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AN AFFILIATION OF UCSF AND THE INSTITUTE ON AGING

UCSF/Mount Zion Center on Aging

Director's Note

Dear Friends,

Geriatric and gerontology education and research continue to grow at UCSF! This issue of the UCSF Mt. Zion Center on Aging newsletter highlights the research projects on our campus that are funded by the National Institute on Aging (NIA). UCSF is a national leader in aging research with a total of 53 research projects currently funded by NIA. Our NAMES IN THE NEWS section attests to the productivity of our faculty with a selected listing of recent publications.

Our education programs focus on the training of new scholars. The Hartford Center of Excellence in Geriatric Nursing now has four fellows funded at \$50,000 per year for two years. Three of these are newly funded.

The School of Dentistry has begun to expand its curriculum in geriatrics with seminars for fourth year students. In the coming year, Dentistry will begin the development of clinical experiences for pre-doctoral students.

Our multidisciplinary Geriatrics Grand Rounds continue to attract faculty and students from across the campus on the first Wednesday of each month, 8:00-9:00 a.m., in Room N-729, Parnassus Campus. For more information about these programs, contact Maxine Selesky, mselesky@medicine.ucsf.edu or call 415-514-0715.

We are also sponsoring two major continuing education events this spring: a multidisciplinary Training of Trainers in geriatrics at Laguna Honda Hospital April-June, 2002, and a geriatrics update for primary

care providers at the Crowne Plaza Hotel, May 30 through June 1, 2002. These events are part of our continuing effort to extend UCSF geriatrics education beyond the boundaries of our campus.

UCSF geriatrics will be well represented at the annual conferences of the American Geriatrics Society (AGS) and the Society of General Internal Medicine (SGIM) in May 2002, with numerous presentations by faculty and fellows and with an exhibit at AGS.

Monique Vance, MD, Clinical Instructor, Division of Geriatrics, welcomed participants of the UCSF Mini Medical School IV to the Lakeside Senior Medical Center on April 20. Dr. Vance presented a special "elective" on geriatrics and introduced the participants to the multidisciplinary Lakeside community clinic for older adults.

For more information about the UCSF Mt. Zion Center on Aging or about geriatric education and research at UCSF, please contact us at 415-514-0715 or:

coa@itsa.ucsf.edu.

Sincerely,

C. Seth Landefeld, MD
Director, UCSF/Mount Zion
Center on Aging
Chief, Division of Geriatrics

National Institute on Aging Grants at UCSF

The National Institute on Aging (NIA) is funding 53 research projects at UCSF in FY 2002. These projects range in subject matter from psychosocial issues in the health or health care of older adults to patient-based clinical studies in geriatrics to animal models of aging in the basic sciences. Some grants provide direct support for specific research projects, while some provide opportunities for training new investigators. Following is a descriptive summary of a few of these projects.

A number of projects are exploring ethnic and cultural influences on the health or health care of older adults. **Judith C. Barker, PhD**, Professor in the Department of Anthropology, History, and Social Medicine, is investigating the differences between European/White and African American/Black couples in how they experience and deal with prostate cancer in a project that is focused on spousal influence on older men's self care. **Gay Becker, PhD**, a Professor of Social and Behavioral Sciences in the Institute for Health and Aging, has four NIA grants which deal with the meaning and experience of illness among elders in different ethnic groups. **Marilyn M. Skaff, PhD**, Assistant Adjunct Professor in the Department of Family and Community Medicine, is studying the influence of culture on older adults' sense of control over their mental and physical health. **Shelley R. Adler, PhD**, Assistant Adjunct Professor of Anthropology, History, and Social Medicine, is conducting an ethnographic investigation of patient-physician-alternative healer relationships among older women diagnosed with breast cancer. **Jeanie Kayser-Jones, PhD**, Professor of Physiological Nursing, is studying the ethnography of dying in a long-term care facility. **Linda S. Mitteness, PhD**, Professor of Anthropology, History, and Social Medicine, studies the meaning of home modifications as self care in four economically and ethnically diverse neighborhoods.

Steven R. Cummings, MD, Professor of Medicine, is Principal Investigator on four NIA clinical research grants, two of which focus on osteoporotic fractures in older men and women. **Kenneth E. Covinsky, MD**, Associate Professor, Division of

Geriatrics, Department of Medicine, is developing and validating indices for predicting risk of functional deterioration and mortality among community-dwelling elders. The goal of this study is to improve health outcomes in older adults. Among others conducting NIA-funded clinical research in geriatrics at UCSF is **Steven Z. Pantilat, MD**, Assistant Clinical Professor of Medicine, whose project will attempt to determine whether a multidisciplinary palliative care consultation improves inpatient palliative care for older adults. **Jacqueline M. Leung, MD**, Associate Professor in the Department of Anesthesia, focuses on the identification and modification of predictors of perioperative complications in geriatric surgical patients in a study designed to improve perioperative outcomes. **Kristine Yaffe, MD**, Assistant Professor of Psychiatry and Neurology, studies the relationship of estrogen compounds to cognition and dementia in older women.

One of the best-known animal models of aging research at UCSF is the nematode, *C. elegans*, used in the laboratory of **Cynthia J. Kenyon, PhD**, Herbert Boyer Professor of Biochemistry and Biophysics. In her NIA project, Dr. Kenyon is studying the effect of mutations on genes and how these genes influence the processes of aging. **Ting-Ting Huang, PhD**, Associate Adjunct Professor of Pathology, studies genetic modifiers and longevity in mutant mice lacking a mitochondrial oxygen free radical metabolizing enzyme. **Ruby Ghadially, MD**, Assistant Professor of Dermatology, is exploring age-related changes in epidermal stem cells in mice with the goal of improving cell function and/or wound healing in the aged.

NIA currently funds at least 12 research projects at UCSF investigating prions and their relationships with aging. **Stanley B. Prusiner, MD**, Professor of Neurology and Biochemistry and 1997 Nobel Laureate, heads a program project grant on degenerative and dementing diseases of aging. Dr. Prusiner, who won the Nobel Prize for his discovery that prions cause certain neurodegenerative diseases, studies the pathogenesis of age-dependent, neurological degeneration in mice.

HCGNE Hosts Visit by Leader in Geriatric Nursing

The UCSF John A. Hartford Center of Geriatric Nursing Excellence (HCGNE) hosted a visit by **Claire Fagin, PhD, RN, FAAN** to the UCSF School of Nursing April 23-24. A national leader in geriatric nursing and health policy, Dr. Fagin is Professor Emerita and former Dean of the School of Nursing at the University of Pennsylvania School of Nursing. Currently, she serves as National Director of the John A. Hartford Foundation's Building Academic Geriatric Nursing Capacity program, where she coordinates the activities of the five HCGNEs across the country. During her visit to UCSF, Dr. Fagin was the featured speaker at a dinner attended by members of Sigma Theta Tau International Nursing Honor Society and by members of the community, where she discussed innovative programs to increase the number of geriatric nurses in the nation. While Dr. Fagin was at UCSF, she met with gerontological nursing students, lectured in a nursing course, and held discussions with **Kathleen Dracup, RN, FNP, DNSc, FAAN**, Dean of the School of Nursing and **Jeanie Kayser-Jones, RN, PhD, FAAN**, Director of the UCSF HCGNE.

NIA Grants (cont.)

At least three other NIA grants at UCSF provide support for development of "communities of researchers" in aging. **C. Seth Landefeld, MD**, Professor of Medicine and Chief of the Division of Geriatrics, is Principal Investigator on an Academic Career Leadership Award and a Research Training grant in Geriatric Medicine, both of which provide opportunities for training new researchers. The Academic Career Leadership Award supports development of a geriatrics research infrastructure and provides opportunities for faculty development and collaboration. The Research Training grant provides funding for two postdoctoral research fellows in geriatric medicine. **Eliseo Perez-Stable, MD**, Professor of Medicine and Chief of General Internal Medicine, directs the Resource Center for Aging Research in Diverse Populations. This center provides a central administrative unit to foster the development of

Three Nurses Receive Hartford Fellowships in Geriatric Nursing

The UCSF John A. Hartford Center of Geriatric Nursing Excellence is proud to announce that three scholars at UCSF School of Nursing received fellowship awards of \$100,000 each to support their studies and research in the field of gerontological nursing for the next two years. The UCSF nurse scholars, one pre-doctoral and two post-doctoral, were chosen through a national competition as part of an initiative funded by the John A. Hartford Foundation to build academic geriatric nursing capacity.

The pre-doctoral scholar, **Diane Norcio, RN, GNP**, will begin doctoral study at UCSF in Fall 2002. Diane, who established the first Adult Day Health Center and Alzheimer's Day Care Resource Center in Weed, CA, plans to study rural health policy as it relates to older adults. **Alison Kris, RN, PhD(c)** and **Nancy Stotts, RN, EdD, FAAN** will receive post-doctoral fellowships to support their research on symptom management in frail elders in nursing homes and the treatment of pressure ulcers in residents of long-term care institutions, respectively.

Joyce Chan, RN, ANP, received a Hartford pre-doctoral scholarship last year and will begin her second year of study at UCSF in Fall 2002. She will conduct research on the experiences of Chinese elders in nursing homes.

The trustees of the John A. Hartford Foundation mounted this initiative to help address the challenges of the critical shortage in geriatric nurses by preparing gerontology nurse educators, researchers, and practitioners. Nationwide, twenty scholarships were awarded to nurses to support gerontological doctoral education and research.

investigators with expertise in minority health and aging to conduct research in African American and Latino communities.

Information about research funded by NIA and other institutes and centers within the National Institutes of Health is available at:

<http://crisp.cit.nih.gov/>.

Names in the News: Recent Publications

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- Wilson, L., **Brown, J.S.**, Shin, G.P., Luc, K-O, Subak, L.L.: Annual direct cost of urinary incontinence. *Obstet Gynecol*, 2001;98:398-406.
- Dowling, G.A.**, Mastick, J.M.: Melatonin secretion in Parkinson's disease: a 2.5 year follow-up. *Sleep*, 2001;24(Abst Suppl):A368.
- Dowling, G.A.**, Schmitt, E.M.: Assessing outcomes in a case management program for community-dwelling frail older adults. *Gerontology*, 2001;47(Suppl;1):153.
- Melnick, M.E., **Dowling, G.A.**, Dodd, M.J.: The Pro-Self Program: Exercise for Parkinson's disease. *The Gerontologist*, 2001;41:282.
- Harrington, C.:** Designing a Report Card for Nursing Facilities: What is Needed and Why. Conference at the Pepper Institute on Aging and Public Policy sponsored by the National Institute on Aging and the Robert Wood Johnson Foundation on March 20-21, 2002.
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- Fisher, L. & **Lieberman, M.A.:** Family Support and Burden in Alzheimer's Disease in B. Vellas & A. Garry (Eds.), *Facts and Research in Gerontology*, 2002;Springer.
- Schmucker, D.L.**, Thoreux, K., Owen, R.L.: Aging impairs intestinal immunity. *Mechanisms of Aging & Development*, 2001;122:1397-1411.
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- Steinman, M.A., Sands, L.P., Covinsky, K.E.:** Medication restriction due to cost in seniors without prescription coverage: a national survey. *J Gen Intern Med*, December 2001;16:793-99.
- Walter, L.C., Eng, C., Covinsky, K.E.:** Screening Mammography for Frail Older Women: What are the burdens? *Journal of General Internal Medicine*, 2001;16:779-784.
- Weiner, M.**, DeCarli, C., deLeon, M., Fox, N., Jack C., Scheltens, P., Small, G., Katchaturian, Z., Peterson, R., Thal, L.: Neuroimaging for Detection, Diagnosis and Monitoring of Alzheimer's Disease and Other Dementias: Proceedings of the Alzheimer's Imaging Consortium. *Neurobiology of Aging*, 2001;22:331-342.
- Mungas, D., Jagust, W.J., Reed, B.R., Kramer, J.H., **Weiner, M.W.**, Schuff, N., Norman, D., Mack, W.J., Willis, L., Chui, H.C. MRI Predictors of Cognition in Subcortical Ischemic Vascular Disease and Alzheimer's Disease. *Neurology*, 2001;57(2):2229-35.
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- Yaffe, K.**, Barrett-Connor, E., Lin, F., Grady, D.: Serum Lipoprotein Levels, Statin Use and Cognitive Function in Older Women. *Arch Neurol*, 2002;59:378-384.
- Yaffe, K., Lui, L., Grady, D., Stone, K., Morin, P.:** Estrogen Receptor 1 Polymorphisms and Risk of Cognitive Impairment. *Biological Psychiatry*, 2002;51:677-682.

Geriatric Dentistry Seminars

The School of Dentistry held two three-hour seminars in Geriatric Dentistry for fourth-year students on February 5 and February 12, 2002. Approximately 100 students attended. The goals of these programs were to sensitize dental students to the changing demographics of an aging society and the implications of these trends for their professional careers. Faculty speakers from multiple disciplines addressed the students on demographic trends, the effects of aging on the chewing system, keeping vs. losing one's teeth in later life, preparing older patients for dental procedures, and medical issues in oral health care of the young old.

The highlight of each program was a panel discussion by a group of older volunteers from the San Francisco community, who are part of a group known as Students and Great Elders (SAGE) volunteer program. The SAGE volunteers were organized in September 2001 to assist in the education of health professions students at UCSF. Those who participated in the Geriatric Dentistry Seminars were: **William and Diane Ehrlich, Ethel Friedrichs, Maria Ury, Jeanette Wiener, and Lawrence Feigenbaum, MD**. These individuals discussed their own oral health status and their experiences with health care as older persons and shared their ideas on what new health professionals need to know about aging and older adults.

The Planning Committee for the seminars included: **Arnold J. Kahn, PhD**, Professor, Department of Growth and Development, School of Dentistry; **Linda Centore, RN, PhD**, Associate Clinical Professor of Clinical Health Psychology, Department of Preventive and Restorative Dental Sciences; and **Joan B. Wood, PhD**, Campus Planner, UCSF Academic Geriatric Resource Center.

Training of Trainers: Caring for Elders with Cognitive Impairment

The UCSF Academic Geriatric Resource Center and the UCSF Mt. Zion Center on Aging, in collaboration with the California Geriatric Education Center, are sponsoring a series of educational programs for community health professionals, who have responsibilities for educating or training others, either in staff development or as preceptors for students. The 40-hour Training of Trainers is being held on April 25, April 26, May 3, May 17, and June 7, 2002, at Laguna Honda Hospital in San Francisco. The theme of the program is Caring for Elders with Cognitive Impairment. Thirty health professionals, including physicians, nurses, nurse managers, social workers, psychologists, occupational therapists, and recreational therapists, are participating in the training.

Each day of the training has a specific theme, e.g., assessment, managing challenging behaviors, pain assessment and management, advance care planning and decision-making. Participants will learn best-practice techniques for caring for elders with cognitive impairment from a multidisciplinary faculty with expertise in these areas. Each day's programming includes the presentation of a case which illustrates ethnic and cultural issues related to the day's theme.

The focus of the course is on acquiring instructional strategies and tools for improving clinical teaching. Each participant will construct an educational plan for teaching the content in his/her own work setting. They will share ideas electronically and work together on developing appropriate strategies for staff training and/or student precepting. The educational plans will be submitted to the course director on June 30. Participants will be contacted in September-October for a three-month follow-up on implementation of the plans.

The Training of Trainers program is funded by the Health Resources and Services Administration, Bureau of Health Professions, through a UCSF subcontract with the California Geriatric Education Center. The Planning Committee included: Bruce A. Ferrell, MD, Associate Professor of Medicine/Geriatric Medicine, UCLA; **R. Ron Finley, BS Pharm, RPh**, Lecturer, UCSF Department of Clinical Pharmacy; Dan Osterweil, MD, Clinical Professor of Medicine/Geriatric Medicine, UCLA; and **Joan B. Wood, PhD**, Campus Planner, UCSF Academic Geriatric Resource Center, and Associate Director, UCSF Mt. Zion Center on Aging. Continuing education credits are available for physicians, nurses, pharmacists, and psychologists.

Community Health Education Series

Stroke: Prevention, Recovery and Coping was the topic for the spring Community Education event sponsored by the UCSF Mt. Zion Center on Aging, in collaboration with the Institute on Aging and Kimochi, Inc. This program was offered first on April 6 at the UCSF Laurel Heights Conference Center and again April 11 at the Japanese Cultural and Community Center of Northern California. Both events were well attended, with approximately 200 participants at UCSF and 130 at Kimochi, Inc. The speakers were: **Nerissa Ko, MD**, Department of Neurology, *Stroke Prevention: How to Prevent a Brain Attack*; **Erica Pitsch, PT, MS**, UCSF Medical Center, *Recovery from a Stroke*; and Carol Howard-Wooton, MFT, *Tips for Stroke Survivors and Their Families*.

UCSF/Mount Zion Center on Aging

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GERIATRICS 2002: UPDATES FOR PRIMARY CARE PRACTICE

The Division of Geriatrics in the UCSF Department of Medicine is presenting a continuing education course for primary care physicians, nurse practitioners, clinical nurse specialists, physician assistants, and pharmacists on May 30-June 1, 2002, at the Crowne Plaza Hotel, San Francisco. The title of the course is Geriatrics 2002: Updates for Primary Care Practice. The Course Director is **C. Seth Landefeld, MD**. Course Co-Directors are **R. Ron Finley, BS Pharm, RPh**, **William L. Lyons, MD**, and **Joan B. Wood, PhD**.

This course is designed to provide an up-to-date review of common clinical problems affecting older persons, as well as issues regarding the delivery of health care to this vulnerable and growing population. A faculty of prominent experts in the field of geriatrics will provide practical, case-based presentations of geriatric syndromes; current reviews of medical conditions that predominately afflict elders; and useful tips for care of elders in the emergency department, the nursing facility, and the home. Particular emphasis will be given to the challenges of prescribing medications for older patients.

The contents of the course will help participants meet the requirements of AB 1820, the Geriatric Medical Training Act, passed by the California Assembly in 2000. AB 1820 mandates that "*All general internists and family physicians who have a patient population of which over 25 percent are 65 years of age or older shall complete at least 20 percent of all mandatory continuing education hours in a course in the field of geriatric medicine or the care of older patients.*" Continuing education credits will be available to physicians, pharmacists, and nurses.

UPCOMING GERIATRICS GRAND ROUNDS

June 5—**Adrenne Green, MD**

Hospitalized Elders and Discharge Planning

July 3—**William Jagust, MD**

The Future of Alzheimer's Disease

Geriatrics Grand Rounds are held in Room N-729 at the Parnassus Campus from 8 till 9 am.