

The Texas Tech Medcast

Reynolds Geriatrics Series



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The Texas Tech Medcast is a podcast for medical residents, medical students, practicing physicians, and others involved in medical education and high quality, patient-centered primary care. The Texas Tech MedCast Series are available as a subscription or as individual episodes at no charge from the [Apple iTunes Music Store](#) (search *Texas Tech* or *MedCast*).

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Episode title Link to the MP3 File & Fact Sheet (pdf)	Description & Learning Objectives	Presenters	Date Posted/ Length
Geriatric Polypharmacy	<p>This episode outlines 5 strategies for effective prescribing in the elderly <i>Learning Objectives:</i> the physician audience should be able to:</p> <ul style="list-style-type: none"> ● Explain how aging-related decline in organ function impacts pharmacokinetics with specific emphasis on the kidneys, liver, blood volume & muscle ● Explain implications for polypharmacy in the elderly ● Discuss measures that a physician can take to avoid over- 	 <p>Mike Ragain, MD</p>  <p>Kathryn McMahon, PhD</p>	<p>9/14/2006</p>

Fact Sheet	<p>medication in the elderly</p> <ul style="list-style-type: none"> • Use the Beers Criteria to identify potentially inappropriate medications for the elderly • Manage clinical situations of pathologies in or drug-related problems in older adults <p><i>Podcast Pearl:</i> Considerations for dose regimen in the elderly (Dr. Kitty McMahon)</p>	<p>Pharmacology & Neurosciences</p>  <p>Lynn Bickley, MD Internal Medicine Lubbock</p>	<p>19:06</p>
<p>Geriatric Incontinence</p> <p>Fact Sheet</p>	<p>This episode provides an overview of the prevalence and types of urinary incontinence, as well as techniques for effective history-taking and treatment recommendations.</p> <p><i>Learning Objectives:</i> the physician audience should be able to:</p> <ul style="list-style-type: none"> • Describe the scope & prevalence of urinary incontinence • List & describe the types of urinary incontinence • Take a history from a patient complaining of urinary incontinence & list • Make treatment recommendations for urinary incontinence <p><i>Podcast Pearl:</i> Kegel Exercises for Urinary Incontinence (Dr. Prabhu)</p>	 <p>& Fiona Prabhu, MD Family Medicine, Lubbock</p>	<p>9/14/2006</p> <p>17:34</p>
<p>Assessing the Older Adult: Approach to the Patient</p> <p>Fact Sheet</p>	<p>This episode addresses techniques for obtaining a health history from an older adult, focusing on the physician's demeanor, communication style, and approach to the patient.</p> <p><i>Learning Objectives:</i> the physician audience should be able to:</p> <ul style="list-style-type: none"> • Adjust the environment for a visit with an older patient • Shape the content & pace of the visit • Effectively elicit symptoms from the patients • Address the cultural dimensions of aging <p><i>Podcast Pearl:</i> Seven tips for effectively communicating with an older patient during an office visit</p>	<p>Lynn Bickley, MD Internal Medicine</p>  <p>& Betsy Jones, EdD Family Medicine, Lubbock</p>	<p>9/26/2006</p> <p>21:32</p>
<p>Nursing Home Visits: A How-To Guide</p> <p>Fact Sheet</p>	<p>This episode includes a how-to guide for effective nursing home visits, focusing on the admission H&P, routine nursing home visits, annual exams, and acute/ urgent care visits.</p> <p><i>Learning Objectives:</i> the physician audience should be able to:</p> <ul style="list-style-type: none"> • Distinguish between the needs of short-term and those of long-term nursing home patients • Perform an Admission History & Physical exam on a nursing home patient • Perform and document a routine nursing home visit • Conduct an annual exam for a nursing home patient • Manage an acute or urgent visit when contacted by the 	 <p>Laura Baker, MD Family Medicine Lubbock</p> <p>& Betsy Jones, EdD</p>	<p>9/26/2006</p> <p>19:26</p>

	<p>nursing home</p> <p><i>Podcast Pearl:</i> Readmission to the Nursing Home after Hospitalization: Avoiding Problems (Dr. Baker)</p>	<p>Family Medicine, Lubbock</p>	
<p>Health Literacy and the Older Adult</p> <p>Fact Sheet</p>	<p>This episode includes an overview of health literacy with special emphasis on health literacy issues that affect the older adult and includes strategies for helping older patients overcome problems with health literacy.</p> <p><i>Learning Objectives:</i> the physician audience should be able to:</p> <ul style="list-style-type: none"> • Define the term "health literacy • List reasons why health literacy may be a particular problem for the elderly • Give examples of difficulties that older adults might face with medication labels, printed or oral instructions, and other patient education materials • Employ effective communication skills with older adults, including the "teach-back technique" and appropriate use of translators. 	 <p>Lorraine Wallace, PhD Family Medicine Lubbock & Betsy Jones, EdD Family Medicine, Lubbock</p>	<p>10/13/2006</p> <p>17:14</p>

For more information about the Texas Tech MedCast series or the research project "Using Podcasting to Deliver Resident Cardiovascular Training in a Practice-Based Primary Care Research Network," contact [Betsy Goebel Jones, EdD](#), Podcast Producer and Project PI.

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