

GERIATRICS

AT MOUNT SINAI



Inaugural Newsletter • Fall/Winter 2018

THE BROOKDALE DEPARTMENT: A NATIONAL LEADER

The Brookdale Department of Geriatrics and Palliative Medicine at Mount Sinai is a national leader in the care of older adults. Mount Sinai consistently ranks among the top three *U.S. News & World Report* Hospitals for older adult care due to the Department's commitment to advancing the field through extensive clinical, education, research, and policy initiatives.

“By 2030, the estimated number of Americans age 65 and older will be 75 million. We are firmly committed to ensuring older adults achieve the best possible quality of life, remain engaged in their valued life activities, and continue to make important contributions to society,” states R. Sean Morrison, MD, the Ellen and Howard C. Katz Chair of the Brookdale Department as of September 2017.

Geriatrics is the medical specialty which focuses on the health of older adults. It aims to promote well-being by preventing and treating diseases and disabilities in the elderly. Older adults at Mount Sinai are cared for in the setting that is most appropriate to their needs and the needs of their families and caregivers. The Brookdale Department is home to the Martha Stewart Center for Living outpatient services, specialized teams that care for patients and families in Mount Sinai Health System hospitals, Mount Sinai Visiting Doctors for those who have ongoing difficulty leaving the home, and our new Mount Sinai at Home team which provides hospital-like



services for our patients in their own homes. Our extensive clinical services offer the highest-quality patient care throughout New York City.

To meet the need for highly trained clinicians for the growing population of older adults, the Brookdale Department created innovative post-graduate fellowship training programs that have been replicated across the nation. Additionally, the department has created specialized educational programs that include “mini-fellowships,” educational conferences, and an online educational program that allows all frontline clinicians regardless of specialty and physical location to access our educational programs.

In collaboration with the James J. Peters Bronx Veterans Administration Medical Center and the New Jewish Home, the Brookdale Department advances research to improve the quality of life and independence of older adults, their families, and their caregivers. This research informs best practice guidelines as well as national policy.

The Brookdale Department is dedicated to ensuring that all clinicians have the skills needed to provide the best quality of care for all older adults and their loved ones. As the population grows, so does the need for this highly specialized expert care and for our programs and services. ◀

A Letter from Martha

It is with great pleasure that I write to you in this inaugural issue of *Geriatrics at Mount Sinai*. I have been an enthusiastic supporter of the Brookdale Department of Geriatrics and Palliative Medicine for over a decade and look forward to a long partnership with my friends at Mount Sinai. Together, we are changing the way society looks at, thinks about, and experiences aging.

My passion for redefining what it means to be an older adult, among many other things, came from my mother, “Big Martha.” She was fully engaged in life and was completely independent until the day she died at age 93.



She taught me many important lessons about aging well and being engaged in life not in spite of her age but because of her age.

It was in her honor that I established the Martha Stewart Center for Living at Mount Sinai in 2007. The Center’s mission is to promote

and advance the quality of health care for older adults, serve as a national model for office-based medical care, and reshape the public’s perception of aging. At MSCL, we deliver whole-patient health, including medical examinations, advice (and classes) about diet, exercise, and health, and support for families and caregivers. We are a place that teaches older adults, and those who love them, how to age productively and gracefully.

The Brookdale Department is effecting change throughout the country and I am so pleased to be by their side. Look out for more exciting news from us next spring!

Sincerely,

Martha



CHAIR EMERITUS EARNS MEDICINE’S HIGHEST HONOR

Brookdale Department’s Chair Emeritus, Albert Siu, MD, MSPH, has been elected to the National Academy of Medicine (NAM). This election is considered one of the highest honors in health and medicine, recognizing individuals who have demonstrated outstanding professional achievement and commitment to service.



Dr. Siu is a recognized expert and academic leader in aging and palliative care whose career has spanned academia, government, and policy research. Dr. Siu served as the Ellen and Howard C. Katz Professor and Chair of the Brookdale Department of Geriatrics and Palliative Medicine from 2003 to 2017. Now, as Chair Emeritus, he has dedicated himself to building and leading the nation’s largest and most ambitious implementation of hospital-at-home.

Under Dr. Siu’s guidance, the Brookdale Department expanded ambulatory programs, implemented a dedicated palliative care unit, expanded throughout the hospitals and across the health system, and aided in the new Geriatrics Emergency Room. Most recently, Dr. Siu orchestrated the launch of Mount Sinai at Home supported by an award from the Centers for Medicare and Medicaid Innovation. To date, the program has provided acute hospital-level care for nearly 800 patients who otherwise would have been treated in the hospital. Mount Sinai at Home has made a huge improvement in patients’ lives. Its clinical outcomes show measurable reductions in patient readmissions, emergency department visits, and transfers to skilled nursing facilities as well as increased patient satisfaction.

NAM members are elected by current active members through a selective process that recognizes individuals who have made major contributions to the advancement of the medical sciences, health care, and public health. Dr. Siu is the 25th member of Mount Sinai’s past and present faculty elected to NAM, joining former Department Chairs Drs. Christine Cassel and Robert Butler, and the founding Center to Advance Palliative Care Director, Dr. Diane Meier. ◀

The Brookdale Foundation and Mount Sinai: *A Transformative Partnership*

Among the few philanthropic alliances that can genuinely be called transformative in American health care, the Brookdale Foundation's partnership with Mount Sinai stands apart. The origins of this vital relationship trace back to 1982, when Dr. Robert Butler was named the inaugural Brookdale Foundation Chair at Mount Sinai, creating the first academic department of geriatrics at an American medical school. For more than 35 years since then, the Brookdale Foundation has provided the sustained support and vision that have propelled Mount Sinai into its leadership role and elevated the field of geriatrics into national prominence.

Under the thoughtful leadership of President Stephen L. Schwartz, the Brookdale Foundation's generous investment in Mount Sinai has advanced and transformed the science and practice of geriatrics on a national scale. Since the beginning, the Foundation has shown a steadfast commitment to innovative and integrated education, workforce development,

research, and patient care. In particular, the Foundation's belief in leadership development has been central to the Brookdale Department's mission and success in creating national change-makers in geriatrics.

In 2018, the Brookdale Foundation once again demonstrated its unparalleled dedication to advancing the field of geriatrics with a grant of \$10 million in support of the Brookdale Department at Mount Sinai. In celebration of this renewed commitment, we are proud to reflect on the many accomplishments we have achieved together throughout our groundbreaking partnership with the Brookdale Foundation. While not comprehensive, the timeline below highlights many of these. As geriatrics at Mount Sinai enters its next phase, we look to the Brookdale Foundation with enormous gratitude, pride, and excitement about all that we will continue to achieve together. ◀

Timeline: The Brookdale Department of Geriatrics and Palliative Medicine

- 1982** Robert N. Butler, MD, "the father of modern gerontology," is named inaugural Chair of the Brookdale Department
- 1983** The Phyllis and Lee Coffey Geriatric Outpatient Practice opens
- 1985** The first class of the Department's Geriatrics Fellows graduates
- 1995** Christine K. Cassel, MD, is named the second Chair and the first Ellen and Howard C. Katz Chair of the Brookdale Department
- 1997** The Annual Douglas West Memorial Lecture in Geriatrics and Palliative Care is endowed
- 1999** The Lilian and Benjamin Hertzberg Palliative Care Institute opens and Dr. Diane E. Meier becomes its first Director
The Center to Advance Palliative Care (CAPC) launches in collaboration with the Robert Wood Johnson Foundation
- 2002** Dr. Albert L. Siu is named the Ellen and Howard C. Katz Chair of the Brookdale Department
- 2005** The National Palliative Care Research Center (NPCRC) launches
- 2007** The Martha Stewart Center for Living opens, housing the Phyllis and Lee Coffey Geriatric Outpatient Practice
- 2010** The Brookdale Department of Geriatrics and Palliative Medicine is ranked #1 in the nation by *U.S. News & World Report*
The Claude D. Pepper Older Americans Independence Center at Mount Sinai is established, supported by the National Institute on Aging
- 2013** The Mount Sinai Medical Center merges with Continuum Health System, expanding the Brookdale Department from two campuses to seven throughout New York City
- 2014** The Brookdale Department's pioneering hospital-at-home service launches
The Patty and Jay Baker National Palliative Care Center is established under the auspices of the Brookdale Department, comprising the National Palliative Care Research Center (NPCRC) and the Center to Advance Palliative Care (CAPC)
- 2017** R. Sean Morrison, MD, is named the Ellen and Howard C. Katz Chair of the Brookdale Department
- 2018** Dr. Albert L. Siu launches Mount Sinai at Home and becomes its inaugural Director

PHILANTHROPY NOTE

Private philanthropy is critical to achieving the vision of the Brookdale Department of Geriatrics and Palliative Medicine, both for the patients and families we serve, and for the fields in which we lead. We seek partnerships with donors who share our goals for the future of health care and our commitment to achieving the best possible quality of life for older adults and people with serious illness.

Philanthropy helps sustain the comprehensive clinical programs and services—including those not reimbursed through traditional mechanisms—that enable us to provide the highest-quality care to patients and their families. It enables our innovative approach to education which addresses the twin goals of building a specialist workforce and preparing clinicians of other specialties with the core competencies to provide geriatric and palliative care.



Philanthropic donations enhance our renowned fellowship program, support our physician educators, and further our training initiatives for those already in the field.

Moreover, philanthropy allows our physician-investigators to lead studies that will develop and evaluate new models of care delivery; relieve pain and manage complex symptoms; and advance the science of clinician-patient communication. This funded research has the potential to impact national and state policy and expand high-quality geriatric

and palliative care across the United States.

If you are interested in learning more about how philanthropy helps us fulfill our mission, or to donate, please contact our Director of Development, Natasha McCabe, at (646) 605-8821. ◀

Kudos: Special Faculty Honors and Achievements

- **Shahla Baharlou, MD**, was appointed Chair for the Geriatric Commission Society of General Internal Medicine.
- **Reena Karani, MD**, received the Distinguished Educator Award from the Northeast Group on Educational Affairs.
- **Kenneth Boockvar, MD, CMD, MS**, received a VA National Patient Safety Center Research Grant focused on medication de-prescribing for older patients and those with dementia.
- **Katherine Ornstein, PhD, MPH**, received the 2018 Dan Gilden Creative Investigator Award from the American Academy of Home Care Medicine.
- **Audrey K. Chun, MD**, was appointed the American Geriatrics Society's Relative Value Scale Update Committee representative.
- **Ravishankar Ramaswamy, MD**, received special recognition awards for Outstanding Service on the Ethnogeriatrics Committee and for Outstanding Service on the Quality and Performance Measurement Committee from the American Geriatrics Society.
- **Judith L. Howe, PhD, DSW**, has been installed as the President of the Association for Gerontology in Higher Education, the Gerontological Society of America education organization.
- **Rainier P. Soriano, MD, MSH**, was awarded the Mount Sinai Alumni Award for Achievement in Medical Education by the Office of the Dean and the Mount Sinai Alumni Association.

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The Brookdale Department Prepares for Challenges of the Longevity Revolution

In just over a decade, the number of people over age 65 will be greater than the number of people under the age of 21. While there will be a heightened demand for physicians skilled in the care of older adults, there will simply not be enough doctors to meet this need. In fact, the Health Resources and Services Administration, which tracks data on the healthcare needs of the population, states that number of older adults in need of healthcare is going to overwhelm the supply of geriatricians. The Brookdale Department of Geriatrics and Palliative Medicine is actively addressing this challenge through the largest, most-comprehensive and sought-after physician fellowship training program in the country.

Older adults have a unique set of issues and concerns stemming from normal age related changes in physiology and the increased risk and prevalence of disease. Unfortunately, most medical schools still teach a curriculum that is focused on the health needs of

middle-aged adults, not of those in most need and for whom they will care – persons over age 65. Our geriatrics fellows are fully credentialed and licensed physicians who have completed their training in internal or family medicine and elected to pursue additional specialized training in the care of older adults. Our mission at the Brookdale Department is very simple. It is to develop geriatricians who will become leaders in health systems, medical schools, and research in order to meet the needs of the American population. In addition to clinical training, our core curriculum encompasses leadership and teaching skills, quality improvement and system design, and research training.

Our fellows are often found in the Martha Stewart Center for Living as well as throughout the hospital on our inpatient teams. Our expert faculty work in tandem with these young physician leaders in order to ensure that our future health care and medical institutions will meet the needs of our growing population of older adults. ◀



PROVIDER SPOTLIGHT

AUDREY K. CHUN, MD

Vice Chair for Ambulatory Services



Last year, Dr. Audrey K. Chun received the Cullman Family Award for Excellence in Physician Communication. This award honors physicians who rank in the top 1% nationally in provider communications as measured by the Centers for Medicare and Medicaid Services Patient Experience Survey. Dr. Chun is not only the Vice Chair for Ambulatory Services in the Brookdale Department of Geriatrics and Palliative Medicine, she is also a mentor, role model, and educator at Mount Sinai and throughout the country.

“I love taking care of older adults – the work is intellectually challenging and personally rewarding. Every person has a fascinating story that informs their values and goals. I learn every day from my patients and their families. It is a true privilege to work with a team that appreciates the people who are the reason for our care,” states Dr. Chun.

Dr. Chun was named founding Medical Director of the Martha Stewart Center for Living in 2007. Under her guidance, the Center has cared for thousands of older adults and their loved

ones. It continues to promote and facilitate access to essential health care resources and to enhance the public perception of aging.

As a recipient of a Geriatric Academic Career Award from the Bureau of Health Professions, Health Resources and Services Administration, Dr. Chun has been able to pursue her clinical interests, which include geriatric assessment, medical education, and delivery of care in the outpatient setting. As a graduate of the Brookdale Department’s Geriatric Fellowship, she understands the importance of this unique education and training. She is highly active in the education of medical students, residents, geriatrics fellows, and colleagues at Mount Sinai and across the nation. ◀



**Mount
Sinai**

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Mount Sinai Pioneers New Approach to Geriatric Care HOSPITALIZATION AT HOME

In July 2018, the Brookdale Department of Geriatrics and Palliative Medicine published a study showing that patients enrolled in our innovative Hospitalization at Home program had improved outcomes, increased patient satisfaction, and lower costs than patients admitted to the hospital under similar circumstances. Hospitalization at Home is an innovative health care delivery model which provides hospital-level care in the homes of patients who might otherwise need to be admitted to the hospital. To date, this program has cared for almost 800 patients.

The study, published in *JAMA: The Journal of the American Medical Association*, showed that enrollment in Hospitalization at Home leads to improved patient satisfaction as patients were offered one-on-one individualization and attention from a team of doctors, nurse practitioners, registered nurses, social workers, and other professionals who treat and monitor a patient's health. The care provided ensured that patients were less likely to return to the emergency room and/or hospital after Hospitalization at Home. Moreover, the study showed a reduction in cost of patient care — both directly and indirectly in terms of total cost of care and length of stay.

Hospitalization at Home was launched in 2014 under a \$9.6 million Health Care Innovation Award from the Centers for Medicare and Medicaid Services to create a unique home-based care program. It exemplifies Mount Sinai's commitment to providing cutting-edge medicine and creating an innovative health care system. The program also illustrates Mount Sinai's status as a pioneer in the development of new clinical and financial models of care for patients with acute and sub-acute illnesses. ◀

