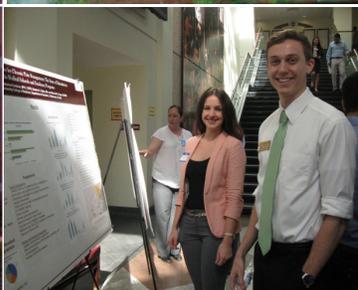




# Research & Scholarship

## Department of Geriatrics



May 2017 Newsletter

Department of Geriatrics | College of Medicine | Florida State University

# chair's message

It is my pleasure to introduce this most recent edition of the Department of Geriatrics' research newsletter. The spotlight for this edition focuses on Dr. Kenneth Brummel-Smith, the founding chair of the Department of Geriatrics. Although officially retiring on June 30th, he will remain active as a strident advocate for improvements in the care of older adults both here in Florida as well as nationally. Dr. Brummel-Smith's illustrious career is highlighted on page five. While Ken's departure is bittersweet, all of the faculty give thanks to his phenomenal leadership and vision, which has significantly contributed to the College of Medicine's success over the past decade.

Also mentioned are the Charles R. Mathews Geriatrics Education and Research Scholarship recipients. This year, projects will be examining statin use in older adults and food deserts in the regional Tallahassee area. Last year I had the pleasure of mentoring Jack Larsen, Class of 2019, who worked on a project exploring the impact of our geriatric curriculum on the performance of FSU-COM students during their first year of post-graduate training. Professor Marshall Kapp also mentored 2 students last year, medical student Wyndham Bonett, Class of 2019, and law student Katherine Perdomo, who described new curriculum introduced in Florida medical schools specific to the use and abuse of opioids. You can view the posters that resulted from these projects on page nine, which features the 13th Annual College of Medicine Research Fair.

In this issue, you will also find an announcement of the Department's upcoming 3rd annual conference on "Advances in Post-Acute and Long-Term Care". We're delighted this year to have the support of LeadingAge of Florida, Florida Health Care Association (FHCA), the Florida Medical Directors Association (FMDA) and Westminster Communities of Florida. The plenary session features nationally known experts who will focus on a range of both clinical and policy related issues. Hope to see you there!



CHAIR  
Paul Katz, MD

ASSOCIATE CHAIR  
Lisa Granville, MD

RESEARCH PROGRAM DIRECTOR  
Suzanne Baker, MA

WRITERS AND EDITORS  
LaVon Edgerton  
Suzanne Baker, MA  
Sarah English

The Department of Geriatrics Research Newsletter is produced by the Florida State University College of Medicine, [Department of Geriatrics](#), 1115 West Call Street, Suite 4300, Tallahassee, FL 32306-4300 (850) 645-8440 [geriatrics.research@med.fsu.edu](mailto:geriatrics.research@med.fsu.edu)

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.

# IN THIS ISSUE

4

[Announcements](#)

5

[In the Spotlight](#)

6-8

[New Projects and Collaborations](#)

9-10

[Updates](#)

10

[Resource Highlights](#)

11-12

[Publications & Presentations](#)



# Announcements

## Updates in the Geriatrics Research Team

Research and grant support in the Department is provided by Suzanne Baker, Research Program Director, LaVon Edgerton, Research Programs Manager, and Sarah English, Grants Compliance Analyst. They have experience with research study design, survey development, program evaluation, grant administration, writing, and reporting, IRB development, research compliance, and faculty support.



*LaVon Edgerton*

Ms. Edgerton started as a Grants Compliance Associate within the Department and has been promoted twice over her five year tenure. She has her bachelor's degree in anthropology from the University of Florida and has over 8 years of experience in the health and aging fields. Her interests include

community wellbeing, focusing on the modification of the built environment and use of evidence-based self-management and physical activity programs to improve the lives of older adults and their families.



*Sarah English*

Ms. English is a recent hire and member of the team. She has her bachelor's degree in Strategic Communications from Ohio State University. She has worked at the FSU College of Communication and Information, the Department of Statistics, and Worthington Internal Medicine in Columbus, Ohio. Her interests

include project management, student and faculty development, and higher education administration, specifically sponsored research.

## 3rd Annual Advances in Post-Acute and Long-Term Care Symposium

The Department of Geriatrics is preparing for the 3rd Annual Symposium on Advances in Post-Acute and Long-Term Care Medicine. The conference will be held on August 25th at the Maguire Center at Westminster Oaks in partnership with LeadingAge, Westminster Communities of Florida, and the Florida Medical Directors Association.

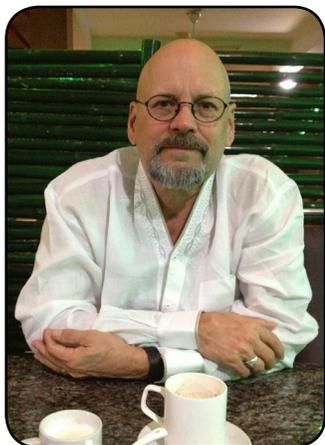
National leaders from multiple disciplines will be discussing topics that represent the changing face of long-term care. Speakers include Cheryl Philips, Senior VP of Public Policy and Health Services at LeadingAge, who will present on the evolution from a fee-based reimbursement system to one that is value-based while balancing both quality and productivity. Another speaker, Dr. Debra Bakerjian of UC Davis, will focus on the evolving role of the nurse practitioner and physician assistant in long-term care. Other topics will include the medical foster home, transitions of care, and CMS innovation projects focused on nursing homes.

The conference will include breakout sessions to allow for discussion and interactive learning. CME credit will be offered for physicians, nurses, social workers, and administrators. For more information and the opportunity to register, please contact [geriatrics\\_research@med.fsu.edu](mailto:geriatrics_research@med.fsu.edu).



# In the Spotlight

## Honoring Dr. Ken Brummel-Smith's Commitment to Person-Centered Care



Dr. Ken Brummel-Smith

Dr. Brummel-Smith has been a champion for patients and their families and an advocate for individual decision making, specifically around end-of-life care. He has devoted his work to improving healthcare practice and policy by influencing how patients, physicians, and policymakers view end-of-life care. His belief that every patient has the right to a good death has shaped both his clinical practice values and his research.

Patient- or person-centered care has always been one of Dr. Brummel-Smith's passions. He routinely encourages individuals to make informed choices and physicians to have difficult conversations. Early in his career, he spent time focusing on how to help dementia caregivers carry out individuals' wishes. He also wrote editorials on the risks and impact of tube feeding on quality of life and the importance of patient-physician communication. These editorials and his work around patient wishes and goals at end of life helped shape the development of POLST (Physician Orders for Life Sustaining

Treatment) during his tenure at Oregon Health and Science University (OHSU). This new practice allowed for the translation of patient preferences into actionable medical orders that could follow patients across care settings.

After moving to Tallahassee, he became the founding chair of the Department of Geriatrics at the FSU College of Medicine and began finding new methods in his clinical and research endeavors for patients, families, and physicians to have crucial end-of-life conversations. He began using the Go Wish cards with his patients and their families and mentored students on research projects that focused on the use of these cards with individuals with mild cognitive impairment and dementia. The research of Dr. Brummel-Smith and others have shown that these cards can be effectively used with patients with varying levels mental capacity in order to identify their wishes and intrinsic values.

Building upon his work at OHSU, Dr. Brummel-Smith advocated for the legal adoption of POLST in Florida. He worked on numerous projects during his tenure here at the College and collaborated frequently with colleague and friend Professor Marshall Kapp, Director of the Center for Innovative Collaboration in Medicine and Law. In 2012, Dr. Brummel-Smith was selected as a national Health and Aging Policy Fellow to expand his knowledge of POLST policy development. This year-long fellowship allowed him to gain the skills and experience to make a positive contribution to the development and implementation of health policies that affect older Americans. This led to increased awareness of the POLST initiative in Florida and to his involvement in the National Alzheimer's Project Act.

These projects only briefly touch on Dr. Brummel-Smith's wide range of accomplishments during his career. In 2005, Dr. Brummel-Smith was honored with the title of Charlotte Edward Maguire Endowed Professor, because of his dedication to geriatric medicine. He also took part in crafting a new, evidence-based definition of person-centered care that was released in 2015 by the American Geriatrics Society, which states, "Person-centered care means that individuals' values and preferences are elicited, and, once expressed, guide all aspects of their healthcare, supporting their health and life goals." Dr. Brummel-Smith's values have helped shape patients', physicians', and policymakers' views of end-of-life care and have motivated students to pursue their own passions. He continues to learn new methods to improve the lives of older adults and shares his experiences with everyone.

*"Love is at the root of being patient-centered. It is putting the patient's needs first, even before your own. It is the willingness to put aside your own biases, and fears, and seek with the patient the right course for him or her at that time."*

*-Dr. Brummel-Smith*

# New Projects and Collaborations

## Collaborations in Post-Acute and Long Term Care



Dr. Paul Katz

Dr. Katz is currently engaged in several noteworthy projects evaluating the organizational structure of long term care facilities and programs and their quality measures.

### ACOVE Measures for the Nursing Home

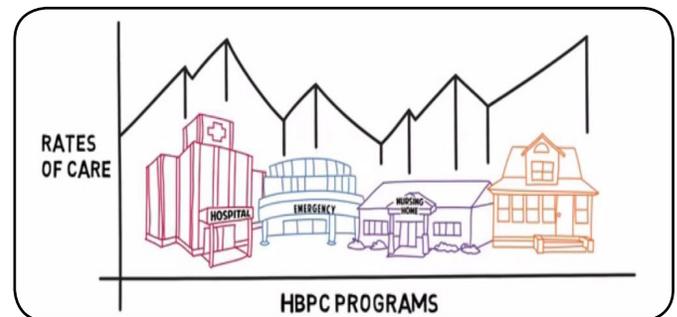
Through a philanthropic contribution from the Baycrest Health Science Center and in collaboration with the University of California Los Angeles and the Rand Corporation, Dr. Katz is working with a panel of international experts to modify the current quality measures specific to medical providers in nursing homes, which are called Assessing Care of Vulnerable Elders, or ACOVE. Dr. Katz previously served as a clinical committee and policy advisory member for the initial formulation of ACOVE quality assessment. The modified measures will be vetted by a technical expert panel in Santa Monica in June and then published to allow more widespread utilization.

### Linking Quality Care with Nursing Home Organization

This project is part of the Senior Quality Leap Initiative, a consortium of North American senior long-term care organizations dedicated to improving the care and patient safety through sharing performance data and quality improvement initiatives. Dr. Katz is a co-investigator on a project currently examining the link between medical staff organization in the nursing home and clinical outcomes. The project will focus on 14 facilities which are part of the Schlegel Villages Continuing Care and Retirement Community. It is hypothesized that quality of care improves when physicians are more fully integrated into the culture of the nursing home.

### Heros@Home

Home Based Primary Care (HBPC) is a Department of Veterans Affairs program and is designed to shift care from institutional to home and community care settings delivered by interdisciplinary teams while maximizing veterans' independence, function, and quality of life. However, utilization rates of institutional care vary across HBPC programs. Dr. Katz is serving as a consultant on the Heros@Home study, which is designed to identify organizational characteristics and team-based best practices across HBPC programs to help support veterans at home and to most effectively and appropriately use institutional care services. It will describe the characteristics of HBPC programs in terms of the primary care model, staffing, leadership, veteran populations served, and use of home telehealth technology and examine HBPC interdisciplinary team effectiveness in communication, coordination, conflict management, and team cohesion.



## Dedicated to Reducing Health Disparities



*Dr. Alexandra "Xan"  
Nowakowski*

Dr. Nowakowski holds a PhD and MS in Medical Sociology from Florida State University, an MPH in Health Systems and Policy from Rutgers University, and a BA in Political Science from Columbia University. As a medical sociologist and public health program evaluator, Dr. Nowakowski focuses on the experience and management of chronic conditions to reduce health disparities and promote health equity across the age spectrum.

For six years, Dr. Nowakowski has worked with the Florida Department of Health on the CDC-funded Florida Asthma Program. The goal of this program and its interventions is to help underserved people with asthma live well and age well by providing evidence-based self-management education and improved access to health care. Dr. Nowakowski serves as the program's evaluator, works to increase awareness of the effects of asthma on older adults, and advocates to improve asthma outcomes for young Floridians with asthma.

Dr. Nowakowski is excited to join the Department of Geriatrics and to partner with other faculty in developing innovative programs for engaging older adults in collaborative learning about chronic disease management. Dr. Nowakowski's work embraces the College of Medicine's mission by forming collaborations that enable researchers to learn about how older adults actively engage community resources to achieve their health goals. These efforts draw on Dr. Nowakowski's own lived experience with chronic disease and polytrauma, facilitating quality health care by centering patient narratives.

## Exploring Faculty Development Program for Community Partners

Community-based preceptors require faculty development because of the large role they play in training medical students. College of Medicine faculty Ms. Suzanne Baker, Dr. Suzanne Harrison, and emeritus faculty Dr. Dennis Baker collaborated with family medicine and faculty development colleagues from multiple universities including Florida Atlantic University, Florida International University and University of South Carolina to examine aspects of faculty development programs nationwide. The team proposed a subset of new survey questions to the 2015 Council of Academic Family Medicine's Educational Research Alliance (CERA) survey given to family medicine clerkship directors and analyzed the responses. The goal was to gain a better understanding of the quantity, delivery methods, barriers, and institutional support for faculty development provided to preceptors.

Findings, published in *Academic Medicine*, demonstrate providing payment to community preceptors may allow schools to enhance faculty development activities and their effectiveness. Medical schools could benefit from constructing a formal faculty development curriculum, including a preceptor needs assessment and ongoing program evaluation. The results suggest that clerkship directors should consider employing innovative faculty development delivery methods in order to recruit and retain community-based preceptors.



*Suzanne Baker*



*Dr. Suzanne Harrison*



*Dr. Dennis Baker*

---

## Medical Student Summer Research

### 2017 Charles Mathews Scholarship Projects

The Department of Geriatrics announced the 2017 Charles R. Mathews Geriatrics Education and Research Summer Research Scholarship recipients in April. These scholarships are awarded each year to students seeking to engage in a geriatrics-related summer research project with the goal of motivating students to pursue careers in geriatrics. The awards are made possible through the generous donations of the late Dr. Charles R. Mathews and his family, and all projects receive the mentoring support of faculty in the Geriatrics Department. This year, two projects were funded:



*Tarvis Peacock,  
Class of 2020*



*Ellen Ann Sockman,  
Class of 2020*

Tarvis Peacock and Ellen Ann Sockman are working with Ms. Karen Myers and Dr. John Agens to examine the relationship between preventative health screenings and food access in Leon County. They also hope to identify barriers to preventative health services in the area.



*Michael Penfold,  
Class of 2020*

Michael Penfold will work with Dr. Katz to determine if there is an expert consensus for the use of statins in the prevention of cardiovascular disease in adults age 75 and older. They will be working with a panel of experts to create a clinical decision tree.

---

### Division of Research, Summer Research Fellowships

This year, Dr. Terracciano's and Derek Schwabe-Warf's proposal was funded for the College of Medicine's Division of Research Summer Research Fellowship. They will be investigating the possible association between elevated serum uric acid concentrations and agitation in patients living with dementia.



*Derek Schwabe-Warf,  
Class of 2020*

# Updates

## 13th Annual College of Medicine Research Fair

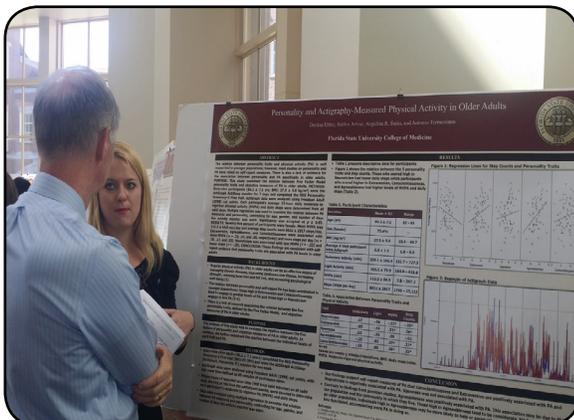
In February, Geriatrics was represented at the annual College of Medicine Research Fair by several faculty and the winners of the 2016 Charles R. Mathews Summer Scholarship for Geriatrics Education and Research. Among the list of presenters were:



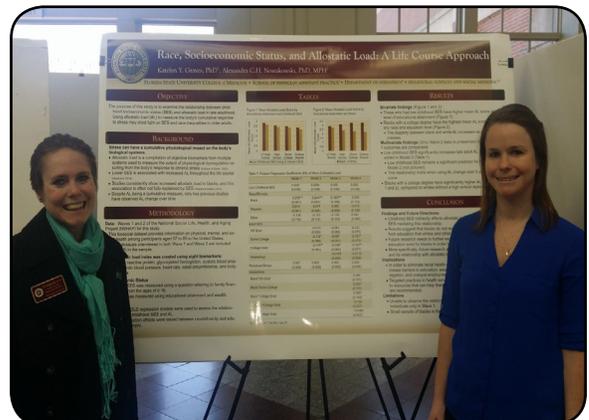
Jack Larsen, Class of 2019, worked with Dr. Katz and Ms. Baker on "How Does an Integrated Geriatrics Medical School Curriculum Impact the Practice of First-Year Residents?"



Medical student Wyndham Bonett, Class of 2019, and law student Katherine Perdomo, worked with Professor Kapp and Ms. Baker on "Prescribing Medications for Chronic Pain Management: The State of Education in Florida Medical Schools and Residency Programs"; here pictured with Dean Fogarty.



Desirae Ehley (undergraduate) and Ashley Artese (graduate) worked with Drs. Terracciano and Sutin on "Personality and Actigraphy-Measured Physical Activity in Older Adults." Work presented in this poster was published in the journal "Psychology and Aging" (Artese et al., 2017).



Drs. Nowakowski and Graves presented "Race, Socioeconomic Status, and Allostatic Load: A Life Course Approach" and "Inflammation, Race, and the Timing of Menopause."

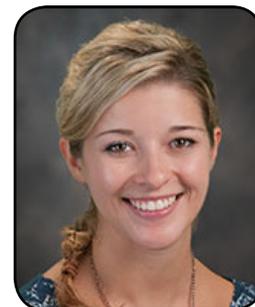
## Expanding Caregiver Study Recruitment through TPCA

Recruitment of dementia caregivers for the Florida Department of Health-funded “Optimization of ‘Powerful Tools’ for Caregivers of Dementia Patients” project has expanded to Tallahassee Primary Care Associates (TPCA). Patients of TPCA will have the opportunity to learn more about both the research and the Powerful Tools for Caregivers program through informational flyers.

Our research associates, Ashley Artese and Julia Sheffler, have played a large part in this recruitment. Ashley comes to us from the College of Human Sciences where she is working on her doctoral degree. She has been a valuable part of the team throughout her graduate career. Julia just completed her doctoral work within the Department of Psychology and will begin post doctoral work in Colorado with the Department of Veterans Affairs. In addition to recruitment, Ashley and Julia have been integral to the success of the study’s objectives.



Ashley Artese



Julia Sheffler

To learn more about this study or the Powerful Tools for Caregivers program, visit the department’s [website](#).

## Resource Highlights

### A Profile of Older Adults

The annual summary of the latest statistics on the older population, A Profile of Older Americans: 2016, is now available online. This profile covers 15 topical areas including population, income and poverty, living arrangements, education, health, and caregiving. The profile provides a useful statistical summary in a user friendly format. This publication is available on the [Administration on Aging website](#).

Some statistical highlights include:

- Over the past 10 years, the population 65 and over increased from 36.6 million in 2005 to 47.8 million in 2015 - a 30% increase.
- About one in every seven, or 14.9%, of the population is an older American.
- There were 76,974 persons aged 100 or more in 2015.

### Spanish Materials for Research Participants

The US Department of Health and Human Services, HHS, is excited to announce the creation of Spanish language materials on its public outreach website, [About Research Participation](#). The new materials include Spanish versions of short videos about participating in research, and a printable list of questions that potential volunteers can ask researchers. These materials will further the mission of HHS by providing basic information about research and research participation so individuals can make informed decisions.



# Publications and Presentations

## Faculty Publications

### **Suzanne Baker, MA**

Bonett WA, Perdomo K, **Baker S**, Kapp MB (2017). Prescribing Medication for Chronic Pain Management: The State of Education in Florida Medical Schools and Residency Programs. *Florida Public Health Review*. Vol. 14, pp. 22-32.

Drowos J, **Baker S**, Harrison SL, ..., Baker D. (2017) Faculty Development for Medical School Community-Based Faculty: A Council of Academic Family Medicine Educational Research Alliance Study Exploring Institutional Requirements and Challenges. *Academic Medicine*. doi: 10.1097/ACM.0000000000001626.

### **Marshall Kapp, JD**

Bonett WA, Perdomo K, Baker S, **Kapp MB**. (2017). Prescribing Medication for Chronic Pain Management: The State of Education in Florida Medical Schools and Residency Programs. *Florida Public Health Review*. Vol. 14, pp. 22-32.

**Kapp MB** & Katz PR. (2017). Can Lawyers Improve Transitions of Care? *Journal of Post-Acute and Long Term Care Medicine* 18(3): 207-210.

**Kapp MB**. (2017) You'll Be Comfortable After Surgery: The Ethical Imperative of Better Pre-Operative Pain Management for Osteoarthritis. *Rutgers Journal of Bioethics*. Vol. VIII, pp. 64-68.

**Kapp MB**. (2017) Legal Aspects of Oncology Care for Dying Patients In L. Berk (Ed.), *Dying and Death in Oncology* (pp. 47-66). Switzerland: Springer International Publishing.

**Kapp MB**. (2017) Legal Issues In J.B. Halter et al (Eds.), *Hazzard's Geriatric Medicine and Gerontology, 7th ed* (pp. 441-449). New York: McGraw-Hill Education.

**Kapp MB**. (2017) Future Directions in Public Policy Relating to Elder Abuse In XinQi Dong (Ed.), *Elder Abuse: Research, Practice and Policy* (pp. 693-707). New York: Springer.

### **Paul Katz, MD**

Hawk C, Schneider MJ, Hass M, **Katz PR**, ..., Weeks J. (2017). Best Practices for Chiropractic Care for Older Adults: A Systematic Review and Consensus Update. *Journal of Manipulative Physiological Therapy*. doi:10.1016/j.jmpt.2017.02.001.

Kapp MB & **Katz PR**. (2017). Can Lawyers Improve Transitions of Care? *Journal of Post-Acute and Long Term Care Medicine* 18(3): 207-210.

**Katz PR**, Levenson S, White H. The Society for Post-Acute and Long-Term Care Medicine. (2017). *Attending Physician Competencies Curriculum for Post-Acute and Long-Term Care Medicine*. Retrieved from <http://www.paltc.org/competencies-curriculum-post-acute-and-long-term-care-medicine>.

### **Antonio Terracciano, PhD**

Sutin AR, Robinson E, Daly M, & **Terracciano A** (2016). Parent-Reported Bullying and Child Weight Gain Between Ages 6 and 15. *Childhood Obesity*, 12, 482-487.

**Terracciano A**, Stephan Y, Luchetti M, Albanese E, & Sutin AR (2017). Personality Traits and Risk of Cognitive Impairment and Dementia. *Journal of Psychiatric Research*, 89, 22-27.

Stephan Y, Sutin AR, Canada B, & **Terracciano A** (2017). Personality and Frailty: Evidence From Four Samples. *Journal of Research in Personality*, 66, 46-53.

Sutin AR, Flynn HA, & **Terracciano A** (2017). Maternal cigarette smoking during pregnancy and the trajectory of externalizing and internalizing symptoms across childhood: Similarities and differences across parent, teacher, and self reports. *Journal of Psychiatric Research*, 91, 145-148.

## Faculty Publications Con't

### **Antonio Terracciano, PhD Con't**

Sutin AR & **Terracciano A** (2017). Sources of weight discrimination and health. *Stigma and Health*, 1, 23-27.

Stephan Y, Sutin AR, Bosselut G, & **Terracciano A** (2017). Sensory functioning and personality development among older adults. *Psychology and Aging*, 32(2), 139-147.

Artese A, Ehley D, Sutin AR, & **Terracciano A** (2017). Personality and actigraphy-measured physical activity in older adults. *Psychology and Aging*, 32(2), 131-138.



A Rose by Nancy Maudlin\*

## Faculty Presentations

### **Suzanne Baker, MA**

Baker D, **Baker S**, Chessman A, Drowos J, Harrison S, Minor S. "Faculty Development for Medical School Community-Based Faculty," at the Society for Teachers in Family Medicine annual meeting, Anaheim, CA, February 2017.

### **Christopher Mulrooney, PhD**

"Eden at Home Care Partner Workshop" at the Tallahassee Senior Center, April 2017. An initiative of the Florida Pioneer Network Consumer Work Group, which he chairs, the Eden at Home workshops are being delivered across the state by certified trainers to educate long-term care consumers and their families on the principles of person-directed care in all settings – including at home.



City at the Shore by Elsa McKinney\*

\*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.

### **Alexandra Nowakowski, PhD**

**Nowakowski ACH**, Graves KY, Raphael, AR, & Sumerau JE. Chronic Inflammation and Perceived Sexual Obligation: Contrasting Pathology with Diagnosis. Presented at the Southern Sociological Society Annual Meeting in Greenville, SC. 31 March 2017.

### **Alice Pomidor, MD**

"Driving and Community Mobility: Highlighting OTs Distinct Value to Programs, Physicians, State Licensing and Senior Drivers" at the American Occupational Therapy Association annual conference, Philadelphia, PA, March 2017.

"Driving & Community Mobility, a highly Valued IADL and Critical to Participation: Know your Role" at the American Occupational Therapy Association annual conference, Philadelphia, PA, March 2017.

### **Antonio Terracciano, PhD**

"Findings From Genome-Wide Association Analyses for Personality Traits" at the American Psychosomatic Society Annual meeting, Seville, Spain, March 2017.