

Participants' Plans to Change Practice as reported on Project ECHO- Geriatrics Post-Session Surveys –  
 Examples.

<b>Approach to prescribing in older adults</b>
<ul style="list-style-type: none"> <li>• <i>I will likely review medications lists with patients and discontinue unnecessary medication</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Check and recheck medication list for side effects and Beers criteria (medications to avoid in older adults).</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Pay closer attention to drug interactions</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Have patients bring medications bottles to every visit - avoid unnecessary dangerous polypharmacy at all costs!</i></li> </ul>
<b>Strategies for Fall Prevention</b>
<ul style="list-style-type: none"> <li>• <i>Utilize community resources for fall prevention/exercise/etc. programs, incorporate fall assessments into my patient assessments.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Might ask more about if they've fallen or worried about falling</i></li> </ul>
<b>Prognosis / Advance Care Planning</b>
<ul style="list-style-type: none"> <li>• <i>Be more proactive about discussing with patients about [Advanced Directives]</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>All patients regardless of age will have this conversation with me [about Advance Directives] at our initial visit.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Use <a href="http://eprognosis.org">eprognosis.org</a> for calculating life expectancy.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>More shared decision making.</i></li> </ul>
<b>Older Drivers</b>
<ul style="list-style-type: none"> <li>• <i>Think of [driving assessment] as a part of the geriatric assessment. Talk about retiring from driving.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Familiarize myself with OT (occupational therapy) support and private driving assessments.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Ask more consistently about driving habits. Consider Occupational therapy referrals for driving safety evals.</i></li> </ul>
<b>Depression Assessment/Management</b>
<ul style="list-style-type: none"> <li>• <i>Pay closer attention to somatic manifestations of depression in the elderly and keep depression in the differential diagnosis.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Consider Geriatric Depression Scale.</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Start low go slow with SSRIs (selective serotonin reuptake inhibitors).</i></li> </ul>
<ul style="list-style-type: none"> <li>• <i>Try to find [community] resources for my patients [with depression].</i></li> </ul>