



**GERIATRIC MEDICINE
TRAINING; TRANSATLANTIC COMPARISONS**

**25th World Congress of the Society of Arts
and Sciences**

Tábor

Stefan Krajcik and Naushira Pandya



Prof. Štefan Krajčík making rounds

Some demographic data on Slovakia (31.12.2007)

□ 5 400 998 inhabitants

□ 65 + 65 4305 (12,1%)

(54 857 85+ i.e 1,01% (2008)

Life expectancy at birth m/f
(years): 70,9/78,7 (2008)

Life expectancy at 60yrs m/f :
17/21 (2008)

Healthy life expectancy at birth
m/f (years): 63/69, 2003

The short history of geriatric medicine

- ❑ **The first geriatric department was established in 1973**
- ❑ **201 geriatricians have qualified since 1983**

Departments in competence of Geriatric Medicine

- Geriatric departments
- After-treatment departments
- Long term care departments

- Age limit (65+) is used in GD. There is no age limit in the other departments

Relation of internal and geriatric medicine

Geriatric medicine is considered internal medicine plus

Definition of Geriatric patient according to Concept of Geriatric medicine

- 1) Mobility impairment**
- 2) Cognitive impairment**
- 3) Depression**
- 4) Malnutrition**
- 5) Incontinence**
- 6) Instability and falls**

Definition of Geriatric Patient according to Concept of Geriatric Medicine

- 7) Sensory impairment**
- 8) Using more than 5 drugs**
- 9) More than 5 serious diagnosis**
- 7) Serious adverse drug effects**
- 8) Poor performance in ADLs**
- 9) Need to solve social care**
- 10) Age over 85**

Departments of geriatric medicine and internal medicine departments

	Number	Beds	Beds per 100 000
Ger. Dpts.	26	947	17,6
LTCD	65	2245	41,5
After treatment	35	636	11,8
Internal dpt.	86	4272	79,1

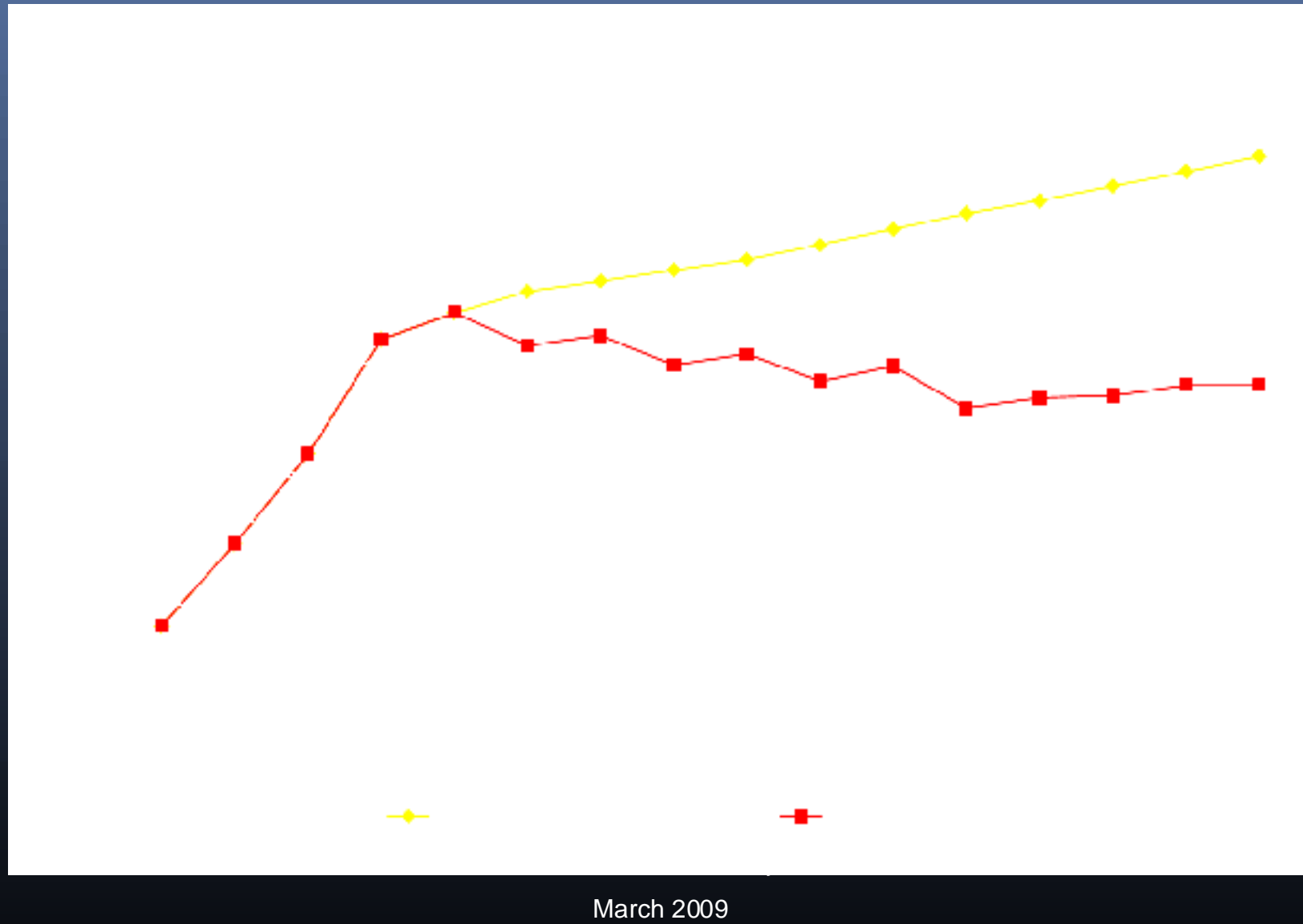
Comparison of staffing (physicians per 100 beds)

Internal medicine Depts.	15,88
Geriatric Depts.	8,64
After-treatment Depts.	6,29
LTCD	6,35

Comparison of average length of stay (days)

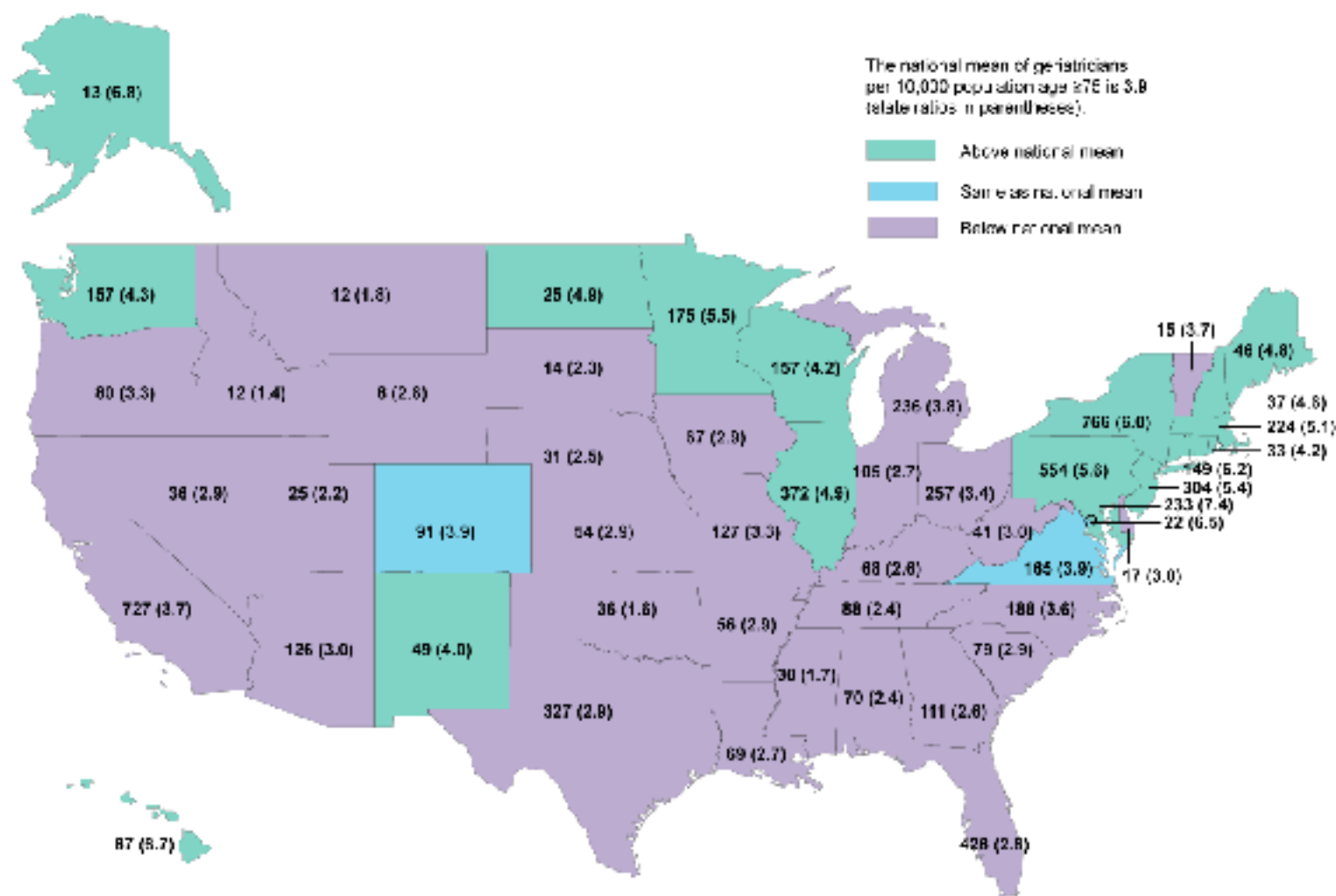
<input type="checkbox"/> Geriatric depts.	11,0
<input type="checkbox"/> After treatment dept.	11,5
<input type="checkbox"/> LTCD	19,4
<input type="checkbox"/> Internal medicine	7,5

Figure 1.3 Comparison of Number of Certificates Awarded to Number of Active Certificates in Geriatric Medicine (Family Medicine and Internal Medicine)



To maintain their certification in geriatric medicine, family medicine physicians must also maintain their primary certification in Family Medicine. Since July 2006 Internal Medicine recognized geriatric medicine as a subspecialty of Internal Medicine.

Figure 1.1 Distribution of Certified Geriatricians in the United States for Populations aged 75 and over, 2008



© American Board of Medical Specialties, 2008 Annual Report and Reference Handbook

© Census 2008 as compiled by the Administration on Aging

Source: Geriatrics Workforce Policy Studies Center, 2006

Ambulatory care

- **No. of practices : 59**
- **Number of working places :
30,7**

Current problems of geriatrics in Slovakia

Problems with acceptance of
other specialties

(What diseases do you treat ?)

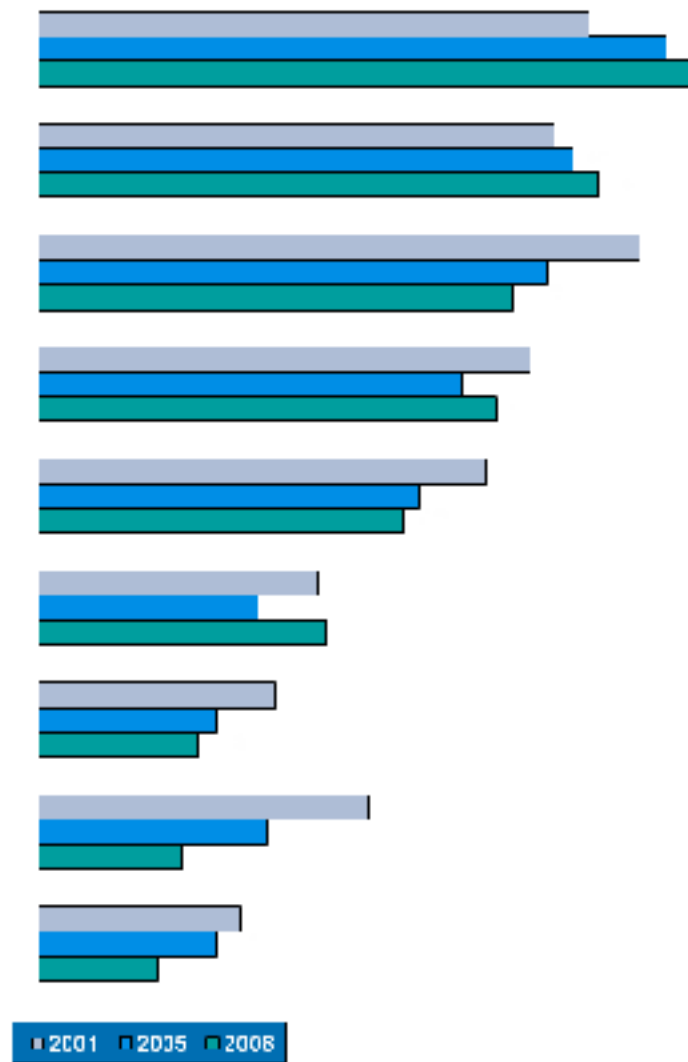
Current problems of geriatrics in Slovakia

- Low funding with following problems :**
 - Lack of equipment**
 - Lack of nurses**
 - Desertion of geriatricians to other specialities**
- Poor access to service and uneven distribution of services**
- Understaffing**

Current problems of geriatrics in Slovakia

- Poor cooperation with social care**
- Absence of long term care**
- Low number of LTCD heads qualified in geriatrics (this qualification is required for this post)**

Obstacles to Achieving Goals of U.S. Medical



How many geriatrics
training slots are there?
How many are filled?

- For academic year 2006-2007, there were **468** geriatric medicine first-year fellowship training slots
- **253, or 54%, were filled.**
- For the same year, there were **142** geriatric psychiatry fellowship first-year training slots
- **68, or 48%, were filled.**

How many students are going into geriatrics training this year?
How does this compare with previous years? ADGAP 2007

- In 2007, 91 medical doctors who graduated from US medical schools (USMDs) entered geriatric medicine fellowship programs (slightly more than 0.5% of all medical students in that graduating class).
- The number of USMDs entering geriatric medicine fellowship programs decreased from 167 in 2003 to 91 in 2007.

What factors are contributing to
- or are expected to contribute
to - the shortage of

geriatricians?
Declining number of US graduates have been
choosing careers in internal medicine and
family medicine

- Earn significantly less and have less predictable work schedules
- Financially unattractive for physicians with increasingly large medical school loan debts
- Medicare payment rates for physicians are lower than commercial insurance rates

Education of geriatrics

Doctors

Nurses

Others : Rehab.
workers, social workers

Education of doctors

- Pregraduate (optional in 3 of 4 medical faculties)
- Postgraduate
- CME

Postgraduate education of geriatric

- Part of other specialties (GP, internal medicine)
- Specialisation training in geriatrics

Qualification in geriatric medicine

- **Qualification in geriatric medicine is prerequisite for leading posts in geriatric departments, long term departments and outpatient geriatric practice**

Postgraduate training in GM in Slovakia;requisites

- Qualification in internal medicine (2yr)
- 33 months of training in a geriatrics department or long term care department
Note ! The accreditation of department is not required
- **US; 1 or 2 year post-residency fellowship after three-year of IM or FM training**
- **Research year optional depending on funding (Yr 2)**
- **Accreditation is required (ACGME or AOA)**

Structure of specialisation training

- Theoretical part
- Practical part

Theoretical schooling

**3 year cycle of lectures on geriatrics
+ participation in accredited
meetings of Slovak Gerontological
and Geriatric Society**

**US- 1yr didactic training varies by institution
Lecture course, on-line review syllabus
(American Geriatrics Society)
Presentation of Journal Clubs, lectures for
students, residents
Participation in national meeting with poster
presentation or paper**

Practical training

- ❑ GD, LTD or After treatment: 26 months
- ❑ Psychiatric dept. : 2 months
- ❑ Neurologic dept. : 2 months
- ❑ RHB dept. : 1 month
- ❑ Dept.of dermatology : 2 weeks
- ❑ Work at geriatric outpatient dep: 1 month
- ❑ **US training 12 mth**
 - ❑ **Out pt clinic every month**
 - ❑ **Nursing home care every month**
 - ❑ **6 mth include specialty months (Hospice care, wound care, home visits)**

Harmonisation of postgraduate education of Geriatric Medicine in EU

- Preparation of UEMS GMS
European Geriatric Medicine
Syllabus
- **Comparable to American Geriatrics
Society review syllabus**

Practical

- **At least 200 discharged patients and at least 60 on-calls**

Practical

□ Practical skills :

200 actively done performances

(e.g. Barthel test, MMSE. Etc.)

40 assistances at performances (e.g. densitometry, urodynamics etc.)

US- competency-based training and evaluation

Knowledge

Professionalism

Practice Management

Osteopathic Manipulation

Interprofessional team approach....

Specialisation training

- Schooling institution : 1 month**
- 1,5 months (according to trainee's preference) orthopaedic dept., ICU, palliative care dept.**
- There is only 1 schooling institution till the end of the year 2010. After this date postgraduate training can be done by every medical faculty with accredited program in geriatrics**

Verification of knowledge and skills

- Test at the beginning of month stay at GD of SMU
- Closing test
- Thesis which must be defended at public seminar
- Practical assessment of patient
- Oral exam

Structure of oral exam

- **General topics (e.g. Theories of ageing etc.)**
- **Diseases in old age (e.g. Heart, respiratory etc.)**
- **Organisation of of health and social care provision**

US evaluation and board certification

- Monthly evaluations by supervising physicians
- Quarterly evaluation and meeting with fellowship program director
- **Fellows ALSO evaluate supervisors each month**
- Eligible for Examination (MCQ) of Certification of Added Qualification in Geriatrics in 1 yr
 - AM Board of Internal Medicine
 - AM board of Family Practice
 - Am College of Osteopathic Family Practice or IM

Alzheimer's Care facility in Prague

Home from home



Massage room!





Geriatrics fellows charting after rounds

Geriatrics department Slovakia Medical University

Rounds with Prof Krajcik

Communal dining



Chairs for resting during walks





Life after stroke

Slovakia Medical University



**Nova Southeastern University
Health Professions Division**



www.nova.edu/gec