Outpatient Ambulatory Geriatrics   -   Learning Objectives

This is a list of the activities and actions that your attendings will be observing during this rotation to gauge your independence. Use the descriptions of each of these activities that you might do in this outpatient ambulatory experience to solicit specific feedback.

**Identify and manage symptoms common to older adults.**

*Within this context, seek to:* Recognize atypical presentations of common medical conditions in older adults, including pain, constipation, insomnia, fatigue, dyspnea, sensory impairment, and weight loss; apply knowledge of physiologic and pathologic changes of organ systems and their clinical impact on vital sign, laboratory, and/or radiographic findings; recommend evidence-based treatment plans for these conditions while integrating patient goals, life expectancy, and functional trajectory; document clinical reasoning when management differs from standard treatment recommendations.

**Identify and manage chronic diseases common to older adults.**

*Within this context, seek to:* Recognize the complexity of geriatric care for chronic conditions including hypertension, atrial fibrillation, heart failure, dyslipidemia, diabetes, osteoporosis, and anemia; recommend evidence-based treatment plans in the context of age, frailty, and multimorbidity; integrate the medical evidence, patient’s goals, life expectancy and functional trajectory; recognize limitations of the evidence base and critically identify valid and applicable literature; document clinical reasoning when management differs from standard treatment recommendations; demonstrate the ability to prioritize care, in a time efficient manner, during encounters with geriatric patients.

**Diagnose, prevent, and manage falls, cognitive and affective disorders, lower urinary tract symptoms, sensory impairment, and other common geriatric syndromes in older adults.**

*Within this context, seek to:* Perform and interpret an outpatient geriatric assessment; evaluate older adults for falls, cognitive & affective disorders, lower urinary tract symptoms, and sensory impairment effectively using standardized tools and tests; recommend appropriate treatments to mitigate the impact of these geriatric syndromes; develop management plans that include consultation with, and referrals to, other disciplines and community-based resources when appropriate; recognize the complexity of geriatric care and demonstrate the ability to prioritize care, in a time efficient manner, during encounters with geriatric patients.

**Practice culturally sensitive shared decision-making with older patients and their families/caregivers in the context of their health literacy, desired level of participation, preferences, and goals of care.**

*Within this context, seek to:* Establish an effective therapeutic relationship with patients and families; demonstrate relationship-building through listening, narrative, and nonverbal skills, to educate and counsel patients, families, and colleagues; skillfully discuss and document goals of care and advance care planning with elderly individuals and/or their families/caregivers across the spectrum of health and illness; effectively lead a family/caregiver meeting; Individualize patient management considering prognosis, comorbidity, patient/caregiver goals, and available resources especially in the following situations: (a) consideration for transfer to the acute care hospital; (b) weight loss, dehydration, swallowing disorders; (c) agitation and problem behavior.

**Demonstrate proficiency in transitions of care for older patients.**

*Within this context, seek to:* Effectively and efficiently synthesize hospital discharge information into treatment recommendations and a plan of care at post-acute care facilities; appropriately reconcile discharge medications; correctly identify the need for additional durable medical equipment or skilled services based on patient’s functional and cognitive abilities, goals of care, and resources; incorporate recommendations from social work, nursing, therapies, patient’s goals, and the patient’s primary care physician into an optimal treatment plan; work effectively as a member an interprofessional health care team; utilize available community services to assist the patient and/or caregiver; arrange appropriate follow-up.

**Prescribe medications appropriately for older patients to minimize harm.**

*Within this context, seek to:* Demonstrate understanding of medication classes to be avoided or used with caution in older adults; adjust medication dosage and frequency to account for age-related pharmacokinetic/dynamic changes, drug-drug interactions and drug-disease interactions; utilize the expertise of clinical pharmacists when selecting and dosing medications; optimize medication adherence by practicing conscientious prescribing; individualize pain control utilizing pharmacologic and non-pharmacologic strategies; routinely incorporate medication cost and patient’s insurance coverage into prescribing.