



## BEST PRACTICES

### 1. TITLE OF THE PRACTICE

#### VAYO UPCHAR

#### (GERIATRIC CLINIC: CARING FOR SECOND CHILDHOOD)

A holistic and integrated practice of geriatric medical education and geriatric health care



### 2. OBJECTIVES OF THE PRACTICE:

1. To provide holistic and integrated health care to the elderly

2. To orient and train students in geriatric health, geriatric diseases including lifestyle and geriatric care

3. To promote research to understand the core issues and unmet needs of the elderly

4. To campaign against elder abuse

### 3. THE CONTEXT:

- With improvements in quality of health care, longevity has improved across the globe, including India increasing number of elderly, predicted to triple by 2050.
- The existing health care system is not geared up to handle this '**SILVER TSUNAMI**'. Health context of elderly has remained a lesser priority both at national and state level.
- Also, current lifestyle has resulted in an upsurge in lifestyle diseases and mental health issues with devastating and debilitating effects on life of elderly.
- With the wake of nuclear family concept, care of elderly has suffered with old age homes the day's order. Routine clinics cannot address multiple health issues of elderly.
- Geriatric medicine demands research and progress like any other discipline in health care sector.
- The need for trained geriatricians is also accordingly rising. Ironically, most medical schools lack specialized training of students in geriatrics.

**Hence, a felt need to cater to specific health needs of elderly and orient/train students about health, disease and care of elderly was realized.**

### 4. THE PRACTICE:

#### 1. **HOLISTIC CARE:**

- Shri B. M. Patil Medical College, Hospital and Research Centre, established '**GERIATRIC CLINIC**' in 2007 with the theme "**Successful ageing**," dedicated to providing holistic care to senior citizens. It runs an exclusive clinic every Wednesday between 09.00 am to 05.00 pm in OPD Number 5, ground floor with a special counter at registration and drug store for elderly. It is engaged in health, awareness, preventive, curative, academic and research activities. Specialized care like orthopaedics, ENT, ophthalmology, dermatology is made available under one roof for senior citizens' convenience. Superspeciality services like neurology, dialysis, cardiac are also provided.
- **Dementia Clinic and Psychosocial Counseling:** To address the rising burden of memory issues in elderly, our University started '**DEMENTIA CLINIC**' under the geriatric clinic's auspices in 2011 in collaboration with the Department of Psychiatry which also provides psychosocial counseling.

- **Immunization Clinic:** Elderly people frequently succumb to infectious diseases most of which are preventable yet preventive measures often remain neglected. Hence, geriatric clinic launched exclusive **Immunization Clinic** for elderly in 2019, **first of its kind in Karnataka and third in the country**, a one-stop provider of all vaccines to elderly as per World Health Organization and Centre for Disease Control guidelines.



Immunization of the Elderly

- **Physiotherapy and Rehabilitation:** Joint pain, generalized weakness, balance impairment, and post-stroke paralysis are common among elderly. Physiotherapy and Rehabilitation Center is well-equipped to provide preventive and therapeutic services for improvement of quality of life among elderly including residential services for their convenience.
- **YOGA for healthy ageing:** To help elderly to achieve healthy ageing, Center for Yoga and Exercise Sciences in collaboration with Morarji Desai Institute of Yoga, Ministry of AYUSH, Government of India engages elderly in Yoga.



Elderly Engaged in YOGA

## 2. **TRAINING AND EDUCATING UG/PG STUDENTS:**

- Value-added course on **Basic Learning Course in Geriatric Medicine and Gerontology** for first-year postgraduate students of Department of Medicine to train regarding the common health issues in elderly and best ways to approach. The total duration of the course 12 months (24 classes).
- UG students are introduced to concepts of geriatric medicine via theory, bedside clinics and regular visits to old age home to foster compassion and empathy towards elderly and sensitize them to everyday challenges of elderly.



Inauguration of Value-added course on Basic Learning Course in Geriatric Medicine and Gerontology



Visit to Shri. Siddeshwar Vishranthi Vrudhashrama, Vijayapura by UG students

- ## 3. **RESEARCH IN GERIATRIC MEDICINE:**
- Research to identify the core issues and unmet needs of elderly, and to promote research aptitude among UG/PG students in geriatric medicine.



4. **CAMPAIGN AGAINST ELDER ABUSE:** Workshops, awareness/guest talks on elder abuse organized.



Workshop on 'Elder Abuse' for Police Personnel




## World Elder Abuse Awareness Day 2020

All the faculty members, postgraduate, undergraduate students & Interns are invited to attend guest talk by



**BLDE**  
(Deemed to be University)  
**Department of Medicine**

**Geriatric Clinic**  
(Estd- 2007)

Shri B. M. Patil  
Medical College  
Hospital & Research  
Centre, Vijayapura.  
586103 Karnataka  
&  
**NPHCE**  
**INPEA**  
**GSI, Delhi**

[bldedu.ac.in](http://bldedu.ac.in)

**RSVP: 9845821477**

Faculty  
**Dr. Mala Kapur Shankardass**  
Associate Professor Maitreyi College, University of Delhi  
Asia Representative of the International Network for the Prevention of Elder Abuse  
Recipient of Rosalie Wolf Memorial International Award from INPEA  
Editor, Abuse & Neglect of Elderly in India (Springer)  
Editor: International Handbook of Elder Abuse and Mistreatment (Springer)  
Managing trustee, Development Welfare & Research Foundation



**Topic: Elder Abuse : Addressing challenges.**

**Link for online registration & participation:**  
[https://forms.office.com/Pages/ResponsePage.aspx?id=4C8olGyYg06AU5Lw\\_8ZJOXev7cDVdl9Mqg-ZIJDaO39UN0w0NENHVDRFMENPMUJKV0pYQkExWFJFM4u](https://forms.office.com/Pages/ResponsePage.aspx?id=4C8olGyYg06AU5Lw_8ZJOXev7cDVdl9Mqg-ZIJDaO39UN0w0NENHVDRFMENPMUJKV0pYQkExWFJFM4u)



**15/06/2020 Time:03PM**



**Venue: Dr.B.C.Roy Seminar Hall, Room no 309**

<b>Dr.M. S. Biradar</b> Vice Chancellor	<b>Dr. Aravind Patil</b> Dean & Principal	<b>Dr. S. R. Badiger</b> HoD, Medicine	<b>Dr. A .P. Ambali</b> Geriatric Clinic
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Guest talk on 'Elder Abuse: Addressing Challenges' on World Elder Abuse Awareness Day



Guest talk on 'Elder Abuse: Addressing Challenges' on World Elder Abuse Awareness Day



Guest talk on 'Elder Abuse and its impact on Health related quality of life' during 40<sup>th</sup> Indian Social Science Congress, Mysuru 2016.

## 5. OTHERS

- a. **Free Consultancy Services:** Geriatric clinic organizes regular training of newly recruited Government medical officers on geriatric medicine as part of National Program for Health Care of the Elderly (NPHCE) at the District and National level, Advisory Member for various Senior Citizens Forums in Vijayapura District, has **Health Helpline** (8277315585, everyday between 7.30am - 8.30 am), offers consultation services to NPHCE, Tata Trust, BLDEA's College of Nursing, Biogenesis, and Vijayapura District Administration, radio talks on health issues of elderly.



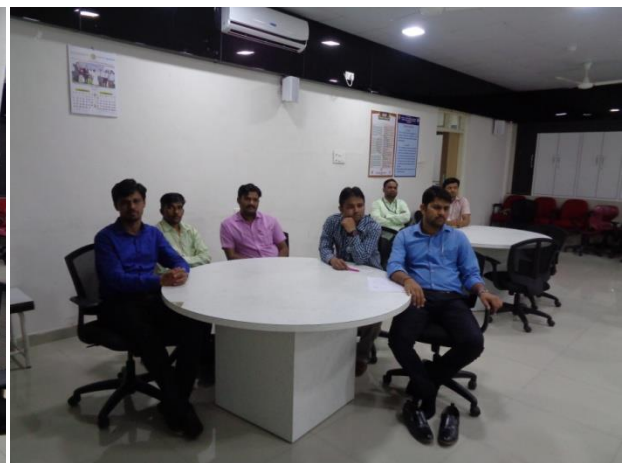
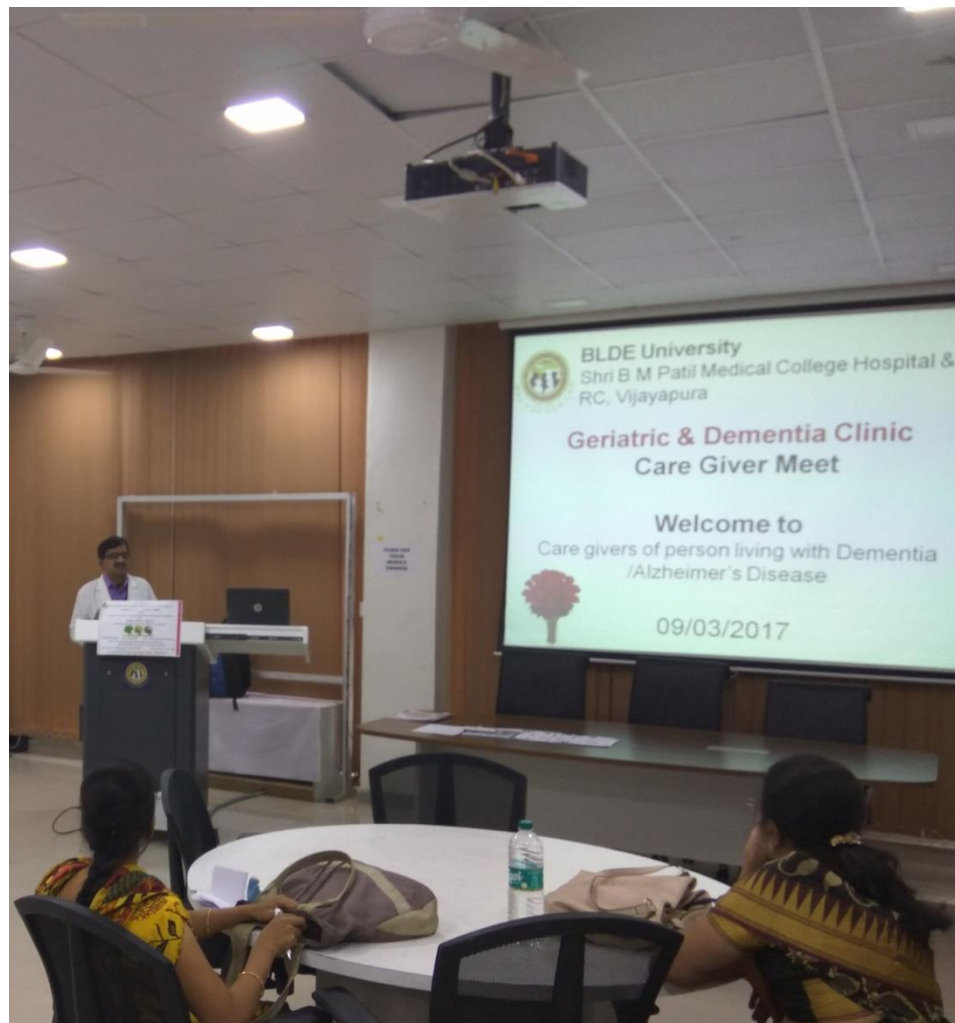
Training Program of MLPH workers on Common Problems in Geriatric Care by Dr Anand Ambali, Geriatric Clinic on 28<sup>th</sup> Feb 2020.



Training of Medical Officers of Maharashtra as part of three day training program organized by National Program of HealthCare of the Elderly (NPHCE), 11<sup>th</sup> -13<sup>th</sup> Dec 2019

- b. **Social issues:** Conducts "**meet the caregivers**", a unique program wherein the caregivers meet and discuss challenges faced during the care of the elderly and ways to tackle them which gained wide popularity among caretakers. There is a growing tribe of senior citizens who pledge to donate their bodies. The clinic encourages and assists in body donation and eye donation.





'Care Giver Meet' - Care Givers of persons living with Dementia and Alzheimer's disease





Felicitations of Elderly who pledged body donation

- c. A special collection of books on YOGA, Spirituality, Nutrition, and health in local language for elderly.

## 6. EVIDENCE OF SUCCESS:

1. The geriatric clinic has more than 1000 registered senior citizens utilizing various services.
2. In recognition of the commendable services rendered by geriatric clinic, Government of Karnataka conferred the prestigious **'STATE AWARD'** in 2016.
3. Also received several laurels from prestigious organizations like Geriatric Society of India, Influenza Society of India, Silver Innings, iCongo, Double Helical Health Magazine, Rotary International, Apollo Hospitals, etc.



Department of Differently Abled and Senior Citizen, Government of Karnataka conferred the State Award to Geriatric Clinic, BLDE University, Shri B. M. Patil Medical College, Hospital and Research Center, Vijayapur in 2016

4. **Training and educating UG/PG students:** The purpose of enhancing UG/PG students' knowledge and competency in geriatric health care is achieved.

#### 4. Research Output:

65 publications in  
Books, Journals,  
Magazines

6 Orations

13 Book chapters,  
1 Book

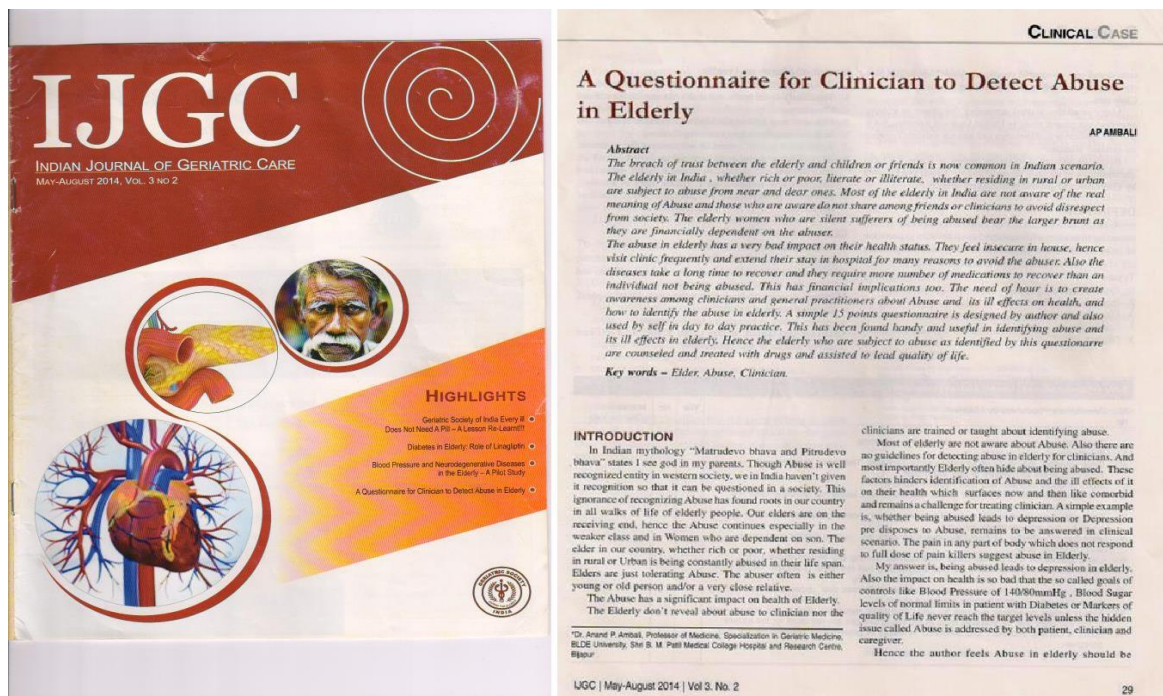
3 research papers presented at annual conferences  
of British Society of Gerontology in Scotland,  
Wales, and Sweden

13 Book chapters,  
1 Book

16 Scientific Presentations  
at International, National  
and State level  
Conferences

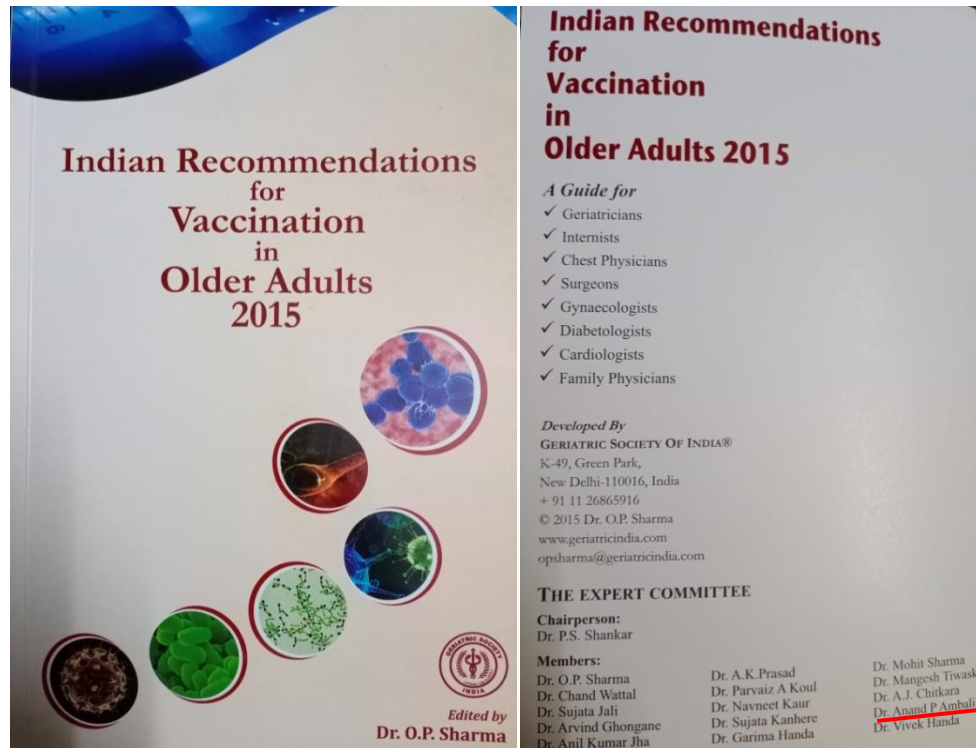
Novel questionnaire  
to detect elder abuse  
developed

Student research  
projects in geriatric  
medicine published in  
indexed journals



Publication of the Questionnaire to detect elder abuse for clinicians

**4. Part of Regulatory Bodies:** Is part of committee for recommending immunization for older people to Government of India.



Dr Anand P. Ambali, Geriatric Clinic, Member of Expert Committee for recommending Immunization to Older people

**5. State/National/International Conferences/CME/Workshops organized:**

- Hosted: Two State Conferences, three workshops, one CME on geriatric medicine and gerontology
- Resource person – Sixty Six State, National, and International conferences





Mid Term Conference on Geriatric Medicine, March 26 and 27, 2016

#### 6. Social Cause:

- Organized 16 awareness talks, 15 health and immunization camps for senior citizens in rural and slum areas.
- Reaching the Unreached: The geriatric clinic launched the 'reaching the unreached' health program for the elderly in Arjunagi Village on 23<sup>rd</sup> October, 2020. Under this program, the village the specialists visit the fourth Sunday every month. The main aim of the program is to provide health care services to the elderly who are differently abled, bedridden and cannot travel. The elderly patients are examined and also screened. The drugs required are provided for free by BLDE (DU). This program is conducted in coordination with Gram Panchayat, Arjunagi. The health data of all elderly patients attending the camp is maintained with unique registration number.



Health Check Up Camp for Senior Citizens at Arjunagi Under 'Reaching the Unreached' Program

7. The **International days of importance** like elder abuse awareness day, international day for older persons, Alzheimer's day observed.





Health Check Up camp for Senior Citizens on eve of **International Day for Older People** on 1.10.2018



Guest lecture by Dr. S Ramnathan Iyer, Fellow Royal College of Physicians (Glasgow) and Sleep Medicine Practitioner, Mumbai on 'Ageing Sleep and Dementia – Connecting the Dots' to commemorate **World Alzheimer's Day** on 29/09/2018



Sensitization program **Intergenerational Bonding & Maintenance and Welfare of Parents & Senior Citizen Act 2007** on 16/03/2019



## **7. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:**

1. Geriatrics is not a lucrative branch. Hence deficiency of geriatricians, trained health workers and skilled nursing workforce for elderly care is a major challenge.

2. Creating awareness and convincing elderly to overcome social issues is a challenge.

3. Most of the times, elderly don't have attendants for their care. Additionally, financial constraints pose a major hurdle, particularly for those lacking insurance coverage. In this context, the intervention by governmental and non-governmental organizations is crucial.

4. Transportation of the elderly to the hospital, particularly during emergencies, is a challenge. Hence, providing ambulance service exclusively for older people with trained staff for transportation could greatly help.