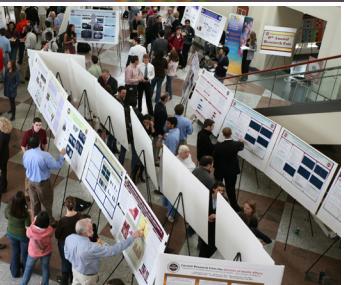


Geriatrics
Research

Research & Scholarship

Department of Geriatrics



May 2018 Newsletter

Department of Geriatrics | College of Medicine | Florida State University

manager's message

While a few of the Department's sponsored projects are coming to an end, it seems as though the number of research and grant projects has increased exponentially over the past six months. The Department's HRSA-funded North and Central Florida Geriatrics Workforce Enhancement Partnership (NCF-GWEP) is in the last few months of a three-year funding cycle. Its projects continue to succeed, reaching more and more caregivers, patients, and members of the healthcare workforce. The partnerships developed under the six projects are now firmly rooted, allowing the momentum of success to continue without the support of current funding levels. Likewise, funding for two of Dr. Terracciano's projects ended in January, but these projects continue as well.

In addition to the sustained progress of the above-mentioned projects, our faculty have started a number of new or supplementary projects – all of which incorporate their many interests and strengths. This year, both of our Department's summer research projects were funded by the Division of Research. They include Brett Eckert's assessment of the NCF-GWEP Nurse Workforce Enhancement project and the development of a practice change survey and Maheen Islam's meta-analysis on the role of personality changes in dementia, referenced on page 9. New departmental partnerships are being explored as well, including a collaboration between PHI, a direct care agency, and the Florida Pioneer Network; a multi-country collaboration of SQLI nursing homes; and a partnership with an institute for community and clinical research – just to name a few. As these projects develop, we look forward to sharing more details on the scope and intent of each in upcoming newsletters.

Once again, I am grateful to be a part of such a wonderful team of professionals who are passionate about geriatrics education, older adults, and research. I hope you enjoy reading about all of our accomplishments within this edition of the Geriatrics Research and Scholarship Newsletter.



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Cedar Wax Wing by B. Buckingham

The Department of Geriatrics would like to thank the Tallahassee Senior Center and the artists who exhibit their artwork at the FSU College of Medicine. Some of the pieces displayed can be found throughout this newsletter. For more information on the art or artists, please call Ms. Regina Scott, Administrative Coordinator, at (850) 645-6575.

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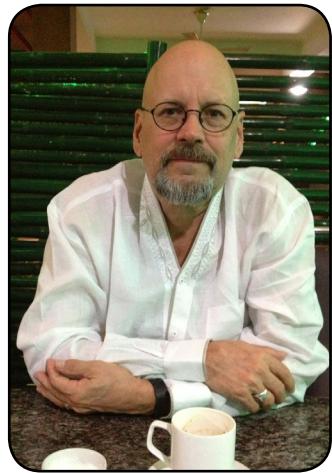
Announcements

Fourth Annual Post-Acute and Long-Term Care Conference



Dr. Ken Brummel-Smith awarded Tallahassee Scientific Society Gold Medal

The Tallahassee Scientific Society's Gold Medal, established in 2004, is bestowed annually by the Society on a scientist or scholar selected from the community whose career achievements in science or science education and outreach are deemed exemplary. The 2017 gold medal was awarded to Dr. Ken Brummel-Smith, the former founding Chair of the Department of Geriatrics from 2003 to 2015.



Dr. Ken Brummel-Smith

The Department of Geriatrics is pleased to announce the Fourth Annual Post-Acute and Long-Term Care Symposium, which will be held on August 17 at the Westminster Oaks Maguire Center. National experts will present exciting new developments in models of geriatric care as well as innovative solutions to challenges faced by the long-term care continuum. Keynote speaker Dr. Rosalie Kane of the University of Minnesota will present results from a study which used the Delphi Technique to identify new ways to structure long-term care. Other speakers include Dr. Nicholas Castle of the University of Pittsburgh presenting on quality assurance in the nursing home and Dr. Robyn Stone of LeadingAge presenting on new models of long-term care.

Continuing education credits will be offered for multiple disciplines, including social workers, nurses, physician assistants, nurse practitioners, nursing home administrators, and medical directors. The conference will also include breakout sessions for interactive learning and discussion. For more information and to register for the conference, please contact geriatrics.research@med.fsu.edu.



Summer Sky
by Valerie Hubbard

Announcements

Geriatrics Debunked

Find out the latest in the field of geriatrics with the Department's new Geriatrics Debunked board! The board features new, evidence-based research shining light on commonly-held myths in aging.



The current topic:
Do our brains stop
making new brain cells
in old age?

Stop by suite 4225 to
find out!

2018 Florida Conference on Aging

The 63rd annual Florida Conference on Aging, the largest and most comprehensive aging network conference in Florida, will be held in Tampa, FL on August 13-15. Sponsored by the Florida Council on Aging, the Florida Association of Aging Services Providers, and the Florida Department of Elder Affairs, the conference will include workshops, intensives, plenary and education sessions that will focus on current and emerging issues, best practices and challenges facing the field of aging.

To find more information and register for the conference, visit the [Florida Council on Aging's website](#).

**Florida Conference
on Aging 2018**

Marriott Waterside, Tampa, FL • August 13–15, 2018

Florida Health Alzheimer's Disease Awareness & Research Symposium

Hosted by the Florida Department of Health, the Florida Health Alzheimer's Disease Awareness & Research Symposium will focus on Florida-based research findings, new resources and information that promote brain health and early detection and diagnosis of Alzheimer's disease. The conference will take place on June 7-8 in the Florida Hospital Creation Conference Center in Orlando, FL.

The symposium will feature a day for clinicians and researchers focused on research funded by the Ed and Ethel Moore Alzheimer's Disease Research Program. Dr. Terracciano of the Department of Geriatrics will be part of a panel discussion to help foster collaboration and information sharing among research investigators. The second day will be designed for caregivers and the general public with topics addressing cognitive decline, community resources, clinical trials, and caregiving.

For more information and to register, please visit the [symposium website](#).



Announcements

American Geriatrics Society 2018 Annual Conference



The American Geriatrics Society's (AGS) 2018 Annual Scientific Meeting is set for May 3-5, this year at the Walt Disney Resort in Orlando, FL. Founded in 1942, AGS is a nationwide, non-profit society of geriatrics healthcare professionals dedicated to improving the health, independence, and quality of life of older people.

This three day conference will explore a range of topics, including clinical care, innovative models of care and quality improvements, and research in geriatric bioscience, geriatric education, geriatric syndromes, health services and health policy, neurological and behavioral science, and more. Several FSU College of Medicine Geriatrics faculty will be presenting on projects and important issues in the geriatrics field. Dr. Lisa Granville, Nicolette Castagna, and Dr. Jean Munn of the FSU College of Social Work will be presenting on the Senior Learning Project, an innovative approach to fostering older adults' engagement in their health. Dr. Alice Pomidor will be presenting on an interprofessional approach to driving fitness using the Clinician's Guide to Assessing and Counseling Older Drivers. For CE and registration information, visit the [AGS website](#).

28th Annual Florida Geriatrics Society Meeting & Educational Symposium

The Florida Geriatrics Society (FGS) will be hosting their 28th Annual Meeting & Educational Symposium August 4-5, 2018 at the Loews Sapphire Falls Resort in Orlando, FL. Topics will cover a wide range of important issues for older patients, including diabetes management, healthcare-associated infections and antimicrobial stewardship, decisional capacity, and influenza vaccinations.

FGS is a multidisciplinary membership organization that provides educational, networking, and leadership opportunities in geriatrics. For more information on the conference, please visit the [2018 annual meeting website](#).



In the Spotlight

Women's Sexual Health in Aging

In a recent article in the Journal of the American Geriatrics Society, Drs. Lisa Granville (Professor and Associate Chair, Department of Geriatrics) and Janet Pregler (Director, Iris Cantor-UCLA Women's Health Center and Associate Professor, David Geffen School of Medicine) review common factors in caring for the sexual health of older women. The authors introduce specific patient cases then address common questions by subject area.

As an example, case 1 addresses the questions "What does sex mean to older women?, Do older women care about sex?, and Do older women have sex?". The authors talk about the traditional view of sex and intimacy, and how men's and women's experiences differ – men's views are linear while women's are based more on emotional intimacy. Although sexual activity declines with age, the authors cite that the lack of available partners rather than other factors is the main driver of the decline. In addition, the article reports that older women want to have discussions about sex with their physician and expect them to be knowledgeable about sexual topics. The case closes with an overall statement that healthcare providers can offer information related to illness recovery and permission to view sexuality as a range of experiences encouraging focus on current abilities, instead of inabilities, as a means to allow continued physical and emotional intimacy.



Dr. Lisa Granville seeing patients at FSU SeniorHealth

The remaining five cases similarly address specific questions. The authors also provide evidence-based resources, including the Centers for Disease Control and Prevention's recommendations for screening for sexually transmitted infections in older women, a list of common medical conditions and surgical procedures associated with sexual dysfunction, and routine screening questions for older women's sexual health, just to name a few. Find more useful approaches by viewing the article [here](#).



At the Riverside by Elsa McKinney

New Projects and Collaborations

Department of Geriatrics Summer Research Projects

Determining Nurse Workforce Practice Changes in Continuing Care Retirement Communities



Brett Eckert,
Class of 2021



Dr. Lisa Granville

The North and Central Florida GWEP has partnered with Westminster Retirement Communities of Florida to develop and implement online training modules for healthcare providers to address the needs of older adults. Brett Eckert, Class of 2021, will be working with Dr. Granville to create and deliver a practice change follow up survey to evaluate the effects of the training modules on practice behaviors. The evaluation will then be used to inform future online modules and workplace education within Westminster communities. This project will be funded by the College of Medicine's Division of Research Summer Research Fellowship.

Conducting a Meta-Analysis of Personality Changes in Dementia

Personality change as a symptom of dementia is highly prevalent, however little is known about its cause. Maheen Islam, Class of 2021, will be working with Dr. Terracciano and Dr. Mazumder to conduct a meta-analysis of the current knowledge base of personality changes in dementia. She will also perform an analysis of data previously collected by Dr. Terracciano investigating the possible association between elevated serum uric acid concentrations and agitation in dementia patients. Her project will be funded by the College of Medicine's Division of Research Summer Research Fellowship.



Dr. Mridul
Mazumder



Maheen Islam,
Class of 2021

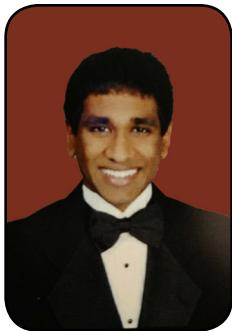


Dr. Antonio
Terracciano

Evaluation of Primary Care Geriatrics Clerkship Assignments for Psychological Trends



Dr. John Agens



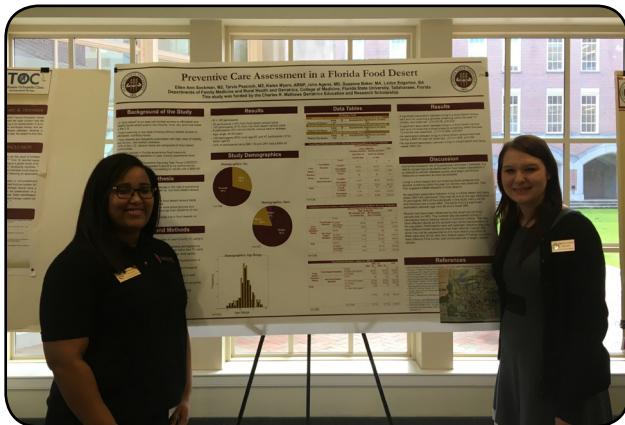
Kiran Tirumalasetty

Kiran Tirumalasetty, a program coordinator at the Health and Wellness Center of North Florida, will be working with Dr. Agens and Dr. Mazumder (pictured above) to analyze educational assignments of the geriatrics clerkship rotation for FSU medical students. Kiran will specifically be evaluating trends in medical student notation of psychological treatment and outcomes in older adults.

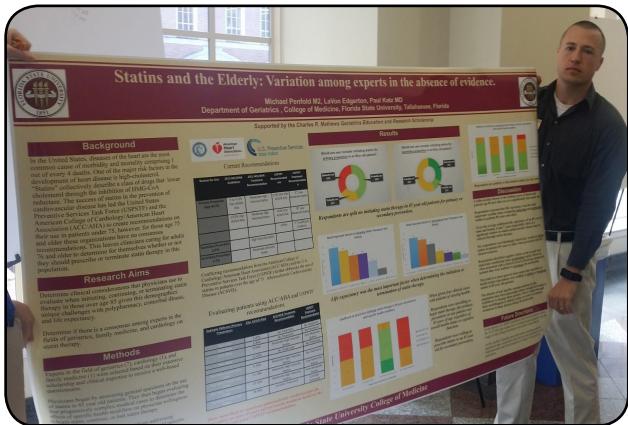
Updates

14th Annual College of Medicine Research Fair

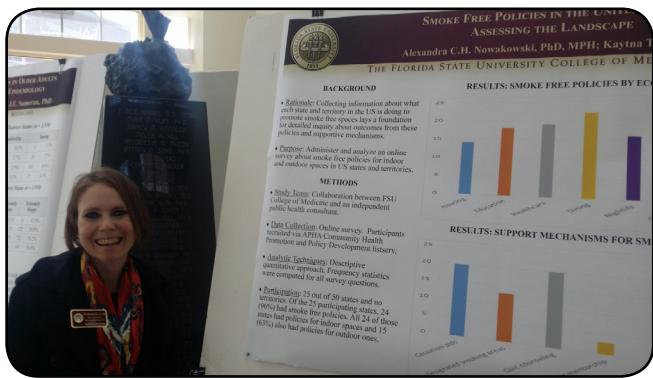
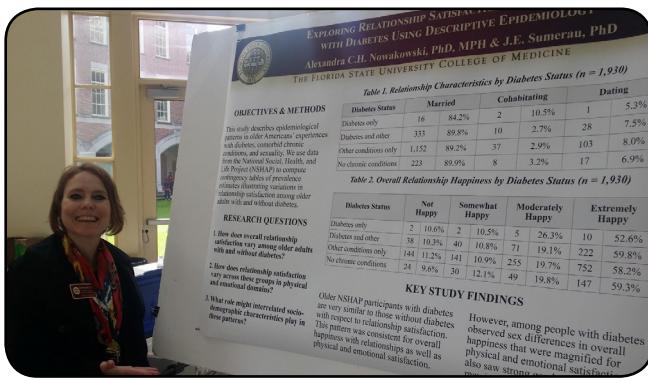
The College of Medicine hosted its 14th annual Research Fair on February 16th, which included over 70 posters and presentations by faculty, students, and guests. The Department of Geriatrics was represented by both faculty and the 2017 Charles R. Mathews Summer Research Scholarship recipients, pictured below.



Ellen Ann Sockman (left) and Tarvis Peacock (right), Class of 2020, worked with Dr. Agens and Ms. Myers on "Preventative Care Assessment in a Florida Food Desert."



Michael Penfold, Class of 2020, worked with Dr. Katz and Ms. Edgerton on "Statins and the Elderly: Variation Among Experts in the Absence of Evidence."



Dr. Nowakowski presented two posters, "Exploring Relationship Satisfaction in Adults With and Without Diabetes Using Descriptive Epidemiology" (left), which she coauthored with Dr. JE Sumerau and "Smoke Free Policies in the United States: Assessing the Landscape" (right), which she worked on with Kaytna Thaker.

Updates

Dr. John Hirdes and interRAI's Improvement of Assessment Systems



Dr. John Hirdes

Dr. John Hirdes, Professor and Chair, Ontario Home Care Research and Knowledge Exchange at the School of Public Health and Health Systems, University of Waterloo, Ontario, Canada, visited the College for February's Grand Rounds. He presented the work of interRAI, collaborative network of clinicians and researchers from over 35 countries, have created a suite of instruments designed to collect and interpret high-quality data of persons who are disabled or medically complex. Using measures that have undergone research and testing to establish reliability and validity, the consortium hopes to promote evidence-based clinical practice and policy decision making across health and social service settings.

Dr. Hirdes' Grand Rounds presentation, titled "The Future of Assessment Systems: Implications for Health in Aging Populations", highlighted some of the outcomes of these validated data collection instruments, including insights from international comparisons of person-level data, increased detection of patient problems and needs, and improvements in quality and cost-effectiveness at the system level. More information on the development and outcomes of the interRAI suite as well as the global network of interRAI collaborators can be found [on their website](#).



Resource Highlights

Meet Terra Bradley - The College of Medicine's Grant Writing Specialist

Terra Bradley has taught writing for 15 years and spent 4 years as the Senior Editor in FSU's College of Education Office of Research. She is now bringing her expertise to the Division of Research and Graduate Programs. Terra has helped College of Medicine researchers develop existing projects and brainstorm new ideas. She is highly skilled in the proposal development process and can help identify and strategize funding opportunities, edit and format proposals, identify collaborators, incorporate reviewer feedback, and cross-check documents for consistency.

She says "Meet with me, I want to hear what you're working on, what you're interested in, what you'd like to have funded. Let me know about funders and timelines. That way, when I see a funding opportunity that might fit your work, I can send it to you. I can also share opportunities that I may have already seen. I also want to hear about proposals or projects you've submitted that haven't been funded but that you'd like to revise and resubmit... send them to me with the reviewers' comments and I'll read them carefully and we can make a plan to get them back out into the world." Terra can be reached at terra.bradley@med.fsu.edu or at 645-2159.



Terra Bradley

Publications and Presentations

Faculty Publications

Lisa Granville, MD

Granville L & Pregler J (2018). Women's Sexual Health and Aging, *Journal of the American Geriatrics Society*, Published online. doi: 10.1111/jgs.15198.

Marshall Kapp, JD

Kapp M & Turner G (2018). Promoting Physician/Attorney Collaboration on Behalf of Older Individuals: The Contribution of Medical School Regional Campuses, *AAMC Journal of Regional Medical Campuses*, 1(1). doi: 10.24926/jrmc.v1i1.1000.

Kapp M. (2018) "Advance Directives," "Nursing Home Reform Act," and "Substitute Decisionmaking," in Elizabeth A. Capezuti et al (Eds) *Encyclopedia of Elder Care (4th Ed)*, New York: Springer Publishing Company.

Kapp M (2018). Forensic Issues in Long-Term Care Psychiatry In Jacob Holzer et al (Eds.) *Geriatric Forensic Psychiatry* (pp. 147-154). New York: Oxford University Press.

Kapp M, Taite S, & Turner G (2017). *Physician/Attorney Collaboration on Behalf of Older Adults*. [Video Series]. Retrieved from http://mediaproduction.med.fsu.edu/mdjd/playmodule/story_html5.html.

Paul Katz, MD

Nazir A, Karuza J, Smalbrugge M, Hertough C, Crecilius C, Feldman S, Moser A & **Katz PR** (2018). Burnout in Post-Acute and Long-Term Care: An International Perspective, *Journal of the American Medical Directors Association*, 19(1) 86-88. doi: 10.1016/j.jamda.2017.10.019.

Katz PR, Kronhaus A, Fuller S (2018). The role of physicians practicing in assisted living: time for change, *Journal of the American Medical Directors Association*, 19(1), 102-103.

Alexandra Nowakowski, PhD

Nowakowski ACH (2018). Film Review: Alive Inside: A Story of Music and Memory. *Teaching Sociology*, 46(1): 87-90.

Nowakowski ACH (2018). Review of Social and Behavioral Science for Health Professionals, First Edition. *Teaching Sociology* 46(1), 1-3.

Nowakowski ACH & Graves KY (2017). Childhood Socioeconomic Status and Stress in Late Adulthood: A Longitudinal Approach to Measuring Allostatic Load, *Global Pediatric Health*, 4, 1-12.

Antonio Terracciano, PhD

Sutin AR, Rust G, Robinson E, Daly M, & **Terracciano A.** (2017). Parental perception of child weight and inflammation: Perceived overweight is associated with higher child c-reactive protein. *Biological Psychology*, 130, 50-53.

Terracciano A, An Y, Sutin AR, Thambisetty M, & Resnick SM. (2017). Personality change in the pre-clinical phase of Alzheimer's disease. *JAMA Psychiatry*, 74, 1259-1265.

Terracciano A, Stephan Y, Luchetti M, & Sutin AR (2017). Cognitive impairment, dementia, and personality stability among older adults. *Assessment*, Published online. doi: 10.1177/1073191117691844.

Sutin AR, Stephan Y, & **Terracciano A** (2017). Facets of conscientiousness and risk of dementia. *Psychological Medicine*, Published online. doi: 10.1017/S0033291717002306.

Sutin AR, Flynn HA, & **Terracciano A** (2017). Maternal smoking during pregnancy and offspring personality in childhood and adulthood. *Journal of Personality*, Published online. doi: 10.1111/jopy.12342.

Sutin AR, Stephan Y, & **Terracciano A** (2017). Psychological well-being and risk of dementia. *International Journal of Geriatric Psychiatry*, Published online. doi: 10.1002/gps.4849.

Luchetti M, **Terracciano A**, Stephan Y, & Sutin AR (2017). Alcohol use and personality change in middle and older adulthood: Findings from the Health and Retirement Study. *Journal of Personality*, Published online. doi: 10.1111/jopy.12371.

Sutin AR, Stephan Y, Luchetti M, & **Terracciano A** (2018). Self-reported personality traits are prospectively associated with proxy-reported behavioral and psychological symptoms of dementia at the end of life. *International Journal of Geriatric Psychiatry*. 33(3), 489-494.

Stephan Y, Sutin AR, Bayard S, Križan Z, & **Terracciano A** (2018). Personality and sleep quality: Evidence from four prospective studies. *Health Psychology*. 37(3), 271-281.

Faculty Publications cont'd

Antonio Terracciano, PhD cont'd

Stephan Y, Sutin AR, Bayard S, Križan Z, & **Terracciano A** (2018). Personality and sleep quality: Evidence from four prospective studies. *Health Psychology*. 37(3), 271-281.

Sutin AR, Stephan Y, & **Terracciano A** (2018). Parental educational attainment and offspring subjective well-being and self-beliefs in older adulthood. *Personality and Individual Differences*. 128, 139-145.

Faculty Special Mentions

Ken Brummel-Smith, MD

Awarded the 2017 Tallahassee Scientific Society's Gold Medal.

Paul Katz, MD

Bowers L (2018, February). It's time for national standards in assisted living, authors argue. *McKnight's Senior Living*. Retrieved from <https://www.mcknightsseniorliving.com/news/its-time-for-national-standards-in-assisted-living-authors-argue/article/746860/>.

Chris Mulrooney, PhD

Featured Member. (2018, January). American College of Health Care Administrators Florida Chapter News.

Alice Pomidor, MD

Miller J (2018, January). CRASH Screening tool not recommended for clinical practice. *Healio*. Retrieved from <https://www.healio.com/family-medicine/geriatric-medicine/news/online/%7b846a3b14-182e-488c-894d-930e23ec70de%7d/crash-screening-tool-not-recommended-for-clinical-practice>.

Faculty Presentations

Ken Brummel-Smith, MD

Brummel-Smith K. (Forum Member) Forum on Aging, Disability, and Independence at the National Academy of Medicine, New York, NY, October, 2017.

Alice Pomidor, MD

Pomidor A. "Assessing Older Drivers' Safety: When Is It Time to Give Up the Keys?" at the American College of Physicians Internal Medicine Meeting 2018, New Orleans, LA, April 21, 2018.

Marshall Kapp, JD, MPH

Kapp MB. "What Are Those Guys in Washington and Tallahassee Doing to My Health Care?" at Distinguished Lecture Series of Indian River State College and Fielden Institute for Lifelong Learning, Vero Beach and Stuart, FL, January 11, 2018.

Antonio Terracciano, PhD

Terracciano A. Flash talk "Personality change in the pre-clinical phase of Alzheimer's disease?" at the 2018 Society for Personality and Social Psychology (SPSP) Health preconference, Atlanta, GA, March 1, 2018.

Mridul Mazumder, MD

Mazumder M. "Dementia and Health Psychology" at the Georgia Psychological Society at Thomas University, Thomasville, GA, April 21, 2018.

Alexandra Nowakowski, PhD

Nowakowski ACH, Barningham KE, Buford CD, Laguerre M, & Sumerau, JE. "That Pain Is Genuine to Them": Provider Perspectives on Chronic Pain in University Student Populations" at the Qualitative Report Annual Conference, Plantation, FL, January 1, 2018.



Coming Out by Debbie Gaedtke