University of Alabama at Birmingham
Geriatric Medicine Fellowship
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Geriatric Medicine Fellowship Program

Mission

The Geriatric Medicine Fellowship Program strives to develop experts in the care of older adults in multiple health care settings. We seek to provide the strong foundation necessary for leadership in the field of geriatric medicine, whether in administration, clinical care, research, or teaching. We carry out these activities in an interdisciplinary and caring manner that always respects the dignity of those we serve.

Values

The Geriatric Medicine Fellowship Program is dedicated to training physicians to helping older individuals attain their greatest productivity and the highest possible quality of life.

- We are committed to excellence in the accomplishment of all activities relevant to our mission.
- We recognize that excellence can be obtained only through teamwork and the acceptance of responsibilities by all Division members.
- We are committed to providing a supportive work environment that recognizes and encourages innovation and initiative.

Overview of Geriatric Medicine Fellowship Program

The Geriatric Medicine Fellowship is structured to provide 12 months of mentored clinical experiences that annually prepare up to 3 board-eligible or certified internists or family medicine physicians to pursue certification in Geriatrics. The Geriatric Medicine Fellowship focuses on the development of physician leaders dedicated to improving the health and well-being of older adults and their families through academic or community-based careers. Fellows with interests in pursuing academic or leadership positions as researchers, teachers or administrators are encouraged to pursue an additional 2 or 3 years of advanced training. Advanced training in Geriatrics can be provided through the John A. Hartford Foundation-funded Southeast Center of Excellence in Geriatric Medicine (SCEGM) or through the Department of Veterans Affairs (VA) Special Fellowship in Advanced Geriatrics. UAB and the Birmingham VA offer multiple other potential advanced training opportunities after completion of the one year of clinically oriented training in Geriatric Medicine, including the possibility of pursuing fellowship training in one of the nation’s leading palliative care programs.

Geriatric Medicine Fellows serve as the primary care physician for a panel of patients in both the outpatient geriatrics clinic and the nursing home. Fellows work in these two sites for the course of the year. Fellows also participate in several month-long rotations, including long-term care, palliative care, acute care, geriatric psychiatry, physical medicine and rehabilitation, and health care leadership. Fellows also gain experience through block month activities including home-based primary care and clinics focusing on continence, geriatric assessment, memory disorders, fall prevention and mobility, wound care, osteoporosis, and movement disorders. Multiple special workshops and weekly conferences designed specifically for fellows aim to provide education on both fundamentals of geriatric medicine and the latest developments in the field.
Structure of the Program

**Longitudinal Patient Care Experiences**
Weekly sessions throughout the year at:
- UAB Geriatric Medicine Clinic
- Fair Haven Nursing Home
Monthly sessions throughout the year at:
- VA Geriatrics Clinic

**Rotations**
- Acute Care for Elders Inpatient Unit and Inpatient Consults
- Geriatric Psychiatry
- Physical Medicine and Rehabilitation
- Health Care Leadership
  
  This month includes a wide variety of experiences, including:
  - Attendance at hospital medical director meetings
  - Experience with hospice and nursing home medical directors
  - Meetings with leaders in managed care
  - Quality improvement activities
  - Patient safety activities
  - Mentored reading on leadership skills
- Nursing Home Medicine
- Palliative Care
- Block Months
  
  These months consist of a selection of clinics in the following subspecialty areas:
  - Continence
  - Home-based Primary Care
  - Memory Disorders
  - Movement Disorders
  - Wound Care
  - Fall Prevention and Mobility
  - VA Geriatric Assessment Clinic
  - Driving Assessment
  - Low Vision Rehabilitation
  - Neuropsychological Assessment
  - Osteoporosis

**Electives**
Fellows are invited to tailor their educational experience
This includes opportunities to participate in:
- Research
- Inpatient general medicine “Teaching Fellow”
- Any additional clinical experiences the fellow proposes will be considered

**Conferences**
- Fellows attend Division Grand Rounds on Thursdays at noon
- Fellows are also invited to attend weekly GRECC Scientific Seminars on Fridays at noon
• Fellows participate in interactive didactic sessions each Friday with UAB Faculty. Topics covered include (but are not limited to):
  o Knowledge of aging and longevity
  o Aspects of preventive medicine
  o Geriatric Assessment
  o Pharmacological problems associated with aging
  o Psychological aspects of aging
  o Economic aspects of supportive services
  o Pertinent ethical and legal issues
  o Research methodologies related to geriatric medicine
  o Cultural aspects of aging
  o Other topics of special interest such as cognitive impairment, depression and related disorders, falls, incontinence, osteoporosis, fractures, sensory impairment, pressure ulcers, sleep disorders, elder abuse, nutrition, and functional impairment

Fellows’ Conference
• Fellows determine the goals and content of this weekly conference. Activities that take place during this time include (but are not limited to):
  o Career development seminars
  o Journal clubs
  o ABIM Boards review
  o Mentoring meetings
  o Meetings with fellowship Program Director

Special Workshops
• Fellows participate in multiple half-day workshops on a wide variety of topics including:
  o Self care
  o Communication skills
  o Teaching skills
  o Interacting with the media

Scholarly Activity
• Fellows receive robust training in the fundamentals of scholarship, including workshops on research fundamentals, writing abstracts and presentations, quality improvement, and writing for publication
• Fellows participate in multiple journal clubs throughout the year
• Fellows are required to present once at Division Grand Rounds
• Fellows are required to complete a quality improvement project over the course of the year

National Meetings
• Fellows attend the national meetings of both the American Geriatrics Society and the American Medical Directors Association

Evaluation
Fellows receive ample feedback during the course of the year to help them to grow and develop:
• Preceptors and members of the interdisciplinary team complete fellow evaluations after each rotation
• Patients evaluate fellows in clinic
• Fellows are directly observed by fellowship directors throughout the year with the goal of providing timely, concrete feedback to promote improvement
• Fellows participate in an In-training exam once a year to assist with preparation for board certification in geriatrics
• The Program Director completes a formal written evaluation twice during the clinical year. The program places great importance on feedback from fellows in order to improve the fellowship:
  • Fellows complete anonymous evaluations of faculty and rotations at the end of each rotation
  • Fellows provide face to face feedback to the Fellowship Steering Committee twice a year
  • Fellows complete an anonymous annual program evaluation
  • Fellowship alumni are surveyed every few years to identify program strengths and weaknesses.

The Program Director and Associate Program Director meet with the fellows at least twice monthly for informal feedback sessions, and quarterly for formal feedback sessions.
Geriatric Fellowship Steering Committee Members

Caroline N. Harada, MD
Director, UAB Geriatric Medicine Fellowship Program
Associate Professor, Division of Gerontology, Geriatrics, and Palliative Care

Katrina A. Booth, MD
Associate Director, Geriatric Medicine Fellowship
Assistant Professor, Division of Gerontology, Geriatrics, and Palliative Care

Angela G. Rothrock, PhD
Assistant Director, Geriatric Medicine Fellowship
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Associate Professor and Director, Division of Gerontology, Geriatrics, and Palliative Care
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Andrew Duxbury, MD
Professor, Division of Gerontology, Geriatrics and Palliative Care
Medical Director, UAB Geriatrics Clinic

Kellie Flood, MD
Associate Professor and Director, Geriatric Medicine Section, Division of Gerontology, Geriatrics, and Palliative Care
Geriatric Quality Officer, UAB Hospital

Marianthe Grammas, MD
Assistant Professor, Division of Gerontology, Geriatrics, and Palliative Care

Clare Hays, MD
Associate Professor, Division of Gerontology, Geriatrics, and Palliative Care
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Alayne Markland, DO, MSc
Associate Professor, Division of Gerontology, Geriatrics, and Palliative Care
Chief of Geriatric Medicine, Birmingham VA Medical Center
Director, UAB Resident Rotation in Geriatric Medicine