



OutReach

Focus On.....

Hebrew SeniorLife Becomes Formal Teaching Affiliate of Harvard Medical School



Training geriatric specialists is “essential” to caring for growing number of seniors

By 2030, the population of people over 75 years of age in the United States will increase from 19 million to 33.5 million as the baby boomers cross the threshold from middle age to senior citizen. Despite the enormous — and foreseeable — growth of the senior population over the next few decades, the medical care system in the U.S. is failing to prepare for its demands. Over the next 20 years or so, the ratio of one geriatrician for every 2,546 older Americans is predicted to become one per 4,254, according to the National Institute on Aging.

By announcing a formal teaching affiliation with Harvard Medical School, Hebrew SeniorLife is leading the way in training the next generation of geriatricians, as well as physicians in other specialties, with a firm grounding in how to care for the special medical needs of older adults. The affiliation recognizes and rewards the contributions Hebrew Rehabilitation Center, HSL’s flagship facility, has made to the clinical and research missions of Harvard Medical School (HMS) and one of its major teaching hospitals, Beth Israel Deaconess Medical Center (BIDMC), for more than 40 years.

“This affiliation,” says HSL President and CEO Len Fishman, “signifies the commitment of Harvard Medical School and Hebrew SeniorLife to educate highly trained physicians to meet the current and future health-care needs of the burgeoning numbers of seniors in the U.S.”

Hebrew SeniorLife has a long history of working closely with Harvard Medical School. Since 1979, HSL has partnered with BIDMC to found, develop and manage HMS’s academic program in aging, and HSL’s Institute for Aging Research (IFAR) collaborates with investigators at HMS, as well as with researchers in academic centers around the world. HSL/IFAR is the primary grantee of the Harvard Research Nursing Home Program and the principal research and teaching site for Harvard’s Hartford Foundation Center

of Excellence in Geriatric Medicine. HRC is the principal training site for the Harvard Medical School Multi-Campus Fellowship in Geriatric Medicine, one of the oldest graduate programs of its kind in the country.

“Our affiliation with Harvard Medical School fosters the continued world-class education and training of tomorrow’s geriatric clinicians, educators and researchers,” says Mr. Fishman. “And that translates into better care of elderly patients now and in the future.”



Examination and diagnosis

For the past eight years, HRC has been one of the major academic centers for second-year HMS students in the “Patient-Doctor II” course during which students assigned to HRC learn to take a medical history and perform a medical examination.

“In addition,” says Zaldy S. Tan, M.D., M.P.H., a geriatrician at HRC and director of the HMS Patient-Doctor II course, “they learn to apply critical thinking skills to forming a diagnosis. The complexity of geriatric care gives the students the opportunity to hone their diagnostic skills in a way they would not necessarily be able to with younger and more acute patients.”

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What's New at Hebrew SeniorLife

Focus On..... continued from front page

HSL, Brandeis University collaborate on aging services curriculum

Hebrew SeniorLife and Brandeis University's Heller School for Social Policy and Management have collaborated on an aging policy curriculum that prepares students for a variety of leadership and management positions in organizations that serve the complex needs of the growing elderly population. The curriculum is part of the Heller School M.B.A. program's concentration in aging policy and management.

Over the next 20 years, the senior population is expected to double to 20 percent of the total U.S. population. This curriculum will help students understand the operations of long-term care facilities, continuing care retirement communities, and senior housing, using HSL sites as "living laboratories" in which to learn.

In the fall of 2008, the first course developed by HSL, "Management of Aging Services and Delivery Systems," will provide an overview of current practices and future issues in the management of aging services and delivery systems, including philosophy of care, continuous quality improvement, and future trends within different aging services disciplines.

"One of our nation's greatest challenges," says HSL president and CEO Len Fishman, "is to provide excellent and affordable supportive housing, long-term care, and other services for seniors. To meet this challenge, we need a new generation of leaders trained as professionals in the aging services field and committed to excellence."

Stephen Post, administrator of HSL's Jack Satter House, a senior supportive housing site in Revere, who helped design the curriculum, says many of the classes will be held onsite at HSL so "students will have an opportunity to see first-hand the variety of settings in which management of aging services are delivered throughout the continuum of care."

Orchard Cove receives five-year accreditation



Orchard Cove, HSL's continuing care retirement community (CCRC) in Canton, has received a five-year accreditation from CARF-Continuing Care Accreditation Commission (CARF-CCAC) based on adherence to a rigorous set of standards in all areas of operations and finance. CARF-CCAC is the nation's only accrediting body for continuing care retirement communities. To be accredited, organizations must demonstrate ongoing innovation and continued conformance to

accrediting standards. Fewer than 10 percent of CCRCs in the U.S. have achieved this accreditation. Orchard Cove is one of only six CCRCs in Massachusetts to be accredited.

Safe Patient Handling Program decreases staff injuries

In 2006, Hebrew Rehabilitation Center began a comprehensive, multi-step Safe Patient Handling (SPH) Program designed to keep patients, residents and staff safe and injury free during transfers, lifts, positioning and rehabilitation therapy. The program has met with success: HRC employee injuries related to patient handling dropped from 103 reported incidents in 2006 to 57 in 2007.

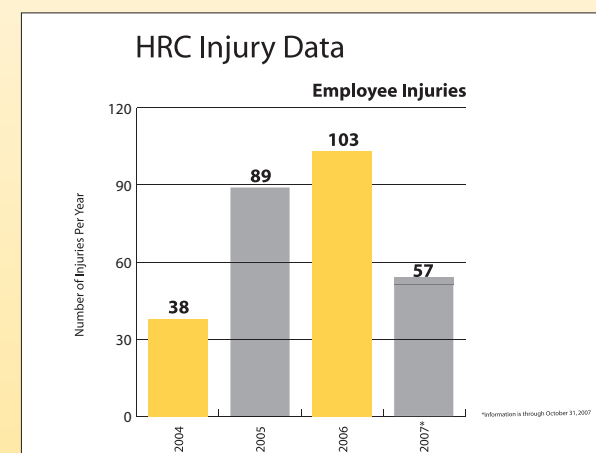
Security and one resident unit were injury free in 2007. The Medical Acute Care Unit (MACU) and another resident unit have been injury free since March 2007, and two other resident units have been injury free since April 2007.

Most direct care staff injuries result from manual patient handling tasks. In addition, the improper use of lift equipment and inappropriate sling use can result in resident and patient injuries.

"This program," says Lena Deter, M.P.H., R.N., a clinical nurse specialist at HRC and a national expert on SPH, "focuses on shifting the culture from manual patient handling to one of safety using the appropriate lift equipment and slings."

The HRC program includes general staff training and the training of all rehabilitation professionals, the installation of ceiling lifts in the rehabilitation gym and on the MACU, and the use of friction-reducing devices and multi-handled gait belts to help in lifting and transferring residents and patients.

New England lags behind other areas of the country in developing hospital-based SPH programs. "We are leading Massachusetts with our full-fledged SPH program," says Ms. Deter. "What we've done in 10 months takes other hospitals two to three years to complete, and our program is still advancing."



HSL program helps to improve seniors' nutrition



Hebrew SeniorLife has recruited four area social service organizations to implement its Healthy Eating for Successful Living in Older Adults program, which is part of an "Empowering Older Adults" federal grant. Healthy Eating is a six-week, peer-led program for elders served by senior centers, councils on aging, and senior housing sites who want to learn more about nutrition and lifestyle changes for better health. The program uses the USDA's MyPyramid and Dietary Guidelines as a framework, focusing on strategies for promoting heart and bone health to help maintain or improve participant wellness and independence.

The agencies — South Shore Elder Services, Springwell, HESSCO and Jewish Family and Children's Services — have identified at least one housing site each and will hold Healthy Eating training three times per year during a three-year period.

"Healthy Eating is a program for seniors who want to learn more about how nutrition and lifestyle changes can promote better health," says program director Robert Schreiber, M.D., HSL's physician-in-chief. "The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression."

Part of the Model Programs Project sponsored by the National Council on Aging, Healthy Eating is funded by the John A. Hartford Foundation and a grant from the U.S. Administration on Aging to the Massachusetts Executive Office of Elder Affairs.

New technology aids in reading radiology images

Hebrew Rehabilitation Center has installed a new Fuji PACS (Picture Archiving and Communication System) system that enables Beth Israel Deaconess Medical Center (BIDMC) radiologists to read digitized images of radiology tests performed at HRC. In the near future, HRC physicians will be able to click on an icon in a patient's electronic medical record and read these digitized images, rather than waiting for dictated reports to come back from BIDMC. In addition to cost savings, Mike Peterson, director of Ancillary Services at HRC, says the benefits of the PACS system include quicker turnaround time, clearer digitized images than traditional films, and more accurate assessments by physicians and radiologists.

As part of the new Harvard Medical School Central Geriatric Sessions, the first of four groups of second-year HMS students came to Hebrew Rehabilitation Center in mid-January to learn physical diagnosis. More students rounded through the program later in January and February.

The program represents a historic milestone in the history of HMS because, for the first time, all HMS students are required to learn to examine elderly patients at a long-term care facility. This development is the realization of a 25-year vision, spearheaded by HMS professor Lewis Lipsitz, M.D., who is also vice president for academic medicine at Hebrew SeniorLife and co-director of IFAR. Dr. Lipsitz's goal is to ensure that all HMS students gain exposure to geriatric medicine as part of their instruction.

"Given the fact that almost every practicing physician providing care for adults will soon have a practice filled with elderly patients, it is essential that every medical student become skilled in the examination and treatment of older people," says Dr. Lipsitz. "Long-term and post-acute care facilities are excellent places to achieve this goal, since residents living there have a multitude of symptoms and physical findings that can be studied with the luxury of time, unimpeded by the exigencies of acute illness and diagnostic tests in the traditional acute hospital setting."

Dr. Tan, who oversees the Geriatrics Sessions with another HRC geriatrician, Patricia O'Sullivan, M.D., says he hopes that future physicians, years from now, whether primary care practitioner or specialist, "will look fondly at their experience at HRC and apply the lessons they learned to provide the best possible care to the older patients they encounter throughout their careers."

Training benefits patient care

HRC has one of the largest geriatrics departments in the United States and one of the few academic departments based in a long-term care setting. Because of this, medical students and geriatric fellows rounding at HRC apply the latest thinking in geriatric medicine for the benefit of HRC residents.

"Training new professionals, as well as current staff," says HSL physician-in-chief Robert Schreiber, M.D., "ensures that our residents receive the best care and helps promote geriatric training for the benefit of seniors everywhere."

At HRC, students infuse the environment with energy and enthusiasm, Dr. Schreiber adds, helping the staff provide more individualized care, which enhances the quality of life for residents.

"Our educational initiatives underpin the success of our continuum of care," says Mr. Fishman. "Our commitment to teaching will help to ensure that future generations of seniors will enjoy lives marked by good health, vitality and the opportunity to remain contributing members of their communities long into old age."

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OUTPATIENT SERVICES

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HOW TO REFER

MACU, RSU and Skilled Nursing Center at Orchard Cove

To refer patients to our Medical Acute Care Unit, Recuperative Services Unit, or the Skilled Nursing Center at Orchard Cove, please call **877-822-4722**.

Adult Day Health

Family members and health professionals, as well as seniors themselves, can make referrals to our Adult Day Health programs by calling **617-363-8515**. The first step in the process is a visit to the program. We also offer a complimentary guest day for a more in-depth look at the program.

Outpatient Clinics

To refer patients to our Outpatient Clinics, please call **617-363-8539** with referral or prescription information, including the desired service and treatment. Prescriptions can also be faxed to **617-363-8809**. Doctors' offices or patients can call the number above to schedule an appointment.

Home Health Care Continuum

To refer patients to Hebrew SeniorLife – Home Health Care Continuum, please call **781-821-3213**. The agency has staff available 24 hours a day, seven days a week, providing services in nursing, physical therapy, occupational therapy, speech/language pathology, social work, and home health aide assistance.



Hebrew SeniorLife

Hebrew Rehabilitation Center, Boston

Long-Term Care
Short-Term, Post-Acute Care
Medical Acute Care
Adult Day Health
Outpatient Specialty Services
Home Health Care Continuum

Institute for Aging Research, Boston

Center Communities of Brookline

Senior Housing

Simon C. Fireman Community, Randolph

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