The Geriatric Medicine Fellowship Program at Winthrop-University Hospital is a well balanced training program that provides fellows with high quality clinical and academic experiences to graduate expert geriatricians. Our one year fellowship program effectively provides trainees with the knowledge skills, and confidence to be highly qualified, geriatricians, as demonstrated by the program’s extraordinary board pass rate. Our fellows learn to provide expert care for a wide range of elderly patient populations, including independent community dwellers, frail nursing home residents and acutely ill hospitalized patients. The program has been accredited by the ACGME since its inception in 1990.

Clinical training sites include nursing homes, an outpatient office, a specialized geriatric psychiatry unit, a hospice organization, and a hospital inpatient and consult service. We provide a course in nursing home medical directorship. We also offer three optional electives: medical directorship, wound care, and palliative care.

Our expert and highly dedicated faculty provide close supervision and mentoring in all clinical settings. In addition to certification in geriatric medicine, our core faculty also hold board certifications in clinical pharmacology and hospice and palliative medicine, which uniquely enables our program to offer trainees a rich educational experience.

Numerous research opportunities are available. Fellows may join an ongoing research project or develop their own with faculty mentoring. Fellows have presented their research at national conferences. Faculty and fellows have published in many peer reviewed journals and presented oral symposia at national meetings.

Geriatric clinical pharmacology, neuropsychology, hospice and palliative medicine, and medical directorship are integrated into the academic structure. Our fellows also work closely with a Neuropsychologist who trains fellows in performing cognitive assessments. Our on-site teaching staff also includes a Certified Geriatric Pharmacologist and a Geriatric Social Worker.

Graduates of our program have pursued a variety of careers including medical directorships, private practice in a range of settings, palliative care, geriatric hospitalists, and academic positions.

At-A-Glance:

- Affiliation with two teaching nursing homes with dedicated full-time, board certified faculty.
- End-of-life and palliative medicine training with a highly respected Hospice program and an inpatient hospitalized Palliative Care Consultation Service.
- One-on-one mentoring including career guidance.
- Research opportunities with support to attend geriatric conferences.
- Community speaking opportunities at senior centers.
- State of the art Simulation Center training, personal copies of Geriatrics at Your Fingertips and the Geriatric Review Series books.
- Generous house staff benefits, including heavily subsidized housing, three complimentary meals daily, full access to the spacious house staff lounge, and an available 403(b) plan.
Curriculum:
Our one-year curriculum focuses on gaining comprehensive clinical skills in a number of settings: hospital, outpatient, nursing home care, assisted living, and home care. Additionally:

- Home visit program which allows for a more complete assessment of a patient’s health and environment.
- Interdisciplinary team conferences including neuropsychologists, social workers, pharmacists and nurses.
- Board Review, Neuropsychology series, Medical Director Course, Research conferences, Division QI, and Hospital-wide committee opportunities.
- Weekly Geriatric Grand Rounds on key Geriatric Medicine topics including major syndromes.
- Geriatric Psychiatry lecture series and case conferences led by board certified Geriatric Psychiatrists.
- Journal Club with critical analysis of the current geriatric literature.
- Practice management training including proper billing & coding and contract negotiations.

Rotations:

Inpatient Service: Geriatric fellows function as junior attendings providing care for hospitalized geriatric patients (as primary physicians and as geriatric consultants). Fellows are also involved with teaching interns and residents.

Outpatient Practice: In addition to weekly continuity clinic, fellows have three one-month outpatient rotations which include assisted living and home visits. Fellows see healthy elderly, frail elderly and medically complex patients including those with cognitive impairment.

Nursing home: Long term and subacute care:
Fellows manage a panel of long-term care patients in the nursing home throughout the year with monthly visits. Fellows also serve as the primary physician for residents in long term care and subacute rehabilitation patients under supervision of teaching faculty. Fellows also work with the medical director to gain administrative experience.

Neurology: Dedicated two-week rotation in outpatient Neurology focusing on common geriatric neurologic conditions in specialized outpatient practice such as stroke, movement disorders & cognitive impairment.

Geriatric Psychiatry: This rotation provides exposure to multiple aspects of care including partial day program, inpatient, and outpatient care with special focus on the consult-liason service.

Physical Medicine & Rehab: Two week rotation including acute inpatient rehabilitation, inpatient PM&R consults, and participate in outpatient clinic, team meetings, and didactic sessions with a PM&R team.

Palliative Consults/Hospice Care: Care for patients at the end-of-life provides training in pain & symptom management and communication skills. Fellows are active participants in the Palliative Consult team, attend team meetings and participate with care planning. The dedicated Hospice week includes home visits.

Choice of THREE OPTIONAL ELECTIVES:
This unique opportunity allows additional training in one of three specialized areas:
- Medical Directorship
- Wound Care
- Palliative Care

Winthrop Geriatric Medicine Fellowship is fully committed to the NRMP match process and has signed the “Geriatric Medicine Fellowship Match Code of Ethics.” More information is at the ADGAP webpage.

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Find additional fellowship program details online at:
http://www.winthrop.org/geriatrics-fellowship/
Geriatric Medicine Fellows’ Academic Accomplishments


Case Report: Delirium in a nursing home resident. Lester PE, Varghese T. Annals of Long-Term Care: Clinical Care and Aging. 2007; (15) 10: 36-37.
"From the first day of the fellowship I felt that all of the attendings treated me as an equal colleague rather than a subordinate trainee while masterfully sharing with me their patients, kindness, wisdom, and skill. There is so much to learn in Geriatrics. This fellowship offered immense diversity of settings and skilled instructors. Everyone at Winthrop Geriatrics the office staff, the attendings, the affiliates is a gem. People genuinely want to give their all to the patients as well as each other. The fellowship ran like a very sophisticated smart phone with amazing options and perfect flexibility built into it. It felt like one big happy family with a purpose to care for the elderly and their families. The academic portion was very rich and was filled with daily lectures, journal clubs, grand rounds, academic meetings, educational trips, national conference presentation, QI projects, research projects, away rotations, etc. However, I never felt that it was in isolation. When people say “this has been the best day of my life,” others immediately feel that they are making an embellished or a dramatic reference. Well this, indeed, has been the best year of my training and possibly life! –PG

“From the academic perspective to the human aspects of geriatric medicine, all my expectations were surpassed. The teaching has made me a better physician. I am very proud to say that I was part of this training program.” – SG

“Geriatrics DEFINITELY was the BEST year of my life. My year in Geriatrics completely prepared me for my future career. Such a supportive, nurturing, yet completely enriching environment helped me hone my skills, broaden my knowledge base, and develop life-long skills I will use for the rest of my career. Absolutely incredible mentors, teachers, clinicians. It has been an honor to be with such great doctors in fellowship.” – SS

“The faculty and staff are truly an inspirational group. I will always treasure the lessons I have learned” – LR

I was a hospitalist for at least 3 years before I decided to go for a Geriatric fellowship. Why geriatrics? It was because I have noticed that a majority of the patients who were admitted in my facility were elderly and I realized that they are a special population with special needs. The program provided a comprehensive exposure including Home visits, Geriatric Psychiatry and Palliative care rotation. These exposures were very valuable and it gave me a 360 degree insight from admission to an acute care hospital to a subacute rehab and finally back at home or to a long care facility. I was treated as an equal since the first day. The attendings were all very supportive, compassionate and knowledgeable. They are always open to any feedback. I never regretted leaving my hospitalist job and doing a year fellowship especially at Winthrop. - RR

“It was great working with all the faculty and staff and learning from their wisdom and experience. Their humbleness, gratitude and respect for others have made me realize how much difference I could make in someone’s life” – NM

“This program offers a balanced exposure to all aspects of Geriatric Medicine, where teaching takes place at all levels. The atmosphere imparts both guidance and independence so that fellows can gain the knowledge, skills, and confidence to care for their patients. My training experience has equipped me with the skills that are essential for becoming an effective, efficient, and compassionate Geriatrician who can make a positive impact on healthcare for the elderly in a variety of settings. Completing my fellowship in Geriatrics at Winthrop was the best decision I ever made!” – RF

“Getting back to geriatric fellowship after working as a hospitalist for 3 years and joining Winthrop geriatric fellowship program is the best decision I have ever made for my career. It has given me the skills to manage the person as a whole and trained me to how to make and guide the patients and families with challenging decisions. Experiencing the wide range of clinical rotations helped me realize what happened after hospital discharge, how problems arise and how to avoid them. I learned the importance of communication between the providers; medication reconciliation and making realistic follow up instructions to achieve the primary goal of helping our patients get to their best ability and avoid readmissions. This program has trained me to be a better person, and be a better doctor for the patients. I enjoyed working with the whole team, including attendings, office staff, and the social worker; they are all awesome and made me feel like home in this short one year training period. The great things about the Winthrop Geriatric Fellowship program are endless!” – SM