Improving Care for Older Adults

Michael Champeau, MD, FASA
First Vice President

August 19, 2021

Roseanne Fischoff, MPP
Economics & Practice Innovations Executive
Topics

- Why is this important?
- Background Information
- ASA Committee Involvement
  - Committee on Geriatric Anesthesia (CoGA)
  - Perioperative Brain Health Initiative Subcommittee (PBHI)
- Past accomplishments
- Current efforts
- Future tactics
Why is this important?
Why is this important?

– The US population is aging.
– The number of US adults aged 65 and older will more than double from 46 million today to more than 98 million by 2060, with the number of people ages 85 and older projected to more than triple from 6 million to 20 million over the same period.
– These demographic changes carry major implications for the delivery of medical care overall and for the practice of anesthesiology in particular.
– Adults over 65 comprise 15% of the US population but receive 35% of all inpatient surgery and 32% of all outpatient surgery performed in the US each year.
– Compared to younger populations, older adults are at increased risk of postoperative complications.
surprising that the remark, "He's never been the same since his operation" is often heard in geriatric practice.
Postoperative neurocognitive disorders (PND) is an overarching term that includes:

- postoperative delirium, an acute state of confusion and inattention; and
- postoperative cognitive dysfunction (POCD), a prolonged state of cognitive impairment that predominantly affects higher-level cognitive skills and memory.

Perioperative Brain Health

- Delirium affects 13%-50% of patients undergoing non-cardiac surgery
- The health care costs attributable to delirium are more than $164 billion per year in the US
- Older surgical patients (≥65 years of age) have a particularly high risk for developing delirium, with detrimental effects on their recovery
- 30%-40% of cases of delirium are preventable
- Implementing effective interventions to prevent incident delirium and reduce length of stay is a clinical priority
In the patients’ own words:
Frailty

Frailty is a multidimensional syndrome characterized by decreased reserve and diminished resistance to stressors.

Frail older adults are at dramatically increased risk for adverse postoperative events compared to non-frail individuals, and initiatives focused on supporting the identification of frailty prior to surgery via preoperative screening programs have been shown to markedly improve postoperative outcomes.

At present, frailty screening by anesthesiologists is uncommon in practice.

Based on a 2018 CoGA-PBHI web survey of 1,737 ASA members, over 80% indicated that they “rarely” or “never” screened for frailty preoperatively among patients aged 65 or older.
Background Information
Committee on Geriatric Anesthesia

Mission:
The Committee on Geriatric Anesthesia of ASA aims to improve the perioperative care of the elderly patient by fostering professional and public awareness on issues specific to the older surgical patient.
## Committee on Geriatric Anesthesia Composition

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Julie McSwain, MD</td>
<td>Chair</td>
</tr>
<tr>
<td>Shamsuddin Akhtar, MD</td>
<td></td>
</tr>
<tr>
<td>Ruben Azocar, MD, FCCM, FASA</td>
<td></td>
</tr>
<tr>
<td>Sheila Barnett, MD, BSc, FASA</td>
<td></td>
</tr>
<tr>
<td>Itay Bentov, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>Marek Brzezinski, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>Daniel Cole, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Deborah Culley, MD</td>
<td></td>
</tr>
<tr>
<td>Stacie Deiner, MD</td>
<td></td>
</tr>
<tr>
<td>Shane Dickerson, MD</td>
<td></td>
</tr>
<tr>
<td>Roderic Eckenhoff, MD</td>
<td></td>
</tr>
<tr>
<td>James Eisenach, MD</td>
<td></td>
</tr>
<tr>
<td>Alex Evers, MD</td>
<td></td>
</tr>
<tr>
<td>Steven Gayer, MD, MBA, FASA</td>
<td></td>
</tr>
<tr>
<td>Hugh Hemmings, JR, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>Evan Kharasch, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>Jeffrey Kirsch, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Michael Lewis, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Aman Mahajan, MD, PhD</td>
<td></td>
</tr>
<tr>
<td>Sohail Mahboobi, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Julie Marshall, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Scarlett Marshall, DO</td>
<td></td>
</tr>
<tr>
<td>Daniel McIsaac, MD</td>
<td></td>
</tr>
<tr>
<td>Mark Neuman, MD, MSc</td>
<td></td>
</tr>
<tr>
<td>Carol Peden, MD, MB, ChB, MPH</td>
<td></td>
</tr>
<tr>
<td>Suman Rajagopalan, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>G. Alec Rooke, MD</td>
<td></td>
</tr>
<tr>
<td>Jeffrey Simmons, MD, FASA</td>
<td></td>
</tr>
<tr>
<td>Erikka Washington, MD</td>
<td></td>
</tr>
<tr>
<td>Jeanine Wiener-Kronish, MD</td>
<td></td>
</tr>
</tbody>
</table>

2018 AMERICAN SOCIETY OF ANESTHESIOLOGISTS.
Perioperative Brain Health Initiative

- In 2015, then ASA President Daniel J. Cole, M.D., proposed a new patient safety initiative the Perioperative Brain Health Initiative

- The goals of the initiative are to engage a multidisciplinary group to work with providers, payers and the public to create a low-barrier access program to minimize the impact of pre-existing cognitive deficits and optimize the cognitive recovery and perioperative experience for adults 65 years and older undergoing surgery.
PBHI Subcommittee Composition

- Carol J. Peden, MB, ChB, MD, MPH (Chair)
- Daniel J. Cole, MD, FASA
- Stacie G. Deiner, MD
- Roderic G. Eckenhoff, MD
- James C. Eisenach, MD
- Alex S. Evers, MD
- Lee A. Fleisher, MD
- Hugh C. Hemmings, MD, PHD
- Evan D. Kharasch, MD, PHD
- Jeffrey R. Kirsch, MD, FASA
- Aman Mahajan, MD, PHD
- Jeanine P. Wiener-Kronish, MD
2015 Brain Health Summit

The Summit brought together medical experts, government agencies and other interested nonprofit groups to:

– Explore the assessment and identification of at-risk patients
– Evaluate the need for educational materials for patients and their health care providers to increase patient safety
– Discuss delayed cognitive recovery and postoperative delirium in elderly patients after surgery and anesthesia.
– Promote advocacy efforts to fund research regarding these complications
2018 AARP/ASA PBHI Summit: Innovations to Promote Brain Health Before, During and After Surgery

- Designed to promote and gain insight on the tactics of the Perioperative Brain Health Initiative from multi-group stakeholders with a focus on developing a broad-based dissemination and implementation strategy.

- As a result of this meeting, a formal call to action has been developed which solicits patients, providers, hospitals, regulatory agencies and funders to promote brain health before, during and after surgery by following several identified actions. This call to action document has been supported by several organizations including:
  - Anesthesia Patient Safety Foundation (APSF)
  - Association of periOperative Registered Nurses (AORN)
  - National Quality Forum (NQF)
  - The Gerontological Society of America
  - American Academy of Physical Medicine and Rehabilitation (AAPMR)
  - AARP
PBHI Presentations

- National Heart Lung & Blood Institute
- National Institute on Aging
- Center for Clinical Standards and Quality/
  Centers for Medicare and Medicaid Services Grand Rounds
- Patient Safety Movement Foundation
- Senate Aging Committee
- AARP
- Alzheimer’s Association
- American Hospital Association
- American College of Healthcare Executive 2020 Leadership Conference
- ASA 2019 & 2020 Annual Meetings
Current Efforts
PBHI Microsite

The PBHI Microsite provides:

- clinical guides
- tools for providers
- key questions for patients
- case studies
- improvement resources
- Infographics

asahq.org/brainhealth
Geriatric Anesthesiology Live Townhall

- On December 10, 2020, a live event for ASA members and the general public, entitled PBHI Town Hall: Evaluating the Older Patient for Surgery occurred.
- The Town Hall garnered much interest, with over 800 registrants.
- A recording of the town hall is available for free on the ASA PBHI website.
Expert panelists discussed practical implementation strategies for the geriatric patient.

Key areas of focus included:

- Frailty Assessments & Optimization
- Use of Prehabilitation for Optimization
- Leveraging Multidisciplinary Care for the Geriatric Patient

The webinar can be accessed for free on the ASA PBHI Website.
New PBHI Articles

- 6 Simple Steps Physician Anesthesiologists Can Lead on to Reduce Older Adults’ Risk of Surgery-related Delirium
- Using Intraoperative EEG to Predict Post-operative Delirium at Duke
- Strategies for Implementing a Patient and Family Centered PBHI in Your Practice
- Instituting a Comprehensive Delirium Prevention Program at UCSF Medical Center
- Start Implementing the Mini-Cog to Assess Preoperative Brain Health
- Beyond the Mini-Cog: Developing a Perioperative Brain Health Initiative at Keck Hospital
- How to Help a Loved One with Post-operative Delirium
- Success Strategies for Implementing a Hospital Elder Life Program (HELP)
- Global Council on Brain Health Report on Delirium
- ICUs become a 'delirium factory' for Covid-19 patients
Cognitive Decline Associated With Anesthesia and Surgery in Older Patients

Susana Vacas, MD, PhD\(^1\); Daniel J. Cole, MD\(^1\); Maxime Cannesson, MD, PhD\(^1\)

In the last decade, the population aged 65 years and older increased by 34.2% in the US and now accounts for a disproportionate number of surgical procedures requiring anesthesia. Among these patients, aging causes a number of changes in the brain that may contribute to decreased cognitive reserve, susceptibility to the stresses of surgery and anesthesia, and increased risk of neurologic injury such as postoperative neurocognitive disorders (PNDs).\(^1\)
New Frailty Articles

- Rockwood K, Song X, MacKnight C, et al. A global clinical measure of fitness and frailty in elderly people. *CMAJ* Division of Geriatric Medicine, Dalhousie University, Halifax, NS.; 2005; **173**: 489–95
New Podcasts

- Central Line episode 21: Brain Health Revisited Podcast
- Central Line episode 26: Inside the Monitor – Brain Health Podcast
- Promoting Brain Health for Older Adults Around the Time of Surgery: Practical Solutions Podcast
- Delirium: Prevention, Diagnosis, and Treatment Podcast
New Research

- *State of the Clinical Science of Perioperative Brain Health: Report from the American Society of Anesthesiologists Brain Health Initiative Summit 2018* published in BJA


- *Adherence to recommended practices for perioperative anesthesia care for older adults among US anesthesiologists: results from the ASA Committee on Geriatric Anesthesia-Perioperative Brain Health Initiative ASA member survey* published in Perioperative Medicine
ASA Conducts Expert Consensus Review

The ASA convened a PBHI expert group to review a total of eight publications that included 88 best practice statements and guidelines to create their 6 PBHI recommended key actions for the perioperative care team.

- Link to the article
- Link to the press release
ASA Frailty Toolkit

To support efforts to improve practice by ASA members, the ASA Committee on Geriatric Anesthesia developed a web-based toolkit including educational and implementation resources related to frailty screening.

It will provide resources to support those ASA members who are considering such implementation in: (1) better understanding the rationale and purpose of frailty screening; (2) selecting a specific frailty screening instrument for their practice or institution; and (3) properly screening for frailty in practice.
ASA Monitor article on Age Friendly Hospital Systems published in August 2021 featuring Alice Bonner, PhD, RN, FAAN Senior Advisor at IHI and Andrew Rosenberg, MD, FASA, ASA Vice President for Scientific Affairs

Hospital Interest in Age-Friendly Health Systems Movement Spikes During COVID-19

Jolynn Tumolo

Last year’s surge in hospital participation in the Age-Friendly Health Systems initiative was somewhat unexpected by insiders at the Institute for Healthcare Improvement (IHI).

“We originally thought people were going to put our program on the shelf because of all the COVID-related work,” recalled Alice Bonner, PhD, RN, FAAN, senior advisor at IHI. “We were completely wrong.”

In fact, a whopping 1,671 health care sites in the United States signed up for IHI’s Age-Friendly Health Systems initiative between March and December of 2020 alone. That amounted to an 85% jump in participation in the program – or “social movement,” as Continued on page 8
Future Tactics
PBHI Future Tactics

- PBHI consensus-based document webinar – tentatively scheduled for Q3 of 2021
- Frailty Toolkit Podcast released in September of 2021
- ASA Monitor article providing guidance to anesthesiologists on implementing age friendly practices in September 2021
Questions