

MARY KEANE FOUNDATION FOR GERIATRICS EXCELLENCE

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Aging Gracefully by Reducing Frailty



Course Overview / Description

Frailty is a common geriatric syndrome that older adults face with age. Without interventions, people can become prone to adverse health outcomes and have increased risk of mortality. In this lecture, I will discuss the overview of frailty, the impact it has on the older adult population, and what healthcare professionals can do for their patients to prevent frailty and increase resilience.

Learning Objectives

At the end of this presentation, participants will be able to understand:

- Define frailty and how to assess patients for it.
- Discuss the importance of diagnosing frailty and the impact it can have on a patient's health.
- Provide interventions healthcare providers can give to geriatric patients to prevent frailty and increase resilience.

Speaker

Saad Chaudhry, MD



Dr. Chaudhry is a welcome recent addition to CMU Health as a specialist in Internal Medicine and Geriatrics. He is an Assistant Professor of Internal Medicine at CMU College of Medicine and also treats Internal Medicine and Geriatric patients at the CMU Health - Riverfront location.

Dr. Chaudhry completed his Geriatrics fellowship at the Icahn School of Medicine at Mount Sinai Hospital in New York and his Internal Medicine Residency at Wayne State University School of Medicine. He is a graduate of the American University of the Caribbean School of Medicine in St. Maarten.

Dr. Chaudhry is board certified by the American Board of Internal Medicine.

Original presentation: January 12, 2024

Termination date: January 12, 2027

Central Michigan University College of Medicine Internal Medicine Grand Rounds

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Activity Director / Course Planner



Dr. Haddad is an infectious disease specialist with more than 20 years of experience in practicing adult medicine. He received his medical degree from the American University of Beirut in Lebanon and completed an Internal Medicine residency at the Indiana University School of Medicine. Dr. Haddad furthered his training with an Infectious Disease fellowship at the Washington University School of Medicine in St. Louis, Missouri.

Dr. Haddad's areas of special interest and medical expertise include complicated lung infections, fever of unknown origin, infections in immunocompromised hosts, and travel medicine.

He is also board certified in Infection Control, which is one of his favorite aspects of practice, both as part of the Infection Control Committee and in any clinical setting.

He has led coronavirus infection mitigation and education efforts for the CMU community in Saginaw, both in the outpatient clinics as well as hospital settings. Additionally, he was appointed to the National Collegiate Athletic Association (NCAA)'s COVID-19 Medical Advisory Group alongside 15 other members in 2020. The purpose of the Medical Advisory Group is to review emerging COVID-19 research and data and provide guidance to the NCAA regarding training, practice and competition, with a primary focus on testing and mitigating infection spread.

Dr. Haddad treats patients at CMU Health in Saginaw, as well as Covenant HealthCare and Ascension St. Mary's hospitals. He is the Program Director for the Internal Medicine residency program at CMU.

Target Audience: Physicians, Nurses, PAs, Advanced Clinical Practitioners, all healthcare professionals

Disclosure: Dr. Saad and Dr. Haddad have no relevant financial relationships with ineligible companies.

Cost: None

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Accreditation

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The ABIM applicable practice areas are **Geriatrics** and **Internal Medicine**.

The Michigan Board of Nursing, American Nurses Credentialing Center (ANCC), American Academy of Nurse Practitioners (AANP) and the National Commission on Certification of Physician Assistants (NCCPA) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

References and Documentation:

- 1.) Travers J, Romero-Ortuno R, Langan J, MacNamara F, McCormack D, McDermott C, McEntire J, McKiernan J, Lacey S, Doran P, Power D, Cooney MT. Building resilience and reversing frailty: a randomised controlled trial of a primary care intervention for older adults. *Age Ageing*. 2023 Feb 1;52(2):afad012. doi: 10.1093/ageing/afad012. PMID: 36849160.
- 2.) Joseph A. Taylor, Paul L. Greenhaff, David B. Bartlett, Thomas A. Jackson, Niharika A. Duggal, and Janet M. Lord. Multisystem physiological perspective of human frailty and its modulation by physical activity. *Physiological Reviews* 2023 103:2, 1137-1191

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3.) Watanabe, D., Yoshida, T., Yamada, Y. et al. Combined use of two frailty tools in predicting mortality in older adults. Sci Rep 12, 15042 (2022). <https://doi.org/10.1038/s41598-022-19148-x>

4.) Lee H, Lee E, Jang IY. Frailty and Comprehensive Geriatric Assessment. J Korean Med Sci. 2020 Jan 20;35(3):e16. doi: 10.3346/jkms.2020.35.e16. PMID: 31950775; PMCID: PMC6970074.

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Disclaimer

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- Upon passing the Post Test (75%), you will automatically be taken to the evaluation
- Complete the evaluation and receive your credit
- You can either print your CME certificate, save it to your files as a pdf, or the Office of Continuing Medical Education can email it to you.

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How to Obtain ABIM MOC Part 2 Credit/Points



MOC Part 2 credit is submitted directly to the American Board of Internal Medicine (ABIM) using the ACCME's Program and Activity Reporting System (PARS):

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- When inquiring to the ABIM about your MOC credit for this specific course, please refer to:

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Please submit your ABIM MOC completion information via email to CMEDCME@cmich.edu, Continuing Medical Education, 989-746-7602.

For any questions regarding content, the post-test, CME / MOC credit or matters involving continuing medical education, please contact:

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