

Geriatric Resource Binder Philosophy and Goals



Philosophy

Highmark Health is an interdependent system designed to deliver high quality, accessible, understandable and affordable experiences, outcomes and solutions for our customers.

This Geriatric Resource Binder has been developed to support your efforts in giving optimal care. I hope you find this binder a helpful resource.

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Goals

Many of today's seniors are healthy, active and taking a hand in their health. At the same time we are seeing a huge growth in the number of elderly, including the over 85 age group, many of whom may be experiencing illness and frailty with heightened acuity levels of care required. Treating older adults can be challenging even for the most experienced practitioners.

The Highmark Geriatric Specialty Advisory Board has approved the guidelines and tools for physicians found in this manual to use when caring for Medicare Advantage members of any age. It is the hope that these will be a useful resource and assist network practitioners to:

- Enhance the quality of life of members
- Promote health independence and optimal functioning
- Prevent avoidable decline in health status

The Geriatric Guidelines in this manual include:

- Annual Wellness Visit (AWV) Provider Toolkit
- Advance Care Planning
 - Advance Directives
 - Physicians Orders for Life-Sustaining Treatment Paradigm (POLST)
 - Advance Illness Services (AIS)
 - Palliative Care
- Chronic Pain Management
- Dementia Management
- Delirium Management
- Depression Management
- Drug Management
- Falls Management
- Geriatric Evaluation
- Geriatric Resources
- Incontinence Management
- Nutrition Management
- Osteoporosis Prevention
- Pressure Ulcer
- Preventive Services
- Probability of Repeat Admissions (PRA) Tool

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Working together,

Highmark Inc. and network physicians will enable senior individuals to live longer, healthier lives.