TOP 10 WAYS THAT ADVANCED GERIATRICS TRAINING DURING RESIDENCY WILL ENHANCE YOUR INTERNAL MEDICINE MOJO:

10. You’ll find cognitive resilience and successful longevity.
9. It makes you look good on applications to subspecialty fellowship training programs since most patients are older than 65.
8. You achieve enlightenment with drugs — and de-prescribing them.
7. Medical problem solving in a complex older patient is more intellectually fun than Portal, Journey, or Sudoku.
6. You go with the flow, not just the dribble.
5. You can explain how Medicare works in five tweets or less.
4. You get gait speed.
3. You know the “i” in team stands for “Interprofessional.”
2. You can decode brain failure.
1. You discover that healthy and complex people older than 75 are the coolest patients ever. Oh Yeah!

WHAT MAKES THIS TRACK UNIQUE?
• No other geriatric track like it in the United States
• Five blocks of geriatrics over three-year residency
• Clinical training across the spectrum of health care settings:
  > Acute care
  > Outpatient consultative and primary care
  > Rehabilitative care
  > Home-based care
  > Skilled and long-term care
  > Dementia support settings
• Six individualized geriatrics rotations offered:
  > Acute Care of the Elderly Inpatient Service (Green team)
  > The Aging Brain
  > Geriatric Palliative and End-of-Life Care
  > Rehabilitation and Recovery From Illness
  > Go With the Flow! Syndromes and Team-Based Care
  > Outpatient Geriatric Medical Homes at Benedum and SeniorCare
• Geriatrics noon conference series on Mondays
• Free membership in Pennsylvania Geriatrics Society
• Individualized mentoring for scholarly work related to aging
• Scholarships to travel for national geriatrics conferences
• Geriatrics continuity clinic and housecalls program (PGY2,3)

WHAT DO GRADUATES DO?
There is a tremendous need for more geriatricians and for more subspecialists and primary care physicians with advanced geriatrics training. Geriatric patients present differently to the health care system, and require a different, patient-centered approach to care that emphasizes organism-over-organ-system function. Over the last five years, our geriatrics track graduates have pursued a variety of opportunities:
• Fellowships: hematology/oncology, palliative care, geriatrics, critical care medicine, nephrology, cardiology
• Hospitalist practice
• Private practice primary care
HOW DO I APPLY?
Apply using NRMP number 1652140C0 for the Montefiore/Presbyterian-Shadyside Categorical Program and indicate your interest in the track on ERAS via the check box.

**Geriatrics Track**
Director: Rollin Wright, MD, MPH, MS
Email: RMW27@pitt.edu  Telephone: 412-692-2360

**Department of Medicine Office of Education N-715**
UPMC Montefiore
200 Lothrop St.
Pittsburgh, PA 15213
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http://www.residency.dom.pitt.edu

Right: Sarah Arnold, MD, current PGY3 geriatrics track resident, and Rachel Jantea, MD, 2016 track graduate and current geriatrics fellow at UPMC.
Below: So Dam Kim, MD, 2015 track graduate and current 2nd year geriatrics fellow at Baylor

“I joined the Geriatrics Track as a second year medicine resident and had a wonderful experience in the Geriatrics division. I had developed an interest in geriatrics during medical school but had not joined the track initially simply because early on I was undecided about my long term career plans. I realized during my intern year that I really enjoyed working with geriatric patients. I found the elderly to be a population with unique challenges for delivering medical care and in optimizing recovery that made patient care all the more rewarding for me. I also developed an interest in pursuing pulmonary and critical care medicine as a career and decided to join the geriatrics track to help enrich my long term clinical and academic interests.”

Faraaz A. Shah, MD (2013 geriatrics track graduate)
Instructor, Division of Pulmonary, Allergy and Critical Care Medicine
University of Pittsburgh Medical Center

**MISSION STATEMENT**
Through an innovative curriculum of individualized training and mentorship, we are dedicated to developing physician leaders who will actively transform the science of medicine, and provide compassionate, evidence-based care to their patients.