

UCSF Center for Surgery in Older Adults

Newsletter of the **Surgery Wellness Program**

Winter Edition 2015

Preparing Older Adults for Major Surgery

A Patient's Story

My father Mansfield Doi was undergoing endoscopic retrograde cholangiopancreatography, or ERCP, a procedure used to correct a narrowing in the bile ducts. The advantage of ERCP is that it is non-invasive, but after repeated procedures showed limited effectiveness, his UCSF gastroenterologist suggested surgery.

He was referred to Dr. Hobart Harris, Chief of the Division of General Surgery at UCSF, who determined that medically he was a candidate for surgery. However, because of his age – my dad is 86 - Dr. Harris encouraged us to coordinate with the UCSF Surgery Wellness Program, which was a new program at the time.



That's when we had our first consultation. I found the service to be a novel way of approaching health care holistically.

Rather than visiting a different clinician for each part of the body and problem, it offered a whole person, whole family, and whole support system approach.

One of the greatest benefits was being assigned a health coach - Diana Teng, a registered nurse (RN), - to follow us through the process. As my dad progressed through his hospitalization and rehabilitation, we saw how closely everything is tied together, for example, physical therapy relies on proper nutrition, and it was important for him to keep moving for recovery to progress. Diana offered a sense of continuity and provided advice, guidance and a familiar face, not just to my dad, but to the whole family.

We didn't expect that we would need the service for as much or as long a period, but it was really nice that it was there. Initially, we didn't know what to expect. Dr. Harris had mentioned that it was a multispecialty approach – we thought maybe a physical therapist and geriatrician working together.

We knew it was a pretty major surgery for someone of his age, and we were pleased that it went well. But we were challenged when a huge laundry list of complications came after.

It was immensely helpful to be made aware of everything that it would take to recover, especially for an older patient, and the group prepared us for the different levels of recovery. Today, I am happy to report that my dad is again living independently. The Surgery Wellness Program provided a lifeline throughout our journey, and for that, we are extremely grateful.

UCSF

University of California
San Francisco

Kaitlyn Attiga
Nutritionist



Laurie Kramer
Physical
Therapist

Staff

Victoria Tang
Geriatrician



Alicia Rivas
Occupational
Therapist



Zabecca Brinson
Health Coach and
Clinical Coordinator

UCSF Department of Surgery Surgery Wellness Program AT UCSF MEDICAL CENTER

How to Reach UCSF for Care

The Surgery Wellness Program prepares older adults for elective major surgery. The clinical service is designed to help older adults become stronger and healthier before surgery so that they can get back to their usual activities of daily living after surgery.

If you are age 60 or older and planning a major elective surgery you may call our clinical coordinator, Zabecca Brinson at:

415.476.3474

To ask about making an appointment in the Surgery Wellness Program.

For information about how you can help us improve surgical care for older adults please contact our Director of Development Sarah Krumholz at

415-502-1899 or sarah.krumholz@ucsf.edu

A gift to the Center for Surgery in Older Adults helps researchers to improve surgical care for older adults.

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About the Center for Surgery in Older Adults

The UCSF Center for Surgery in Older Adults (CSOA) includes clinicians and researchers from a broad range of disciplines – surgery, anesthesia, rehabilitation services, geriatrics, palliative care, nursing, education, and health policy.

Our goal is to deliver optimal patient-centered care to older adults who undergo major surgery using an inter-professional team approach. Our goal is to support post-surgery recover that will maintain the person's independence and vitality.

You can read more about the CSOA at our web page.

<http://csoa.surgery.ucsf.edu>





Greetings from the **UCSF Surgery Wellness Program**. As 2015 draws to a close, we would like to thank our patients, families, and supporters for all they have contributed to this exciting new initiative. We are delighted that our program continues to grow and flourish. With the help of a dedicated care team in the clinic, we are innovating approaches to individualized care for older patients undergoing surgery. Alicia Rivas, Laurie Kramer, and Kaitlyn Attiga are refining tailored approaches to help our patients get fit for surgery. Dr. Vicky Tang assists patients and their families with advanced care planning and helps older patients articulate their treatment goals. Our team recently received the Clinical and Translational Science Institute Catalyst Award to develop a digital platform to support for our patients preparing for surgery, and we look forward to accomplishing even more in the weeks and months to come.

We continue to be dedicated to training the next generation of care providers. As a testament to these efforts, this year we were honored to receive the Academy of Medical Educators

Innovations Funding for Education to support our work developing educational programs that emphasize team-based, patient-centered care for older surgical patients. Students from the UCSF Schools of Medicine and Nursing are training together in the Surgery Wellness Program and gain experience in communication, team care, and health coaching. This approach not only helps create professionals with a comprehensive skill set, but we have learned that our patients find their service particularly valuable. This fall marks the departure of our stellar inaugural health coaches – Diana Tang, Philip Cheung, CJ Lucas, Rebecca Hofer, and Shirley Chan. We wish them well as we welcome new coaches Alyssa Tao, Hansen Deng, Jackie Cervantes, Ryan McMahan, Roxanne Espaldon, and Zabecca Brinson.

The UCSF Center for Surgery in Older Adults Research Collaborative includes investigators from a broad range of disciplines – surgery, anesthesia, rehabilitation services, geriatrics, symptom management, nursing, education, and health policy. Our team of researchers, educators, and care providers at UCSF are dedicated to improving surgical care for older adults. We seek to discover and implement patient-centered best practices that will help older patients achieve their health goals and maintain independence and vitality. Our overarching goal is to discover best practices through patient-centered outcomes assessment and interventional trials. In addition, we identify and explore barriers to delivery of optimal care with the aim to improve implementation of patient-centered surgical care for older adults.

On a national level, geriatric surgery is gaining increasing attention. This year marked the launch of the Coalition for Quality in Geriatric Surgery Project, a broad-reaching quality program designed to systematically improve care and outcomes for the older adult surgical patient housed at the American College of Surgeons. Dr. Vicky Tang and I are core members of the Coalition. Key areas identified for improvement nationally are (1) attention to specific vulnerabilities in older adults (physical disability, cognitive impairment, and malnutrition), (2) goals of care discussions before surgery, and (3) measurement of outcomes that matter to patients. Our program is ahead of the curve in these domains. We look forward, with your continued support, to future innovation in clinical care, research and education to improve the care of older adults who undergo surgery at UCSF and beyond.

Sincerely,

Emily Finlayson, M.D., M.S.

Associate Professor of Surgery,
Geriatrics, and Health Policy

Director, UCSF Center for Surgery in Older Adults



A warm “Thank You” to the 2014-15 UCSF Surgery Wellness Program Health Coaches

A centerpiece of the University of California San Francisco (UCSF) Surgery Wellness Program is health coaching for older adults planning elective surgery. The goal is to assist older adults in attaining optimal physical fitness, mobility, and nutrition before surgery. The overarching goal is to achieve the best possible health before surgery to support recovery after surgery.

During its inaugural year, the UCSF Surgery Wellness Program was fortunate to have five dedicated health coaches who were either UCSF research staff or students from the UCSF Schools of Medicine and Nursing. Dr. Finlayson asked them to reflect on their time as health coaches and how this shaped their educational experience.

Calixto-Hope Lucas, Jr or “CJ” is



now a second year medical student (MS II) at UCSF.

“I am very sad to leave my role as a coach but

very thankful for the opportunity to work as one of the first health coaches at the Surgery Wellness Program. It has been a very formative experience for me and I have learned a lot about the care involved in treating the complex cases we see at clinic. Good luck with the continuing program!”



Philip Chung is currently a second year medical student in the University of California Berkeley & UCSF Joint Graduate Group in Bioengineering.

“Working with you as a health coach/advocate and medical student has been an incredible experience—one of my highlights to date in medical school. It has been a privilege to partner with each and every patient over the past weeks and months in preparation for surgery. Helping provide continuity in care at this challenging time in life and being with you alongside tribulations and triumph has helped me understand the meaning of “patient care”. Thank you for helping me become a better doctor!”



Shirley Chan is an MD/MS candidate in the University of California Berkeley – UC San Francisco Joint Medical Program.

“Serving as a health coach with the Surgery Wellness Program has been a transformative experience for me. As a health professional student, it can be easy to forget the patient and family’s perspective as they journey through a significant life event such as surgery. Therefore, being able to help patients transition through this process in a meaningful way and to be part of their surgery experience is a privilege and an invaluable learning experience. The patients have changed how I view and will approach medicine and I am constantly inspired by their motivation and courage. I am also thankful for the opportunity to be part of such a wonderful interdisciplinary care team.”



Diana Teng, RN is a registered nurse (RN) enrolled in the Masters as Entry to Professional Nursing (MEPN) program at the

UCSF School of Nursing and plans to practice as a nurse practitioner dedicated to caring for older adults.

“It has been a pleasure getting to know the patients of this clinic. Being

able to assist, cheer, and follow them through their triumphs and difficult times have been truly rewarding and inspiring. It is what drives me as a nurse. I am always learning from my patients and am often surprised and in awe of their motivation, determination, and strengths. I hope that their experiences with this clinic have also left a lasting positive impact on them as well. Thank you to all those patients who chose to share their journey with me through this clinic, it has been an honor.”



Rebecca Hofer was the clinical resource coordinator for the UCSF Center for Surgery in Older Adults. In June of 2015, Rebecca left UCSF to matriculate at Harvard Medical School.

“Working with the Surgery Wellness Program showed me the great potential of team-based patient care. I was proud to be part of a team that cares so much for its patients. It was also extremely rewarding to work with patients over time, and to be there with them for each part of their surgical journey. Now that I am in medical school, I am extremely grateful for the patient-centered perspective on the healthcare system that I gained as a health coach. I miss the Surgery Wellness Program, but I look forward to incorporating this experience into my work in the future.”