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L'HÔPITAL
ST. MARY

ST. MARY'S
HOSPITAL
FOUNDATION

Senior Friendly Geriatric Care at St. Mary's

Navigating Whole Person Care Spanning The Spectrum Of Life

A \$2.8 Million injection required

The Canadian population is aging faster than most countries and Quebec is no exception to this trend. There has been a significant acceleration in aging, particularly since 2011, when the baby boomer cohort reached the age of 65. As a result, the proportion of people over the age of 65 is expected to rise to 24% by 2026, which will only continue to drive an increasing demand for healthcare and services. The effects of this trend are already being seen at St. Mary's Hospital and we are adapting to the changing needs of our Community.

Geriatric Medicine at St. Mary's was formed as a clinical division of Medicine in the 1980s. What started as a consultation service with 6 beds has grown into a multidisciplinary program consisting of a 24-bed unit, an active ER and inpatient consultation service and a small outpatient clinic. Over the past year, there has been over 700 admissions to the inpatient unit (an increase of 25% from the previous year), 1,100 emergency room consultations and 100 clinic visits. The average age of our patients is 85 years with an average length of stay of 18 days.

There has been a long and illustrious research tradition in Geriatrics research at St. Mary's in the fields of delirium, screening for vulnerable seniors at risk, elder abuse and family caregiving to name a few. Currently, the tradition continues with the division involved in a multi-center study looking at quality of life improvements using comprehensive geriatric assessments (CGA) in geriatric oncology, the effects of music in hospitalized seniors, transition care for patients discharged back into the community and the caregiver experience in hospital. A CHIR grant application recently was submitted with St. Mary's as an investigation site for the use of CGA in improving the quality of life of seniors with congestive heart failure.

The strength of Geriatric Medicine at St. Mary's has always been our multidisciplinary team approach. As opposed to many other specialties, geriatric medicine does not rely on the use of cutting-edge technologies. We work in collaboration with other medical professionals and have a holistic approach to our patients, their families and caregivers. With the expertise and support from our teams, we promote older adults' autonomy in the community. Our goal is to improve the quality of seniors' lives, support caregivers and prevent complications that arise from hospitalization.

The Geriatric Medicine division's clientele arise from a community that contains a high population of seniors who have varying degrees of support. There is a growing need to work with our partners to improve or maintain seniors' autonomy, improve their quality of life and to help keep our seniors in the community. St. Mary's Geriatric Medicine division is well positioned to provide this level of service. It is also important to note that interaction with this population allows us to continue our important research collaboration with other disciplines.

Now is the time to pay it forward for our seniors who helped build our communities and institutions... we need to safeguard them with dignity and respect.

In participating this year, you will be playing a significant role in ensuring that the evolving healthcare needs of our senior's community are available today and tomorrow.

