In May, the department welcomed Paul Katz, M.D., as its new chair, replacing Ken Brummel-Smith, M.D., who was the founding chair of the department over 10 years ago.

As the department welcomes Dr. Katz, former President of AMDA—The Society for Post-Acute and Long-Term Care Medicine and current Chair for the AMDA Foundation, we look forward to a new phase of growth and development. Read more about Dr. Brummel-Smith’s new focus and some of Dr. Katz’s accomplishments on the following page.
Cover Story (continued)

It seems like almost every job I’ve had since my fellowship has been in some form of leadership. This will be the first time in 30 years that I’ll be a “regular” faculty member, and I’m looking forward to it.

Besides being more involved in teaching, there are three areas that I’m most interested in pursuing.

First, I’d like to expand my early work on looking at the best ways to help people with early dementia plan their care. The specific area that interests me is using the “window” of time after the diagnosis to discuss with people who have dementia, in depth, the kind of care they’d like at the end of their lives.

Second, I am working to develop the FSU Senior Health clinical programs. This will provide both clinical work sites for our faculty and training sites for our students.

Finally, I want to continue working in the area of health policy, particularly policies that inadvertently lead to elders getting inappropriate treatment. For instance, many quality measures that are driving the new changes in medicine are not appropriate for people who are frail or at the end of their lives. We need quality measures for them too, but they have to be patient-centered and not disease-based.

Dr. Katz is a widely published author and noted speaker on aging issues. Before coming to the FSU College of Medicine, Dr. Katz was the Vice President of Medical Services and Chief of Staff for Baycrest Geriatric Healthcare System in Toronto, Canada. He was also a professor in the Department of Medicine at the University of Toronto.

Dr. Katz has co-edited 11 books and has over 120 scholarly publications. He has received grants from the National Institutes of Health, the U.S. Veterans Administration, the Health Resources and Service Administration (HRSA), and the Ontario Ministry of Health and Long-Term Care.

His research focus includes the long-term care workforce, geriatric education, and quality improvement.
New Projects & Collaborations

Three Students Receive Funding For Geriatrics-Focused Summer Research Projects

Comorbidities and Deaths Linked to the Disabled Population Whose Death is Caused by Choking

Faculty Mentors: Lisa Granville, M.D., and Julia Weeks, M.D. (Family Medicine & Rural Health)

This study will analyze the records of persons with choking deaths reported by the Agency for Persons with Disabilities during the last four years. Derek will provide the results to the agency to help them assist their clients and potentially reduce choking events.

Exploring Depression in Older Adults: The Impact of Stigma on Individual Experiences

Faculty Mentors: Suzanne Baker, M.A. and Angelina R. Sutin, Ph.D., (Behavioral Sciences & Social Medicine)

This project will expand upon the original study that explores older adults’ stigma about depression and their mental health treatment choices. For this project in particular, Stephanie will recruit additional participants to further explore the impact of race.

Analysis of End-of-Life Reflections by Fourth-Year Medical Students

Faculty Mentors: Ken Brummel-Smith, M.D., and Suzanne Baker, M.A.

This study will examine student responses to the palliative care assignment completed during fourth-year geriatrics clerkship. The researchers hope to (1) learn more about the type of end-of-life care that students observe or are a part of during their rotation, (2) assess the value of the assignment as an effective tool for geriatrics educational instruction and (3) better understand medical students’ attitudes towards geriatric medicine and palliative care.
New Projects & Collaborations

The Institute for Successful Longevity™

*We asked Ken Brummel-Smith about his thoughts*

The Institute for Successful Longevity is just getting started and with the recruitment of Neil Charness, Ph.D., to lead it, I’m sure it will be on a great path.

I’d like to see the Institute take a page from the Patient-Centered Outcomes Research Initiative, whereby patients themselves are the ones that generate new research ideas. What questions do older people who have aged optimally raise? What would they like to be studied? How can they help us design research projects that ask meaningful questions, ones that will hopefully lead to their lives being better? The disability rights community has a great saying: “Nothing about me without me.” That’s where I’d like to see the Institute go.

It’s a well-known fact that most medical studies do not include older people. Yet the largest population of consumers of health care services is older. How do we get them involved not just to “help us” but to lead us?

*Read more about the Institute for Successful Longevity.*

Updates/Findings

**Florida Longitudinal Study of Aging**

Antonio Terracciano, Ph.D. and Angelina Sutin, Ph.D.

The Florida Longitudinal Study of Aging is a multidisciplinary longitudinal study that will explore changes in the health and well-being of older adults in retirement communities. Drs. Terracciano and Sutin are leading this study and providing research experience to undergraduate and graduate FSU students.

Drs. Terracciano and Sutin have expanded recruitment for this study to Westminster Gardens, a residential rental retirement community and sister community to Westminster Oaks. Bridge student Bryno Gay helped with recruiting participants.

As of April 2015, 64 participants have completed the study’s activities across the Westminster Oaks and Garden communities.

Bryno Gay, Class of 2019
Behavioral Event Interviews—
Exploring Behaviors and Attitudes for Successful Aging

Christopher P. Mulrooney, M.P.S., Ph.D.

As an extension of the Florida Longitudinal Study of Aging, Dr. Chris Mulrooney has developed a protocol that will analyze participants’ actions, words, thoughts, and feelings associated with a number of personally significant, recent events. Dr. Mulrooney hopes to identify specific behaviors and attitudes that could be associated with successful aging.

For this project, Dr. Mulrooney trained and mentored two undergraduate students, Laura Blank and Jacquelyn (Nicole) Ianni, in the methods of Behavioral Event Interviews. This technique is often used by employers to evaluate a candidate’s experiences and behaviors to determine their potential for success. The students were part of FSU’s Undergraduate Research Opportunity Program.

The research assistants completed 8 hours of training over 4 weeks in the Behavioral Event Interview technique. They subsequently conducted 1-2 interviews each week once certified. At the end of the project, they presented their experiences at the 2015 FSU Undergraduate Research Symposium.

In the Fall 2015 semester, one of the research assistants will return to continue working on the project. At that time, Dr. Mulrooney will train this student to thematically analyze the narrative data collected in the interviews. An original coding scheme, in part derived from Dr. Mulrooney’s preliminary analysis of the interviews, will be used to identify the frequency and strength of key behavioral competencies present in stories of “successful,” “less than successful,” and “creative” experiences of the participants.

In later stages of the study, Drs. Mulrooney, Terracciano, and Sutin will analyze correlations that may be present between these data and other data collected through the longitudinal study.
This is the second year that Dr. Niharika Suchak and colleagues have conducted the Interprofessional Skills Day workshop. This workshop uses the framework from The Modified Use of Simulation in Teams for Students in Training (MUST-SIT) together© model that Dr. Suchak developed.

At the workshop, students from FSU Medicine, Nursing, Social Work, and FAMU Pharmacy work together and learn about the core concepts of interprofessional teamwork and team-based care.

Since the newsletter’s last publication, participants who attended the original workshop were asked to complete a follow-up survey to evaluate their retention of the skills they learned.

This year, the workshop took place in January and had 31 participants. The follow-up survey was emailed to students three months later.

Marielys Figueroa-Sierra, Class of 2016, continues to help with the project by analyzing and summarizing both years of data. She also plans to help the researchers write up the results of the study for publication. Next year, they hope to conduct the workshop again.

Partnerships & Community Involvement

The department thanks the following organizations for their partnership.

- FAMU Pharmacy
- FSU College of Nursing
- FSU College of Social Work
- Tallahassee Memorial HealthCare Memory Disorders Clinic
- Tallahassee Senior Center
- Westminster Gardens
- Westminster Oaks

The Violinist
by Sandy DeLopez
January 2015
Senior Artist Project
Presentations

2015 FSU College of Medicine Research Fair

Hospital Post-Discharge Adverse Events of Individuals Age 65 and Older
Hanna Lee, John Agens (pictured), Stephen Quintero, and Dennis Tsilimingras

Do Fourth-Year (M4) Medical Students Recognize Potentially Dangerous Medications for the Elderly?
John Agens and Jared Davis (pictured)

Exploring Depression in Older Adults, Barriers to Diagnosis and Treatment
Tamara Marryshow (center), Stephanie Poteau, Angelina Sutin (left), and Suzanne Baker (right)

A Pilot of the HeartMath Stress Reduction Technique by Medical Students.
Jason Lesnick (pictured), Ken Brummel-Smith, and Suzanne Baker
Presentations

Agens

TLC Health and Wellness Fair February 2015, Trinity Church Geriatrics Fall Screening.

Invited Speaker TALL, Spring 2015 (Local community group of seniors).

Baker

Spokeswoman for FSU COM, Senior Center Art Insider’s Show, October 2014.


Leon County Outreach Lunch and Learn on Osteoporosis at the Miccosukee Community Center on March 5, 2015 and the Bradfordville Community Center on Apr. 8, 2015.

Brummel-Smith


“Rehabilitation” and “Rehabilitation Cases,” UCLA, Los Angeles, CA, Sept. 10, 2014.


“India,” Tallahassee Senior Center, Sept. 24, 2014.


Alzheimer’s Project Forget-Me-Not Walk November 2014


“POLST,” Tallahassee Memorial HealthCare, Nov. 6, 2014.

“Affordable Care Act,” FSU COM HALO meeting, Nov. 19, 2014.


Presentations (continued)

Kapp


“How and Community-Based Long Term Services and Supports: Health Reform’s Most Enduring Legacy?” at conference on The ACA and Beyond sponsored by the University of Missouri Center for Health Ethics and Center for Health Policy, Columbia, MO, Oct. 18, 2014.


Pomidoro


Senior Services Information meeting, Dec. 11, 2014.


“Dementia 101” and “Driving and Dementia” at the 30th Annual Alzheimer’s Disease Education and Training Conference sponsored by the Alzheimer’s Project, FSU COM, Feb. 21, 2015.

Terracciano

Keynote Speaker at XI EMAP, a South American Conference on Psychological Assessment, Belo Horizonte, Brazil.

“Physical Activity and Personality Development” at Lifespan Social-Personality Preconference, Austin, TX, February 2014.

“Are personality traits associated with white coat and masked hypertension?” at the annual meeting of the American Psychosomatic Society, San Francisco, CA, March 2014.

Publications*


*You may need a subscription to view the publications.
Publications (continued)


Publications (continued)


**Stephan Y, Sutin AR, Terracciano A.** How Old Do You Feel? The Role of Age Discrimination and Biological Aging in Subjective Age. Plos One. 2015;10(3).

**Stephan Y, Sutin AR, Terracciano A.** Younger Subjective Age Is Associated with Lower C-Reactive Protein Among Older Adults. Brain, behavior, and immunity. 2015;43:33-36.
Publications (continued)


Antonio Terracciano
- Is a member of the FSU COM Research Advisory Council.
- Is a member of PCORI’s Fall 2014 and Spring 2015 Cycles Merit Review Advisory Panel on Assessment of Prevention, Diagnosis, and Treatment Options.

Announcements

The Geriatrics Interest Group and the department held the annual Intergenerational Picnic at the Rez, October 2014.

Suzanne Baker serves as Chair of Faculty Council Executive Committee.

Ken Brummel-Smith
- Became the Medical Director of Leading Age in Florida.
- Serves on the FSU COM Conflict of Interest Committee.
- In 2015, was appointed the Chair for the State of Florida’s Alzheimer’s Disease Research Advisory Board by Secretary of Health Armstrong.

Lisa Granville serves as Co-Director for Curriculum Redesign.

Alice Pomidor was invited to represent the AGS at the Older Drivers Expert Summit, a task of the Gaps and Pathways Project funded by a cooperative agreement between the American Occupational Therapy Association and the National Highway Traffic Safety Administration in Bethesda, MD, Mar. 5-6, 2015.

A Photographic Series on Senior Fashion

by Maggie Shackelford
Spotlight Artist

January 2015
Senior Artist Project

Sponsored by a Donald W. Reynolds Foundation grant

Andrew Wahl
Katie Mae Burgess
Lou Wadsworth West