ANNUAL REPORT

DIVISION OF GERIATRIC MEDICINE

JEWISH GENERAL HOSPITAL

January 1 – December 31, 2014

Ruby Friedman, M.D.
Site Director

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

March 2015
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 particular 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 adaptée pour personnes âgées, APA).

The Division of Geriatric Medicine continues to respond to the increasing demands for clinical services. 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. 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. Paul Heilpern; for out-patient clinics, Dr. Sanda Popescu; for Memory Clinic, Dr. Susan Vaitekunas and Dr. Howard Chertkow (Neurology). 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.

The implementation in 2015 of Bill 10 and Bill 20 will result in major changes across the healthcare system. Division members sit on several committees in the hospital and at McGill that are dealing with these issues. With regards to Bill 10 and the realignment of healthcare institutions, the Division of Geriatrics is well positioned. Division members already have cross-appointments to several of the institutions in the newly formed Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Centre-Ouest-de-l’Île-de Montréal (Maimonides Hospital, Jewish Eldercare, CSSS Cavendish). The implications of Bill 20 are not known at this time.

1. Research and publications:

A major development this year was the designation of the Jewish General Hospital and the Division of Geriatrics to be the coordinating site for the Canadian Consortium on Neurodegeneration in Aging (CCNA). The CCNA is under the guidance of Dr. Howard Chertkow. The goal of the program is to unite the clinical/research teams on neuro-cognitive disorders across Canada.

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). The list of publications and grants for our Divisions 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 and the JGH alone receives half of the medical students. 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 Division had a very successful public lecture, the Goldie Raymer Memorial Lecture on September 9, 2014. The topic was *Parenting Your Parents*. Over 300 people attended and there was widespread coverage in local newspapers and on radio.

The McGill Division of Geriatrics held 5 Grand Rounds that are open to public as well as to physicians of all backgrounds and allied health professionals. Half of these conferences took place at the JGH. 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 are working with the Departments of Nursing and Social Services in the implementation of the Approche adaptée à la personne âgée (AAPA). We are collaborating 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 Centre d’Excellence in Aging and Chronic Disease to assist in their orientations and to collaborate in projects.
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:

A major development this year has been the introduction of the Approche adaptée à la personne âgée (AAPA). This is a hospital wide program to introduce principles of geriatric care on all units. The main focus of this program is on delirium diagnosis and management, mobility and nutrition. Dr. Ruby Friedman is co-chair along with Judy Bianco (Director of Nursing for Medicine and Geriatrics), Sonia Joly (Nursing), and Maxine Lithwick (Director of Social Services). A large dedicated multidisciplinary team has played a leading role in the introduction of this Program. We have been recognized by the Agence de Montréal to be leaders in the implementation of this Program that could be the most advanced in its introduction onto the clinical wards of any hospital on the island of Montréal.

The Geriatric Ward 6 NW is a fully renovated 32-bed unit which incorporates the principles of an “elderly friendly hospital”. The great concern in previous years was the increasing length of stay of patients on the Ward. This was mostly attributed to inefficiencies in the Program 68 placement process. This year we have seen a marked improvement in this process, now called PHPE for Programme d’Hébergement pour Évaluation. Dr. Friedman continues to work closely with nursing administration and the director of social service to ensure the functioning of this program.

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 to 2-4 weeks. 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 (See Appendix 1 for stats).

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.

6. New hires, promotions, and retirements:

The Division welcomes 2 new attending physicians, Dr. Elise Levinoff and Dr. Haibin Yin.

Dr. Yin will also assist in the implementation of the AAPA in the ER. He provides valuable links to the Herzl Family Practice Centre and Primary Care. He also provides primary care for the orthopedics ward.

Dr. Levinoff has a special interest in cognitive disorders. Pilot studies are underway with the Division of orthopedics assessing hip fracture patients for delirium. Dr. Levinoff is also a
The Division is also most pleased to announce the arrival of Dr. Olivier Beauchet in August 2015. Dr. Beauchet is an experienced physician with a background in Internal Medicine and Geriatrics. He is currently residing in Paris, France where he is Head of the Division of Geriatric Medicine, and Director of the University Memory Clinic in the Department of Neuroscience, Angers University Hospital. His area of clinical expertise and research is in the field of cognition and gait disorders.

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

*Chertkow, Howard*
Elected to The Canadian Academy of Health Sciences

JGH Award for Excellence in Psychosocial or Clinical Research

8. **Fundraising:** N/A

**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 care for 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 Morais, Director, McGill Div. of Geriatric Medicine, Associate Professor, Active

Dr. Ruby Friedman, Site Director, JGH, Div of Geriatric Medicine, Associate Professor, Active

Dr. Sanda Popescu-Crainic, Active

Dr. Howard Bergman, Professor, Active

Dr. Johanne Monette, Assistant Professor, Active

Dr. Gillian Fisher, Faculty Lecturer, Active

Dr. Susan Gold, Assistant Professor, Active

Dr. Elise Levinoff, Assistant Professor, Active

Dr. Paul Heilpern, Faculty Lecturer, Active
Dr. Nacera Belkous, Faculty Lecturer, Active
Dr. Susan Vaitekunas, Faculty Lecturer, Active
Dr. Haibin Yin, Faculty Lecturer, Active

Associate Members

Dr. Yves Bacher, Active
Dr. Catherine Brodeur, Active
Dr. Howard Chertkow, Professor, Active
Dr. Francine Gaba, Active
Dr. Gary Inglis, Active
Dr. Andréa Leblanc, Active
Dr. Ziad Nasreddine, Active
Dr. Hyman Schipper, Active
Dr. Doreen Wan-Chow-Wah, Active

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

1. Grants and awards received

Bergman, Howard


Projet de développement stratégique innovant - Optimisation de la valeur des soins aux patients par une organisation agile du système hospitalier. Institut Lady-Davis de l’HGJ : Béland F (PI). Bergman H (co-investigator) in 2 themes: Quality of Care; Clinical and management decision processes. FRQS. $1,400,000 ($350,000/year). 2012-2016


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**


Anomia in Alzheimer's Disease: Untangling semantic components and delivering therapy with rTMS. Chertkow H (P.I.), Soucy J, Thiel A. CIHR. $153.300/year. 2012-15


Canadian Consortium on Neurodegeneration in Aging (CCNA). Chertkow, H. (Scientific Director). CIHR and Partners. 34.5 million/5 years. 2014-2019

**LeBlanc, Andréa**


Role of caspases in human neuronal cell death and in Alzheimer’s disease. operating grant. Andréea LeBlanc (PI). CIHR (renewal of MOP-81146) $781,294=$156,256/year (Ranked 1st) 2011-2016

FRSQ-Pfizer Consortium Québécois de la Recherche sur la maladie Alzheimer au Québec (CIMA-Q) Co-Principal Investigator: Andréea LeBlanc $2,500,000. 2013-2016

Monette, Johanne


Implantation d’une intervention visant à optimiser la médication pour les patients atteints d’une démence avancée: un projet pilote. Edeltraut K & Wilchesky M (PI), Arcand M, Durand P, Aubin M, Voyer P, Monette J, Champoux N, Verreault R & Marcotte M. Total amount: $45,000 (RQ RV $30,000, CEVQ $15,000) 2013-2014

Morais, José A.
Provincial Network Funding Program to the Quebec Network for Research on Aging (RQRV). Gaudreau P & Morais J.A. (CO-PI), Co-applicants: 15 researchers from various Quebec institutions. FRQS. $900,000/yr. 2012-2016


Hypohydration: Évaluation et comparaison de ses effets sur la force, la puissance et


**Schipper, Hyman**


Alzheimer Research Centre IV & JGH Alzheimer Risk Assessment Clinic IV. Mary Katz Claman Foundation. $85,000. 2014-2015

**2. Scholarly works published in the 2014 calendar year**

**Publications**

**Bergman, Howard**


**Chertkow, Howard**


**LeBlanc, Andrea**


Foveau, B, Beauchemin, N, Ursini-Siegel, J, LeBlanc, AC. Inflammation induced tumorigenesis in the colon is not dependent on Caspase-6 PLoS One 2014 Dec 3;9(12):e114270. doi: 10.1371/journal.pone.0114270. IF: 3.5

**Monette, Johanne**


Morais, José


Schipper, Hyman


10


Abstracts published or presented

**Bergman, Howard**


**Chertkow, Howard**


**Morais, JA**


3. Academic and community engagement service outside of McGill by individual members of the unit

Conferences

**Bergman, Howard**
Chair, Symposium on Good and Bad Inflammation in the Progression of Alzheimer’s Disease. 13th International Geneva/Springfield Symposium on Advances in Alzheimer Therapy. Geneva, Switzerland (March 27, 2014).

Chair, Symposium on Caring for Patients with Dementia. 13th International Geneva/Springfield Symposium on Advances in Alzheimer Therapy. Geneva, Switzerland (March 27, 2014).


The approach to assessing and treating mental health of older persons in the community. Shenzhen Family Medicine Conference. Shenzhen, China (October 30, 2014).

Lessons learned from developing, implementing and evaluating the Quebec Alzheimer Plan. G7 Summit Legacy Event. Tokyo, Japan (November 4, 2014).

Frailty and disability. International Workshop (Canada, Japan, China, Taiwan), Tokyo, Japan (November 5, 2014).

Care of older persons in the community. CIHR/Newfoundland Ministry of Health «Best Brains» exchange (January 22, 2014).


Implementation and Assessment of the Quebec Alzheimer Plan. Family Medicine Forum, Quebec City (November 12-14, 2014).


Chertkow, Howard

Establishing the Canadian Consortium for Neurodegeneration and Aging: Taking research to the community. 29th International Conference of Alzheimer’s Disease International. San Juan, May 3, 2014.

Physical Activity and Brain Functions. 1st Annual PERFORM Centre Research Conference. Montreal: May 9, 2014.


LeBlanc, Andrea
The role of Caspase-6 in age-dependent cognitive decline and in Alzheimer disease. Département de neuroscience, Université de Montréal, Québec, Québec, le 14 février 2014

Mécanismes moléculaires de maladies neurodégénératives reliées au vieillissement. Centre de Recherche du CHU du Québec. University Laval, Québec, Québec, le 5 mars 2014

Emerging therapeutic targets against Alzheimer disease. Grand Rounds, Department of Neurology and Neurosurgery, McGill University, Montréal, Québec, April 2, 2014

Le rôle de la Caspase-6 dans la maladie d’Alzheimer. Symposium: Rôle de l'inflammation dans les maladies neurodégénératives liées au vieillissement. 10ième Congrès International de Gérontologie et Gériatrie, le 14-16 mai 2014
NLRP1 inflammasome regulates Caspase-1-mediated Caspase-6 activation in human neurons. American Alzheimer International Congress, Copenhagen, Denmark, July 12-17, 2014

Morais, José


CHUS – Department of Medicine Grand Rounds. La sarcopénie et sa relation avec la performance physique de la personne âgée. April 25, 2014


Committee Work

Bergman, Howard
2010 - Co-honorary President, Société francophone d’oncogériatrie
2014 Johns Hopkins University Claude D. Pepper Older Americans Independence Center
2014 Advisor MSSS on Implementation of the Quebec Alzheimer Plan
2014 Member, Conseil d’administration, INESSS
2014-2015 Advisor to the Ontario SPOR SUPPORT Unit (OSSU) IMPACT Awards, and Chair of their $15 million peer review competition
Chertkow, Howard
2014 - Scientific Director, Canadian Consortium on Neurodegeneration in Aging (CCNA)
A considerable effort in the next five years will go into my coming position as Scientific Director of the Canadian Consortium for Neurodegeneration in Aging (CCNA). This is an administrative position, but the CCNA is being established as a 34.5 million dollar five year grant via CIHR. I submitted the LOI in May 2013, which was approved, and the full grant was approved in March 2014. As PI of the CCNA application, I am Scientific Director of CCNA and the administrative centre will be established at McGill at the Lady Davis Institute. There are 40 co-applicants from across Canada, and 340 researchers (the entire Canadian neurodegenerative diseases research community!) involved in this application.
2012 - Executive member (elected), ISTAART (Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment, a professional society for individuals interested in Alzheimer's and dementia science).
2011- Member of the Executive committee (representing CIHR and Canada), Alzheimer’s Disease NeuroImaging Initiative (ADNI).

LeBlanc, Andréa
Editorial
2011 - Academic Editor, PLoS ONE
2003 - Editorial Advisory Board Member, Current Alzheimer Research, Bentham Science Publishers,

Grant Panels
2013-2014 Member of Biomedical Peer Review Panel of the Alzheimer Society Research Program (ASRP)
2014-2015 CIHR Fellowships-Post-Doc-PhD committee

Committees
2013-2016 Co-Director of CIMA-Q (Consortium pour l’identification précoce de la maladie Alzheimer au Québec)
2013-2016 Theme leader for CIMA-Q (Consortium pour l’identification précoce de la maladie Alzheimer au Québec) Molecular mechanisms of disease and Biomarkers section
2013-2016 Co-Directrice de l’Axe de Cognition, Réseau Québécois de la Recherche sur le Vieillissement

Morais, JA
Associate Director, Quebec Network for Research in Aging – FRQS
Director, Centre d’Excellence in Aging and Chronic Disease of McGill
President of the Canadian Geriarics Society

Schipper, Hyman
Journal reviews
### SECTION III - CONFIDENTIAL INFORMATION

1. Consulting activities:

<table>
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<th>Name of Faculty Member</th>
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<td>Morais, José</td>
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Submitted by:

Ruby Friedman, MD  
Site Director, Division of Geriatric Medicine

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