VANDERBILT UNIVERSITY MEDICAL CENTER
VA TENNESSEE VALLEY HEALTH SYSTEM

GERIATRIC PSYCHIATRY FELLOWSHIP
TRAINING PROGRAM ORIENTATION

2016-2017
Overview

- Vanderbilt University
- VU School of Medicine
- VU Medical Center
- VU Psychiatry Department
- VA TVHS Hospitals
- Geriatric Psychiatry Fellowship
- Living in Nashville
• Founded 1873
• Students:
  – 6,700 undergraduate
  – 5,200 graduate
• 10 schools, Top 20 in US News & World Report
• 3,100 fulltime faculty
• 23,000 employees
• Students:
  – 444 MD, 99 MD/PhD
  – 548 PhD
  – 29 MSCI
• Ranks #14 in US News & World Report
• Top 10 in NIH funding (Over $300 Million)
• 2,404 fulltime faculty
> 97 ACGME accredited programs
Approx. 984 residents and fellows
Orientation: 300+ new house staff
VUMC: $2.9 billion annual enterprise
VU Department of Psychiatry and Behavioral Sciences

- Founded in 1947
- Current Faculty:
  - 98 fulltime, 50 secondary, 77 voluntary
VU Department of Psychiatry

Growth since 2006:

• New faculty
  – 97 new faculty members
  – 8 tenure-track faculty
  – 6 tenured faculty
  – New space for laboratory research
  – New training opportunities (Fellowships, K-awards)

• Renovation of VPH (3,500 discharges; >85% occupancy)

• Outpatient clinics (>60,000 outpatient visits)
Leadership & Training Staff

Stephan Heckers, MD, MSc.
Chair of Psychiatry

Ronald Cowan, MD, PhD
Vice-Chair for Education

Paul Newhouse, MD
Director, Geriatric Psychiatry Division,
Training Director, Geriatric Psychiatry Fellowship

Meghan Riddle, MD
Assistant Training Director,
Geriatric Psychiatry Fellowship

Shana Scanlin
Department Education Specialist
Geriatric Psychiatry Fellowship

Overall Program Goals

*Our goal is to train the next generation of leaders in clinical and academic geriatric psychiatry.*

The Geriatric Psychiatry Fellowship Program has been designed to enable fellows to be able to:

- Provide patient care that is compassionate, appropriate, and effective for the promotion of health and the management of psychiatric problems related to aging;
- Apply knowledge in the biomedical, clinical, epidemiological sciences and social-behavioral sciences to their care of patients;
- Pursue an career focused on clinical care, research or teaching, health care leadership, and as a scholarly practitioner.
Vanderbilt University Medical Center (VUMC) is a leader in medical education, research, and patient care throughout the Southeast and the nation over the course of its 134-year history. A tertiary referral center for physicians and patients throughout the region, Vanderbilt University Hospital (VUH) and The Vanderbilt Clinic (TVC) consistently rank among the premier health care facilities in the United States.
Vanderbilt Psychiatric Hospital
~88-bed Hospital~

Vanderbilt Behavioral Health (VBH) offers individualized patient care through a wide array of connected services that provide each patient with the right psychiatric treatments for his or her needs. We serve patients from Nashville and the Southeast with emotional problems, depression, mood and personality disorders, anxiety and other problems.
The Nashville campus offers primary, secondary and tertiary care to veterans living in middle Tennessee and Kentucky. TVHS is affiliated with Vanderbilt University School of Medicine and Meharry Medical College, with active residency programs in all major medical and surgical specialties and sub-specialties. In addition, the Nashville campus supports a vigorous research program of over $26 million annually.
The Alvin C. York Campus of the VA Tennessee Valley Healthcare System (TVHS) provides primary care and subspecialty medical, surgical, and psychiatric services to veterans. The campus provides long-term rehabilitation and nursing home care, and serves as a VISN 9 resource for the long-term inpatient care of psychiatric patients.
Major Inpatient Rotations

• Inpatient Geropsychiatry
• Inpatient Geriatric Psychiatry Consultation
• TVHS-VA Geriatric Extended Care (Long-Term Care Consultation)
• Palliative Care, Inpatient and Hospice
Major Outpatient Rotations

• Geropsychiatry Clinics
  – Vanderbilt
    • Village at Vanderbilt
  – Veterans Affairs Medical Center
    • Single Provider Clinic (Nashville)
    • Multidisciplinary Clinic (Murfreesboro)

• Memory Disorder Clinic
  • Village at Vanderbilt

• Cognitive Neurology
  • 100 Oaks Mall

• Electroconvulsive/ Transmagnetic Stimulation Therapy Service
### First 6 months of Training

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Palliative Care Week: During Block 6: Week of Dec 5-9

Geriatric Medicine: Block 5
## Geriatric Medicine Block 8: Monday, January 16 – Sunday, February 12

### Electives:
- Additional Research Time
- Palliative Care/Alive Hospice
- Travecca NH with Dr. Habermann
- GEM unit
- Consult Service
- Neuropsychology
- Neurology - Movement Clinic
- Abe’s Garden

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*Palliative Care: Week of May 1-5*
Geriatric Seminar/Didactics Series

- 1-hour morning session per week
- Protected time
- Psychosomatic fellows participate in seminars
- Sessions are open to the entire department and CME credit is offered
- Schedule and suggested readings are posted on the following website.

https://medschool.vanderbilt.edu/psychiatry-geriatric-fellowship/2015-2016-seminars-and-supplemental-readings
Biology and Psychology of Aging

- Epidemiology of Aging
- Theories of Biological Aging
- Organ System Changes in Aging
- Drug Metabolism in Aging
- Structural and Functional Brain Changes in Aging
- Cognitive Changes that Occur with Normal Aging
- Age-Related Neurodegenerative Disorders
- Changes in Emotion and Emotional Functioning with Aging
- Preserving Brain Health and Aging
- Stress, Resilience, and Aging
- Motor and Gait Changes in Aging
Assessment of Pathology in Aging

- Major and Minor Depression in Aging
- Bipolar Disorder
- Anxiety and Anxiety Disorders in Geriatrics
- Schizophrenia and Other Psychotic Disorders
- Alzheimer’s disease; Frontotemporal dementia
- Lewy-Body dementia; Parkinson’s disease
- Stroke and Cerebrovascular dementia
- Somatic Therapies in Geriatric Psychiatry (ECT; DBS; TMS; Ketamine)
- Polypharmacy Issues in Geriatrics
- Addictions and Substance Abuse in Geriatric Psychiatry (Alcohol abuse, Opiates, Marijuana)
- Ethical Treatment in Aging Issues
- Special Issues in Long-Term Care
- End of Life Issues (Palliative Care; Hospice; Assisted Suicide/”Death with Dignity”)
- Structured Assessment Tools in Geriatric Psychiatry
- The Problem of Pain in Aging
- Capacity Assessment and Guardianship in Geriatric Psychiatry
Clinical Research Methodology

• Statistics I
• Neuroimaging in Psychiatry
• Statistics II / Research Design
• Genetics and Psychiatry
• Psychiatric Epidemiology
Additional Seminars

• **Geriatric Psychiatry Journal Club**
  – This is a monthly review of current clinical assessment, treatment, and theory from core journals.

• **Geriatric Psychiatry Case Conference**
  – In this conference, fellows will be responsible for selecting a patient to present along with pertinent questions and relevant journal articles for discussion. All program faculty will be expected to attend and participate in case discussion. A faculty member will be designated as the leader for this case conference and will serve as a mentor for the fellow presenting.

• **Psychiatry Grand Rounds**
  – This weekly presentation is centered around a formal research-oriented presentation by a visiting speaker or member of the faculty, or by a major clinical service of the Department of Psychiatry focusing on clinical management of particularly difficult problems. Geriatric Psychiatry makes one or two presentations each year.
Elective Seminars & Case Conferences

• Geriatric Medicine Core Curriculum (weekly)
• Geriatrics and Gerontology Interest Group Grand Rounds (biweekly)
• Biomedical Ethics Case Conference (monthly)
• Palliative Care Journal Club (monthly)
Teaching Opportunities

• Teaching of Vanderbilt 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} year medical students and visiting students/residents
• Small group teaching in Vanderbilt first- and second-year medical student classes
• Opportunities to teach first-, second-, and third-year General Psychiatry residents
• Teaching opportunities within the community
• Other opportunities, as identified
Geriatric Psychiatry Research at Vanderbilt: Center for Cognitive Medicine

https://medschool.vanderbilt.edu/ccm/

- **Cognitive Aging Program (Newhouse):** Multiple projects with a focus on brain cholinergic pharmacology
  - Long-term nicotine treatment of mild cognitive impairment (national multi-center study led by Vanderbilt)
  - Development of newly-discovered cholinergic molecules for human use in Alzheimer’s disease
  - Cholinergic modulation of cognitive aging in HIV
  - Nicotinic enhancement of cognitive functioning in post chemotherapy breast cancer and in adults with Down Syndrome
Geriatric Psychiatry Research at Vanderbilt: *Center for Cognitive Medicine*

- **Estrogen/Menopause studies (Newhouse):**
  - Brain structure and function in postmenopausal women with subjective cognitive impairment.
  - Estrogen effects on brain activity following psychosocial stress in depression and PTSD (VA)

- **Aging effects on *multisensory processing and integration* (with VBI) (Newhouse).**

- **Alzheimer’s Disease Studies (Newhouse):**
  - Phase 3 clinical trials: monoclonal antibodies, behavioral agents, etc.
  - Phase 1 study of novel M1 muscarinic PAMs for cognitive enhancement (planned together with VCNDD)
Geriatric Psychiatry Research at Vanderbilt: *Center for Cognitive Medicine*

- **Geriatric Depression Research Program (Taylor):**
  - Multiple projects focusing on late-life depression, brain structure, and treatment outcomes.
  - Effects of stress reactivity on course of depression in late-life (VA).
VA Tennessee Valley Geriatric Research Education and Clinical Center (GRECC)

- **Education:** Disease Prevention, Pharmacoepidemiology, Quality Improvement/Patient Safety, Ethnogeriatrics.
- **Research:** Cancer prevention; Late life cognitive impairment; critical illness-associated cognitive impairment; quality and safety of care; and drug utilization.
- **Clinical Care:** Clinical demonstration and best practice projects.
- **Quality Scholars Program:** Two year funded research program for clinical research in aging
Major Vanderbilt Neuroscience Research Centers

- Vanderbilt Institute for Clinical and Translational Research (VICTR)
- Vanderbilt University Institute of Imaging Science
- Vanderbilt Kennedy Center
- Vanderbilt Brain Institute
- Vanderbilt Center for Neuroscience Drug Discovery
- Vanderbilt Alzheimer’s Center
- Vanderbilt Center for Cognitive Medicine
We are wired …

• Electronic Medical Record: StarPanel

• Research Database: RedCap is a secure, web-based application designed to support data capture for research.

• Personalized Medicine/Genetics: BioVU is the Vanderbilt DNA Databank, a resource for exploration of genetic variation, disease susceptibility, and pharmacogenetics.

• The Synthetic Derivative (SD): The SD contains all clinical information in the EHR but is stripped of personal identifiers

• Eskind Electronic Library

• And many more…

[Health Care's MOST WIRED Winner 2012]
Nashville has it ALL!
Summary

• Opportunity to develop skills in all aspects of Geriatric Psychiatry
• Collegial and dynamic department
• Outstanding (top 10) academic medical center with substantial growth in geriatric medicine, psychiatry, and neuroscience
• Opportunity to interface with strong Medical School, Department of Psychiatry and Geriatric Medicine
• Great city for activities outside of work

WELCOME TO VANDERBILT!