

EDUCATIONAL GOALS AND OBJECTIVES

GERIATRICS

CORE INTERNAL MEDICINE

Goals

The resident will develop the necessary knowledge, skills and attitudes to ensure expertise as an internal medicine physician with responsibility for health care of the older person and their caregivers.

Principle Objectives

The resident will be exposed to a wide spectrum of illnesses within the older adult population. This will be accomplished through a variety of exposure sites including the geriatric medicine acute care in-patient unit, geriatric medicine consult service, geriatric medicine clinics and if feasible specialty clinics and rural outreach clinics.

SPECIFIC OBJECTIVES

At the end of the rotation the resident will be able:

Medical Expert/Clinical Decision Maker

1. To become familiar with the assessment and management of a variety of common health care problems involving the older adult. Common problems will include falls, delirium, dementia, depression, incontinence, Parkinson's disease, orthostatic hypotension and polypharmacy.
2. To elicit a comprehensive history and detailed physical examination, develop a problem list, differential diagnosis and formulate a patient-centered management plan that supports ongoing care and follow up of investigations.
3. To practice the tools used in assessment of cognition, gait, balance and function.
4. To become familiar with the principles of driving assessment in the setting of Cognitive impairment and the Ministry of Transportation regulations.
5. To identify the atypical presentation of illnesses in the older population.

Communicator

1. To demonstrate effective communication skills with the patients, caregivers and health care professionals, including empathy, compassion and respect.
2. To establish patient centered goals directed at the older adult.
3. To conduct an interview essential for the assessment of the older patient and seek and synthesize information from other sources, including the patient's caregivers and/or family, with patient or SDM consent as well from other health professionals involved.
4. To demonstrate effective and efficient written communication skills, including consultation reports, conducted in a clear, accurate and timely manner.
5. To manage emotionally charged conversations and disclosure of "bad news", such as suspension of a driver's permit or diagnosis of dementia.

Collaborator

1. To appreciate the importance of the interprofessional approach required in the management of the older adult, and function collaboratively as a member of the health care team involved in geriatric assessment and treatment.
2. To become familiar with the role and impact of the family and the caregiver on the care of the older person.
3. To demonstrate safe-handover of care of the older person with multiple complexities, including medical conditions and psycho-social situations, using both verbal and non-verbal communication.
4. To become familiar with community supports for older adults and their caregivers.

Leader

1. To contribute to a culture that promotes patient safety.
2. To use health care resources for optimal care of the older person, when considering their comorbidities.

Health Advocate

1. To recognize the roles of age-related changes, social economic factors, and multisystem disease and the factors which can be modified to improve common health problems for the older adult through patient education and counseling.
2. To incorporate disease prevention, health promotion (exercise, diet, immunizations, avoiding alcohol and smoking etc.), principles of safe prescribing, deprescribing and health surveillance into interactions with older patients and their caregivers.

Scholar

1. To identify opportunities for learning and improvement by regularly reflecting on and assessing one's own delivery of patient care.
2. To recognize practice uncertainty and knowledge gaps in clinical care and generate focused questions to address these.
3. To integrate evidence -based knowledge acquired during the rotation into decision making for care of the older person.
4. Supervise and teach other more junior learners while on the geriatric rotation

Professional

1. To exhibit appropriate professional behaviors and relationships in all aspects of care of the older person and their caregivers, including honesty, integrity, humility, commitment, responsibility, compassion, respect, altruism, respect for diversity and maintenance of confidentiality.
2. To demonstrate self awareness and manage influences on personal well-being and professional performance.