



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



#11
GERIATRICS

UC San Diego Health

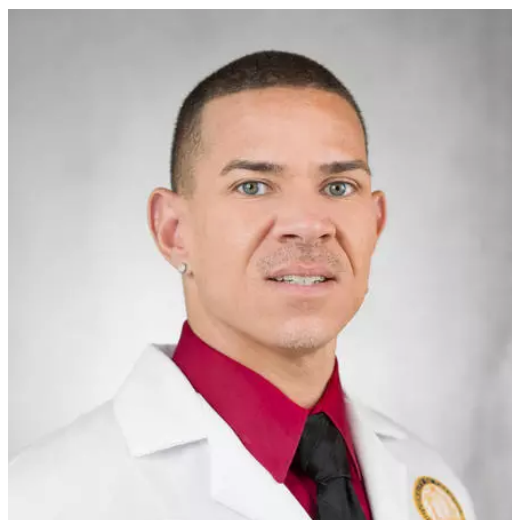
Not subscribed yet? [SIGN UP HERE!](#)



In this edition:

- Spotlight: Dr. James Templeman
- MCASD Museum Grant
- Welcome New Faculty
- What's Happening/Events
- Helpful Resources
- In the News

Spotlight on Dr. James Templeman



[James Templeman, MD](#) is an academic geriatric medicine physician. He received his medical degree from David Geffen School of Medicine at UCLA, and trained in Family Medicine at Kaiser Permanente Southern California (Sunset). Post-residency, he did a fellowship in HIV Medicine at the Keck School of Medicine (USC) at the historic 5P21 Rand Schrader Clinic. He worked at Kaiser Permanente as a primary care provider seeing patients of all ages and at the Infectious Disease / HIV clinic.

He then did a fellowship in Geriatric Medicine at University of Hawaii in Honolulu, completing a second year of research and Medical Education Fellowship, at the John A Burns School of Medicine in Hawaii. He joined UCSD in 2017 and is currently an inpatient geriatrician as part of the growing consultation services for UCSD Health.

What motivated you to become a geriatrician?

It's somewhat of a secret that geriatrics is such an awesome field! While some of my colleagues knew early on, I often like to say I stumbled upon it. In residency, it never was considered the "cool" fellowship like Sports Medicine, but I did have some great attendings in geriatrics that sparked my interest. However, it was while working both in primary care and HIV medicine at Kaiser Permanente, I found myself enjoying my time spent with older patients. I wanted to help them, but I felt like I didn't always have the tools to deal with issues that were really affecting their lives. I knew I had to go back and get further training in geriatrics. The "fates" guided me to University of Hawaii, which was an amazing program filled with inspiring geriatricians. The program and my experiences in Hawaiian culture made me realize what an honor it is to care for elders (*kapuna*). Through this journey, I came to realize geriatrics combines everything I love about medicine. On a daily basis, I see intellectually challenging cases, all while advocating for this vulnerable population. Geriatric care reminds me that the reason I went into medicine was to serve with love and compassion!

What do you like most about your career?

Hands down, I love teaching! We get to spread the "gospel" of good geriatric care to medical students, residents, fellows and others! We also help expose learners to the joys that caring for older patients brings—the stories, the gratitude, the opportunity to makes someone's life better! Beyond teaching, I love my colleagues. It is no secret that geriatricians are THE nicest and caring providers! I love how supportive everyone is in our division, particularly during difficult times in my life. I couldn't ask for a better group of people!

Why is a geriatrician valuable in the hospital and particularly working with the trauma team?

The UCSD Level 1 trauma center is top notch! If you ever are in a trauma, you'd want to be here! A few years back, the Trauma Service approached us to help with their older patients. We have forged a great partnership, which has benefited the elder communities of San Diego and El Centro area. Caring for hospitalized older adults can be challenging. I always tell learners that it is not enough to take care of the patient right now, we must have one eye to the patient's past and one eye to the future. We investigate all the potential factors that lead to the admission (in trauma, it's often a fall). We do this to try prevent it from happening again. We address medical issues specific to older adults, which they have a high chance of facing during admissions (e.g., delirium, dementia, polypharmacy, poor appetite, constipation, urinary issues, etc).

Finally, we anticipate the future for the patients and families, helping to facilitate transitions from hospital to wherever is best for the patient and family (sometimes home, sometimes to a rehabilitation facility). Geriatricians do all of this while helping patients and families navigate through the often confusing health care system.

What do you like to do for fun?

I try to stay active, going to the gym most days of the week and hiking on the weekends. I enjoy spending time with my husband and our two dogs. I love the movie theatre experience (even indulge in popcorn occasionally!). On the weekends, you can also find us at Disneyland, out dancing in Hillcrest, at wineries, or just at home binge watching shows. We enjoy traveling and search for locations that have a nice balance between my husband's love of the beach and my nerdy love of museums!

Museum of Contemporary Art San Diego to Launch Free Art-Making Storytelling Workshops for Older Adults



The Museum of Contemporary Art San Diego [received a generous \\$250,000 E.A. Michelson Philanthropy grant](#) in support of an extensive series of art-related workshops and programs to serve older adults. More than \$3 million in new grants to 16 art museums across the United States were awarded, a continuation of Michelson's investment in programs that are an essential part of addressing the needs of the coming demographic wave of older Americans. MCASD is the only Californian museum to receive the grant.

Titled ***Reflections: An art-making storytelling workshop by MCASD***, the free workshops for older adults will launch at MCASD in May 2023 and will be continue in 2024.

These art-making and looking classes recognize the many benefits social, emotional, and physical of engaging older adults in the process of artistic creation.

Interest list: Adults 55 and older or organizations that reach this population can join an interest list by visiting, www.MCASD.org/reflections

More about MCASD

Welcome!!



Welcome to [Annie Nguyen, PhD, MPH, CPH](#) Associate Professor, Herbert Wertheim School of Public Health and Human Longevity Science and gerontologist! She started with UC San Diego on March 1st, 2023 and we are lucky to have her. Dr. Nguyen's research is in community partnered research focused on resilience in older adults and persons living with HIV, and utilizing qualitative methods.

What's Happening/Events

Grand Rounds with Dr. Brent Mausbach on Tuesday April
4th 12pm

Dr. Brent Mausbach

“Pleasant Events Program (PEP) – A brief Behavioral Activation Therapy for Caregivers”



SPEAKER BIO:

Dr. Mausbach is currently a Professor in the Department of Psychiatry at UC San Diego. He received his PhD in clinical psychology from the Pacific Graduate School of Psychology in Palo Alto, CA, and completed his clinical psychology internship at the VA Black Hills Healthcare System. He received post-doctoral training at both Stanford University and UC San Diego with a specialization in geriatric psychiatry. Dr. Mausbach's broad clinical and research interests are in the area of health psychology, which seeks to understand how psychological and behavioral factors contribute to, or modify, physical health and illness. Consistent with these interests, Dr. Mausbach has a wealth of experience in understanding the links between improved coping and better mental and physical health. He has published several scientific manuscripts highlighting a) the links between stressful life circumstances and biological markers of health, and b) how individuals who cope well with stress have improved physical health. He has also received grants from the National Institutes of Health for his research into behavioral treatments for caregivers of people with dementia.

[More about Grand Rounds](#)

American Geriatrics Society's 2023 Annual Scientific Meeting to be held in Long Beach

**AMERICAN GERIATRICS SOCIETY
2023 ANNUAL SCIENTIFIC MEETING**

AGS23 ANNUAL
SCIENTIFIC
MEETING

**MAY 4-6
LONG BEACH, CA
#AGS23**

The AGS Annual Scientific Meeting is the premier educational event in geriatrics, providing the latest information on clinical care, research on aging, and innovative models of care delivery. Several of our faculty and trainees (along with incoming fellows and alumni) will be in attendance. Congratulation to our faculty, geriatrics fellows, residents and students, who have been selected to present at this year's event!

More about AGS

Elder Abuse Training for Medical Residents and Geriatric Fellows

As mandated reporters, physicians require training to screen, recognize, and respond to elder mistreatment in the clinical setting. Drs. Roopali Gupta and Emily Sladek from our Division had the opportunity to work with elder abuse experts and other geriatricians and primary care physicians to develop an interactive elder abuse training curriculum designed to be integrated into medical residency and geriatrics fellowship training programs. The University of Southern California was the lead for this project, with the University of California San Francisco and University of California Irvine, also involved. Funding for this project was provided by the Archstone Foundation. Six web-based interactive modules were developed and outreach is currently being done with multiple programs to encourage residents and fellows to complete this valuable training. To learn more about this training, please contact Jennifer Reichstadt at jreichstadt@health.ucsd.edu.

More about Elder Abuse Training

Photos from 2023 RCMAR Annual Meeting

Faculty and funded scientists from the San Diego AD-RCMAR attended the recent annual RCMAR week conference held at UCLA in March, which brought together individuals from RCMARs/AD-RCMARs across the country.



Alison Moore, Lourdes Guerrero, Humberto Parada, Kacie Deters, John Elder, Angela Gutierrez, Lize De Carvalho, and Krystal Kittle



Alison Moore, Angela Gutierrez, Humberto Parada, John Elder

More About AGS

Spotlight: Nihal Satyadev, graduating medical student, MSTAR alum, and co-founder of the Youth Movement Against Alzheimer's



Members of our division have had the pleasure to work with Nihal Satyadev over the last few years. He will soon start a residency program in neurology at Mayo Clinic - Florida. Read more about his journey and plans for the future, along with the incredible YMAA here.

[Read more](#)

Helpful Resources

ALZHEIMER'S  ASSOCIATION®

[View the Newest 2023 Facts & Figures](#)

Just Released: New 2023 Alzheimer's Association Facts & Figures

2023 ALZHEIMER'S DISEASE FACTS AND FIGURES



More than
6 million Americans
are living with Alzheimer's

Over 11 million
Americans

provide unpaid care for
people with Alzheimer's
or other dementias

These caregivers
provided more
than 18 billion
hours valued
at nearly

**\$340
billion**

1 in 3
seniors dies with
Alzheimer's or another
dementia

It kills more than
breast cancer
+
prostate cancer
combined

The
lifetime
risk for
Alzheimer's
at age
45 is

**1
in
5**

for women

**1
in
10**

for men

Between 2000 and
2019, deaths from
heart disease has

↓
**decreased
7.3%**

while deaths
from Alzheimer's
disease have

↑
**increased
145%**

In 2023, Alzheimer's
and other dementias will
cost the nation

\$345 billion

By 2050,
these costs
could rise
to nearly

\$1 trillion



While only 4 in 10 Americans
talk to their doctor right away
when experiencing early
memory or cognitive loss,



7 in 10 would want to know
early if they have Alzheimer's
disease if it could allow for
earlier treatment.



Visit the website

Elder Law & Advocacy

Elder Law & Advocacy is a local organization working to protect the legal rights of underserved older people. It is a non-profit organization which provides free services to qualifying older adults and caregivers of older adults who reside in San Diego and Imperial Counties. Programs include senior legal services, caregiver legal services, Medicare and health insurance counseling, elder abuse representation and more. They also provide community education.

Our Division Members in the News:

- Congrats to [Dr. Jeremy Hirst](#) on his new publication, "Selective Serotonin Re-uptake Inhibitor (SSRI) Bleeding Risk: Considerations for the Consult-Liaison Psychiatrist." Read it [here](#).
- Drs. Alison Moore & Benjamin Han are quoted in the Wall Street Journal in the article "Marijuana has Special Risks for Older People." Read it [here](#).

Not signed up yet? SIGN UP HERE

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



Contact Us

UC San Diego Health

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

9500 Gilman Drive MC 0665 | La Jolla, CA 92093-0665 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.