

# Challenging Patients Curriculum Instructor Guide

## Older Patient with Multiple Co-Morbidities

### Goals:

A PGY-2 resident will be able to incorporate components of the patient-centered clinical method into the care of older patients and will be able to incorporate components of functional assessment into the care of older patients.

### *Patient Care*

- Demonstrate an ability to identify an older patient's goals of care
- Develop a prioritized list of functional assessment tools to administer to an older patient

### *Medical Knowledge*

- Describe the patient-centered clinical method
- Describe the components of comprehensive geriatric assessment
- Identify domains of function and instruments to assess each domain

### *Professionalism*

- Demonstrate compassion and empathy in the care of the older patient with multiple medical problems

### *Systems-based Practice*

- Identify other health professionals that can aid the family physician in assessing an older patient's function and in addressing functional defects

# Session Guide

**Time Needed:** Two separate sessions. First session focuses on introduction of the patient centered clinical method and requires 60 to 90 minutes. The second session focuses on comprehensive geriatric assessment and requires 2 hours.

## Session 1: Introduction to Patient Centered Clinical Method

**Total time: 90 minutes**

### Equipment needed:

- Large note pad
- Markers

### Instructor Preparation

1. Review chapters 2, 3, 4, 5, 6, 7, 8, 9 and 10 in Patient Centered Clinical Method, 2<sup>nd</sup> Edition, Stewart, M, Brown, JB, Weston, et al., Radcliffe Medical Press, 2003.
2. Be familiar with the diagrammatic representation of the Patient Centered Clinical Method.

### Session

- A. The instructor's objective for this session is to describe the Patient-Centered Clinical Method.
- B. Intro: Ask participants to think of a patient interaction they have had in the past several months that had a very good outcome. This could be a single interaction in the clinic, a hospitalization or a patient seen over several visits in the clinic. Write down a brief description of the patient, the situation and what factors contributed to the positive outcome
- C. Discussion: Ask participants to share stories about their patient. Instructor acts as scribe, writing down key information. It is important to write down this information on a white board so that the information is laid out in the same arrangement as the Patient-Centered Clinical Method
- D. Hand out diagram of patient-centered clinical method. Using the information provided by the residents, describe the components of the patient-centered clinical method.
- E. Briefly describe the positive outcomes associated with the patient-centered clinical method

### Handouts

1. Diagram of patient-centered clinical method
2. Article: Brown JB, Stewart M, McWilliam CL. Using the patient-centered method to achieve excellence in care for women with breast cancer. Patient Education and Counseling 38 (1999) 121-129

## **Session 2: Comprehensive Geriatric Assessment**

**Total time: 90 minutes**

### **Equipment needed**

- Computer and LCD projector
- Geri-Cards Assessment Game
  - Instructions (provided below)
  - Geriatric Assessment Cards - 1 set for each participant
  - Patient scenarios

### **Instructor Preparation**

1. Review Presentation
2. Review Instructions for Geri-Cards Assessment Game

### **Session**

- A. Introduce the format for the session – a brief lecture followed by an interactive exercise.
- B. Present “Comprehensive Geriatric Assessment” – 30 minutes
- C. Take a brief (5 minute) break
- D. Geri-Cards Assessment Game (50 minutes)
- E. Wrap-up session – whip around with each participant stating one important take-away point gleaned from the session.

### **Handouts/Suggested Reading**

1. Gazewood, JD. Assessment of the older patient, in Reichel’s Care of the Elderly, 6<sup>th</sup> ed., Arenson et al, ed., Cambridge University Press, 2009.
2. Elsayy, B, Higgins, KE. The geriatric assessment. *Am Fam Physician*. 2011 Jan 1;83(1):48-56.