

**Primer on Adult & Geriatric
Med**

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Objectives:

At the end of this program the
attendee will be able to:

1. Better understand the approach to
addressing the Primary and Preventative
Care Needs of the Adult and Geriatric
Patient.

2. Formulate a Diagnosis of the most
common problems presenting to the
Provider of Adult and Geriatric Patients

3. Establish a diagnostic and therapeutic and
cost effective treatment plan.

4. Discuss philosophical and ethical positions
regarding end of life care, pay for
performance, and cost containment.

5. Avoid burnout and disenchantment with
the health care system in light of challenges
facing health care providers.

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Exercise and Eating less
(you note I didn't say
weight loss) (see enclosed
editorial)

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Ask about Spiritual
needs /Emotional
needs /Stress /family
situation (lonely?)

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Yearly rectal /prostate
/Hemocult
/pelvic/breast /weight
/BP exam

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Colonoscopy @ 50yo &
q10 years or sooner if
polyps or family
history

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Routine lab specific to the
patient's meds (e.g. HCT
needs lytes, creatinine, UA)
/illnesses (e.g. DM needs
HgA1C, microalbumen)
/family history

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Screening lab to include
BS /B12/TSH-freeT4
/25-OH-Vit D /TTG

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Mammography
(>40yo)

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Abdominal Aortic Aneurysm US for men 65-75 years old

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Ask about tobacco use, alcohol misuse (you note I didn't include obesity here)

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Bone Density

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

PSA

1. Primary and Preventive Care Needs of the Adult and Geriatric Patient from best to worst

Lipids (see Jan issue of Business Week on Lipids)

2. Diagnose the most common problems

(I'm not saying there is much we can do for these problems)

2. Diagnose the most common problems

Obesity

2. Diagnose the most common problems

**Chronic pain, HA,
musculoskeletal pain,
DJD**

2. Diagnose the most common problems

**Malaise and
fatigue**

2. Diagnose the most common problems

Depression

2. Diagnose the most common problems

Viral syndrome

2. Diagnose the most common problems

Vascular disease to include hidden CAHD, strokes, venous insufficiency

2. Diagnose the most common problems

Dry skin /Actinic Keratosis /BCC /drug rash

2. Diagnose the most common problems

Urinary infections /obstruction /incontinence

2. Diagnose the most common problems

Lots more... this was to name a few. Remember, variety is the spice of life.

3. How to approach a diagnostic and therapeutic evaluation:

Listen for and prioritize

- cost issues,
- age issues,
- gender issues,
- family issues

3. How to approach a diagnostic and therapeutic evaluation:

Balance how much will the test cost the patient, cost the insurance co., cost the government, with what you will do with the result

3. How to approach a diagnostic and therapeutic evaluation:

(considerations about polypharmacy)

4. Philosophical and ethical positions:

suffering (remember Buddhist parable)

4. Philosophical and ethical positions:

pay for performance P4P (what is quality, and who is the best doctor/PA/CNP?)

4. Philosophical and ethical positions:

End of life care (see editorial)

4 Principles of Ethics

Beneficence (and Non-malificence)

4 Principles of Ethics

Veracity and Science

4 Principles of Ethics :

**Autonomy and
Confidentiality**

4 Principles of Ethics

Justice

5. How to still have fun while practicing in a stressful environment with liability risks, and too much to do:

Family-&-friends

5. How to still have fun while practicing in a stressful environment with liability risks, and too much to do:

Spiritual

5. How to still have fun while practicing in a stressful environment with liability risks, and too much to do:

Self-care-needs

5. How to still have fun while practicing in a stressful environment with liability risks, and too much to do:

Giving

5. How to still have fun while practicing in a stressful environment with liability risks, and too much to do:

Limits-on-work

How to keep up:

Conferences

How to keep up:

Daily reading and ripping and filing

How to keep up:

Collaboration

How to keep up:

Reading what you see as you practice

How to keep up:

Give a talk

Dad's words of advice:

“Use the golden rule”

Dad's words of advice:

Don't take yourself too seriously

Dad's words of advice:

Make a joke

Dad's words of advice:

“Give it up to a higher power.”

Be good

Rick