



# Geriatrics

## San Bernardino County Area

San Bernardino County area is one of the top health institutions in Inland Empire on various parameters such as quality and Elder Care. Kaiser Permanente San Bernardino County area enables residents to train in a highly supportive environment that fosters the highest standards of care in the Southern California area.

The Kaiser Permanente San Bernardino County area is a multi-specialty teaching hospital located in Fontana and Ontario California. The hospital and adjacent clinical offices are regarded as the major referral center for the entire KP members of Inland Empire and adjoining counties. Kaiser Permanente offers an unparalleled diversity of patients spanning from primary care to complex tertiary cases, with the ethnic diversity found in a rapidly growing community. We are currently the growth engine for membership in the Southern California Permanente region. Our Medical Center's teaching faculty have played a major role in opening of Kaiser Medical School in 2020.

### The Program

Kaiser Permanente, Fontana Medical Center has offered educational opportunities in the Family Medicine specialty for over 30 years. Given the unique geography of our campus, expansion for post graduate training in Sports Medicine & Geriatrics has been a natural evolution for both our physicians and for the surrounding communities.

The one-year program is available to either Internal Medicine or Family Medicine graduate physicians seeking

additional specialty experience. The superior opportunity includes training in both the outpatient and inpatient arena and includes an emphasis on various domains of care for our seniors such as Geriatric syndromes, shared decision making, care transitions, medication reconciliation and psychosocial factors from Hospital to Home. Competency in common eldercare issues as well as hospital consultation, skilled nursing and sub-acute nursing facility administration, and hospice/palliative care management are emphasized. Participation at state and/or national meetings is strongly encouraged. The delicate balance of service versus education is recurrently reviewed by faculty and fellow alike.

Graduates of the program are qualified to sit for the Certificate of Added Qualification (CAQ) in Geriatric Medicine.

The Kaiser Permanente Fontana Fellowship is a teaching program that provides residents with a variety of challenging learning environments, comprising of grand rounds, conferences, and weekly lecture series. The fellowship is open for collaboration with Geriatric Workforce Enhancement Program sites. The program's conferences and their frequency include:

- Geriatric Didactic Sessions/Independent Learning – weekly
- Geriatric Journal Club – every other month

## Geriatrics Fontana Medical Center

- Geriatric Core Lectures by Family Medicine Residents – monthly
- Eldercare Symposium – every 18 months
- Dementia Symposium – annually
- UCLA Intensive Course in Geriatric Medicine (optional)
- Family Practice Journal Club – monthly (optional)
- Geriatrics Board Review – monthly
- Core Curriculum – monthly

Academic skills development sessions are held periodically with the program director. Geriatrics fellows conduct bedside and clinical rounds with other trainees, and fellows present didactic talks to their peers, faculty, and house staff at a bi-weekly fellow conference. In addition, formal and informal conferences by fellows are given during their rotations at the clinical sites. Our fellowship is also site for training FP/IM residents, medical students and social medicine interns.

Intensive careers are equally emphasized as a goal of fellowship training. Learning to teach and exposure to academic administration are viewed as vital to fellowship training, and there is strong emphasis on teaching skills such as learner-centered techniques, small groups, precepting, feedback, role play, and curriculum development. Teaching responsibilities of fellows include but not limited to house staff in acute hospital, teaching nursing home, clinics, complex case management and home care settings. The fellow also will serve as consultant to the rotating third-year Family Practice and Internal Medicine residents who have an inpatient geriatric service.

In addition to the program's breadth of learning environments, challenging research opportunities are funded by the region at Kaiser Foundation Hospital in San Bernardino County area, with assistance from Academic Affairs and the Southern California Permanente Medical Group.

### Clinical Experience

Fellows receive both Inpatient and Outpatient experience. For the Inpatient program, Geriatric medicine consults. There will be 2-4 week formal rotation with Geriatric Medicine Faculty, for the Outpatient program, fellows participate in Geriatrics clinic where they have the opportunity to provide consultation services and primary care. We also lead in providing state of art care through virtual visits: telehealth and video visits. Fellows also participate in providing Innovative complex medical care.



Call schedules vary from one to three days/nights, averaging one week every six weeks. This is a beeper call only that is taken from home. Coverage includes SNF and NH patients, Palliative Care patients, and Hospice patients.

### Wellness

Kaiser Permanente in partnership with the GME, has a wellness program in place. Programs, support through peer to peer counselling, psychiatry/counseling services, Employee Assistance Program.

### Rotation Schedules by PGY

- Palliative Medicine (4 weeks)
- Hospice/Palliative Care (4 weeks)
- Geriatric Psychiatry (4 weeks)
- Hospital Consultation (4 weeks)
- Core Geriatrics Rotation/Skilled Nursing (16)
- Geriatric Psychiatry (4 weeks)
- Internal Medicine Subspecialties (4 weeks)
- Outpatient Geriatrics (once a week) and
- Complex Care (once a week when on Hospice & Palliative Medicine Rotation)
- Advanced Medical care at home/ Home Health/Hospice (2 weeks)
- Acute Wound care (4 weeks)
- Alternate Living Sites
- Elective (2 weeks)
- Vacation (4 weeks)

### Serving the Community

Fellows have numerous opportunities to provide community service. Current faculty members give lectures and work with various community agencies that support the senior population.



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