

HELP Rotation for IM Interns: Implementation and Evaluation of a HELP Elective During the COVID Pandemic

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INTRODUCTION

- The COVID-19 Pandemic limited clinical learning opportunities in Geriatric Medicine and created an increased need for training in delirium

METHODS

1. Objectives & Structure for a Hospital Elder Life Program (HELP) rotation were developed
2. Interns' experiences were evaluated with surveys completed after the rotation. Surveys were also distributed to residents and interns who had not participated as a comparison group
3. A Likert Scale (1-5) was used for response with a of 4 or 5 (agree or strongly agree) being favorable/positive

RESULTS

- 11/12 (92%) of rotators responded positively to "I understand the role of help at our University Hospital" compared to 3/12 (25%) of nonrotators
- 10/12 (83%) of rotators responded positively to "I am confident in my ability to evaluate delirium..." compared to 6/12 (50%) of nonrotators
- There was no difference in responses about comfort discussing delirium or baseline assessment of mental and functional status and home support
- 9/12 (75%) of rotators agreed or strongly agreed that rotating with HELP improved abilities to evaluate, manage, and discuss delirium in hospitalized patients

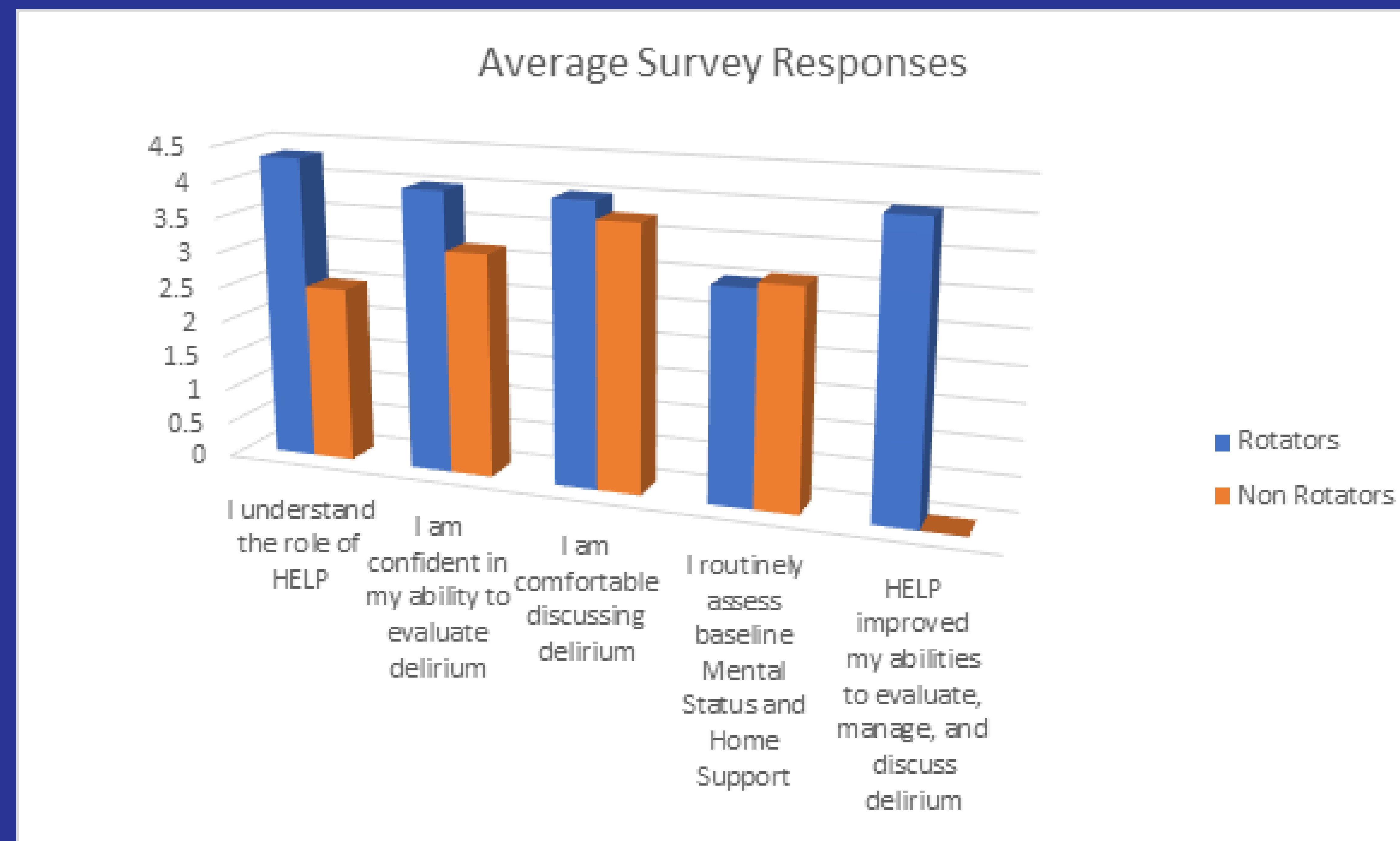
DISCUSSION

- Integrating a HELP rotation into Geriatrics Education for Internal Medicine trainees may improve inpatient delirium evaluation & internists understanding of HELP. Further study of this hybrid educational model is warranted to determine the value of its broader application.
- Rotation implementation was inconsistent and limited by dynamic COVID-19 restrictions in the hospital
- Evaluation limited by low numbers of survey responses

FINANCIAL DISCLOSURE

- None

Hospital Elder Life Program rotation improves trainees' abilities to evaluate and manage delirium.



Rotation Structure

- Interns on Internal Medicine Geriatrics rotation evaluated and enrolled hospitalized patients into HELP
- Perform supervised & independent comprehensive geriatric assessment
- Performed delirium screens using confusion assessment method (CAM)

Rotation Objectives

- Identify complications of hospitalization in older adult patients. Understand how these can affect function beyond hospitalization.
- Understand the importance of assessing baseline functional status and home support
- Learn evidenced-based prevention strategies for the above complications and how HELP accomplishes these
- Apply Beers Criteria in the inpatient setting
- Practice using CAM to screen for delirium
- Understand risks and limitations of pharmacological management for delirium
- Become comfortable talking with patients, families, and care team members about delirium and other risks of hospitalization