



Canning Division



MANAGING CARE IN THE ELDERLY

A training program for GPs

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AIMS

- **To upskill GPs in the management of elderly patients**
- **To foster relationships between GPs, geriatricians and other service providers**



Canning Division

COLLABORATIVE PARTNERS

- **Canning Division**
- **Perth and Hills Division**
- **GPs**
- **Geriatricians, East Metropolitan Health Service**





Canning Division

FOCUS OF THE PROGRAM

- **Proactive approach to maintaining the independence of elderly people**
- **Multidisciplinary team approach**
- **Holistic care**





DEVELOPMENT

- **GP Focus groups to set objectives**
- **Modules developed in consultation with GP Advisors & Geriatricians**
- **Program was approved by RACGP for CPD points**



MARKETING

- **Personalized letter and brochure sent to GPs who attended Aged Care Facilities**
- **Insert included in Division newsletter**
- **Information kit sent to all GPs who completed an expression of interest**

Managing Care in the Elderly: A Training Program for General Practitioners

Outcomes:

- Develop your skills in the delivery of holistic health care in the elderly
- Know how to access the relevant organisations, services and resources available
- Diagnose and manage diseases commonly found in the elderly in a primary health care setting
- Understand the issues involved in palliative care
- Understand the legal and ethical issues involved in caring for the elderly



Managing Care in the Elderly: A Training Program for GPs was developed by the Aged Care Directorate (East Metropolitan Health Service), Perth and Hills Division of General Practice and Canning Division of General Practice.

Photos courtesy Department of Health Western Australia



General practitioners

Are you providing care for the elderly?
Working in an aged care facility?
Then this is relevant to you ...



The Course

Managing Care in the Elderly: A Training Program for GPs has been developed as one of a range of strategies to support general practitioners who provide care to the elderly and/or work in Aged Care Facilities.

The focus of the Program is on multidisciplinary, holistic care and a pro-active approach to maintaining the independence of elderly people in our community.

Course Content

A series of ten interactive modules are offered with the option of a clinical attachment in an interdisciplinary setting. Modules are presented in different formats –

- debate;
- case studies;
- lectures; and
- hypotheticals.

Module 1 Debate on Residential Care

- Role of the GP in coordinating care for the elderly
- Issues of community versus residential care

Module 2 Aged Care and Rehabilitation Assessment

- Role of the Aged Care and Rehabilitation Assessment Team
- Services and resources to which patients are referred after assessment

Module 3 Dementia

- Appropriate referral sources for patients with dementia
- Assessment, diagnosis, medication and management for patients with dementia

Module 4 Delirium

- Causes of delirium, signs and symptoms
- Skills in choice of appropriate investigations
- Management, medication and prevention

Module 5 Falls and Fractures

- Major causes of falls in the elderly.
- Identifying and assessing patients at risk of falls
- Function of falls clinics and community resources to assist elderly people at risk or post falls
- Managing common fractures in the elderly
- Diagnosis and management of osteoporosis

Module 6 Stroke and Cardiovascular Disease

- Causes and types of Cerebro Vascular Accidents (CVA) and Cardiovascular disease
- Services and resources available for assessment, treatment and rehabilitation
- Treatment and management of patients recovering from CVA, or an acute cardiovascular episode.

Module 7 Continence Management, Constipation/PEGs

- Prevention and treatment for bowel and bladder continence in the elderly
- Appropriate management of PEGs

Module 8 Polypharmacy

- When to instigate a medication review
- Use of preventative resources ie. Home Medication Reviews, Webster Packs or Dosette boxes
- Common interactions of drugs used frequently by elderly people

Module 9 Palliative Care

- Palliative care principles
- Pain management options and resources
- Psychosocial and communication issues

Module 10 Legal and Ethical Issues

- Current legal and ethical issues related to euthanasia in the elderly
- Problems of elderly abuse in its physical, psychological and financial forms
- Legal issues surrounding guardianship, advocacy and a living will

Continuing Professional Development (CPD) Points

The course is structured to obtain CPD points for each session. A minimum of 7 of the 10 modules must be completed in order to obtain a certificate. Each Module attracts 2 CPD points per hour. Clinical Attachments attract 20 Group 1 CPD points plus 2 points per hour to a maximum of 50 points or 25 hours.



OBJECTIVES

At the end of the course, GPs will be able to:

- **Diagnose and manage common diseases found in the elderly**
- **Deliver holistic health care in the elderly**
- **Understand the legal and ethical issues involved in caring for the elderly**



OBJECTIVES (cont.)

At the end of the course, GPs will be able to:

- Access services & resources in the care of the elderly & be familiar with the relevant organizations, people and processes**
- Integrate palliative care principles as appropriate to the care of the elderly**



FORMAT

- **10 weekly 2.5 hour modules**
- **GP Facilitator for all sessions**
- **Interactive lecture/tutorial from local Geriatricians / aged care providers**
- **Case studies from GPs**
- **Option of clinical attachment at the completion of program**





MODULES

1. Debate on residential care
2. ACAT
3. Dementia
4. Delirium
5. Falls/fracture
6. Stroke/CVD
7. Continence / Constipation / PEGS
8. Polypharmacy
9. Palliative care
10. Legal & ethical issues





EVALUATION

- **27 GPs enrolled for the training program**
- **High attendance rates**
- **Positive feedback by GPs & Geriatricians**
- **Enhanced relationships**
- **4 GPs indicated interest to complete placement**



NEXT STEPS

- **Establish monthly multidisciplinary case study meetings**
- **Survey GPs to determine benefits of this model & further training needs**
- **Assist GPs to complete placements**
- **Use this model for other topics eg. paediatrics**

