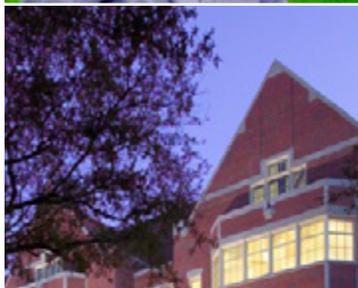




Research & Scholarship

Department of Geriatrics



December 2016 Newsletter

Department of Geriatrics | College of Medicine | Florida State University

director's message

In November, I attended the Public Responsibility in Medicine and Research (PRIM&R) annual conference. Scientists, physicians, clinical researchers, institutional review board members, ethicists, and community members with a passion for research attend and contribute to this meeting. This year, it was the plenary sessions that brought me the most value. I want to share the key messages I received from a mother whose daughter is suffering from an incurable disease. The plenary session was titled "Why Subjects Matter."

As this mother shared her experiences, she described her need to advocate and protect her daughter while also pursuing the latest treatment. After some time, she found a physician scientist who was conducting a clinical trial. She said for the first time in a long time she felt "hope," but that hope was tempered once she realized what participating would actually mean for her and her daughter. She spoke about her impressions of the researchers, the consent process, the nurses and doctors performing treatments, and the front office staff who greeted them at the hospital weekly for months. She remembered both good and bad things about participating, but says she would "do it all over again," because even though the trial did not directly benefit her daughter, the study gets us one step closer to a better treatment.

She reminded the audience that research participants are people first. For her, that meant a scared mother for whom research presented her with yet another difficult decision to make about a daughter she loves more than herself. It was an awesome reminder of the responsibility researchers have not only to science but also to the people who make it possible. That (1) respect for persons is paramount to the process of research, (2) there is no such thing as an "easy" choice for participants, but rather a continuum of risks and benefits, (3) certain risks may seem minor to researchers, but much larger to those who have to accept them, (4) no matter how considerate we try to be, participants will almost always experience inconveniences we did not think of, (5) the rigorous pursuit of science is not only rigorous for the scientist but also for the participant, and (6) we need not to hesitate to remind participants of what they contribute to the research process.

In geriatrics, I am touched by the older adults and their families who so graciously give us their time, allow us to ask intrusive questions, and take risks so that we may learn. The wisdom, vulnerability, and messages from this woman should serve as a reminder to all of us with a role in human subjects research. Most importantly, the pursuit of new knowledge, cures, and medicines should never allow us to lose sight of all the participants who make it possible and the sacrifices they make along the way.



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TO MAKE A GIFT TO THE FSU DEPARTMENT OF GERIATRICS
Go to [oneFSU](#) to find out about the types of gifts you can give and their impact. If you have questions, call the FSU Foundation at (850) 644-4389.

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32nd Annual Alzheimer's Disease
Education and Training Conference



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Marshall Kapp
Student Summer Research
Faculty Mentor

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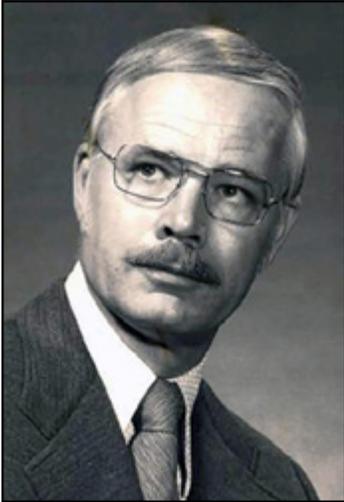
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Announcements

2017 Charles R. Mathews Scholarships



The 2017 Charles R. Mathews Summer Research Scholarship request for applications has been announced by email. This announcement will include faculty interests and suggested topics as well as project requirements and eligibility.

The goal of the Charles R. Mathews Scholarship for Geriatrics Research and Education is to provide first-year medical students at the FSU College of Medicine with the opportunity to engage in a geriatrics-focused summer research project that will motivate students to pursue careers in geriatrics.

Interested in learning more about the types of projects funded? Attend the 13th Annual College of Medicine Research Fair on February 6 in the Atrium to see our students' posters.

Interested students should discuss their research interests or project ideas with the [Department's Research Director, Ms. Suzanne Baker](#).

To learn more about the Department's research, please visit [About Our Research](#).

Alzheimer's Disease Education Conference



The 32nd Annual Alzheimer's Disease Education Conference will be held at the College of Medicine on Saturday, February 18, 2016 from 8:00 a.m. to 3:00 p.m.

The purpose of the conference is to educate the community about Alzheimer's disease awareness, research, statistics, and vital coping skills when caring for a loved one with the disease.

This conference is for family caregivers and professionals, which will feature guest speakers, workshops, and informative exhibits showcasing local resources and service providers.

Register by Tuesday, February 14 by contacting Stephanie Pollack at (850) 386-2778. CEUs are available for \$25.



The FSU College of Medicine team at the annual Forget-Me-Not Walk on November 6, 2016.

In the Spotlight

College of Medicine Researchers Explore Role of Personality on Cognitive Decline

Dr. Antonio Terracciano in collaboration with colleagues from the College of Medicine Department of Behavioral Sciences and Social Medicine, Drs. Angelina Sutin and Martina Luchetti, and their French colleague Dr. Yannick Stephan are publishing research on the link between personality and cognitive functioning in older adults. More specifically, they are using large national datasets to explore the role of personality on the trajectory of individual's cognitive decline. Below are abstracts from their most recently published works on the topic.

[Feeling Older and the Development of Cognitive Impairment and Dementia](#)

Objective. Subjective age is a biopsychosocial marker of aging associated with a range of outcomes in old age. In the domain of cognition, feeling older than one's chronological age is related to lower cognitive performance and steeper cognitive decline among older adults. The present study examines whether an older subjective age is associated with the risk of incident cognitive impairment and dementia.

Method. Participants were 5,748 individuals aged 65 years and older drawn from the Health and Retirement Study. Measures of subjective age, cognition, and covariates were obtained at baseline, and follow-up cognition was assessed over a 2- to 4-year period. Only participants without cognitive impairment were included at baseline. At follow-up, participants were classified into one of the three categories: normal functioning, cognitive impairment without dementia (CIND), and dementia.

Results. An older subjective age at baseline was associated with higher likelihood of CIND (odds ratio [OR] = 1.18; 1.09–1.28) and dementia (OR = 1.29; 1.02–1.63) at follow-up, controlling for chronological age, other demographic factors, and baseline cognition. Physical inactivity and depressive symptoms partly accounted for these associations.

Conclusion. An older subjective age is a marker of individuals' risk of subsequent cognitive impairment and dementia.

[Personality and Cognitive Decline in Older Adults: Data From a Longitudinal Sample and Meta-Analysis](#)

Objectives. Personality traits are associated with risk of dementia; less is known about their association with the trajectory of cognitive functioning. This research examines the association between the 5 major dimensions of personality and cognitive function and decline in older adulthood and includes a meta-analysis of published studies.

Method. Personality traits, objective and subjective memory, and cognitive status were collected in a large national sample (N = 13,987) with a 4-year follow-up period. For each trait, the meta-analysis pooled results from up to 5 prospective studies to examine personality and change in global cognition.

Results. Higher Neuroticism was associated with worse performance on all cognitive measures and greater decline in memory, whereas higher Conscientiousness and Openness were associated with better memory performance concurrently and less decline over time. All traits were associated with subjective memory.

Higher Conscientiousness and lower Extraversion were associated with better cognitive status and less decline. Although modest, these associations were generally larger than that of hypertension, diabetes, history of psychological treatment, obesity, smoking, and physical inactivity. The meta-analysis supported the association between Neuroticism and Conscientiousness and cognitive decline.

Conclusion. Personality is associated with cognitive decline in older adults, with effects comparable to established clinical and lifestyle risk factors.

Updates

What It Means to be a Charles R. Mathews Faculty Mentor



In the modern age of evidence-based medicine, every physician is a consumer of research. Physicians utilize research findings as the basis for their clinical practice. Thus, it is imperative that every medical student learn something about the process through which evidence gets generated and reported in the medical literature and elsewhere. With this educational goal in mind, I was pleased to have the opportunity in the Summer of 2016 to mentor Wyndham Bonett (COM Class of 2019) on his Charles R. Mathews summer research scholarship project, "What Is the State of Education in Florida Medical Schools About Prescribing Medications for Chronic Pain Management?"

Want to learn more about the Charles R. Mathews Summer Research Scholarships? See [page 4](#) or visit our [Student Research website](#).

Significant public health problems (including overdose deaths) relating to misuse and overuse of prescribed medications (mainly opioids) for the management of chronic, non-malignant pain have received much recent media attention. Exploring the role of medical education in preparing future physicians to fulfill their clinical and ethical obligations in caring for patients complaining of chronic pain was the timely and important subject that Wyndham explored in his Mathews project. Because medical schools and residency programs ought to be teaching students about how physicians must navigate their practice in this sphere within an extensive, complex regulatory environment, Wyndham's co-investigator on this interprofessional project was Katherine Perdomo (College of Law Class of 2017).

I enjoyed working closely with Wyndham and Katherine in helping them plan and implement their project. Project components included: review of the medical, legal, and health policy literature; an electronic survey of students and faculty of Florida medical schools and a subset of Florida medical residents regarding their perceptions about the current status of medical education concerning pain management; and preparation of a written report for publication submission and conference presentations. In preparing and carrying out this project, Wyndham and Katherine had to learn about the role of the Institutional Review Board in protecting human subjects, basic social science research issues (survey design, methods of data collection, and data analysis and interpretation), and effective ways of disseminating research findings. The process of mentoring Wyndham and Katherine about these aspects of research was greatly enriched by the involvement of Dean Fogarty and Suzanne Baker, Department of Geriatrics Research Program Director.

It was very gratifying for me to watch, and make a small contribution toward, the intellectual growth of Wyndham and Katherine as they expanded their knowledge and skills in valuable respects during the progress of their project. Thanks to the Charles R. Mathews summer research scholarship program for providing this learning opportunity to the students and myself; I hope that Wyndham and Katherine derived as much benefit from the experience as I did.

[Marshall Kapp, JD, MPH](#) [Center for Innovative Collaboration in Medicine & Law](#)

Publications and Presentations

Faculty Publications

Marshall Kapp, JD, MPH

Shah VV, **Kapp MB**, & Wolverton SE (2016). Medical Malpractice in Dermatology—Part I: Reducing the Risks of a Lawsuit, *American Journal of Clinical Dermatology*, DOI 10.1007/s40257-016-0223-3.

Shah VV, **Kapp MB**, & Wolverton SE (2016). Medical Malpractice in Dermatology—Part II: What to Do Once You Have Been Served with a Lawsuit, *American Journal of Clinical Dermatology*. doi:10.1007/s40257-016-0224-2.

Kapp MB (September 2016). Overcoming Legal Impediments to Physician Orders for Life-Sustaining Treatment, *AMA Journal of Ethics*, 18:9, 861-868. Available open access at <http://journalofethics.ama-assn.org/2016/09/pdf/peer1-1609.pdf>.

Elon RD, **Kapp MB**, & Sheikh F (2016). "Post-Acute Care and Institutional Long-Term Care for the Elderly," in *Reichel's Care of the Elderly: Clinical Aspects of Aging*, edited by Jan Busby-Whitehead et al. New York: Cambridge University Press, 659-670.

Kapp MB (2016). Teaching Legal Competencies Through an Individualized Elective in Medicine and Law, *Gerontology & Geriatrics Education*, DOI: 10.1080/02701960.2016.1247072.

Kapp MB, Taite SM, & Turner G (2016). Medical-Legal Partnerships: Six Situations in Which Elder Law Attorneys and Physicians Caring for Older Patients Need Each Other," *Bifocal: A Journal of the ABA Commission on Law and Aging*, 37:6, 115-118.

Kapp MB (2016). Book Review of "Imbeciles: The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck," by Adam Cohen, *Florida Bar Journal*, 90:7, 68.

Paul Katz, MD

Ouslander JG, Resnick B, **Katz PR** (2016). Telemedicine Use for Transfers: Response to the Letter by Dr. Basel. *Journal of the American Medical Directors Association*, 17(2):180.

Alexandra Nowakowski, PhD, MPH

Nowakowski AC & Graves KY (2016). "Does Inflammation Mediate Relationships Between Racial Identity and Onset of Menopause Among US Adults?," *Journal of Racial and Ethnic Health Disparities*. doi:10.1007/s40615-016-0318-9.

Alice Pomidor, MD

Carr DB, Schwartzberg JG, **Pomidor AK**. "Driving and the Older Adult," in *Reichel's Care of the Elderly, Clinical Aspects of Aging*, edited by Jan Busby-Whitehead et al. New York: Cambridge University Press, 691-701.

Antonio Terracciano, PhD

Delitala AP, **Terracciano A**, Fiorillo E, Orrù V, Schlessinger D, & Cucca F (2016). Depressive symptoms, thyroid hormone and autoimmunity in a population-based cohort from Sardinia. *Journal of Affective Disorders*, 191, 82-87.

van den Berg SM, de Moor MH...**Terracciano A**, et al. (2016). Meta-analysis of genome-wide association studies for extraversion: Findings from the Genetics of Personality Consortium. *Behavior Genetics*, 46, 170-82.

Sutin AR, Stephan Y, Luchetti M, Artese A, Oshio A, & **Terracciano A** (2016). The five-factor model of personality and physical inactivity: A meta-analysis of 16 samples. *Journal of Research in Personality*, 63, 22-28.

Faculty Publications Con't

Antonio Terracciano, PhD Con't

Scuteri A, Morrell CH, Orru' M, AlGhatrif M, Saba PS, **Terracciano A**, et al. (2016). Gender specific profiles of white coat and masked hypertension impacts on arterial structure and function in the SardiNIA study. *International Journal of Cardiology*, 217, 92-98.

Okbay A, Beauchamp JP...**Terracciano A**, et al. (2016). Genome-wide association study identifies 74 loci associated with educational attainment. *Nature*, 533, 539-42.

Okbay A, Baselmans BM...**Terracciano A**, et al. (2016). Genetic variants associated with subjective well-being, depressive symptoms, and neuroticism identified through genome-wide analyses. *Nature Genetics*, 48, 624-33.

Stephan Y, Sutin AR, Caudroit J, & **Terracciano A** (2016). Subjective age and changes in memory in older adults. *Journal of Gerontology: Psychological Sciences*, 71, 675-83.

Sutin AR, Stephan Y, Grzywacz JG, Robinson E, Daly M, & **Terracciano A** (2016). Perceived weight discrimination, changes in health, and daily stressors. *Obesity*, 24, 2202-2209.

Sutin AR, Stephan Y, & **Terracciano A** (2016). Breastfeeding and adult personality. *European Journal of Personality*, 30, 484-491.

Jaconelli A, **Terracciano A**, Sutin AR, Sarrazin P, Raffard S, & Stephan Y (2016). Subjective age and dementia. *Clinical Gerontologist*, 39, 508-519.

Faculty Presentations

Suzanne Baker, MA

"Writing and Developing Research Questions," Bridge Program, October 2016.

"Introduction and Tips for Obtaining Informed Consent in Research Studies" for undergraduate research students, December 2016.



In Golden Pond by Gale Poteat

Lisa Granville, MD

Suchak N, **Granville L**. "Service Learning: An Educational Activity to Promote Interprofessional Training in Geriatrics" at the D.W. Reynolds annual meeting, New Orleans, LA, October 2016.

"Geriatricized Clinical Skills" at the D.W. Reynolds annual meeting, New Orleans, LA, October 2016.

"What does the future hold? Developing a job description for the 2025 Geriatrician" at the D.W. Reynolds annual meeting, New Orleans, LA, October 2016.

"End-of-Life Conversations and Care" at Faith Presbyterian Church, Tallahassee, FL, September 2016.

Edgerton L, **Granville L**, Bakan M. Powerful Tools for Caregivers workshop, St. Paul's United Methodist Church, Tallahassee, FL, September-October 2016.

Marshall Kapp, JD, MPH

"Risk Management and Culture Change: When Resident Voice and Choice Conflicts With Standards of Practice," at Inaugural Conference of the American Association of Directors of Nursing Services, Baltimore, MD, September 29, 2016.

"Issues in Prescribing Opioid Pain Medications" at The FSU College of Medicine, Tallahassee, FL, October 25, 2016.

OLLI Course: "Current Legal and Ethical Controversies in American Health Law," October 10 – November 14, 2016.

"Distinctive Factors Affecting the Legal Context of End-of-Life Medical Care for Older Persons" at Symposium on Quinlan at 40: Exploring the Right to Die in the U.S., sponsored by the Georgia State University Law Review and Center for Law, Health & Society, Atlanta, GA, November 11, 2016.

Alice Pomidor, MD

Interview: Senior Driving: Read This Before Making Car-Key Decisions, US News and World Report, August 2016.

"Aging Drivers: What Do Florida Older Adult Service Providers Say is Needed?," Florida Council on Aging, August 8-10, 2016.

Niharika Suchak, MD

Suchak N, Granville L. "Service Learning: An Educational Activity to Promote Interprofessional Training in Geriatrics" at the D.W. Reynolds annual meeting, New Orleans, LA, October 2016.

Antonio Terracciano, PhD

"Personality, Alzheimer's Disease, and other major health outcomes" at the "Modifying Facets of Personality in Midlife to Promote Well-Being and Healthier Aging" workshop organized by the National Institute on Aging, Bethesda, MD, USA, September 2016.

Invited talk "Personality traits and health" at the Japan Society of Personality Psychology Convention, Osaka, Japan, September 2016.

Invited talk "Personality and dementia" at the Japanese Society of Social Psychology Convention, Osaka, Japan, September 2016.



Saint Marks National Wildlife Refuge
by Nancy Smith

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 on the cover and pages 8 & 9 of this newsletter.

For more information on the art or artists, call Ms. Suzanne Baker, Research Director at (850) 645-1831.