



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



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Please consider donating to our mission! While we continue to make great strides, we are limited on what we can accomplish with existing funds. We encourage you to become involved with the UC San Diego Division of Geriatrics, Gerontology, and Palliative Care and join us in helping older adults live their best lives longer and improving care for individuals with serious illness. By supporting our efforts, you can ensure that our research, education programs, and clinical care keep pace with the needs of our community and remain strong.

SUPPORT US

Spotlight: Jennifer Clay, BSN, RN, BA



What is your current profession/role?

I bring 26 years of dedicated service to UC San Diego Health, with the past two decades specifically in the Emergency Department based in La Jolla. In 2017, I transitioned to a pivotal role within the Geriatric ED team as a "GENIE" (Geriatric Emergency Nurse Initiative Expert). This innovative position emerged alongside the establishment of the Gary and Mary West Senior Emergency Care Unit (SECU).

This was **California's First Accredited Geriatric Emergency unit to receive Level 1 Gold accreditation**, the highest and most comprehensive level given to a geriatric emergency department by the American College of Emergency Physicians (ACEP). This space is designed to be more comfortable and better to serve the specific needs of older patients. This physical space opened its doors in May 2018.

The GENIE's responsibility encompasses conducting an additional assessment of older adults deemed to be at higher risk, who arrive at the SECU. During triage, individuals aged 65 and above undergo a screening using the Identification of Seniors At Risk (ISAR), consisting of six questions. A score exceeding 2 triggers the initiation of a GENIE order, symbolized by the placement of a Gold GENIE lamp beside their name within the Epic (Electronic Medical Record) system.

The GENIE plays a crucial role in patient prioritization and employs a Comprehensive Geriatric Assessment. This assessment screens older patients for a range of age-related concerns, such as memory loss and cognitive impairment, risk of falls and injuries, limitations in daily activities, medication safety, domestic safety, abuse risk, and nutritional status.

The GENIE is tasked with identifying the specific needs of older patients and engaging the Senior Emergency Team accordingly. This collaborative team comprises physicians, nurses, physical therapists, occupational therapists, pharmacists, social workers, and case managers. Together, they strive to minimize hospital admissions and re-admissions for older adults, facilitating seamless transitions from the emergency room to hospital admission or home. By tailoring their approach to each individual, this team ensures the best possible outcome for every patient.

What initially inspired and motivated you to pursue a career in nursing?

At 19 years old, my path toward nursing was ignited by a profound moment: my father's heart attack. Stepping into the hospital, I was immersed in a world where extraordinary nurses wielded both expertise and compassion, saving lives with a skill set I yearned to possess. Witnessing their unwavering dedication, I felt a calling to join their ranks, determined to extend that same level of care to those facing adversity.

What parts of your work have been particularly inspiring or rewarding for you?

A particularly fulfilling aspect of my work has been discovering my passion for teaching. Through a clinical advancement project focused on researching and designing educational materials to Reduce Hemolyzed Blood Specimens, I've had the opportunity to instruct fellow nurses. Seeing this initiative embraced and implemented as best practice across the organization has been immensely rewarding.

In my role as a GENIE nurse, I've been deeply moved by the stories shared by patients. Many find themselves alone and in need of someone to confide in. The overwhelming nature of the ER, especially for frail and confused older adults requiring specialized care, underscores the importance of these interactions. I cherish the moments spent conversing with them, addressing their concerns, and connecting them with appropriate resources. It's immensely gratifying to be able to offer support and assistance during such vulnerable times.

What is your go-to stress relief activity during a busy work week?

My preferred method of stress relief during a hectic work week involves spending quality time with my children, husband, and friends. Whether it's engaging in exercise classes, taking leisurely walks outdoors, or simply unwinding with a captivating book, these activities offer me a sense of relaxation and rejuvenation.

If you had to choose a different profession, what would it be?

If I were to pursue a different career path, I would gravitate towards a profession that allows me to continue helping others and bringing joy to challenging moments in life. I have a passion for creativity, particularly in developing

innovative ways to facilitate learning and sharing knowledge. The field of marketing intrigues me, as it offers opportunities to apply creativity and problem-solving skills to connect people with valuable products and services.

[More about UC San Diego's accredited Geriatric Emergency Care](#)

Drs. Ian Neel & Lindsey Yourman on the cover of San Diego Physician Magazine

SAN DIEGO

MARCH 2024

PHYSICIAN

Official Publication of SDCMS



BRAIN HEALTH AND DEMENTIA

WHAT WE KNOW WORKS,
RIGHT NOW, FOR OUR PATIENTS



Lindsey Yourman, MD



Ian Neel, MD

Brain Health and Dementia

What We Know Works, Right Now, for Our Patients

by Lindsey Yourman, MD & Ian Neel, MD

Any news of advances in research about treatment of Alzheimer's disease and related dementias (ADRD) fill us with hope on our quest to mitigate the immense suffering caused by this disease. At the same time, there is concern about the impending direct to consumer marketing of new FDA-approved anti-amyloid therapies, which are monoclonal antibody infusions [MAB] that showed statistical significance but unclear clinical significance along with definite risks. The promotion of their availability could provide false hope to desperate patients and families and thereby compound suffering for the more than 100,000 older adults in San Diego County currently experiencing dementia.

[Continue Reading here](#)



*Congratulations
are in order...*

**Dr. Alison Moore named Director of the Stein Institute
for Research on Aging**

CONGRATULATIONS! DR. ALISON MOORE APPOINTED THE DIRECTOR OF STEIN INSTITUTE FOR RESEARCH ON AGING



Vice Chancellor Dr. John M. Carethers announces a new milestone in efforts to promote healthy aging and welcomes Alison Moore, MD, MPH, into her new role as director of the Stein Institute for Research on Aging at the University of California San Diego!

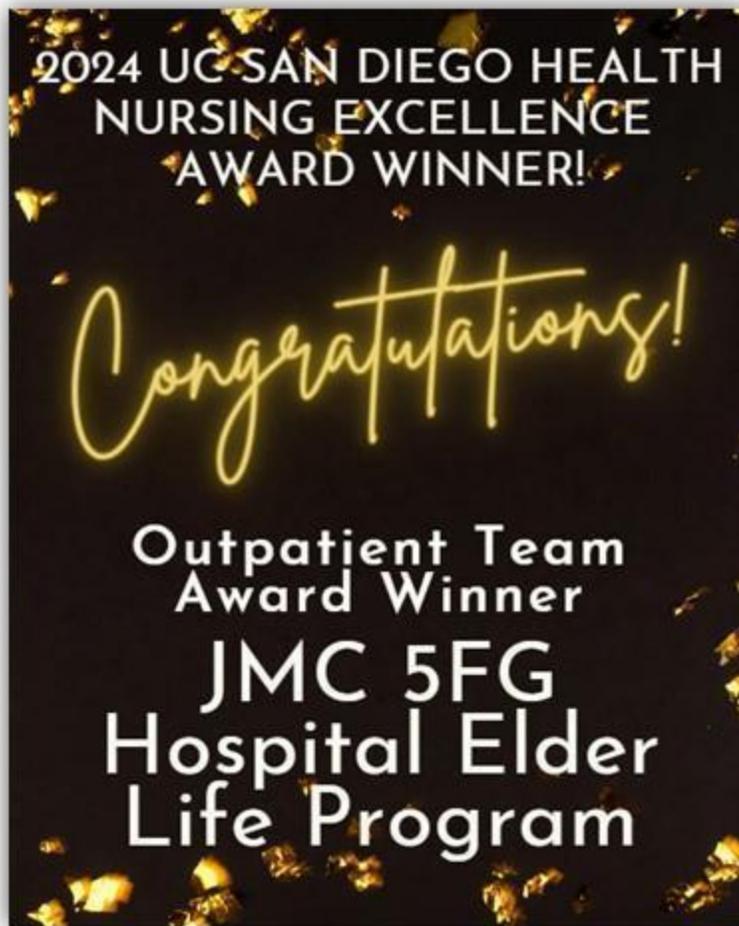
“I am so very pleased to have been selected as the next director of the Stein Institute for Research on Aging. I look forward to both nurturing our current work and engaging in new programs focused on research in aging, training in aging research and community outreach, using an approach grounded in diversity, equity and inclusion. I anticipate this work will lead to new discoveries, innovative training programs and even greater community engagement to improve older adults’ lives here in San Diego and worldwide.”

-Dr. Alison Moore

UC San Diego
Center for Healthy Aging
Stein Institute for
Research on Aging

[Learn more about the Stein Institute](#)

Our Jacobs Medical Center 5FG Unit Hospital Elder Life Program (HELP) Team (led by Karen Armenion, Emma Hilbourn and Noel Viray) is a 2024 UC San Diego Health Nursing Excellence Award Winner! Congratulations!



The Hospital Elder Life Program, originally created by Dr. Sharon Inouye is a well studied, effective and innovative model of hospital care designed to prevent both delirium and functional decline. By means of a small interdisciplinary staff and targeted intervention protocols, the HELP program has been demonstrated to improve patient outcomes and lower costs. The program is intended to integrate the principles of geriatrics into standard nursing and medical care on any hospital unit, and to bring geriatric expertise to bear on patient care decisions being made on not only patients enrolled in the program, but ultimately to patients throughout the institution.

The program provides targeted interventions implemented by a skilled interdisciplinary team (including a geriatric nurse specialist, specially trained Elder Life Specialists, and trained volunteers) that address a broad scope of geriatric issues known to contribute to cognitive and functional decline during hospitalization. These include cognitive orientation and stimulation activities, therapeutic activities, sleep enhancement strategies, exercise and mobilization, hearing and vision aids, feeding assistance and preventing dehydration, pastoral care, family support and education, and individualized discharge planning.

[More about the HELP program](#)

What's Happening/Events

Dr. Roland Thorpe Visits UC San Diego

Roland Thorpe, PhD, MS, is a gerontologist and social epidemiologist with nationally-recognized expertise in minority aging, men's health, and place-based disparities. It was a pleasure to have him with us at UC San Diego this past month visiting from Johns Hopkins University. Dr. Thorpe presented "Dementia and Race Among Older Black and White Men" at the Division of Geriatrics, Gerontology & Palliative Care Grand Rounds, in addition to speaking on "Black Men's Health: A Need for a Research Agenda and Public Health Infrastructure" at the Department of Medicine/School of Public Health Joint Grand Rounds. He is pictured on the left with Dr. Annie Nguyen, Associate Professor in the Herbert Wertheim School of Public Health & Human Longevity Science and organizer of the site visit, and Dr. Alison Moore, and on the right with Dr. Cheryl Anderson, Professor and Dean of the Herbert Wertheim School of Public Health & Human Longevity Science.



SDSU's Center for Excellence in Aging & Longevity (CEAL) Spring Symposium and Resource Fair with Keynote Speaker, Dr. Lindsey Yourman

Join us for the upcoming CEAL Spring Symposium on "[Social Innovations in Aging](#)" featuring keynote speaker, Dr. Lindsey Yourman MD, Chief Geriatric Officer with County of San Diego, Health and Human Services Agency.

Date: Friday, May 17, 2024

Time: 9:30am - 12:30pm

Location: Grossmont Healthcare District, 9001 Wakarusa Street La Mesa, CA 91942

The event will explore the strategic direction of San Diego County and innovations in the industry.



SDSU

College of Health and Human Services
Social Policy Institute

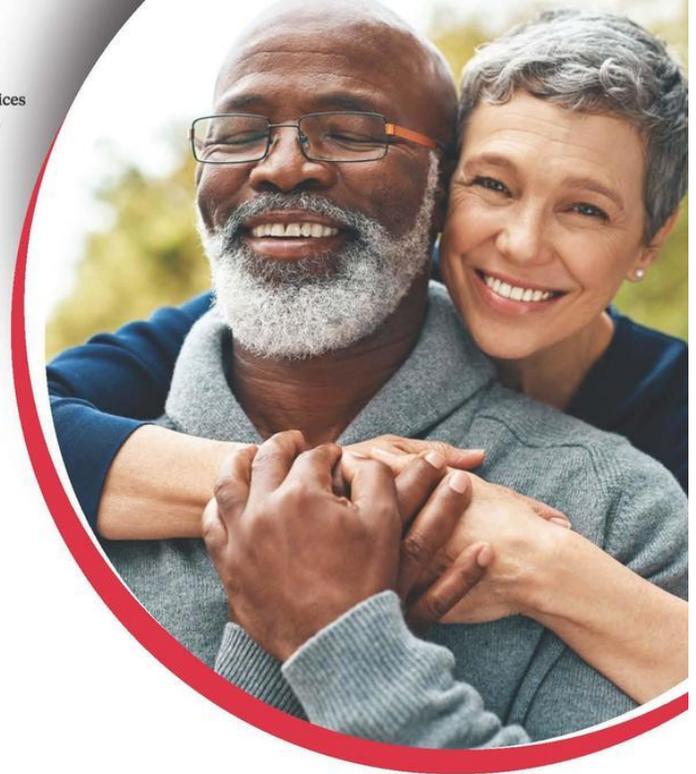
SPRING SYMPOSIUM

and Resource Fair

Learn About Social Innovations
Driving Care Transformation and
Workforce Development

Friday, May 17, 2024
9:30 a.m. – 12:30 p.m.

**Grossmont Healthcare District
Conference Center Auditorium**
9001 Wakarusa St, La Mesa, CA 91942



Space Limited!
Click here to register



Keynote Speaker

Dr. Lindsey Yourman,
County of San Diego
Chief Geriatric Officer

Panel One: Geriatric Care Transformation



Dr. Scott Kaiser, Determined Health
Erin Westphal, The Scan Foundation
Danielle Glorioso, UC San Diego Center
for Healthy Aging and the Stein Institute
for Research on Aging

Panel Two: Workforce Development



Brent Wakefield, Meals on Wheels
Shacasey Rogers, Human Good
Joe Garbanzos, AARP
Scott Tarde, George G. Glenner
Alzheimer's Family Centers, Inc.®

For more information, visit ceal.sdsu.edu or email bbothelhammond@sdsu.edu

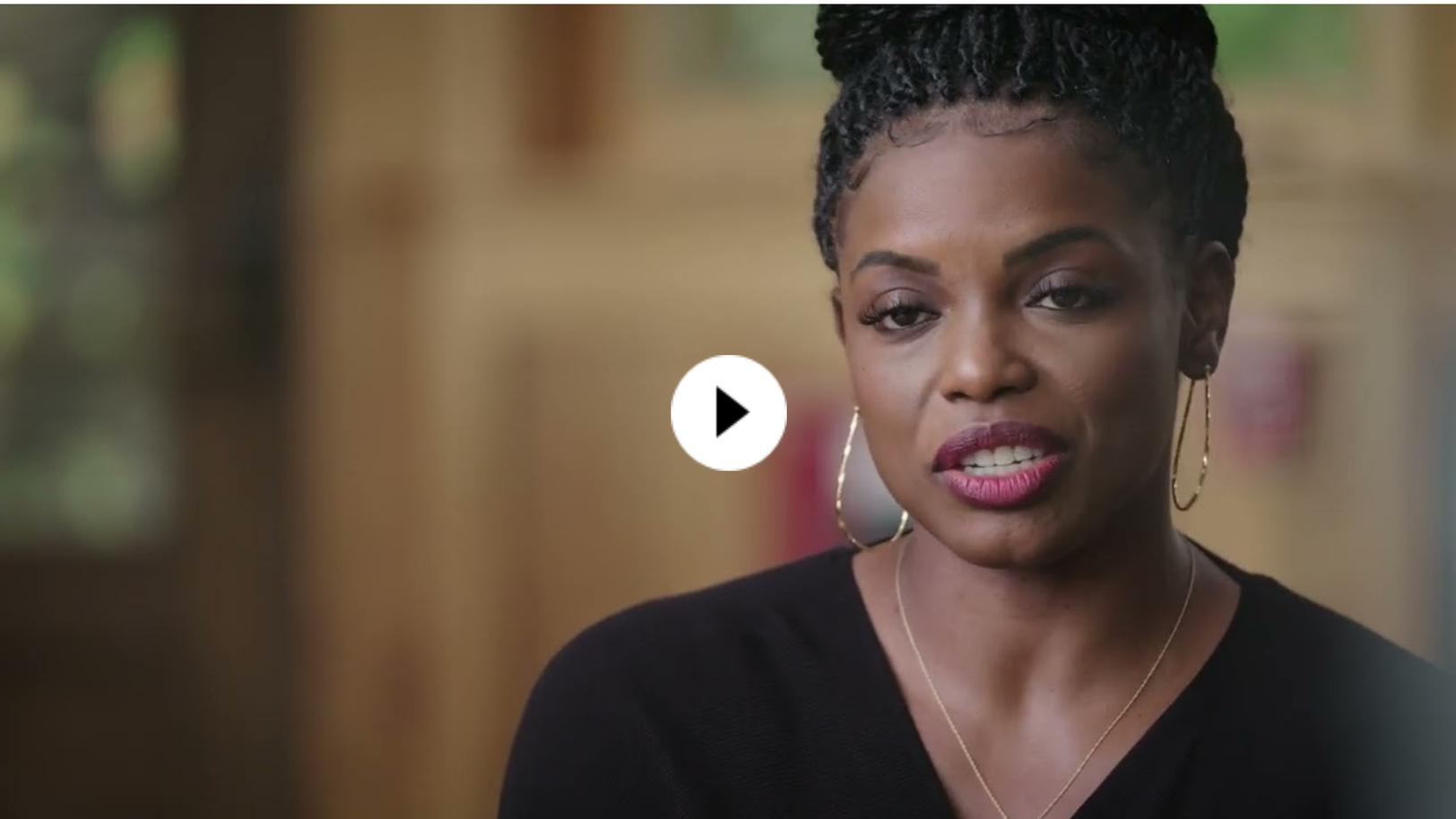
Register Here

Dementia Care Aware has released a new video: *A Brighter Future for Dementia Care, Early Detection Matters!*



Watch their video on why early detection isn't just beneficial – it's absolutely imperative! Hear from advocates, experts, and caregivers of people living with dementia why early identification and intervention spells the difference between mere management and genuine transformation in the lives of those affected by dementia.

Dementia Care Aware provides a variety of education and implementation support resources for dementia screening and care planning for busy practices.



[Visit the Dementia Care Aware Website](#)

May is Older Americans Month

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.



Powered by Connection

Materials Available



Click for ways you can participate in Older Americans Month

In the news...

- Dr. Anthony Molina interviewed for Verywell Health article "If You Were Born After 1965, Your Cells Might Be Aging Faster." Read it [here](#).
- Ian Neel, M.D. featured in UC San Diego's "Why UC San Diego School of Medicine?" video. Watch it [here](#).

- "How Trauma Gets Under the Skin" study co-authored by Dr. Anthony Molina featured in UC San Diego Today. Read it [here](#).
- Dr. Aladdin Shadyab's new paper published this week in Circulation American Health Association Journal. Overall, their findings reinforce current guidelines supporting blood pressure level targets below 130 mmHg. Read it [here](#).
- Ian Neel, M.D., speaks to Good Housekeeping Magazine on how to combat inflammaging, or the chronic inflammation that happens in our bodies as we get older. Read it [here](#).

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