

The Geriatric Medical Center: An Advanced Vision Towards a Better Future



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GMC Overview

Geriatrics is one of the actual trends of today's medicine due to the continuous increase of the ageing population in the world. In accordance with the demographic transition and its not-for-profit mission, Ain Wazein Medical Village (AWMV) embedded the care of older adults into its mission and vision through offering a full continuum of services primary, secondary, and tertiary care to older adults throughout Lebanon, and providing a center for education, training and research in geriatrics.

The Mission of the Geriatric Medical Center (GMC) is to provide comprehensive geriatric medical care to elders in the community and those in need of institutional long term care, and to provide a training and research facility for professionals specializing in Gerontology. Health Assessment for Geriatric Patients is done through a **Comprehensive Geriatric Assessment (CGA)**. CGA was designed to improve the health of the elderly by determining the medical, psychological, psychosocial, functional and environmental resources and problems linked with an overall plan for treatment and follow-up (Stuck, Siu et al. 1993).

GMC Provision of Services

The Elderly Care Center that was established in the 1989 expanded into a GMC aiming at providing a full continuum of care, by offering primary, secondary, intermediate, tertiary and long term care for the older population. Primary healthcare is provided through specialized Outpatient Geriatric Clinics, secondary & intermediate healthcare through rehabilitation services in addition to tertiary care through its Geriatric Evaluation & Management Unit and long term care through the long term care units. Best supportive care is given throughout the palliative care services offered at different stages of the diseases without being limited in the palliative care unit. The elderlies' care goes beyond the GMC boundaries where elderlies can benefit from a variety of home care services coordinated by the Home Care Center at AWMV. These different levels of care are being provided by an interdisciplinary team that focuses on CGA which has been proven to be an effective model in improving the care of geriatric patients in acute settings (Hickman, Newton et al. 2007).

GMC: A Teaching & Research Facility

AWMV is distinguished as a teaching facility & an academic Geriatric Medical Center. It hosts a nursing school and the Lebanese University-Faculty of Public Health (Branch VI). In addition to collaborations with prominent national institutions such as American University of Beirut (AUB) and Lebanese University (LU)-Faculty of Medicine and international institutions such as Assistance Publique-Hôpitaux de Paris- AP-HP and Broca Hospital in France through sharing of expertise, experiences and conducting seminars.

The GMC provides teaching and training opportunities to fellowsingeriatricmedicinethroughtheLebaneseUniversity, internal medicine residents from the American University of Beirut and Lebanese University, Masters Students in

Gerontology from Lebanese University and other paramedical disciplines such as social worker, dietitian and physiotherapist. The GMC enhances active participation in interdisciplinary patient care through weekly conferences covering various topics in geriatrics and trainee's presentations in journal clubs that are held weekly to keep staff abreast of the latest developments in geriatrics and related medical fields.

Research plays an important role conducted by geriatric fellows and master's students in gerontology focusing on advanced care planning, cardiopulmonary resuscitation outcomes, hip fracture outcomes, frailty, dementia and other geriatric topics.

Volunteerism at GMC

The volunteer program in GMC has started in 1997. Today, there are around 30 full-time volunteers (males & females) in addition to stand-by volunteers coming from different regions, schools and institutions. Their mission is to support elderlies socially and financially. Assisted by the GMC team and the social workers, the volunteers perform regularly indoor and outdoor activities for the elderlies such as celebrating the Grandparent's Day, Father's Day, Mother's Day, community events, birthday celebrations and many others outings and activities.

Celebration of International Day of the Older Population at GMC-AWMV

In the belief of GMC's mission aiming at spreading the geriatric culture through community outreach, AWMV was chosen as a site for the celebration of older adults that was organized by the Center for Studies on Ageing



(Lebanon) with support from World Health Organization (Lebanon) on Saturday October 14th, 2017.

The event program included talks presenting data related to ageing in the world and in Lebanon in specific by the founding director of Center for Studies on Ageing, followed by identifying the services provided to the older population by the Ministry of Public Health and the Ministry of Social Affairs to ensure a healthy ageing population, in addition to introducing the programs on ageing supported by the World Health Organization and the services provided by the GMC, its experience in this field and the strategic projects. This event ended with a site visit to the different units in GMC where participants had the occasion to meet the multidisciplinary team and to witness closely the specificity of care and the innovation at the architectural and furnishing level according to standards.

References

1. Hickman, L., et al. (2007), "Best practice interventions to improve the management of older people in acute care settings: a literature review." *Journal of advanced nursing* 60(2): 113-126.
2. Stuck, A., et al. (1993). "Comprehensive Geriatric Assessment: a meta-analysis of controlled trials." *The Lancet* 342: 1032-1036.