagues. Membership support enables the organization to continue to provide quality education programs and sustain the various society awards.

Administrative services are handled through a partnership with the Allegheny County Medical Society (ACMS), which provides support and additional resources for new membership outreach campaigns, as well as maintaining all Society business.

Educational Programming. The organization seeks to increase the geriatrics expertise of healthcare professionals who care for older adults by providing high quality educational programs. Each program is detailed below. The society relies on collaborative opportunities and partnerships from various companies and organizations to aid in offsetting the costs of these programs. This year was an exceptional year for partnering, allowing us to remain financially strong.

Controversies in Geriatric Medicine (June Program)

Established June of 2015, the "Controversies in Geriatric Medicine" series is a unique offering. What differentiates the program is the focus on audience participation and interaction throughout the presentation. The event was underwritten by numerous sponsors, with the Society making a small profit on the course.

Over 50 attendees participated in the 3rd annual program held June 22 at the Herberman Conference Center, Pittsburgh, PA. "Who Might Benefit from TAVR for Aortic Stenosis?" presented the case of a 91-year old woman with critical aortic stenosis who is now becoming symptomatic. The presentation focused on would she be a candidate for a transaortic valve replacement (TAVR)? Moderator for the evening was PAGES-WD President, Fred Rubin, MD. Leading the panel discussion were Rachel Jantea, MD, geriatric medicine fellow, Division of Geriatric Medicine, University of Pittsburgh and John Schindler, MD, Cardiologist, UPMC Heart and Vascular Institute; Assistant Professor of Medicine, University of Pittsburgh School of Medicine.



25th Annual Clinical Update in Geriatric Medicine

This exceptional program continues to be a premier educational conference. The conference is directed by Drs. Shuja Hassan, Judith Black and Neil Resnick. The course directors, working with dedicated members of the planning committee, consistently provide attendees a unique, award-winning, and clinically superb conference.

More than 350 geriatrics professionals from all disciplines, including physicians, nurses, pharmacists, physician assistants, social workers, long-term care and managed care providers, and health care administrators participated in the conference held at the Pittsburgh Marriott City Center Hotel April 6-9. Registrants from numerous states, including California, North Carolina, New York and Washington participated in this year's offering.

Out-of-town guest faculty for 2017 included: Sharon Inouye, MD, MPH; Becky Brett Powers, MD; Deborah W. Robin, MD, MHCM; Stephanie Studenski, MD, MPH; and Michael Yao, MD, CMD.



International Hospital Elder Life Program

The 15th annual International Hospital Elder Life Program (HELP) co-directed by Drs. Sharon Inouye and Fred Rubin, was held in conjunction with the Clinical Update (HELP attendees are provided the opportunity to participate in both educational programs). The HELP conference educates HELP teams regarding strategies for delirium prevention, and using HELP to improve hospital-wide care of the elderly. The conference attracted registrants from across the United States and Canada, and as far away as Singapore.

Fall Program

The Fall Program continues to be a popular event. Over 70 internists, family practitioners, geriatricians, geriatric psychiatrists, pharmacists, nurses, nursing home administrators, and social workers attended the evening dinner program. The society received enough sponsorship to essentially break even on costs.

The annual fall program, which began in 2003, is a well-respected program attracting distinguished guest speakers, comprised of both national and local faculty. This year was no exception, as the Society welcomed Toren Finkel, MD, PhD, Professor of Medicine, University of Pittsburgh School of Medicine, and new Director, Aging Institute of UPMC Senior Services and the University of Pittsburgh. Dr. Finkel has made seminal contributions to our understanding of aging and his lab's research focuses on the role of cellular metabolism and oxidative stress in aging and age-related diseases.



Dr. Finkel presented, *Geroscience and the Promise of Eternal Youth*. The presentation focused on recent discoveries in the field of Geroscience, which aims to explain biological mechanisms of aging,

and have provided insights into molecular processes that underlie biological aging and, potential interventions to delay aging and promote healthy longevity.

David C. Martin Award and Resident Grant. Established in 1999, the David C. Martin award recognizes academic excellence in the field of geriatric medicine by medical students. This philanthropic effort, solely supported by society funds, provides each award recipient an honorarium (up to \$1,500.00) to defray the costs of attending the annual meeting of the American Geriatrics Society (AGS). Eligible students have had their scholarly work accepted for presentation at the meeting. To date, the Society has awarded over \$80,000 to medical students in the region.

Since its inception, the Society has awarded over \$80,000 to medical students.

Rebecca Abay, 3rd year medical student attending the University of Pittsburgh School of Medicine was the 2017 recipient.

In addition to the medical student grant, the Society awarded a special grant to Mary Kotlarczyk, PhD, Post-Doctoral Scholar, University of Pittsburgh Division of Geriatric Medicine Osteoporosis Prevention & Treatment Center. Dr. Kotlarczyk's abstract was accepted for presentation as a poster during the Presidential Poster Session. The \$1,500 grant was used to defray the cost of attending the AGS national meeting.

Geriatrics Teacher of the Year Award. Initiated in 2015, the Geriatrics Teacher of the Year Award is presented to two outstanding teachers (a physician and a healthcare professional) for their dedication and commitment to geriatric education. Members and non-members of the Society are eligible for the award with nominees having demonstrated leadership and inspired learners to better the care of older adults, as well as having contributed to the growth of geriatrics in their professions. The award committee, chaired by Rollin Wright, MD, oversees the selection process.



The 2017 Geriatrics Teacher of the Year Awardees were: Debra K. Weiner, MD, FACP and Pamela E. Toto, PhD, OTR/L, BCG, FAOTA. Additionally, the Society recognized Dr. Vincent Balestrino with a lifetime achievement award for his contributions to geriatric education. Each was honored at the 2017 Clinical Update dinner symposium, where they were recognized for their achievements.

Legislative. The Pennsylvania Order for Life Sustaining Treatment (POLST) advancement continued to make progress in 2017. Judith Black, MD, MHA Secretary/Treasurer, continually kept the Board of Directors apprised throughout the year on the status of the POLST program in Pennsylvania. In December, legislation that would create a legal framework for Pennsylvania Orders for Life Sustaining Treatment (POLST) directives –Senate Bill (SB) 623 was unanimously approved by the Senate Health and Human Services Committee. The latest action on SB 623 is another step forward in a multi-year, collaborative effort that drew on the expertise of 27 health care and patient advocacy organizations. SB 623 now advances to the full Pa. Senate for consideration.

The collaborative effort with POLST includes sending out timely information, as well as having a dedicated link to POLST activities on the PAGS-WD website. We will continue to be a POLST champion and monitor advocacy efforts in 2018.

2018. As we head into 2018, I am confident we will remain an important and active society in our region. The goal of engaging and educating healthcare professionals in the provision of quality health care for all older persons will remain our primary focus, while we also continue to recognize excellent geriatrics educators through our Geriatric Teacher of the Year award. We will continue to partner with the American Geriatrics Society and aid in their public policy advocacy efforts for older adults, as well as continue our relationship with key members of the POLST consortium. The Officers and Board of Directors will remain committed to providing strong leadership, as well as remain diligent in keeping members engaged. We continue to develop future Geriatrics professionals through our programs aimed at students, residents, and fellows.

We look to build upon the accomplishments of previous years and strive to engage current members, while looking to grow the organization by recruiting new members. Your continued loyalty, support, and participation have been the bedrock of our success. Let's continue to build a better future for older Pennsylvanians.

Thank you for your support and I look forward to your continued involvement in 2018.

Respectfully submitted,

Fred Rubin, MD

Fred Rubin, MD, President