



A Proposal for Support of the UAB Highlands Acute Care for Elders (ACE) Unit

MEETING THE NEEDS OF OUR OLDER ADULTS

An astonishing 10,000 people will turn 65 every day and continue to do so for the next 20 years. Almost one out of every five Americans will be 65 years or older by the year 2030. The dramatic increase in the elder population – 65 years or older – poses many challenges for patients, families, and hospitals within our community.

The traditional model of hospital care – in which the admitting acute illness is the focus of care – does not consistently address co-existing geriatric syndromes that dramatically impact hospital and post-discharge outcomes for frail older adults.

UAB has created Alabama's first Acute Care for Elders (ACE) Unit, a new model of inpatient geriatric care. The ACE Unit focuses on maintaining patient function by utilizing an interdisciplinary care team trained in geriatrics to aggressively manage geriatric syndromes while a hospitalist physician manages each patient's acute medical diagnoses.



The ACE Unit Mission is as follows: *To provide acutely ill older adults with the highest quality, holistic, person-centered care guided by an interdisciplinary team to promote health, prevent complications, optimize function, and preserve dignity.*

The mission is achievable through the following primary health objectives:

- **Prevent, identify, and manage geriatric syndromes in hospitalized older adults**
- **Elicit and respect patient/family preferences** regarding goals of care
- Maintain functional status and **return patients to home** when possible
- **Prevent medication errors** or adverse drug events
- **Coordinate in-hospital and transitional care** from the day of admission
- Provide a clinical **training site for geriatric education** for all health care disciplines
- Advance inpatient geriatric team care by providing a site for **clinical practice and outcomes research**

The ACE Unit benefits the greater Birmingham community by ensuring that hospitalized older adults receive whole-person care addressing functional, psychosocial, and discharge needs in addition to treating their acute medical illness.

TEAM-BASED APPROACH TO GERIATRIC CARE

The ACE Unit staff is experienced in working with this special population of patients, and receives continuing geriatric education and training.

The ACE Unit interdisciplinary team consists of: geriatric and hospitalist physicians; hospitalist nurse practitioners; nurses; physical, occupational, and respiratory therapists; registered dietitian; pharmacists; infection control nurse; social worker; care manager; pet therapist; music therapist; and volunteers.

LEADERSHIP



KELLIE L. FLOOD, MD

- Bachelor of Science degree in physics from Baylor University; and MD from the University of Texas Southwestern Medical Center in Dallas. Residency training in Internal Medicine at Washington University School of Medicine in St. Louis, MO., which included being Chief Resident, and a fellowship in Geriatrics.
- In 2006, joined the faculty in the Division of Gerontology, Geriatrics, and Palliative Care at UAB and serves as medical director for all of UAB's inpatient geriatric clinical services including Alabama's first ACE Unit and the UAB Geriatric Scholar Program.

"I love taking care of the whole patient as well as their family, and that is what Geriatrics is all about" - Dr. Kellie Flood.



CYNTHIA J. BROWN, MD, MSPH

- Undergraduate degree in physical therapy from East Carolina University; and MD from the University of North Carolina at Chapel Hill. Residency training in internal medicine at Yale University, which included a Chief Resident year, and a three-year Geriatric Medicine fellowship.
- In 2003, joined the faculty in the Division of Gerontology, Geriatrics and Palliative Care at UAB, and serves as the Director of the Geriatric Medicine Section and holds the rank of Associate Professor with tenure.

"I was influenced to become a geriatrician by my maternal grandmother and the countless older adults I had the pleasure of caring for as a physical therapist. Their wisdom, strength and personal stories of joy, hardship and triumph continue to inspire me" - Dr. Cynthia Brown.



TERRI MIDDLEBROOKS, RN, BSN

- Bachelor of Sciences in Nursing from the University of Alabama at Birmingham
- In 2010, served as Charge Nurse for the ACE Unit and transitioned to the important role of Program Coordinator for the ACE Unit.

"I decided to get into Geriatric Nursing to fulfill a need to help adults maintain their dignity and continue with as much independence as possible while being cared for as they age" - Terri Middlebrooks



LORENA BRICKSON, LCSW

- Bachelor of Arts in Psychology from Samford University; and Masters in Social Work from Tulane University.
- Previously a Care Manager for Magellan Behavioral Health; Home Health Social Worker for Johns Hopkins; Medical Social Worker for Oncology/Medical Unit at Montgomery General Hospital; and Field Instructor at the University of Maryland School of Social Work. Currently serves as a Social Worker for the ACE Unit.

"I enjoy working with older adults and families to help them navigate their way through the maze of aging resources" Lorena Brickson.

NEW DESIGN AND SPACE

To create an optimal space that promotes healing while maintaining a more “home-like” environment, the ACE Unit, located at the UAB Highlands Hospital, now offers the following features to promote comfort, safety, mobility, and cognitive stimulation:

Low-glare lighting and flooring to help with low or limited vision



Interior design that promotes safety and mobility

Large private patient rooms with sitting and sleeping areas to allow families to stay close comfortably



Multi-purpose room for the daily ACE interdisciplinary team meetings, group activities for patients that promote cognitive stimulation, teleconferencing, and geriatric education for ongoing staff training

INVESTING IN GERIATRIC CARE

Making an investment in the ACE Unit will support the following objectives:

Ensure ongoing evidence-based geriatric care through nursing and ACE Unit team training and professional development programs (i.e., Geriatric Scholars Program)



Mr. Harry Vickers with Vickers Scholar recipients



Enrich ACE Unit programs by securing funding for complimentary therapist to serve on the ACE Unit interdisciplinary team (i.e., art, music, psychology services)

Sustain an ACE Unit research program that will demonstrate means to improving outcomes for other hospitals across the state of Alabama and nationwide



Secure the UAB ACE Unit's place as a national leader in interdisciplinary care for the hospitalized older adult



For information on how to support our vision, please contact:
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UAB GERIATRIC SCHOLARS PROGRAM

The *2008 Institute of Medicine Report: Retooling for an Aging America* documents the profound deficit in geriatric training for nurses and other health care professionals across our nation. Only 33 percent of baccalaureate nursing programs and 20 percent of baccalaureate social work programs nationwide have required courses in geriatrics. Less than 1 percent of 2.2 million practicing registered nurses are American Nurses Credentialing Center certified in gerontology. The South especially lags behind in geriatric educational program development, and lacks regional resources to support advanced training and mentorship in geriatric nursing professional development.



Linda Jones, DNP, with Mr. Harry Vickers and Ms. Janet Perry, donors to the Geriatric Scholars Program

In an effort to meet this dramatic geriatric training need within the UAB Health System and as an extension of the ACE Unit program, UAB Geriatric medicine and nursing faculty are leading a UAB Geriatric Scholar Program.

The Geriatric Scholar Program is a competitive clinical recognition program for nurses and other disciplines identified as champions in geriatric care. Geriatric Scholars undertake a two-year curriculum to develop an in-depth

knowledge of caring for the hospitalized older adult and prepare them to prevent and manage common geriatric syndromes through evidence-based geriatric care protocols. The program readies providers to obtain gerontological certification.

Over time, the exponential effect of this program will result in enhanced geriatric care across the UAB Health System. A total of 52 scholars in 22 practice areas across three UAB hospitals have participated in the Geriatric Scholars Program and benefitted from the generosity of Mr. Harry Vickers and Ms. Janet Perry. Support from philanthropy for this professional development program is essential for its sustainability.

UAB CENTER FOR AGING

The UAB Center for Aging is a world leader in creating and using knowledge that will optimize function, enhance management of illness, and reduce health disparities among older adults. The Center involves an interdisciplinary community of more than 200 faculty members and staff working together to promote the health and well-being of older persons and their families through research; training students and faculty to conduct research; educating students and professionals; and supporting community programs and specialty patient care programs like the ACE Unit.

Career development and education opportunities are offered to undergraduate, graduate, and post-graduate trainees, health care professional students, and practitioners. These programs help prepare trainees and practitioners in

multiple disciplines for research, education, or service careers related to gerontology and geriatrics. The Center for Aging offers www.agewell.com as an educational resource that provides information that will be useful to all members of the community.

The Center encourages and coordinates the activities of the multiple disciplines represented by the UAB schools of business, dentistry, education, engineering, health professions, medicine, nursing, optometry, public health, and the College of Arts & Sciences to fulfill its mission.

Through the integration and coordination of these activities, the Center is adding years to life and life to years.

NAMING OPPORTUNITIES

The ACE Unit provides patients and family members a way to express gratitude for the care they have received through naming opportunities to honor or memorialize a loved one.

Each named space will be marked with a plaque bearing the names of the honoree and donor. Funds raised through naming opportunities will support the ACE Unit's effort to provide the very best care for patients, discover and test new approaches that are applied to improve outcomes, and train interdisciplinary team members on leading edge geriatric practices.



Naming opportunities include:

- Endowed faculty position to support in-patient medical director - \$500,000-\$1,500,000
- ACE Unit - \$250,000
- Nurse Station - \$25,000
- Conference and Multipurpose Room - \$25,000
- Patient Rooms (26) - \$10,000

Gifts may be made in several ways, or in combinations of those ways:

- An outright gift of cash or appreciated securities
- A pledge payable over five years
- An irrevocable component of your estate plan, such as a bequest or a charitable lead or remainder trust
- A life insurance policy

By implementing a range of personalized planned giving techniques, UAB can assist you in making a gift far greater than you may have every imagined.





For More Information:

If you would like additional information about the naming opportunities in the ACE Unit, or if you need information about seeing one of our Geriatric Physicians, please feel free to contact us.

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