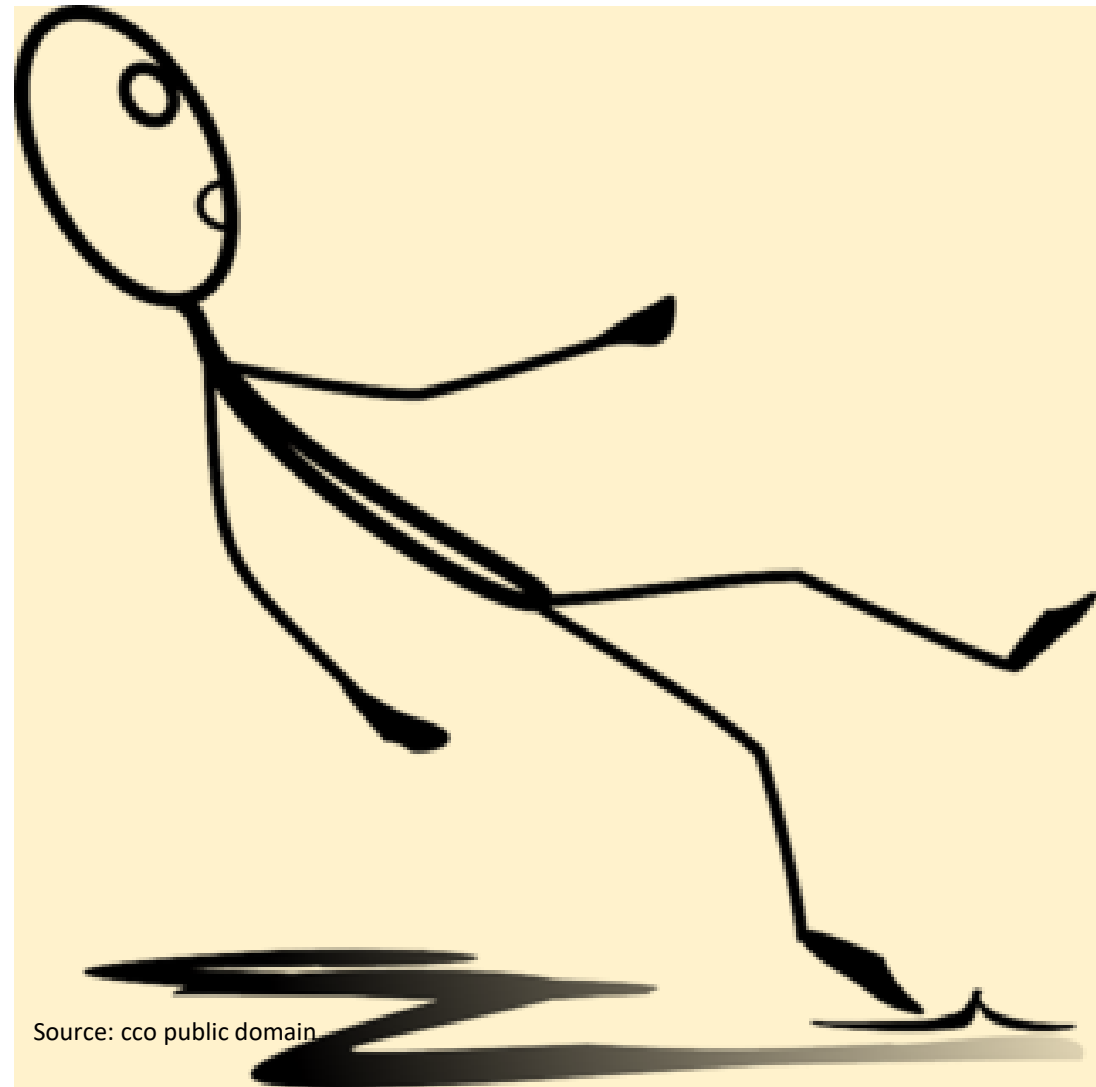


The geriatrician is in...to talk about aging- related syndromes

Eugenia L. Siegler, MD
Weill Cornell Medicine
September 17, 2020



**NATIONAL RESOURCE
CENTER ON HIV & AGING**



Weill Cornell Medicine

I recently was the recipient of support through an investigator-initiated research grant from Gilead Sciences.

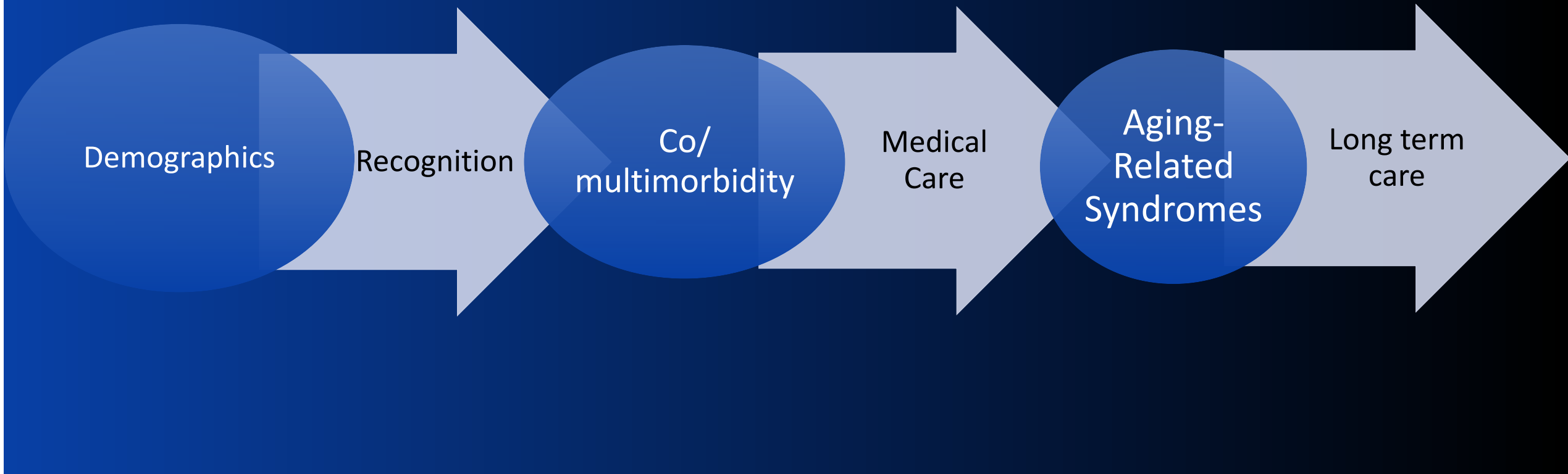
I will be a consultant to Montefiore Medical Center, which has a Gilead-funded program to establish a program in HIV and Aging

Should we really be talking about HIV/Aging now?



YES!

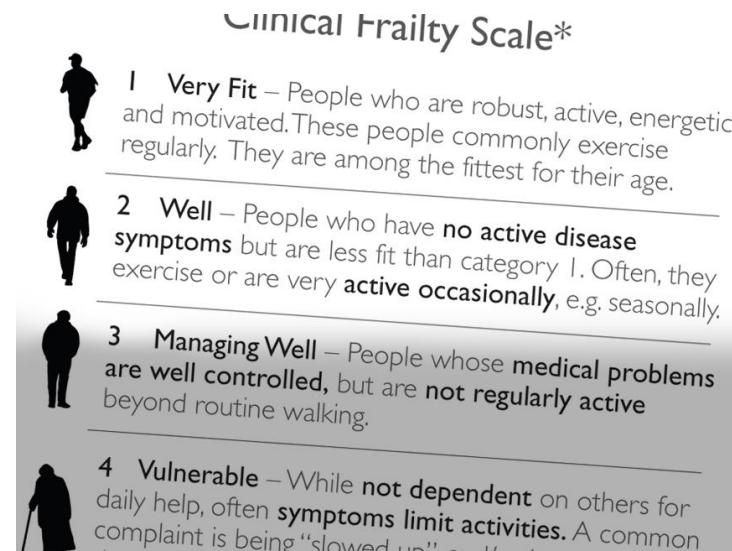
The field of HIV/Aging is evolving



We must also begin to plan for long term care needs

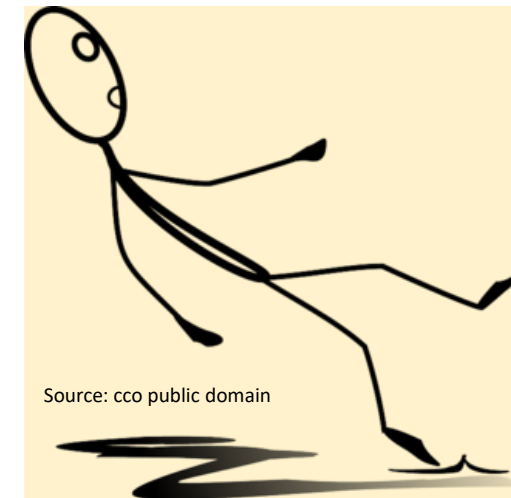
Aging-related syndromes are clinical conditions in older persons “that do not fit into discrete disease categories”

(Inouye et al, JAGS 2007 doi: 10.1111/j.1532-5415.2007.01156.x)



<https://cloudfront.ualberta.ca/-/media/medicine/departments/division-of-critical-care/pictures/cfs-01.gif>

<https://phoenixrising.me/wp-content/uploads/Dizziness-orthostatic-intol.jpg>



Source: cco public domain

A clinical program can focus on any or all of the domains of healthy aging

KEY DOMAINS OF INTRINSIC CAPACITY

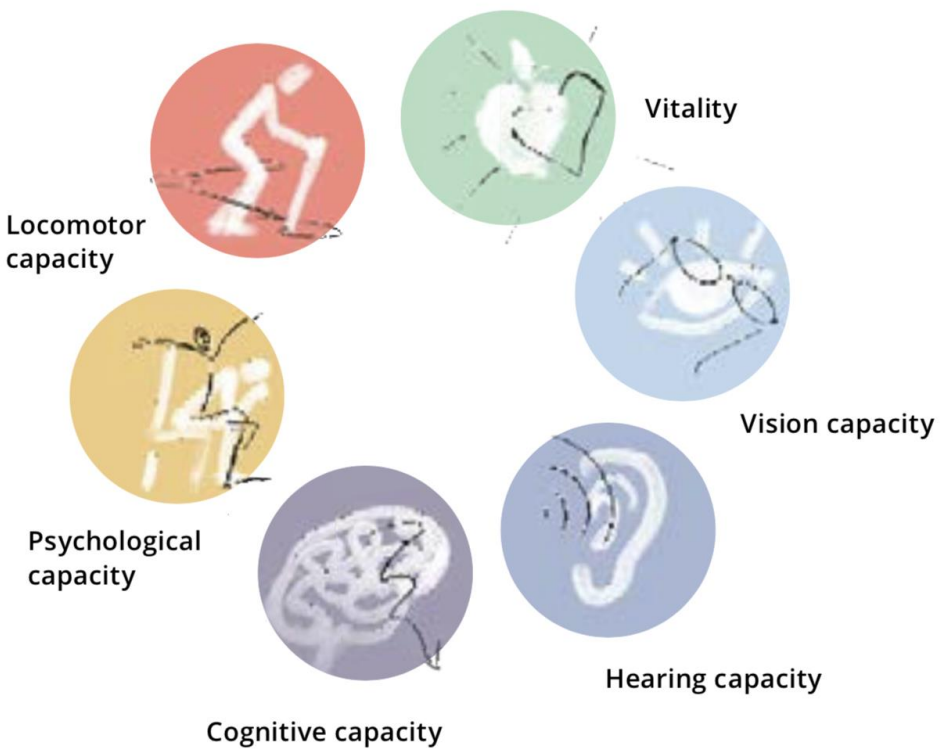
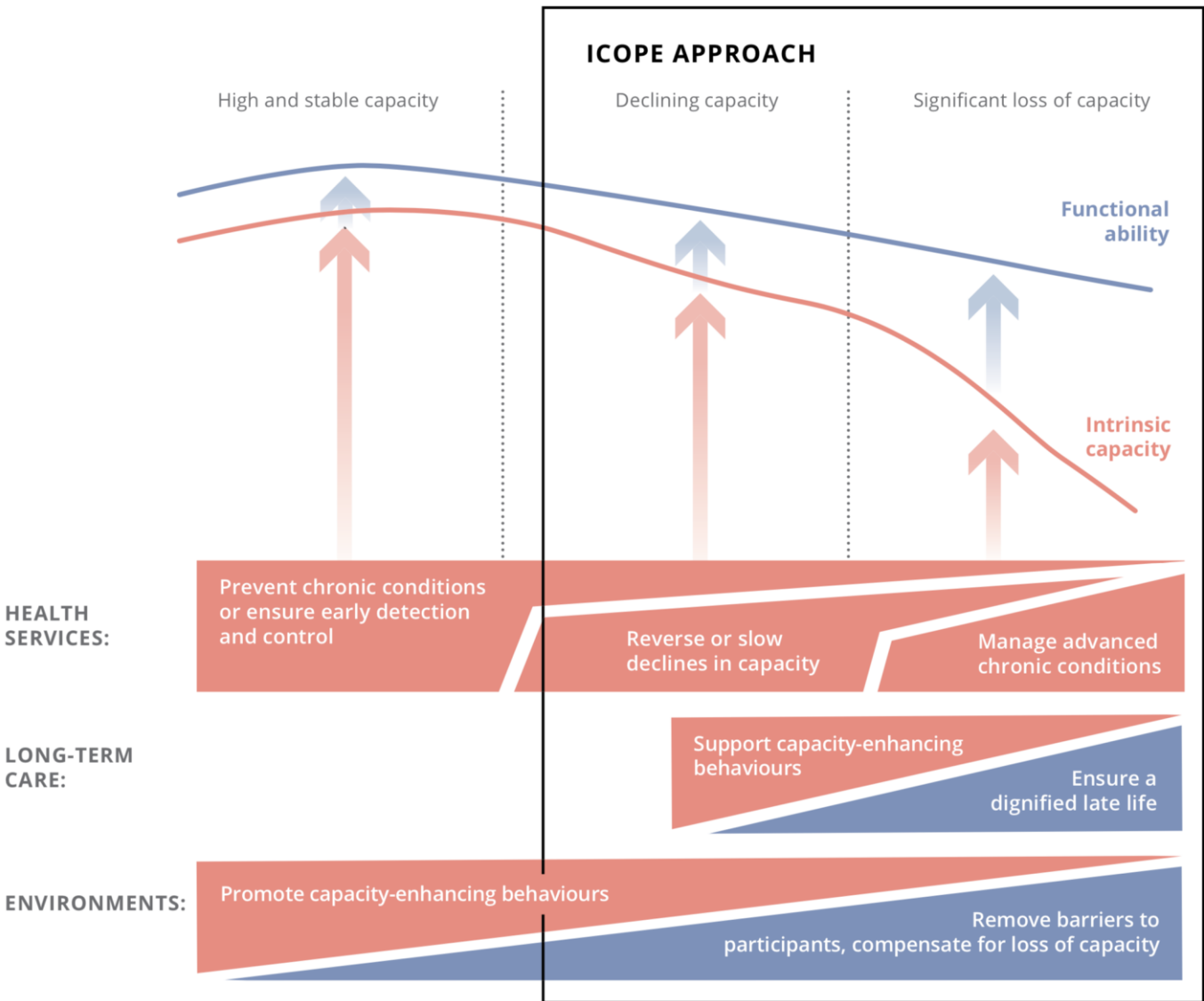
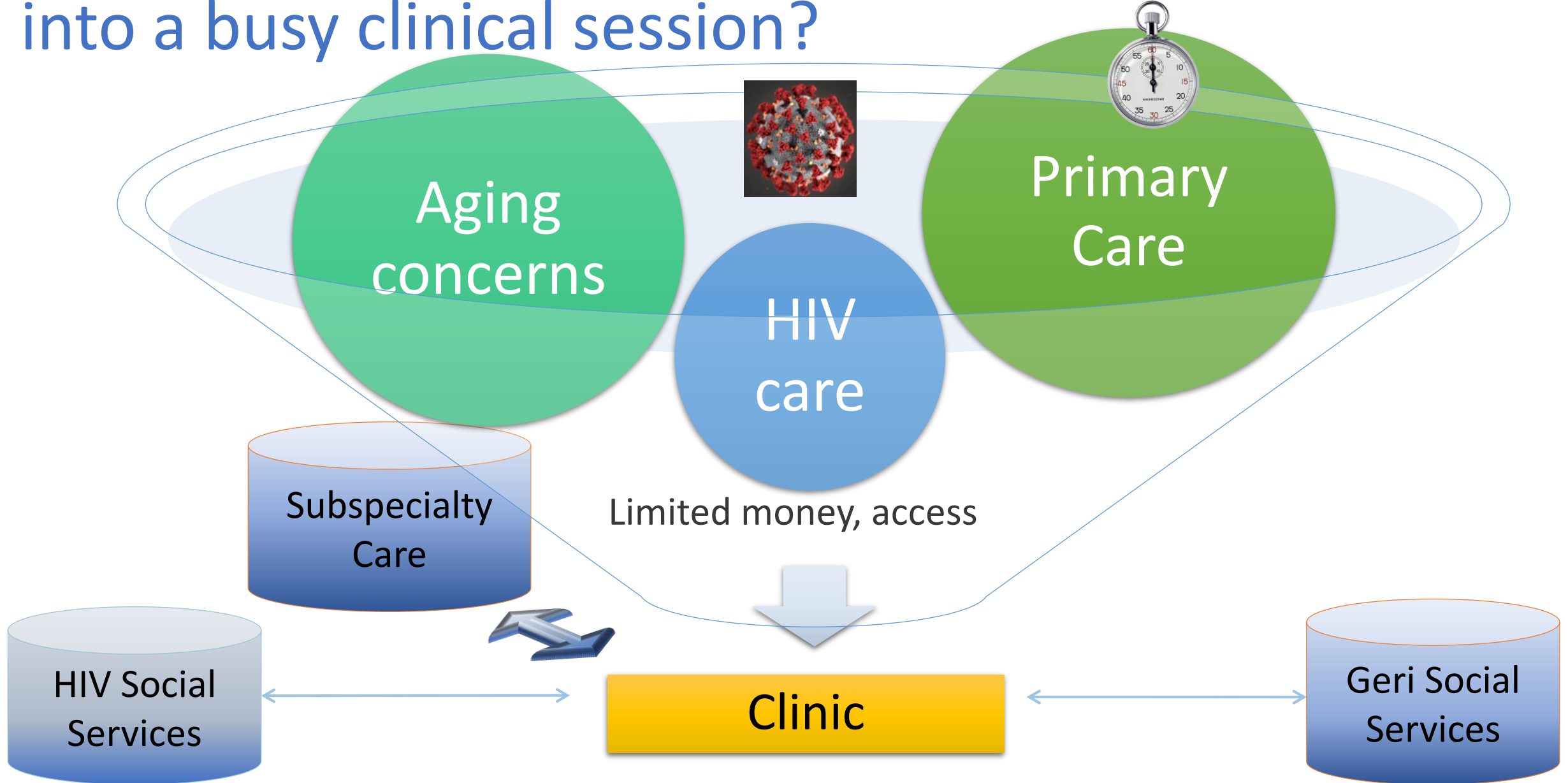


FIGURE 2. A PUBLIC-HEALTH FRAMEWORK FOR HEALTHY AGEING:
OPPORTUNITIES FOR PUBLIC HEALTH ACTION ACROSS THE LIFE COURSE

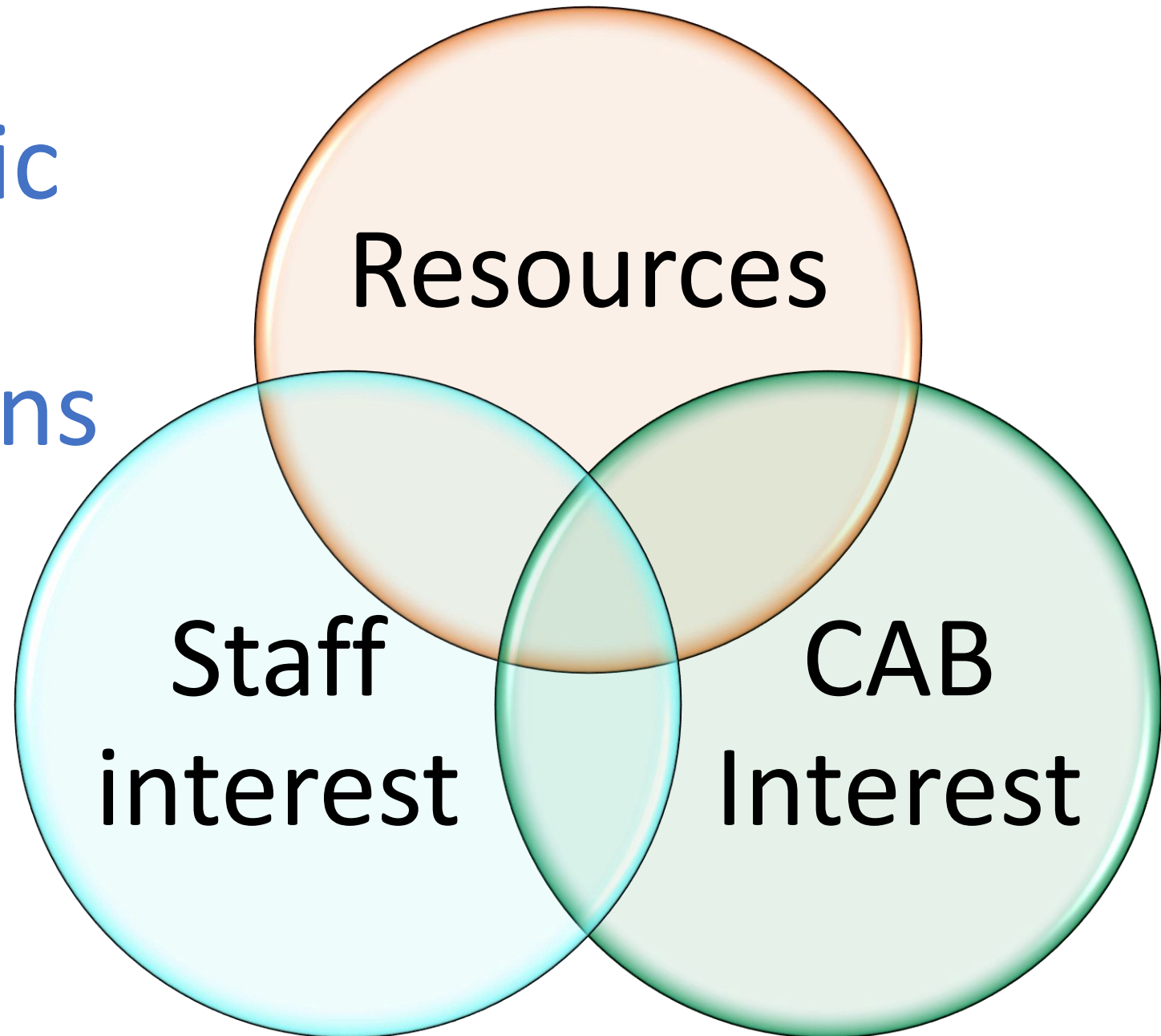


Source: World Health Organization, 2015 (1).

How can screening for aging-related syndromes fit into a busy clinical session?



Tell your clinic
what your
aging concerns
are





Example: Mobility

Helping improve mobility starts with a screen

5

Locomotor capacity

Care pathways to improve mobility

Multimodal exercise → 5.1

A multimodal exercise programme for people with limited mobility combines exercise and cross-training with emphasis on the core muscle groups of back, thigh, abdomen and lower body

A multimodal exercise programme should be tailored to suit individual capacities and needs. The **Vivifrail project** offers a practical guide to developing an exercise programme tailored to capacities

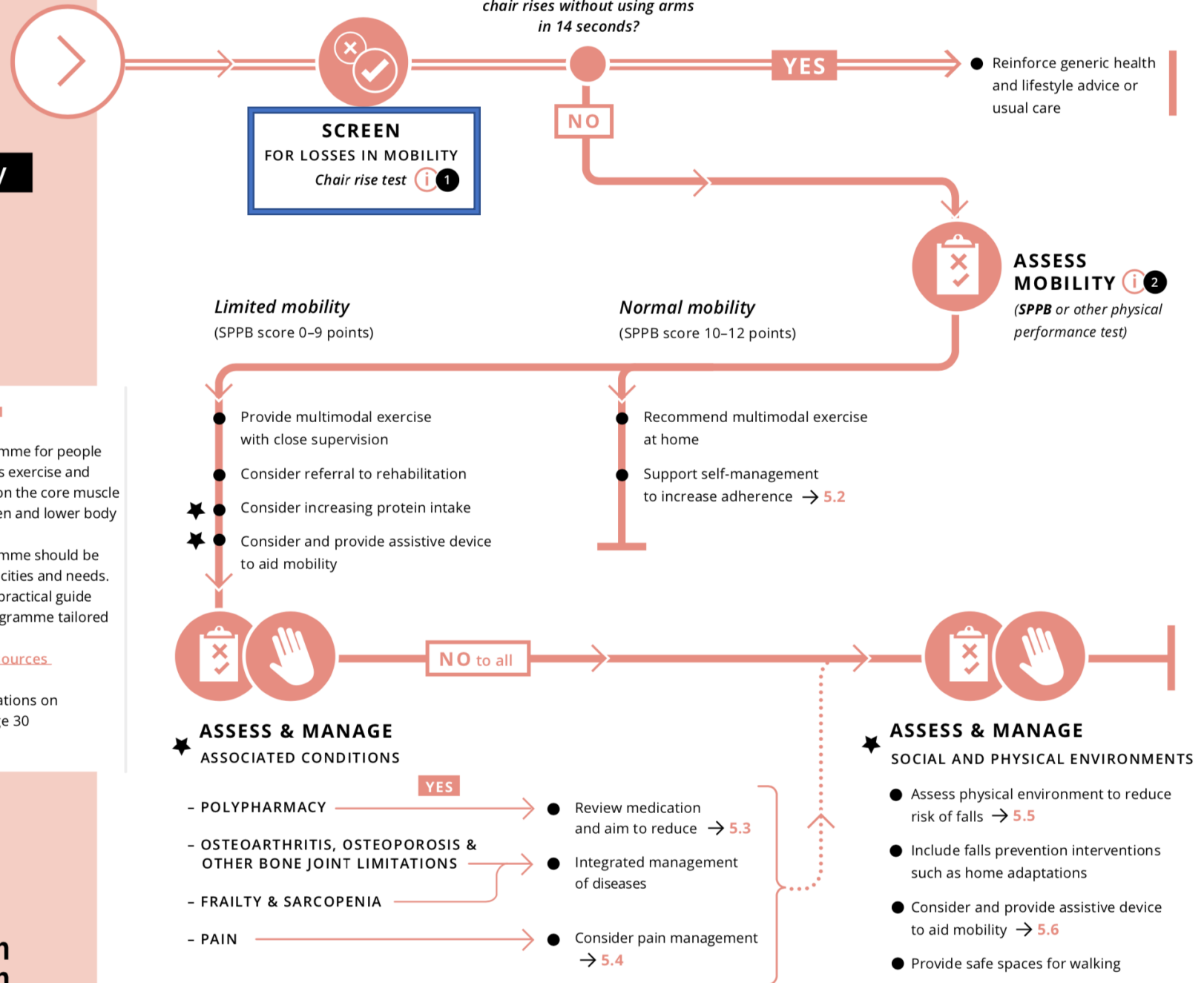
<http://www.vivifrail.com/resources>

For WHO global recommendations on physical activity, see box, page 30

★ Specialized care needed



World Health Organization





CHAIR RISE TEST

A simple test can decide whether an older person needs further assessment for limited mobility.

Instructions: Ask the person, "Do you think it would be safe for you to try to stand up from a chair five times without using your arms?" (Demonstrate to the person.)

If YES, ask them to:

- sit in the middle of the chair
- cross and keep their arms over their chest
- rise to a full standing position and then sit down again
- repeat five times as quickly as possible without stopping.

Time the person taking the test – further assessment is needed if they **cannot stand up five times within 14 seconds.**



Mobility and Gait: Timed Up and Go Test

Time:

<10 seconds

>=12 seconds

Rating:

Freely mobile

Higher risk of falling



Patient: _____ Date: _____ Time: _____ AM/PM

The Timed Up and Go (TUG) Test

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters or 10 feet away on the floor.

Instructions to the patient:

When I say **"Go,"** I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word **"Go"** begin timing.

Stop timing after patient has sat back down and record.

Time: _____ seconds

An older adult who takes ≥ 12 seconds to complete the TUG is at high risk for falling.

Observe the patient's postural stability, gait, stride length, and sway.

Circle all that apply: Slow tentative pace ☐ Loss of balance ☐
Short strides ☐ Little or no arm swing ☐ Steadying self on walls ☐
Shuffling ☐ En bloc turning ☐ Not using assistive device properly ☐

Notes:

For relevant articles, go to: www.cdc.gov/injury/STEADI



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADI Stopping Elderly
Accidents, Deaths & Injuries

Now what?

Multimodal exercise → 5.1

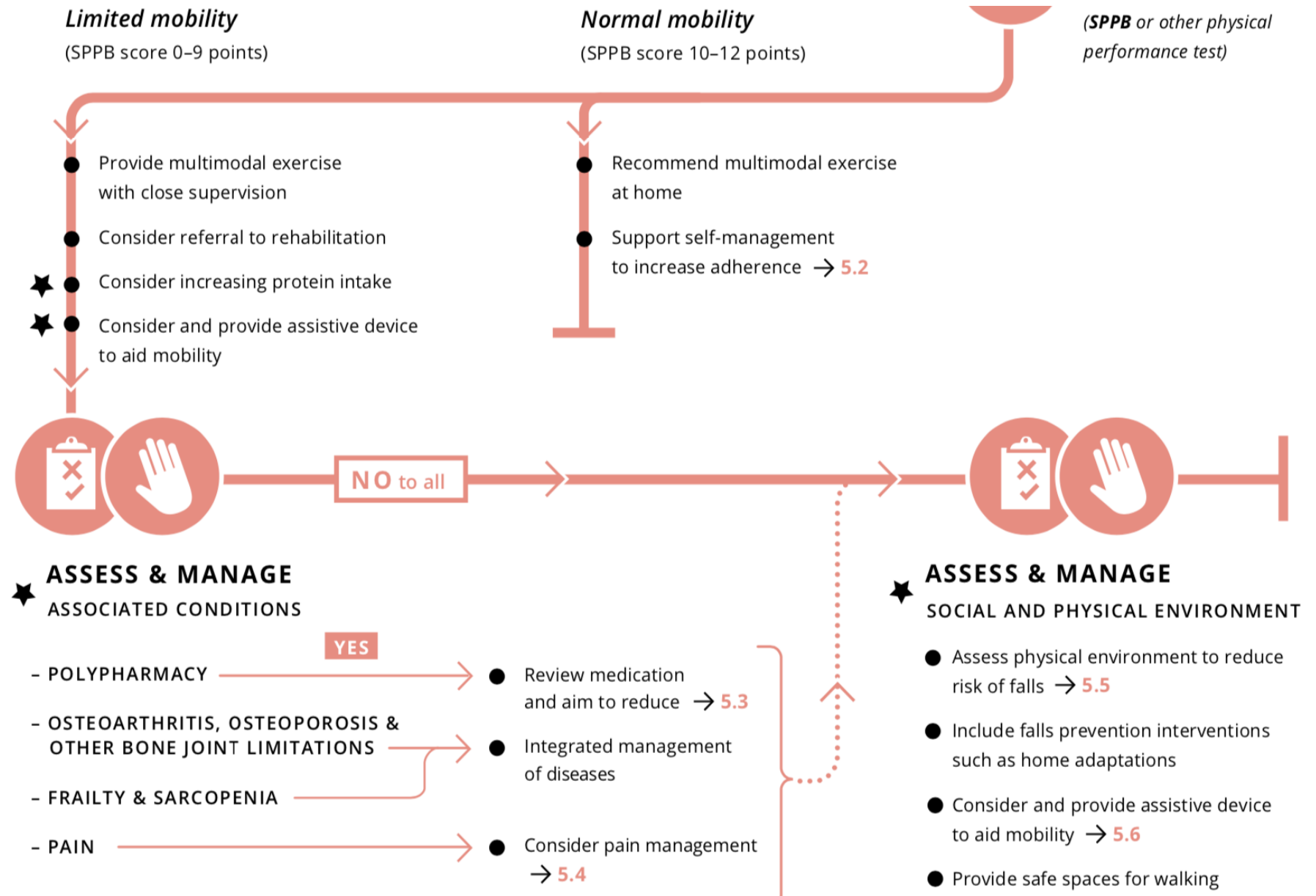
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The WHO defines healthy aging as developing and maintaining the functional ability that fosters well being

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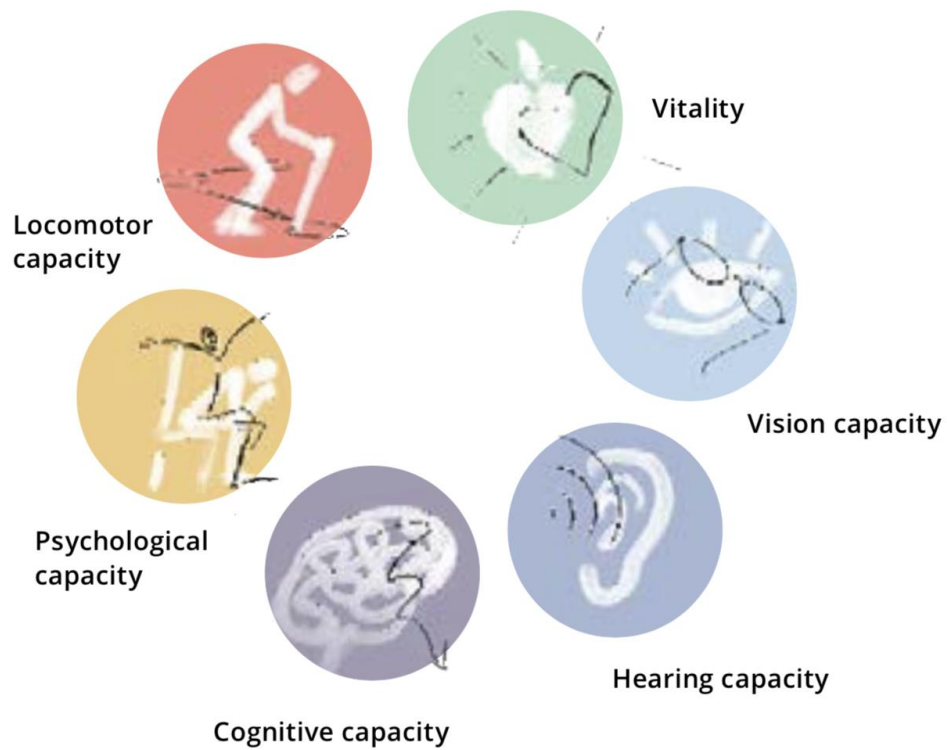
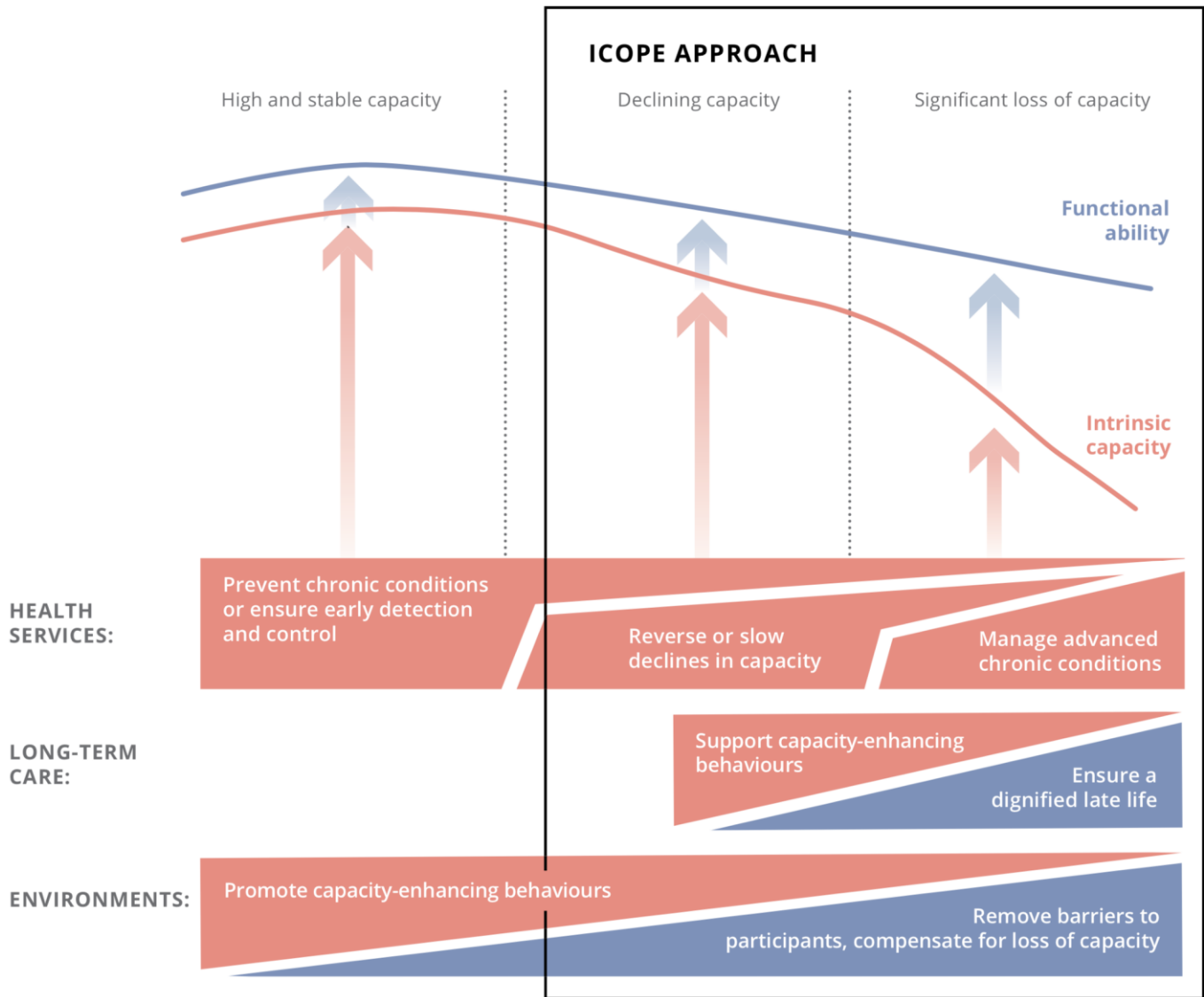


FIGURE 2. A PUBLIC-HEALTH FRAMEWORK FOR HEALTHY AGEING: OPPORTUNITIES FOR PUBLIC HEALTH ACTION ACROSS THE LIFE COURSE



Source: World Health Organization, 2015 (1).

What questions should I be asking?

- When will the office open again and what changes will be in place to help older PLWH?
- How can telehealth be used to my advantage?
- How will you meet psychosocial needs?
- How will you foster physical fitness and nutrition?
- How will the office do an aging assessment?
- How will you translate assessment into action?
- How will you coordinate care?
- What community-based services are right for me?