

Mount Sinai Receives Brookdale Foundation Grant To Train Leaders in Palliative Medicine and Geriatrics Nationwide

The Brookdale Department of Geriatrics and Palliative Medicine received a Brookdale Foundation grant to fully scale its LEAP fellowship program to provide geriatrics and palliative medicine leadership training to fellows and early career professionals across the country.

The Brookdale Department, also established by the Brookdale Foundation, has the largest and most comprehensive geriatrics and palliative care training program in the United States and has trained one in five such specialists nationwide. Typically, within one year of fellowship graduation, 50 percent of Brookdale students attain leadership positions; within six years, 100 percent have a leadership role.

The grant allows the Department to expand its successful LEAP into Geriatrics and Palliative Care Leadership Fellowship, launched in 2021, to train doctors to assume leadership positions and promote changes in health care that better meet the needs of the aging population. The two-year program provides clinicians with the vision, skills, and expertise necessary to “Learn, Explore, Advocate, and Promote” (LEAP) into positions as future health system leaders, hospital executives, and change agents devoted to integrating geriatric and palliative medicine across all areas of practice.

For nearly 60 years, the Brookdale Foundation has advanced the field of geriatrics in New York City, across the country, and around the world. The Foundation endowed the department at Mount Sinai— the first of its kind in the United States— and created a national leadership program. “The Brookdale Foundation has consistently been on the cutting edge of funding new and innovative programs around aging,” says R. Sean Morrison, MD,



Olusegun Apoese, MD, and R. Sean Morrison, MD

the Ellen and Howard C. Katz Chair of the Brookdale Department. “Scaling this fellowship is yet another example of their visionary leadership and commitment to the field.”

The LEAP curriculum will be disseminated nationally through the Center to Advance Palliative Medicine and its award-winning mobile platform. Physicians will learn how to succeed in executive-level roles and become trailblazers who build innovative programs and care strategies. Training emphasizes communication and leadership skills, health care policy and delivery knowledge, and programmatic development and management skills.

“Clinicians from anywhere in America—in rural areas, small towns, or big cities; local hospitals or large health systems— will now have unprecedented access to Brookdale Department experts and the country’s very best geriatric leadership training. This gives trainees in fellowships throughout the United States the opportunity to access our curriculum and our training, so that they can do it locally by tapping into a virtual community and a virtual program that spans the country,” says Dr. Morrison.

American Geriatrics Society Recognizes the Work of Three Outstanding Brookdale Faculty



Joyce F. Fogel, MD, Professor of Geriatrics and Palliative Medicine, is the recipient of the 2024 American Geriatrics Society (AGS) Clinician of the Year Award, which recognizes her contributions to delivering quality health care for older adults. Through her efforts, scientific advances are integrated into the practice of geriatrics, resulting in improved well-being and quality of life for patients and their caregivers. “As an outstanding clinician, educator, and leader, Dr. Fogel’s career has been a beacon of the transformative impact of holistic, person-centered care. Her enduring commitment to improving health care outcomes and fostering community well-being makes her a true star in the field of geriatrics,” says AGS President Donna Fick, PhD, RN.



Martine Sanon, MD, Associate Professor of Geriatrics and Palliative Medicine, is the recipient of the 2024 Outstanding Mid-Career Clinician Educator of the Year Award. AGS recognizes Dr. Sanon’s significant leadership roles, strong interest in mentorship, and role in the career development of junior faculty, as well as serving as a role model for her students, residents, and fellows (especially women and students and faculty of color) who may need encouragement to pursue careers in academic medicine.



Rainier P. Soriano, MD, is the recipient of the Dennis W. Jahnigen Memorial Award in recognition of his work to train medical students in geriatrics and his significant contributions to advance geriatrics education at the Icahn School of Medicine at Mount Sinai. Dr. Soriano, who also serves as Senior Associate Dean for Curricular Affairs at Icahn Mount Sinai, joins Brookdale faculty members Rosanne M. Leipzig, MD, PhD, and Helen M. Fernandez, MD, MPH, as distinguished recipients of this award.

Kudos: Special Faculty Awards and Achievements

Omar Amir, MD, MS, received of the 2024 Physician of the Year Award from the Mount Sinai Morningside Department of Nursing.

Omar Amir, MD, MS, Stephanie Le, MD, and Katherine Mark, MD, were recognized as Quality Improvement Champions for Mount Sinai Morningside, The New Jewish Home, and Mount Sinai West, respectively, for the United Hospital Fund’s Annual Tribute to Excellence in Health Care Award Ceremony.

Leah V. Estrada, PhD, received the Harold Amos Medical Faculty Development Award from the Robert Wood Johnson Foundation.

Helen Fernandez, MD, MPH, was elected to serve a second term on the American Geriatrics Society Nominating Committee.

Judith L. Howe, PhD, MPA, was elected President of the Gerontological Society of America, the nation’s largest interdisciplinary organization devoted to the field of aging.

Reena Karani, MD, MHPE, was elected to serve a second term on the American Geriatrics Society Board.

Rosanne Leipzig, MD, PhD, received the 2024 Maggie Kuhn Award from Presbyterian Senior Services, which is presented to an individual or organization who exemplifies advocacy and civic commitment to the older local population.

Translating an 'Age-Friendly' Designation Into a **Model Hospital Unit for Older Adults**



For the past five years, Mount Sinai Morningside has proudly worn its coveted designation from the Institute for Healthcare Improvement (IHI) as an Age-Friendly Health System, equipping its Acute Care Unit for older adult patients with the broadest set of clinical practices and programs anywhere. Indeed, each fits comfortably within the Institute's framework of so-called "4Ms" — What Matters, Medication, Mentation, and Mobility— which translates into evidence-based interventions for older adults.

The success and sustainability of that initiative led in March to the receipt of a new recognition from IHI as an "Age-Friendly Collaborative." This next-step status gives the geriatrics program a pathway to scale up, strengthen, and spread its model throughout the Mount Sinai Health System, particularly at Mount Sinai West. The designation will also allow the program's leaders to become part of the Institute's networking program to bring age-friendly sites and their teams across the country together to share ideas, best practices, and implementation experiences.

"As geriatricians, we have the ability to look at the patient as a whole person rather than someone with particular medical problems, and the 4M framework has given us an effective way to operationalize a very comprehensive and advanced level

of practice," says Omar Amir, MD, MS, Assistant Professor, Brookdale Department of Geriatrics and Palliative Medicine. "Our IHI recognition has not only been a source of pride, but of motivation to continue to develop our program in new areas, like more robust performance metrics."

To maintain rigorous practice standards, the age-friendly unit has developed an educational component for providers that is led by its four attending geriatricians, including Dr. Amir. On the receiving end of this training are residents and interns from the Department of Medicine as part of their geriatrics rotation. A geriatrics fellow also supports the teaching of students and clinical care of patients on the unit.

"Our ongoing commitment to care excellence means that our providers know how to conduct a comprehensive geriatric assessment for every patient admitted to our unit," says Dr. Amir. "It's another way in which we stay focused on improving patient safety and outcomes through the 4M principles— principles which we believe are the core health issues for older adults today."

Research:

Enhancing the Quality of Life For People With Dementia

A team of researchers from the Brookdale Department of Geriatrics and Palliative Medicine is leading a five-year study that examines the challenges faced by patients with Alzheimer's disease and related dementias and their families over the lifetime of this disease.

The \$12.2 million study, in collaboration with the University of California, San Francisco and funded by the National Institute on Aging, uses data from the National Health and Aging Trends Study and the Health and Retirement Study to create a picture of the medical, social, and financial issues faced by people with dementia and their caregivers.

"We believe this is the first study to employ population-based data to examine a wide range of factors known to influence the quality of life and death for persons with dementia," says



Melissa Aldridge, PhD, MBA, Professor of Geriatrics and Palliative Medicine and Vice Chair for Research. "Our goal is to inform clinical and policy interventions and improve health care for dementia patients and their families," says Dr. Aldridge, who is one of the study's co-investigators along with Claire Ankuda, MD, MPH, Associate Professor of Geriatrics and Palliative Medicine. The project is led by R. Sean Morrison, MD, the Ellen and Howard C. Katz Chair of the Brookdale Department of Geriatrics and Palliative Medicine, along with Kenneth Covinsky, MD, MPH, from the University of California, San Francisco.



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