

WHEN TO CONSIDER A REFERRAL TO GERIATRICS

GERIATRIC MEDICINE CONSULT TEAM SERVICE The Ottawa Hospital, Civic Campus

GENERAL GUIDELINES

- Consults can originate from anywhere within TOH and sometimes from the Ottawa Heart Institute.
- Trainee should perform at least 2 or more consults per week during the rotation, to be reviewed with the staff person on the consult service.
- The consult write-up should include problem-oriented consultation, including mental status examination, with special emphasis on gait, balance, neurological exam, and functional status.
- If possible, obtain collateral history from relatives, family physician or facility where the person resides particularly with respect to preadmission cognitive and functional status
- At the end of the consultation report, elaborate in a problem oriented manner, the diagnosis(es) and plan of action. However until discussed with staff person, do not commit re: transfer to the Geriatric Medicine Unit (Inpatient Unit).
- Consider if patient can be discharged home. Would they benefit from further assessment in the Geriatric Day Hospital as an outpatient?

Who would benefit from further assessment on the Geriatric Medicine Unit?

Geriatricians' clinical expertise and focus fall in four main categories or **M4**, which represent drivers that lead to becoming **HIGH RISK** seniors:

- **Mind** (delirium, dementia, depression and behavioural problems): Dementia is the number one disease driving up **ALC** rates and accounts for 1/3 of hospital ALC days
- **Mobility** (falls): **MOST COMMON** cause of injury, 6th leading cause of death, accounts for \$6.2B costs, is a large contributor to ALC
- **Medications**: 15-30% of all admissions have medication side-effects as a causative or contributing factor
- **Multicomplexity**: Multiple interacting chronic diseases contribute to a loss of function which often leads to long-term care institutionalization

Geriatric Nursing Consultation Team

Who are we?

The Geriatric Nursing Consultation team consists of an APN (Advanced Practice Nurse) and two GNS (Geriatric Nurse Specialist) who work collaboratively with the Geriatricians at both the Civic and General campus. The Nurse Consultants are an integral part of the team.

What do we do?

Our role is to perform comprehensive nursing assessments and identify actual or potential geriatric nursing issues. We gather data from a variety of sources in an attempt to obtain a clear picture of the patient's status. We act as the liaison between the referring teams and the GAU (A1) and Geriatric Rehabilitation (SCO) if the patient should require transfer. The nurses provide ongoing patient follow up and act as liaison with referring health care teams as necessary.

We also provide information to the patient and families and to the nursing units regarding community resources. (e.g. geriatric outreach assessment team (GAOT), Day Hospitals, Geriatric Psychiatry, Alzheimer's and Related Disorder Unit (ARDU), First Link etc...)

Please refer to the sample assessment (included in your binder) to see what information you may find on the patient chart when you see patients in consultation.

Please feel free to contact the Geriatric Nurse Specialists prior to or during your geriatric consultation rotation so that we may work together to enhance care of TOH elders.