Orientation to UCLA NPI/Geriatric Consultation
(Updated 6/25/15)

During this rotation, you will serve as a geriatric medicine consultant in two settings. First, you will provide medical consultation services to the geriatric psychiatry inpatients on the Geriatric Psychiatry Ward (4N). Second, you will provide medical consultation services to geriatric patients who are hospitalized at UCLA-Ronald Reagan Medical Center on non-geriatric medicine services (neurology, surgery, etc.).

GERIATRIC PSYCHIATRY WARD – 4N

You are expected to see every patient on the geriatric psychiatry ward who is on the ACTIVE PATIENT LIST every day. (There will be patients who we have signed off on and they are INACTIVE. You do not need to see these patients unless the primary team asks us to help with a medical issue and they may need to be placed back on the ACTIVE PATIENT LIST.)

In general, there are two types of patients you will follow on the ward. The first group is comprised of patients who are admitted to the teaching services. There are two teams – the Gold (Geriatric) and the Silver (Adult). These patients have psychiatry interns and residents serving as their primary physicians, and you will help them manage the patients’ active medical problems. Your recommendations should be documented in your notes as well as verbally relayed to the team. The interns and residents will typically write all orders for these patients. The names of the team attendings, interns, and residents are listed on the white board behind the nursing station at 4 North.

The second group of patients is followed by private psychiatry attendings. The main private psychiatrist with patients on 4N is Dr. Lee Sadja (pager 18218). You will serve as a medical consultant for these patients. As there is no psychiatry intern or resident for these patients, you will be expected to write orders and be more “hands on.” There are typically very few of these patients.

Geriatric Fellows will follow a maximum 15 ACTIVE patients on 4N NPI and see no more than 4 new consults per day between 4N NPI, 1 W (Neurorehab) and the UCLA-Ronald Reagan Medical Center.

HOURS & COVERAGE

You will be expected to be on campus from 8 am – 5 pm daily to perform consultations, provide follow-up patient care, and participate in teaching rounds. If the service is busy and on days when you have off-campus activities such as clinic, nursing home rounds and didactics, you may need to stay later or return to
campus until your patient care responsibilities for the day have been completed. On such days you must leave the hospital no later than 10 pm due to ACGME requirements that you have 10 hours off prior to the start of your next shift. There may be very rare occasions when you are required to return to campus after going home to do an urgent geriatric consultation that is requested between 5 – 10 pm. Your geriatric medicine attending is your back-up and will be available 24 hours per day to help you with any concerns or questions, and will address any consultations that may come after 10 pm.

During the evening hours (after 5pm), the patients on 4N are covered by the psychiatry intern/resident on call (the Psychiatry On-call Doctor or POD, pager 95722); the geriatric psychiatry unit secretary or charge nurse will have the pager number for this physician. If there pending studies that will require follow-up in the evening or if a patient will need a follow-up assessment, please let the POD know.

4 NORTH DOCUMENTATION

It is expected that you will type or dictate a complete note for all initial consultations. The consult attending will instruct you on how to do a dictation on your first day. Patients on the ACTIVE PATIENT LIST should have a minimum of 2 notes per week. Not all patients will require daily notes, but you should write one if there are any clinically significant events or findings. This includes, but is not limited to the following:
- Recommend new medication and/or dose changes;
- Request or review labs/tests or address abnormal results;
- Obtain relevant information from a family member/caregiver;
- Participate in a family meeting
- Change in status of a patient or active symptoms, e.g. AMS, SOB, CP, etc.

Please discuss with your attending at the end of rounds which patients will need a note for the day. If there are no significant issues to address for several days, then discuss signing off on the patient during rounds.

PATIENT LIST

This list is maintained in CareConnect. Please see the “Fellow to Fellow” Guide for details.

Please print out an updated list for rounds with your attending each day.
TEACHING RESPONSIBILITIES

You are expected to do informal teaching during the psychiatry rounds that you attend as well as outside of rounds. You will be working with psychiatry interns, some of whom have not completed medicine rotations as interns. Please take advantage of the opportunity to teach them how to diagnose and manage basic medical conditions.

During your rotation, you will give a 30-minute in-service on a geriatric medicine topic to the 4N nurses. This will occur on Tuesday at 4pm during your third week (note: if your clinic is on Tuesday you can elect to move it to Monday at 4pm). Please contact the nurse director, Alicia Simpson (asimpson@mednet.ucla.edu) to help schedule your talk.

TRANSFERS

At times, patients on geriatric psychiatry ward may become medically unstable and require transfer to another hospital floor for further management. You will assist the psychiatry intern or attending in making triage decisions.

If a patient becomes critically unstable, it is appropriate to activate the CODE BLUE team. The medical ICU team will respond and assist you in stabilizing and transferring the patient to a medicine floor for ongoing critical care.

If the patient does not require critical care services for stabilization, then the psychiatry intern or resident should make arrangements for transfer; you may need to help them with this process.

- The first step is to obtain an “Admission Referral Form” from the 4 North unit secretary, complete it and have the secretary fax it to “Patient Placement.”

- Call the internal medicine chief resident (p91010) to alert them that you need to transfer a patient from the psychiatry unit to the medicine service. The chief resident can also assist you with any questions you may have on how to logistically transfer a patient.

- After the form has been faxed & the chief resident called, “Patient Placement” is contacted at x56922 to find out the name and pager of the medicine resident who will be admitting the patient and needs sign-out.

- When you find out the name of the resident resuming care of the patient, page them to give them a verbal sign-out as you will understand the medical issues more so then the psychiatry intern

- Please help the psychiatry intern or resident with transfer orders, if needed. The intern or resident will need to write a transfer note.
If the patient requires intensive monitoring but is not critically unstable and CODE BLUE not indicated, then it may be appropriate to transfer the patient to the Emergency Department (ED). Please discuss this with your geriatric medicine consult attending before moving the patient to the ED. If you decide to transfer the patient to the ED, please contact the triage nurse there at x78407 prior to initiating the transfer. He or she can facilitate the appropriate monitored bed in the ED.

The transfer process can be quite confusing, if you are not sure about any step, please page the consult attending to help you.

**ROUNDS & OTHER EDUCATIONAL OPPORTUNITIES**

One of the best opportunities for learning is to participate in the psychiatry rounds. Please check with the Gold interns or the Gold psychiatry attending at the start of the week to see what time rounds will be during the week. It may not be possible for you to attend the rounds or stay for their entirety but if time allows these rounds are a great learning opportunity.

**Daily rounds with the geriatric consult attending** are another opportunity for learning. Monday through Friday rounds usually start at 1:00 pm except on Thursdays when they will begin at 11:00 am due to the afternoon didactics. Check with your attending each week as rounding times will vary. Weekend rounding times will be determined by the attending and the fellow.

There are **eight didactics** that will be given by your consult attendings during the rotation, ideally 2 per week. They are available in the “Shared Folders” in Microsoft Outlook. See the “Welcome” email or ask your attending to show you how to access on it. The topics include:

- **Week 1**
  - Day 1: How to Do a Consult
  - Day 2: Perioperative Care

- **Week 2**
  - Day 1: Depression and ECT
  - Day 2: Delirium

- **Week 3**
  - Day 1: Agitation
  - Day 2: Dementia

- **Week 4**
  - Day 1: Drugs in the Elderly
  - Day 2: Alcohol and Psychoactive Drugs in Older Persons

**ELECTROCONVULSIVE THERAPY (ECT)**
Frequently, you will be asked to perform a pre-ECT examination to medically “clear” a patient for ECT. It is critical that these be done in a timely fashion. These patients should always be evaluated the day they are admitted. If you order diagnostic evaluation that must be completed prior to the initiation of ECT, you are responsible for documenting the results of the evaluation prior to ECT. Failure to do so can result in unnecessary delay of appropriate psychiatric treatment.

You are expected to observe at least one session of ECT during your rotation, typically a Monday morning. Please contact John Ketterling, JKetterling@mednet.ucla.edu, to find a good day and time for your observation.

DISCHARGES

Often patients will be discharged to community nursing homes under the care of one of the UCLA geriatricians. We try to encourage discharges to these facilities. If this is the case, please contact the accepting physician. Here is a list of nursing homes where the UCLA Geriatric attendings see patients:

**Michelle Eslami MD**  
Berkley East  
2021 Arizona Avenue  
Santa Monica, CA 90404

**Maristela Garcia MD**  
Pacific Convalescent Center  
1323 17th Street  
Santa Monica, CA 90404  
310-453-5456

**Brentwood Nursing & Rehabilitation Center**  
1321 Franklin Street  
Santa Monica, CA 90404  
(310) 828-5596

**Hong Phuc Tran MD**  
Brentwood Nursing & Rehabilitation Center  
1321 Franklin Street  
Santa Monica, CA 90404  
(310) 828-5596

**Berkley West**  
1623 Arizona Ave.  
Santa Monica, CA 90404  
(310) 829-4565

**Susan Leonard MD**
When the interns are discharging patients to nursing homes, it is very important that they understand how to write these discharge orders. If patients will require antibiotics, the stop date for these should be noted. All medications will require a diagnosis written next to the medication (for example: Lotensin 10 mg po daily, dx: HTN). If the patient will need rehabilitation services, this should be clearly ordered. Code status should be clearly stated.

In addition, patients will frequently require home health services, such as home nursing and physical therapy. Please ensure that these are ordered for patients who require them prior to discharge. It is essential that you give a brief “in-service” to the psychiatry interns when they rotate onto the service about these discharge issues.

1 WEST (Neurorehab) & RONALD REAGAN - UCLA MEDICAL CENTER

All 1W (Neurorehab) and RR consult patients are seen daily. Leave daily notes on these patients. If you have suggestions for management, you should make them clear in your note. If there are items that require immediate attention, you should notify the primary team’s house officer directly. It is usually inappropriate to write orders although there are exceptions to this rule. If in doubt, please discuss the matter with the consult attending.

All 1W (Neurorehab) and RR consult patients stay on the ACTIVE PATIENT LIST unless the geriatric consult team (geriatric medicine fellow & attending) deem that there is no further medical input and care necessary, discuss with the referring attending, and it is mutually agreed upon to sign off. Patients that have been signed off on do not need to be followed unless requested by primary team, in which case the patient goes back on the ACTIVE PATIENT LIST.

DAYS OFF

Every Sunday.

GENERAL POINTS
Remember, you are acting as a consultant. You are being asked to provide a particular service or address a particular question. It is important to provide prompt, appropriate consultations. Under no circumstances are you to refuse or “block” a consultation. If you have concerns about the appropriateness of a consultation, please contact the consult attending.

This can be a very busy service. On days that you are in clinic or have lectures, the consult attending will work with you to ensure that you are able to make it to these scheduled activities on time and he or she will assist with patient issues while you are away.

HELPFUL HINTS

- Become comfortable with the computer system early and get your password and access code on day one. Please call x52235 to obtain your password and access code.

- Check in with the 4 North charge nurse every morning. She or he will help you focus on the most pressing clinical issues first and tell you if there have been admissions overnight. This will markedly increase your effectiveness and efficiency!

- Ask questions if you are not sure. This is a big hospital system and it is impossible to learn everything about it in a brief period of time.