ANNUAL REPORT

DIVISION OF GERIATRIC MEDICINE

JE底盘H GENERAL HOSPITAL

January 1 – December 31, 2018

Ruby Friedman, M.D.
Site Director

José A. Morais, MD, FRCPC
Director
McGill Division of Geriatric Medicine

March 2019
SUMMARY

We continue to fulfill the mandate of 1) delivering high-quality care to our elderly patients, 2) providing excellent teaching milieu to medical students and residents, 3) performing relevant clinical research on aging by our division members and 4) innovating in services to the elderly population. We are particularly proud of the achievements in reducing waiting time to access our outpatient services and the success so far of the Elderly Friendly Hospital implementation program at the JGH (Approche adapté pour personnes âgées, AAPA).

The Division of Geriatric Medicine continues to respond to the increasing demands for clinical services. The Division of Geriatrics has agreed to care for 27 patients who require relocation to a LTC facility on a dedicated ward. This newly renovated ward is now on 6West. It has been integrated with the acute Geriatrics ward 6NW. At any given time, the Division is responsible for over 70 admitted patients. This should improve the care required for these patients. Patients are identified on every medical/surgical unit for transfer to this ward. Access to the acute wards from the ED should be improved. The Division’s areas of clinical activities include the Geriatric’s Ward 6NW, the outpatient Geriatric Assessment Unit, Memory Clinic, Senior Oncology Clinic, the Geriatric Consultation Services in the Emergency Room, and in the hospital. Dr Olivier Beauchet has introduced a Mobility Disorders/Fall Clinic. To improve the efficiency of the Division’s many activities, we have assigned a physician coordinator for each of them. Thus, for the 6NW Ward, the Medical Director will remain Dr. Ruby Friedman; for consultation services, Dr. Olivier Beauchet; for out-patient clinics, Dr. Susan Gold; for Memory Clinic, Dr. Susan Vaitekunas; for Geriatric Oncology Clinic, Dr. Doreen Wan-Chow-Wah & Dr. Johanne Monette. Dr. Haibin Yin has assumed the responsibility of the Undergraduate Geriatrics Clerkship program at McGill. There have been major changes in the administration and teaching of this clerkship. Dr Yin provides an important link to the Department of Family Medicine.

The Division continues to be jointly run by Dr. Ruby Friedman, JGH Site Director, and by Dr. José A. Morais, Director, McGill Division of Geriatric Medicine.

Admissions to the Geriatrics ward have increased by 29% in the last 5 years.

Consultation requests from the hospital wards have increased by 31% in the last 5 years.

Evaluations in our Outpatient Clinics including Geriatrics Assessment Unit, Memory Clinic and Senior Oncology Clinic have increased by 15% in the last 5 years.

The RUIS McGill Centre of Excellence on Longevity (previously known as the RUIS McGill Centre of Excellence on Aging and Chronic Disease – CEViMaC), under the leadership of Dr. Olivier Beauchet has developed markedly in the last 3 years.
1. **Research and publications:**

Dr Elise Levinoff’s research on the prevalence and management of hospitalized orthopedic patients with delirium continues to progress. Research in neurobiology and dementia, health services, frailty, pharmacoepidemiology, long term care, and education continue to represent the existing strengths of the Division with programs that cross hospital, department and university lines and in some cases integrate bench-to-bedside-to-population. Oncology and older persons, as well as empowering primary care to manage elderly patient with chronic diseases are emerging interests. There is increasing collaboration with colleagues from Quebec, Canada and internationally. Members of the Division lead major research programs with funding from the Canadian Institutes on Health Research (CIHR) and the Fonds de la recherche du Québec – Santé (FRQS). Doctor Howard Chertkow is the coordinator of the Canadian Consortium on Neurodegeneration and Aging (CCNA). This program coordinates the research across memory clinics in Canada and is based at the Jewish General. The list of publications and grants for our Division members are included in Section II.

2. **Teaching and learning (undergraduate and graduate):**

*Number of degrees awarded; particular initiatives and achievements and innovations related to teaching programs; initiatives with respect to graduate supervision; and extraordinary student success stories should be included.*

Geriatrics is a mandatory rotation during the 4th year of medical clerkship. Our teaching responsibilities have increased markedly since we have 50% more medical students on rotation. This year, we had 2 residents in the Geriatric Fellowship program and in the Care of the Elderly Program (Family Medicine stream) rotating at the JGH. We also have many Internal Medicine and Family Medicine residents spending a month rotating in the Division. The student evaluations have been very good to excellent and an increasing number of students have expressed interest in geriatric medicine as a career. Those of the Residents are also very positive. These positive evaluations are a testimony to the hard work and dedication of all the teachers in our Division. An annual Prize is given to a Medical Student with a superior performance in the rotation during the Graduation Day in May of each year.

3. **Involvement in the community:**

The McGill Division of Geriatrics held 3 Grand Rounds that are open to public as well as to physicians of all backgrounds and allied health professionals. The conferences were held by Visioconference across the McGill sites which include the Jewish General Hospital, the Montreal General Hospital, the Royal Victoria Hospital-Glen, and St. Mary’s hospital. Some of our physicians act as consultants at Long Term Care Institutions and Rehabilitation Centers of the CSSS Cavendish and de la Montagne.

4. **Partnerships:**

At the level of the JGH, we continue working with the Departments of Nursing and Social Services in the implementation of the Approche adaptée à la personne âgée (AAPA). Significant
progress in the implementation of the AAPA (Approche adaptée à la personne âgée) throughout the JGH has been made. The goal of this program is to introduce principles of elder care throughout the hospital. The leaders of this program are Dr. Ruby Friedman, Isabelle Caron (Director of Nursing) and Maxine Lithwick (Social Services).

Isabelle Lamontagne is the coordinator of the H.E.L.P. Program (Hospital Elder Life Program). This program, developed at Yale University, utilizes specially trained volunteers to assist the elderly in maintaining cognition, mobility and nutrition. This program has been in over 200 hospitals in the USA for the last 20 years. The program has been shown to reduce the incidence of delirium and to reduce length of stay. The JGH is the first hospital in Quebec and the second in Canada to implement this program. Our gratitude to the JGH Auxiliary for supporting this program.

We continue to collaborate with the Department of Family Medicine, as part of the provincial Plan Alzheimer, to implement a memory clinic in their UMF/GMF. The Division works also in partnership with the Solidage Research Group (Dr. Johanne Monette, co-director) to innovate in the services and care to elderly patients.

At the level of the RUIS McGill, several members of the Division participate in the Subcommittee of Aging and the Center of Excellence to assist in their orientations and to collaborate in projects.

We have been requested by our CIUSSS community partner to develop a “Corridor de service” for patients with dementia and behavioral disorders. Multiple meetings have been held and the program will be developed in the coming year.

At the provincial level, we are also participating in the orientation of the MSSS-Table Nationale of Aging to improve the services and care to elderly patients and the Working group on the Implementation on the provincial Alzheimer Plan.

5. Milestones:

For the first time since its founding in 1993, the Memory Clinic has secured funding from the Minister of Health. This will allow the Memory Clinic to continue in its internationally recognized role as a leader in cognitive disorders, diagnosis, treatment and management.

Access for admissions from the Emergency Room has improved since the introduction of the 27-bed unit on ward 6C for patients who are awaiting relocation to nursing homes.

In response to the increasing request from the community, the hospital and the Emergency Room, the Outpatient Geriatric Clinics have markedly reduced waiting times for patient evaluation. The Outpatient Clinics include the Geriatric Assessment Unit, the Memory Clinic, and the Senior Oncology Clinic. The waiting period for new requests for consultation has been reduced. Furthermore, the Rapid Response Clinic has been established whereby patients who require urgent follow-up from the Emergency Room, or are post-discharge, can be evaluated within days.

In the past year, the Geriatric consultation services in the Emergency Room and for the hospital
Wards have been reorganized. For hospital ward consultations, 90% are completed within 48 hours. A similar percentage is achieved for ER consultations but within 24 hours.

**Major Developments**
- **H.E.L.P. Program (Hospital Elderly Life Program)**
  The H.E.L.P. Program has been introduced on 4 Wards in the hospital. It is the 1st in Quebec and 2nd in Canada to have this program which utilizes specialty trained volunteers to assist elderly patients with cognition, nutrition and mobility. In the fall of 2019, students from the McGill School of Physical and Occupational Therapy will be in regular attendance as part of their curriculum. Significant private funding has been obtained to develop and expand the H.E.L.P. Program.

- **Formal dedication of our new OPD – The Susan and Aron Lieberman Wellness in Aging Geriatric Clinic**
  A formal dedication to our new OPD, which is now called The Susan and Aron Lieberman Wellness in Aging Geriatric Clinic, was held in December 2018. Construction will begin in July 2019. The clinic space will be significantly important and expanded which will assist us in reducing wait times. We will also be able to review more cases with students and residents.

6. **New hires, promotions, and retirements:**

The Division welcomes geriatrician, Dr. Cyrille Launey, who will be commencing in the fall of 2019.

Dr. Howard Chertkow, founder and codirector of the Memory Clinic, has assumed a position at the University of Toronto. The Division acknowledges and thanks him for 25 years of leadership in the assessment and treatment of cognitive disorders.

7. **Honours, awards, and prizes:** NA

8. **Fundraising:**

We are grateful to the many donors who continue to support the AAPA program (Approche adaptée à la personne âgée), the H.E.L.P. program (Hospital Elder Life Program) and Division activities.

**SECTION 1 - DIVISION STATUS UPDATE**

1. **Mission and objectives of the Division**

The Mission of the Division is to provide comprehensive, compassionate, client-centered care to frail older persons and their caregivers to enhance their health and quality of life.

Our objectives are:

- To provide exemplary geriatrics comprehensive assessment, consultation and direct care to our inpatient and outpatient elderly population
• To provide excellent education and training of students and residents to enhance their capacity to take care of future older persons
• To provide leadership in ongoing research to advance knowledge of aging and aging related diseases and their management

2. A nominative list of academic staff, their academic rank

Dr. José A. Morais, Director, McGill Div. of Geriatric Medicine, Associate Professor, Active
Dr. Ruby Friedman, Site Director, JGH, Div of Geriatric Medicine, Associate Professor, Active
Dr. Olivier Beauchet, Professor, Active
Dr. Nacera Belkous, Faculty Lecturer, Active
Dr. Susan Gold, Assistant Professor, Active
Dr. Paul Heilpern, Assistant Professor, Active
Dr. Elise Levinoff, Assistant Professor, Active
Dr. Johanne Monette, Assistant Professor, Active
Dr. Sanda Popescu-Crainic, Active
Dr. Susan Vaitekunas, Faculty Lecturer, Active
Dr. Haibin Yin, Faculty Lecturer, Active
Dr. Sylvia Marques, Faculty Lecturer, Leave

Associate Members
Dr. François, Béland, Active
Dr. Howard Bergman, Active
Dr. Catherine Brodeur, Active
Dr. Howard Chertkow, Active
Dr. Shek Fung, Active
Dr. Francine Gaba, Active
Dr. Gary Inglis, Active
Dr. Vladimir Khanassov, Active
Dr. Hyman Schipper, Active
Dr. Patrice Tremblay, Active
Dr. Isabelle Vedel, Active
Dr. Doreen Wan-Chow-Wah, Active

SECTION II - GRANTS, PUBLICATIONS, AND SERVICE OUTSIDE OF MCGILL

1. Grants and awards received

Beauchet, Olivier
Clinical research award, Department of Medicine, Jewish General Hospital

Levinoff, Elise
Clinical research award, Department of Medicine, Jewish General Hospital

Beauchet, Olivier
Geriatric Inclusive Art: Effects of painting sessions on older in-patients with cognitive decline.
Saint-Germain Foundation. $12,500
Effect of Art museum activity program for the elderly on Health: A pilot observational study (A-Health). Charron family (donation), Drimaropoulos family (donation). $50,000

**Grants as co-investigator**


ApprOPriate USE of AntiPsychotics in older residents living in long-term care centres: A Quebec program for best practices. Cossette B (PI). CABHI’s Research Clinician Partnership Program. $150,000

ArtOnTheBrain: An inclusive evidence-based cognitive health app for older adults to promote aging at home. Murphy K (PI). CABHI. $500,000

**Bergman, Howard**


Assessing care models implemented in primary health care for persons with Alzheimer’s disease and related disorders. Canadian Team for Healthcare Services/System for Improvement in Dementia Care/Canadian Consortium on Neurodegenerative Disease of Aging (CCNA). Bergman H & Vedel I (PI), et al. CIHR, $1,200,000. 2014-2019


**Chertkow, Howard**

Developing tDCS as a therapy for Alzheimer Disease and Frontotemporal dementia. Chertkow, H. (P.I.), Roncero, T., & Thiel, A. The W. Garfield Weston Foundation. $149,325.00. 2018-20

Broad and deep analyses in neurodegeneration (BRAIN). Chertkow, H., Hogan, D., Smith, E., Rockwood, K., Phillips, N. et al. CIHR (Canadian Institutes of Health Research) New Directions in Dementia Research: Big Data on Dementia Grant. $4,750,000.00. 2016-21


Canadian Consortium on Neurodegeneration in Aging (CCNA). Chertkow, H. (Scientific Director). CIHR (Canadian Institutes of Health Research) and Partners. 34.5 million/5 years.
2014-19


Monette, Johanne


Morais, José A.
Grants as Principal Applicant
Understanding the cellular mechanisms sustaining functional capacity improvement with prehabilitation in colorectal cancer patients. PI: José A. Morais. Co-Applicants: Franco Carli and Gilles Gouspillou. MITACS Accelerated proposal. $90,000. 2018/01-2020/12

Muscle Protein Metabolism in Sarcopenic Elderly. PI: Morais, José A. MUHC-RI - Helen Hutchison Geriatric Research Fund. $56,000. 06/2018–05/2019

Grants as Co-Principal Applicant
Programme de soutien à l'organisation de congrès internationaux du Club des Ambassadeurs du Palais des congrès de Montréal et des Fonds de recherche du Québec. PI : Pierrette Gaudreau. Co-applicant : Marie-Pierre Thibodeau, José A. Morais. $10,000. 11/2018

Quebec Network for Research on Aging (RQRV). PI: Pierrette Gaudreau, José A. Morais, Co-applicants: 15 investigators from various Quebec institutions. FRQS Provincial Network Funding Program. $800,000/yr. 2017/04–2021/03


Grants as Co-investigator
Protein and Exercise to Reverse Frailty in OldeR Men and women undergoing TAVR: The


Schipper, Hyman


Role of heme oxygenase-1 in aging and parkinsonian neural tissues (IV). PI: H. Schipper Canadian Institutes of Health Research. $481,950. 2018-2021


2. Scholarly works published in the 2018 calendar year

Beauchet, Olivier


Bergman, Howard


Chertkow, Howard


Monette, Johanne


Morais, José A


--Carvalho LP, Pion CH, Boutros GH, Gaudreau P, Chevalier S, Bélanger M, Morais JA, Aubertin-Leheudre M. Effect of a 12-week mixed power training on physical function in


**Schipper, Hyman**


--Tavitian A, Song W, **Schipper HM**. Dentate gyrus immaturity in schizophrenia. The Neuroscientist, in press (2018).


**Book Chapters**


**Morais JA**. Sarcopenia : Definitions and Epidemiology. IN: Oxford Textbook of Geriatric
3. **Academic and community engagement service outside of McGill by individual members of the unit**

**Beauchet, Olivier**

**International Academic Presentations**

Hippocampal volume, early cognitive impairment and gait variability: which association? Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore

Service des urgences et patients âgés : À propos d’une approche pragmatique de la prise en charge des patients… Les plus à risque. 11ème Congrès International Francophone de Gérontologie et Gériatrie, Montreux, Suisse, Juin 2018

Le risque cognitivo-moteur : Qu’avons-nous appris sur et avec ce syndrome. 11ème Congrès International Francophone de Gérontologie et Gériatrie, Montreux, Suisse, Juin 2018


Prédire la chute des patients âgés admis à l’hôpital: Intérêt d’une évaluation clinique simple couplée à l’utilisation des réseaux de neurones artificiels. 11ème Congrès International Francophone de Gérontologie et Gériatrie, Montreux, Suisse, Juin 2018

**National Academic Presentations**

Why does my patient have gait instability and fall? The Canadian Geriatrics Society’s Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

H Sekhon, CP Launay, G Allali, J Chabot, O. Beauchet. Association of motoric cognitive risk syndrome with cardiovascular diseases and risk factors. The Canadian Geriatrics Society’s Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

O Beauchet. Times are changing-clinicians and researchers need to change as well. The Canadian Geriatrics Society’s Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

**Bergman, Howard**

**International Academic Presentations**

Public Health and Primary Care. Symposium en l’honneur du Professeur Fred Paccaud. Institut universitaire de médecine sociale et préventive (IUMSP). Lausanne, Switzerland (May 3)

Clinician Investigator Training – the Future Leaders (Panel Discussion). Institute of Medical Science (IMS), University of Toronto 50th Anniversary Conference. Toronto, Ontario, Canada (October 3)


A Competency Framework for Family Medicine Education and Practice in Canada. The Second International General Practice (ShenZhen) Summit. Shenzhen, China (November 30-December 1)

**National Academic Presentations**

Federal Plan: CAHS expert panel, International Perspective. (Symposium on the Canadian Alzheimer Plans and Initiatives: Lessons learned from development and implementation). 2018 Canadian Geriatrics Society Annual Scientific Meeting. Montreal, Quebec (April 21)

L’organisation optimale des systèmes de soins de la santé pour les patients atteints de démence. Canadian Consortium on Neurodegeneration in Aging (CCNA) Science Days-Partners Forum. Montreal, Quebec (October 2)

Panel: The dementia challenge: Facing the rising tide. (Moderator) 10th Canadian Science Policy Conference-Building Bridges between Science, Policy, and Society. Ottawa, Ontario (November 7)

**Chertkow, Howard**


Cranking up dementia research in Canada via CCNA & COMPASS-ND. JGH Neurology Grand Rounds. (March 6, 2018).


**Morais, José**


XIII Iberoamerican and Colombian Congress of Gerontology and Geriatrics. Sarcopenia and
Diabetes Mellitus. Convention Centre of the Hilton Garden Hotel. Barranquilla, Colombia, May 19, 2018. KEYNOTE SPEAKER


Committee Work
Beauchet, Olivier
Executive Committee, McGill Division of Geriatric Medicine

Member of the McGill Research Center for Physical Activity and Health.

Member of the Canadian Falls and Memory Impairment Network.

Chair of the “Comité Mesure, Évaluation et Systèmes information – programme provincial «Usage approprié des antipsychotiques en Centre d’Hébergement de Soins de Longue Durée chez les résidents ayant des symptômes comportementaux et psychologiques de la démence»

Bergman, Howard
Chair, Canadian Academy of Health Sciences (CAHS) Panel for the Assessment of Evidence and Best Practices for the development of a Canadian Dementia Strategy

Chertkow, Howard
Scientific Director, Canadian Consortium on Neurodegeneration in Aging (CCNA)

One of three national experts forming committee -Saskatchewan Health Research Foundation Committee to award provincial prize for medical research excellence.

Member, Government of Canada Ministerial Advisory Board on Dementia

Appointed Chair in Cognitive Neurology and Innovation, Baycrest Health Science and Professor of Medicine (Neurology) University of Toronto.

Friedman, Ruby
Policy Committee and Clinical Services Committee, Department of Medicine, Jewish General
Hospital

Executive Committee, McGill Division of Geriatric Medicine

Co-Chair, Approche adaptée à la personne âgée (AAPA) Committee, Jewish General Hospital

**Levinoff, Elise**
Program Director, Post graduate fellowship in Cognitive disorders at McGill University

Fall Prevention Committee, Jewish General Hospital

Approche adaptée à la personne âgée (AAPA) Committee, Jewish General Hospital

Board member, Société Québécoise de Gériatrie

**Yin, Haibin**
Program Director: Undergraduate Geriatrics Clerkship program at McGill

**Morais, José A**
Chair of the Executive Committee of the Division of Geriatric Medicine

Chair of the Education & Training Committee of the Division of Geriatric Medicine

Member of the Undergraduate Committee of the Division of Geriatric Medicine

Member of the Scientific Committee of CIFGG 2018 Montreux, Switzerland.

Member of the Organizing Committee of the 38th Annual Meeting of the Canadian Geriatrics Society (CGS) in Montreal 2018.

Member of the Organizing Committee of the 16th Annual Scientific Meeting of the Quebec Network for Research in Aging. Université Laval 2018


Associate Director, FRQS – Quebec Network for Research on Aging

Member of the Steering Committee of the Regroupement des Unités de courte durée gériatriques et des services hospitaliers de gériatrie du Québec (RUSHGQ). Six Periods of 2 hours.

Member of the CGS Foundation

Member of the Performance Review Committee of the Chair of the MUHC Department of
Psychiatry

**Schipper, Hyman**
Founding director and Chair of the Alzheimer Risk Assessment Clinic (ARAC) at the Jewish General Hospital (2009-present)

Submitted by:

Ruby Friedman, MD
Site Director, Division of Geriatric Medicine

José A. Morais, MD
Director, McGill Division of Geriatric Medicine