Using the PDA Version of Geriatrics At Your Fingertips®

2007–2008

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What’s new in Geriatrics at Your Fingertips ®
PDA version 2007-2008

• NEW Contents
  ◊ For example; bipolar disorder, chronic kidney failure, hyperkalemia, skin and soft-tissue infections, dysphagia, irritable bowel syndrome, myeloproliferative disorders, the metabolic syndrome, euthyroid sick syndrome, orthostatic hypotension, plantar fasciitis, rheumatoid arthritis, knee pain, treatment of early prostate cancer, prostatitis, abdominal aortic aneurysm, dyspnea, tinnitus
  ◊ Medicare Part D
  ◊ New CMS guidelines on unnecessary drugs in the nursing home and, of course, many drug updates and several new tables

• NEW Features
  ◊ Improved Notepad
  ◊ Improved Bookmark
  ◊ Footnote navigation
  ◊ Assessment Instruments

Dr. Kobylarz demonstrates use of PDA with students in the FSU College of Medicine Clinical Learning Center.

Acknowledgment:
GAYF for PDAs is developed by U.S. Biomedical Information Systems, Inc. (USBMIS, Inc.)
Geriatrics at Your Fingertips®

Geriatrics at Your Fingertips (GAYF) was originally developed by the folks at the American Geriatrics Society (AGS) as a quick reference manual that easily fits into your pocket (shown at right) for use by anyone who cares for older patients. You can purchase this manual from the AGS for $13.95 on their website at www.americangeriatrics.org.


Content

The variety of content in GAYF makes a simple organization impossible. However, becoming familiar with the contents, and figuring out the navigation increases the usefulness of the tool. GAYF contains basic disease information and care guidelines for a number of geriatric conditions like dementia. It contains drug dosages and lab normal’s for geriatric patients which are different from younger patients. It also contains assessment algorithms for certain illnesses like depression in the elderly. There are lots of useful tables, images and calculators. As such, it is not organized like most PDA references.

Navigation

When you start GAYF, the Content screen appears. The Contents tab groups all content by general topic area or chapters such as Dermatologic Conditions or Infectious Diseases. That is the sequential way that the book is organized. This will probably be the way you get around the resources. (shown at left) The Index tab gives you an alphabetical list of a variety of reference types, such as conditions, diseases, psychosocial issues, medications, diagnostic tests, procedures, and so forth. The Tools tab is a quick link to interactive assessment instruments and calculators as well as an abbreviations list.
Example Case 1
I suspect my patient has Parkinson’s disease. What questions should I ask the patient during the history to confirm diagnosis? What medications are the first line, and what dose should I start with?

Look up Parkinson’s Disease in the Index. You will see the collected general information under Parkinson’s Disease Section to include Diagnosis. The table Drugs for Parkinson’s Disease is linked from either page. First line therapy is indicated with a *, while drugs preferred for treating the elderly have a 9.

Exercises for Practice
1. You have an elderly patient with dementia. What are the causes of dementia? What lab tests should you order? What is the starting dose of galantamine?
Example Case 2

How do you evaluate (stage) Pressure Ulcers? What dressings are recommended for each stage. How do you prevent pressure ulcers?

Look up Pressure Ulcers in the Index. You will see the collected general information under Pressure Ulcer Section to include Definitions and management. If you need more information on wound characteristics to interpret the definition of staging that is found under wound characteristics. Dressings are provided in a table linked from the first page. Use the Back button to get back to the initial screen.

Use the JUMPTO button to navigate between sections.
Example Case 3
What are evidence based primary prevention recommendations for older adults?

Using either the Index or Contents tabs, go to the Prevention chapter and select Preventive Tests and Procedures. See Table 76 for all of the USPSTF and other recommended primary and secondary prevention measures for people over aged 65.

Example Case 4
What are medications not covered by Medicare part D?

Using the Index, go to the Medicare chapter and select Part D prescription drug plan. Then select Medications Excluded from Part D Plans.
Exercises for Practice

1. You have an elderly patient whom you suspect is depressed. Using the Geriatric Depression Scale assessment tool in GAYF (at left), you determine that he has a GDS score of 6. GDS >5 = depression. You want to try this patient on Zoloft (Sertraline). What dose should you start with?

Assessment Tools

Under the Tools tab is a link to the Assessment Instruments provided. These are interactive to help guide the questions asked during an encounter. Look over the list of assessment tools. At right are tools to help evaluate Pain. There are also several handy medical calculators like BMI provided under the Tools tab.