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[www.familymedicine.louisville.edu](http://www.familymedicine.louisville.edu)

[www.polypharmacyinitiative.com](http://www.polypharmacyinitiative.com)

## ***Dr. Christian Davis Furman Selected to Participate in Practice Change Leaders Program***



The University of Louisville Department of Family and Geriatric Medicine is pleased to announce that Christian Davis Furman, MD, MSPH, Associate Professor and Vice Chair of Geriatrics was selected to participate in the first cohort of The Practice Change Leaders program.

The Practice Change Leaders program announced the selection of the first cohort in December 2012.

*Dr. Christian Furman*

This cohort of Practice Change Leaders for Aging and Health were selected from professionals who had received support from the Innovation Advisors Program within the Center for Medicare and Medicaid Innovation. Ten Leaders were selected to participate in the prestigious program, aimed at building leadership capacity among professionals who have a leadership role in a health care delivery organization, health-related institution, or community-based organization with direct responsibility for care that impacts older adults. Through participation in the one-year Practice Change Leaders program, awardees receive \$45,000 and the support of local and national Mentors to further develop their leadership skills and to complete a project aimed at implementing a new geriatric service line or aging program. Complementing their development as individual leaders, the Leaders will be joining a collegial network of dedicated professionals who share a commitment to improving health and health care outcomes in older adults.

As part of the PCL program, Dr. Furman has chosen to implement a program entitled Advance Care Planning: Ensuring Patients Wishes are Honored. The aim of my project is to ensure patient wishes are honored by increasing Goals of Care discussions in the nursing home using the Medical Orders for Scope of Treatment (MOST) form. The goals of this project are to educate nursing home staff on how to have a goals of care conversation and to measure costs before and after the goals of care conversation.

“This project is critical to improving care delivery for older adults because it addresses the basic first step in medical care – determining the patients’ wishes,” said Dr. Furman. “Patients receive better care when decisions about treatment are based on the patients values.”

The Practice Change Leaders program is supported by the Atlantic Philanthropies and the John A. Hartford Foundation, and is under the direction of Eric A. Coleman, MD, from the University of Colorado Denver, and the co-direction of Nancy Whitelaw, PhD, from the National Council on Aging (NCOA). The Practice Change Leaders program intends to create a network of specialists dedicated to influencing health care delivery and improving the health of older adults. To learn more about the program, please visit [www.changeleaders.org](http://www.changeleaders.org).

**Over the Counter Medication Confusion**

*by David Vanlandingham, PharmD*

There are many products you can buy over the counter, without a prescription, designed to help someone having trouble sleeping. A lot of these products have a name similar to “Something”-PM. This PM part of the medication is what helps you feel drowsy. However, as we get older some medications that we were able to use when we were younger are not good choices for us now. The sleep products with names ending in PM and the new product called ZzzQuil™ contain an ingredient called diphenhydramine. If you are over the age of 65 it is recommended that you **not** take these products. The reasons we do not want you to use these medications is that it may cause confusion, constipation, dry mouth, and leave you feeling as if you have a hangover the next morning.



In the fall of 2013 a new product is going to be available over the counter. This product currently is by prescription only and is for urinary incontinence. The name of this product is Oxytrol® and is a patch that helps relieve overactive bladder in women. The patch is not to be used by men. These patches can cause confusion, sleepiness, and dry mouth, and it is recommended that anyone over the age of 65 **not** use the patch..

So, before you try something over the counter that could harm you, please talk with your doctor or a pharmacist at the Geriatrics Outpatient Office!

David Vanlandingham earned his Doctor of Pharmacy from the University of Kentucky. He is currently completing a Geriatrics Pharmacy Fellowship with the University of Louisville Department of Family and Geriatric Medicine.

**Meet our Staff**



*Natasha Ross*

**Natasha Ross** is a Medical Assistant in the Geriatrics Outpatient Office. She is a graduate of Brown Mackie College and has a two-year nursing degree from Galen College of Nursing. Originally from Dayton Ohio, Natasha’s love for working with older adults comes from caring for her grandparents who suffered with dementia. Natasha is engaged, enjoys spending time with her son, and works with the PTA at his school. She volunteers at a homeless shelter and is a weekend make-up artist.



*Norma Thieman*

**Norma Thieman** has been with the Department of Family and Geriatric Medicine since 2003, working as Program Coordinator for the Geriatric Medicine Fellowship Program since 2008. Along with being a resource for the fellows, she schedules weekly teaching sessions for the faculty and fellows, coordinates monthly lecture tele-broadcasts, and works with residents and medical students doing a geriatric medicine rotation. She provides administrative support to five faculty members. Norma says her “job is interesting and involves so many different things that it really never gets boring.” Norma is a native Louisvillian, a graduate of Bellarmine University, married and mother of four.

## Caregiver Support Group

UofL Geriatrics conducts an on-going dementia caregiver support group, co-sponsored by the Alzheimer's Association. The group meets to provide support and education to those serving as a caregiver to a family member or friend who has any type of dementia diagnosis.

The support group meets from **1:00 – 2:00 PM** on the **third Monday of each month** in Geriatrics Conference Room, Suite 170 (next to the Concierge Desk) in the UofL Health Care Outpatient Center, 401 E. Chestnut Street.

Future Meeting Dates: February 18  
 March 18  
 April 15  
 May 20  
 June 17



UofL Physicians  
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[alz.org](http://alz.org)™ | [alzheimer's association](http://alzheimer'sassociation.org)

If you are helping to care for someone with dementia, please join us for any or all of these meetings.

If you have questions about the group, please contact Brenda Purser, 502-588-4238.

## Reasons to Attend a Dementia Caregiver Support Group

- \* Provides an opportunity to talk if you want to share about your caregiving experiences
- \* Provides a place where you and your family's story will be held in confidence.
- \* Decreases feelings of isolation – allows a caregiver to be with other people who understand your situation and identifies with your feelings
- \* Helps a caregiver have a better understanding of the dementia process
- \* Increases learning skills for handling issues related to dementia
- \* Prepares caregivers for addressing future needs such as: legal matters, obtaining caregiving assistance for respite needs, considering alternative living arrangements, ideas for the holidays, etc.
- \* Informs caregivers about ways of taking care of themselves
- \* Provides printed resource materials

For more information about dementia caregiver support groups contact: The Greater Kentucky and Southern Indiana Chapter of the Alzheimer's Association, (502) 451-4266.

### **Geriatricians**

Ronna Compton, DO  
 Christian Davis Furman, MD  
 Rangaraj Gopalraj, MD, PhD  
 Laura Morton, MD  
 Patrick Murphy, MD  
 Daniela Neamtu, MD  
 James O'Brien, MD

### **Psychologist**

Benjamin Mast, PhD

### **Geriatric Medicine Fellow**

Arifa Siddiqui, MD

### **Medication Management Faculty**

Demetra Antimisiaris, PharmD

### **Medication Management Fellow**

David Vanlandingham, PharmD

### **Nurse Practitioners**

Rebecca Griffin, APRN  
 Angela Irvin, APRN  
 Noreen Mason, APRN  
 Amy Varner, APRN

### **Social Worker**

Brenda Purser, MSSW, CSW

### **Staff**

Lora Doram, MA  
 Paige Goodlett, Receptionist  
 Audrey Lee, Practice Manager & Coordinator of  
 Nursing Home & Home Call Program  
 Natasha Ross, MA

Margaret Feldman, Coordinator of  
 Geriatric Enhancements  
 Norma Thieman, Program Coordinator Sr. of  
 Geriatric Medicine Fellowship

Amanda Padgett, Asst. Dir. Clinical Oper.  
 Chad Vaughn, Executive Director

### **Veterans Affairs Medical Center Faculty**

Kelly Church, MD  
 Sarah Fulks, MD  
 Nicholas Mattingly, MD  
 Lisa Vuovolo, MD

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[www.polypharmacyinitiative.com](http://www.polypharmacyinitiative.com)

### **UofL Geriatrics serves as Medical Director in these nursing homes:**

#### **Christian Health Center**

920 S. 4th St.  
 Louisville, KY 40202  
 502-583-6538  
 Patrick Murphy, MD  
 Angela Irvin, APRN

#### **Episcopal Church Home**

7504 Westport Rd.  
 Louisville, KY 40222  
 502-736-7800  
 Laura Morton, MD  
 Rebecca Griffin, APRN  
 Noreen Mason, APRN

#### **Masonic Home of Louisville**

3701 Frankfort Avenue  
 Louisville, KY 40207  
 502-897-4907  
 Christian Davis Furman, MD, MSPH  
 Rangaraj K. Gopalraj, MD, PhD  
 Ronna Compton, DO

#### **Sacred Heart Village**

2120 Payne St.  
 Louisville, KY 40206  
 502-895-9888  
 Patrick Murphy, MD  
 Rebecca Griffin, APRN

#### **Treyton Oak Towers**

211 W. Oak St.  
 Louisville, KY 40202  
 502-589-3211  
 Laura Morton, MD  
 Amy Varner, APRN

### **Support UofL Geriatrics**

If you would like to make a tax deductible gift  
to support UofL Geriatrics contact:

Patti Stewart  
 HSC Development  
 University of Louisville  
 132 East Gray Street  
 Louisville, KY 40202  
 502-852-8910