

University of Maryland Multi-Campus Geriatric Medicine Fellowship Program

About the program

The University of Maryland Multi-Campus Geriatric Medicine Fellowship Program offers a traditional 1-year clinical fellowship, as well as 2-3 year NIH funded research training in gerontology for qualified MD and PhD post-doctoral fellows. The faculty from the Division of Gerontology, Department of Medicine, University of Maryland School of Medicine (UMSOM) and the Veteran Affairs Maryland Health Care System (VAMHCS) provides a critical mass of faculty with expertise in clinical geriatrics and aging research across the continuum of care for the training of the fellows. This core faculty is supplemented by a large cadre of MDs and PhD faculty in the Departments of Physical Therapy and Rehabilitative Science, Neurology, Family Medicine, Psychiatry, and in other Departments in the UMSOM and from the other professional schools of University of Maryland Baltimore who have expertise in geriatrics, rehabilitation, as well as age-related disorders. Collectively, more than 25 faculty members from the UMSOM and its affiliates have certification of added qualifications in geriatric medicine. The major academic sites include: the VAMHCS (Baltimore VA Medical Center, Baltimore Rehabilitation and Extended Care Center (BRECC)), Franklin Woods Center, and the University of Maryland Medical Systems.

The 1-Year Clinical Fellowship Program is under the leadership of Dr. Conrad May, Assistant Professor, Division of Gerontology, Department of Medicine at UMSOM. He oversees the quality of the experiences at the various sites. Fellows are exposed to the full spectrum of geriatric medical care, including acute and sub-acute inpatient care, consultations, outpatient clinics, long-term care, hospice and palliative care, as well as home care. Clinical training is provided in comprehensive geriatric evaluations, rehabilitation, management of geriatric syndromes, the interdisciplinary team approach, and preventive care. The Academic Geriatric Research Training Program is under the leadership of Dr. Andrew Goldberg, Head of the Division of Gerontology at the UMSOM. Research training and exposure to research projects is afforded in the Geriatric Research, Education and Clinical Center (GRECC), of the VAMHCS, which focuses on studies of health promotion and cardiovascular disease prevention. The National Institute on Aging University of Maryland Claude D. Pepper Older Americans Independence Center (UM-OAIC) provides training in the conduct of exercise rehabilitation research in functionally limited older patients. The research training of the fellows is supported by a 2-year research training grant and a Special VA Fellowship Program in Geriatrics (SFPG). Fellows are well-prepared for careers in either clinical geriatrics or academic medicine.

1-Year Clinical Fellowship

Physicians (MD's or DO's) who will have completed an accredited Internal Medicine or Family Medicine residency are eligible for the 1-year clinical track in the University of Maryland Multi-campus Geriatric Medicine Fellowship Program, which is accredited by

the Accreditation Council for Graduate Medical Education (ACGME). Fellows are exposed to the diversity of practice settings and experiences in geriatric medicine, and closely supervised by experienced geriatricians. Fellows also gain experience acting as junior attending physicians, assistant medical directors, and instructors of medical residents and students. Upon completion of the required 12-clinical months, fellows are eligible for Certification of Added Qualifications in Geriatric Medicine and well-prepared for careers in clinical practice, in either community or academic settings.

Academic Geriatric Research Training

The Academic Geriatric Research Training Program for MD and PhD fellows who seek academic careers provides mentored training in the conduct of clinical and translational research into mechanisms by which exercise and weight loss affect fat and muscle metabolism, cardiovascular disease risk factors, body composition and musculoskeletal function in older patients and those disabled by stroke. Trainees learn techniques to conduct clinical and basic research in genetics, functional genomics, cellular and molecular biology, biochemistry and applied (exercise) physiology to examine the mechanisms underlying complex age-associated diseases. Research studies investigate the genetics of aging, longevity, cardiovascular disease, stroke and diabetes. Trainees gain skills on how to translate molecular/genetic, physiologic and epidemiologic findings to the bedside and community-based practice, prepare manuscripts and grant proposals, as well as teach in a variety of settings. A Special VA Fellowship Program in Geriatrics (SFPG) at the Baltimore VA GRECC and a research training Grant funds two MD and three PhD postdoctoral fellows for 2-3 years of training. These fellows are trained through a mentored multidisciplinary research experience to investigate mechanisms in exercise rehabilitation, metabolism, nutrition and CVD prevention using translational bench to bedside research. These programs are based in an enriched post-graduate educational environment with well-funded multidisciplinary MD and PhD faculty, substantial clinical and laboratory resources, and abundant didactic courses and seminars. They are designed to prepare MD and PhD fellows for academic careers in gerontology and geriatric medicine. As required by the ACGME, MD fellows who desire to obtain their Certification of Added Qualifications in Geriatric Medicine must complete 12 months of clinical rotations during the course of their fellowship.

The Baltimore Rehabilitation and Extended Care Center

The BRECC is a 100-bed long-term care facility under the VAMHCS. There are separate units for traditional nursing home care, sub-acute care, rehabilitation, palliative care and hospice, with emphasis on clinical pharmacology, wound care, nutrition and other forms of therapy. The campus is also the base for home-based primary care, through which the fellows provide home visits to housebound patients.

Baltimore VA Medical Center

The Baltimore VA Medical Center is the acute medical and surgical care facility for the

VAMHCS and offers a full range of medical, surgical, and psychiatric specialty services. The clinical, research and education programs and the administrative offices of the Division of Gerontology, University of Maryland are located at the VA, where there are outpatient and inpatient geriatric services and an inpatient geriatric evaluation and management unit (GEMU). The geriatric program has a GRECC, UM-OAIC and many research grants, making it one of the best funded research and career development programs in aging. The GRECC and UM-OAIC conduct research on the treatment and prevention of cardiovascular diseases through aggressive risk factor management, exercise and diet, and rehabilitation. The Medical Center offers veterans extensive state-of-the-art clinical services, and research programs including studies in diabetes, immunology, obesity, cardiovascular disease, oncology, and infectious diseases. These efforts greatly enhance the Medical Center's ability to provide the very best treatments to Maryland's veterans.

Franklin Woods Center

Franklin Woods Center is a community-based 112-bed sub-acute and long-term care facility, affiliated with Franklin Square Hospital Center, a recognized leader in best practices in geriatrics. The Center is highly sought after by both patients and trainees – including those studying to be nurse's aides, nurses, therapists, social workers, administrators, Directors of Nursing, and medical directors. Fellows perform geriatric assessments, admit new residents and learn to provide long-term continuing care in a nursing home setting; they also instruct trainees from the University of Maryland, Franklin Square Hospital Internal Medicine and Family Medicine Programs, and function as Assistant Medical Directors for the facility under the supervision of the faculty. Franklin Woods provides an excellent educational experience because of its diverse patient population, the variety and complexity of issues in the sub-acute and long-term care populations, and the dedication to mentoring and teaching by the 3 Division of Geriatric Medicine faculty members on the full-time staff of Franklin Square Hospital Center.

Facts about Baltimore

Baltimore, also known as "Charm City," is probably best known for its revitalized Inner Harbor area, which attracts millions of tourists from all over the world every year. Located on the Chesapeake Bay, the seafood is always fresh and uniquely prepared; Baltimore is known for having the best crab cakes and steamed crabs in the nation. In addition, there are many artistic, cultural and historic activities both here and under an hour away in Washington, D.C.; thus, there is always plenty to do. Sports are very popular, including two professional teams – the Baltimore Orioles, who play at Camden Yards, and the Baltimore Ravens who play at M & T Bank Stadium.