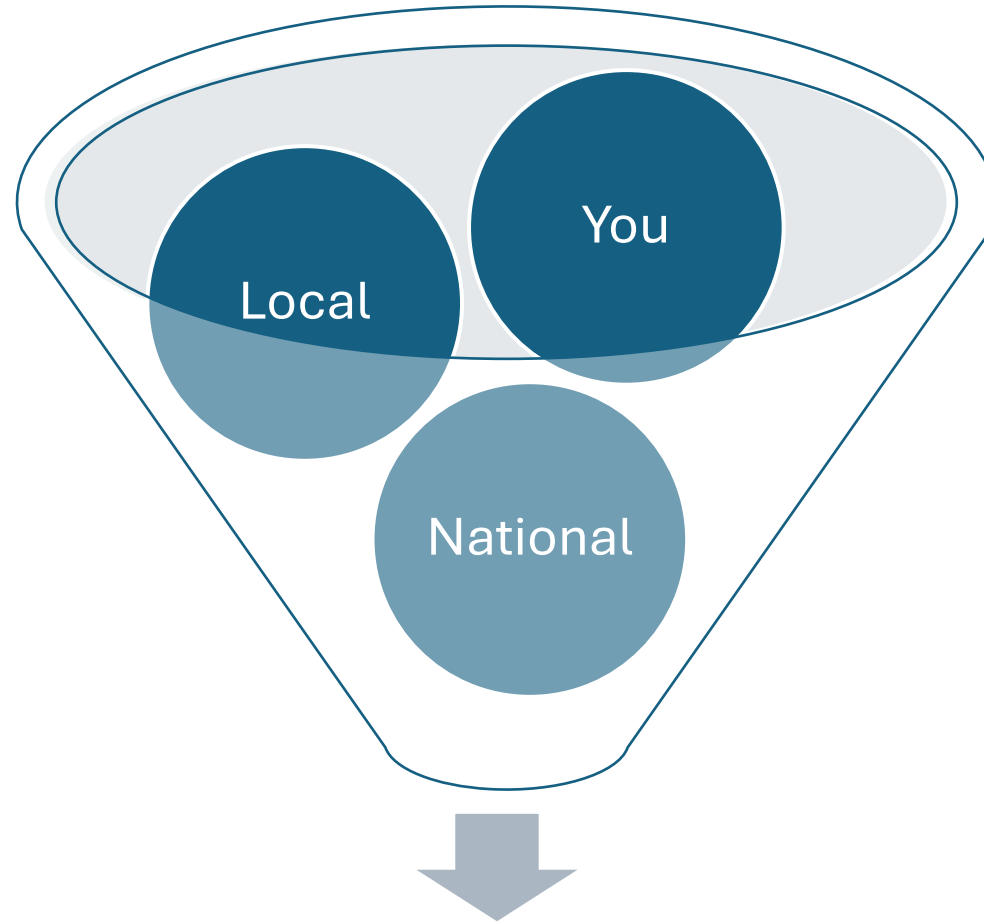




Lessons Learned in Launching and Sustaining Aging Research Initiatives- a Rheumatologist's Perspective

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American College of Rheumatology, Co-Chair, AGS Medical & Surgical Specialties Section

Moving Initiatives Forward on Multiple Levels



Goal: Improve care of older adults with rheumatic diseases



Individual

- My goals:
 - Develop age-friendly behavioral intervention with and for older adults to improve musculoskeletal pain and comorbid depression
 - VA HSR funding; leverage national VA resources
 - Implement and disseminate innovative models of delivering evidence based care for vulnerable older adults with chronic conditions especially pain
 - NCCIH, PCORI
 - Mentor colleagues in enhancing aging principles within specialties, particularly rheumatology
 - Local, national opportunities



Individual Career- Lessons Learned

- Revisit your goals
 - This may shift over time depending on your environment
- Invest in additional training in aging research/ geriatrics
- Identify mentors in your field, **in aging**, methodology
 - Navigate cultural difference between fields, which journals to target, how to frame grant applications
 - Sponsorship
- Stay curious and humble in order to learn
 - Different approaches and perspectives are what makes this community unique!



Local

- Understand priorities of your institution
 - Research, clinical, education
- Meet local leaders in Geriatrics
 - Attend aging related lectures/ grand rounds
 - Develop curricula around your area-aging (MSK pain-aging) for all levels of trainees- **become the 'go-to' person**
 - AGS/AGING LEARNING Collaborative, MCC Core Curriculum
 - Create learning experiences/ combined clinics for residents/ fellows
 - Organize aging focused journal clubs for all levels of learners, across disciplines
- Mentor and inspire others!

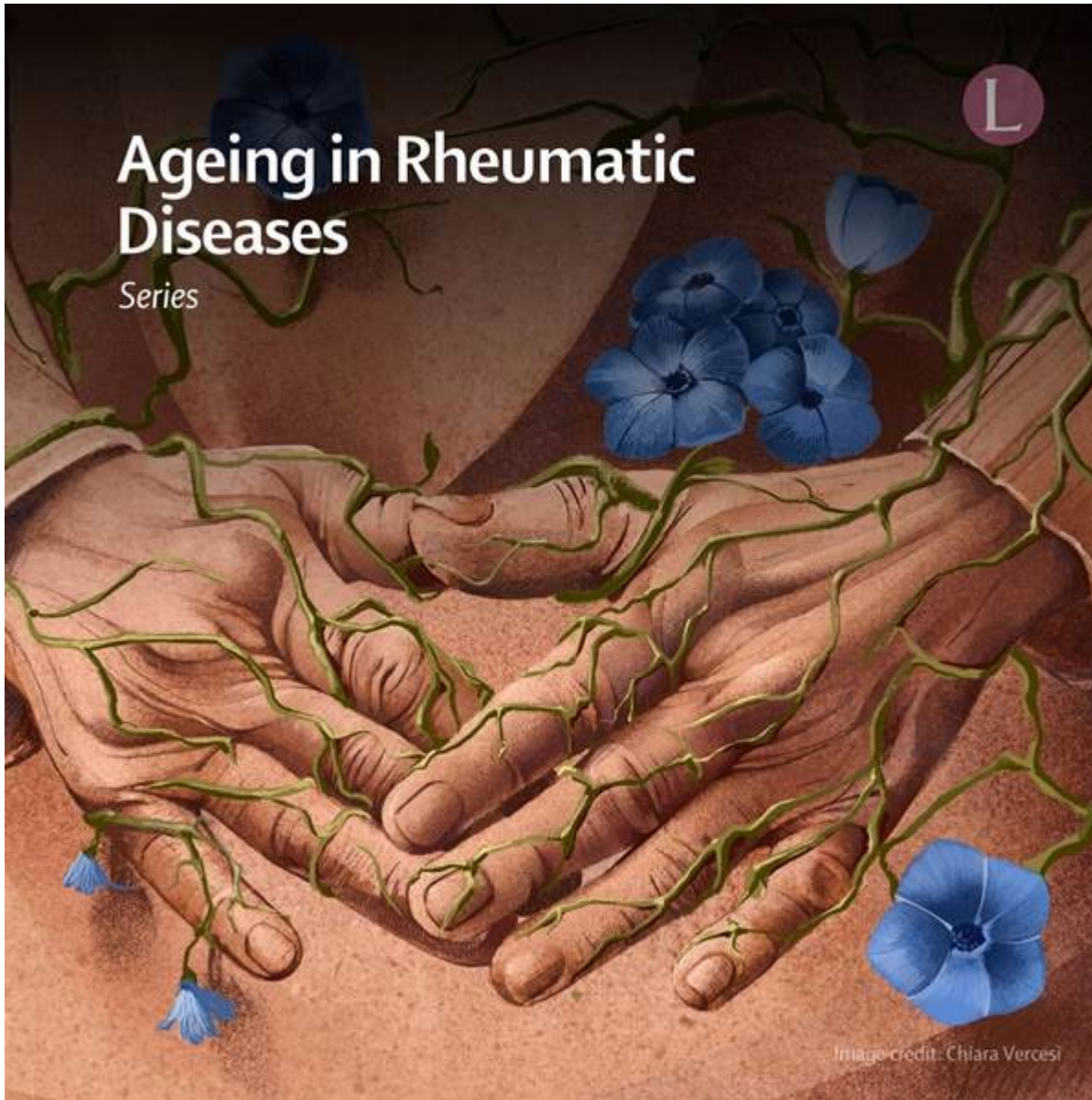
National



American College of Rheumatology (ACR)

- It all started with Ray Yung- mentor and sponsor to so many of us
- Create or join existing SIG
 - Pandemic perk: Community Hub sparked interest from Lancet Rheumatology editors → series
- Propose symposia
 - Over last decade, multiple visiting experts to ACR (Drs. Studenski, Ferrucci, Boyd)
- Volunteer on committees- be visible and promote your aging agenda!
 - QMS – promoting universal QM over disease specific
- Agenda setting with leadership
 - Aging Taskforce vs Subcommittee- meetings with leadership – annual turn over

PRESENCE and PERSISTENCE



Ageing in Rheumatic Diseases 1

Cognitive impairment in individuals with rheumatic diseases: the role of systemic inflammation, immunomodulatory medications, and comorbidities

Elena Myasoedova, Sebastian E Sattui, Jiha Lee, John T O'Brien, Una E Makris

Ageing in Rheumatic Diseases 2

Frailty and rheumatic diseases: evidence to date and lessons learned

Sarah B Lieber, Katherine D Wysham, Sebastian E Sattui, Raymond Yung, Devyani Misra

Ageing in Rheumatic Diseases 3

Understanding the multiple dimensions of ageing: 5Ms for the rheumatologist

Bjoern Buehring, Marloes van Onna, Elena Myasoedova, Jiha Lee, Una E Makris

Ageism and rheumatic diseases

The global population is ageing, and clinicians and researchers need to be prepared to respond to the unique needs of older adults living with rheumatic and musculoskeletal diseases. These diseases predispose to functional limitations and disability. Older adults are already at an increased risk of developing what are traditionally considered geriatric syndromes, such as frailty, cognitive impairment, multimorbidity, and polypharmacy, among other syndromes. All associated consequences. According to the classification of function changes in health, directly related to the ability to be active in various mobility and social interaction

patient, assuming hearing and cognitive deficits. At the institutional or policy level, ageism is commonplace. For example, some medical guidelines recommend an age threshold for cancer screenings without accounting for underlying health or functional status. For older adults who are otherwise in good health, discontinuing cancer screening just based on age might not seem appropriate. Another example of health rationing is highlighted in



Lancet Rheumatol 2024

Palliative care in patients with rheumatic diseases

Although reducing pain and suffering has always been the key premise in medicine, hospice and palliative care is a relatively new specialty in the modern health-care system environment. In 1990, WHO recognised palliative care as a crucial part of integrated, people-centred health services focused on improving the quality of life for people with life-limiting illnesses. Although major

research has been reported in the rheumatology literature. A study¹ examining the last year of life of patients with systemic rheumatic diseases concluded that these patients, particularly if they were older and had many comorbidities, experienced a high level of physical suffering. With the advancements in treatment of rheumatological conditions and development of



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[https://doi.org/10.1016/S2665-9913\(24\)00238-8](https://doi.org/10.1016/S2665-9913(24)00238-8)

For the Series on ageing in rheumatic diseases see www.thelancet.com/series/ageing-rheumatic-diseases





National

**Aging, the Medical Subspecialties, and Career Development:
Where We Were, Where We Are Going**

Arti Hurria, MD,^a Kevin P. Hibb, MD, MS,^b Lona Mody, MD,^c Frances McFarland Horne, PhD.

^Λ Received: 13 February 2023 | Revised: 23 March 2023 | Accepted: 24 March 2023

^Λ DOI: 10.1111/jgs.18393

^Λ

^B COMMENTARY

Journal of the
American Geriatrics Society

**Veterans Health Administration research in aging:
Opportunities for high impact across the academic career**

Camille P. Vaughan MD, AGSF^{1,2} | Rebecca T. Brown MD, MPH^{3,4,5,6} |
S. Nicole Hastings MD^{7,8,9} | Una E. Makris MD, MSc^{10,11} | Daniel E. Forman MD^{12,13}

American Geriatrics Society (AGS)

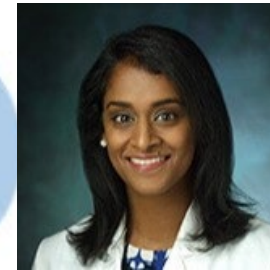
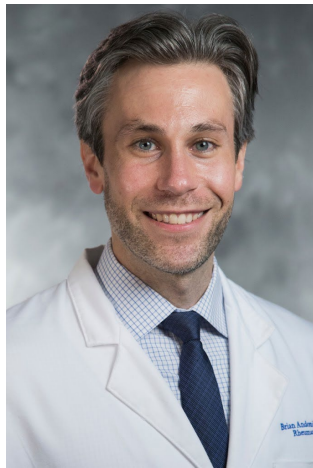
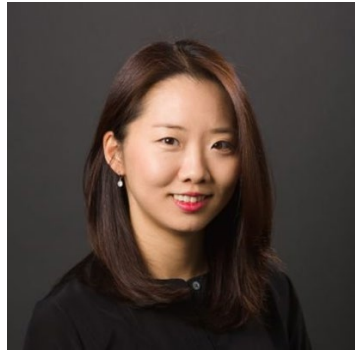
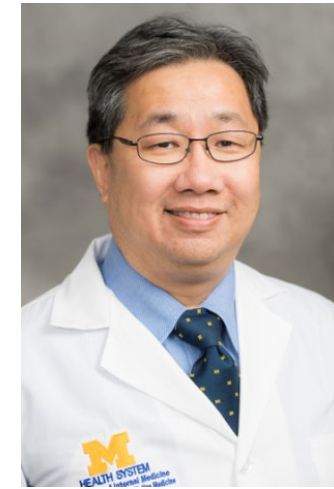
- Attend annually – abstracts due early December!
 - Bring your mentees!
 - Opportunities for career development (ex. Clin-STAR)
- Medical and Surgical Specialty Section Co-Chair since 2017
 - Lona Mody and Arti Hurria
 - Showcase opportunities for specialists to advance geriatrics agenda
 - Meet the funders/ program officers
- JAGS: robust reviewer resources
- Volunteer for committees

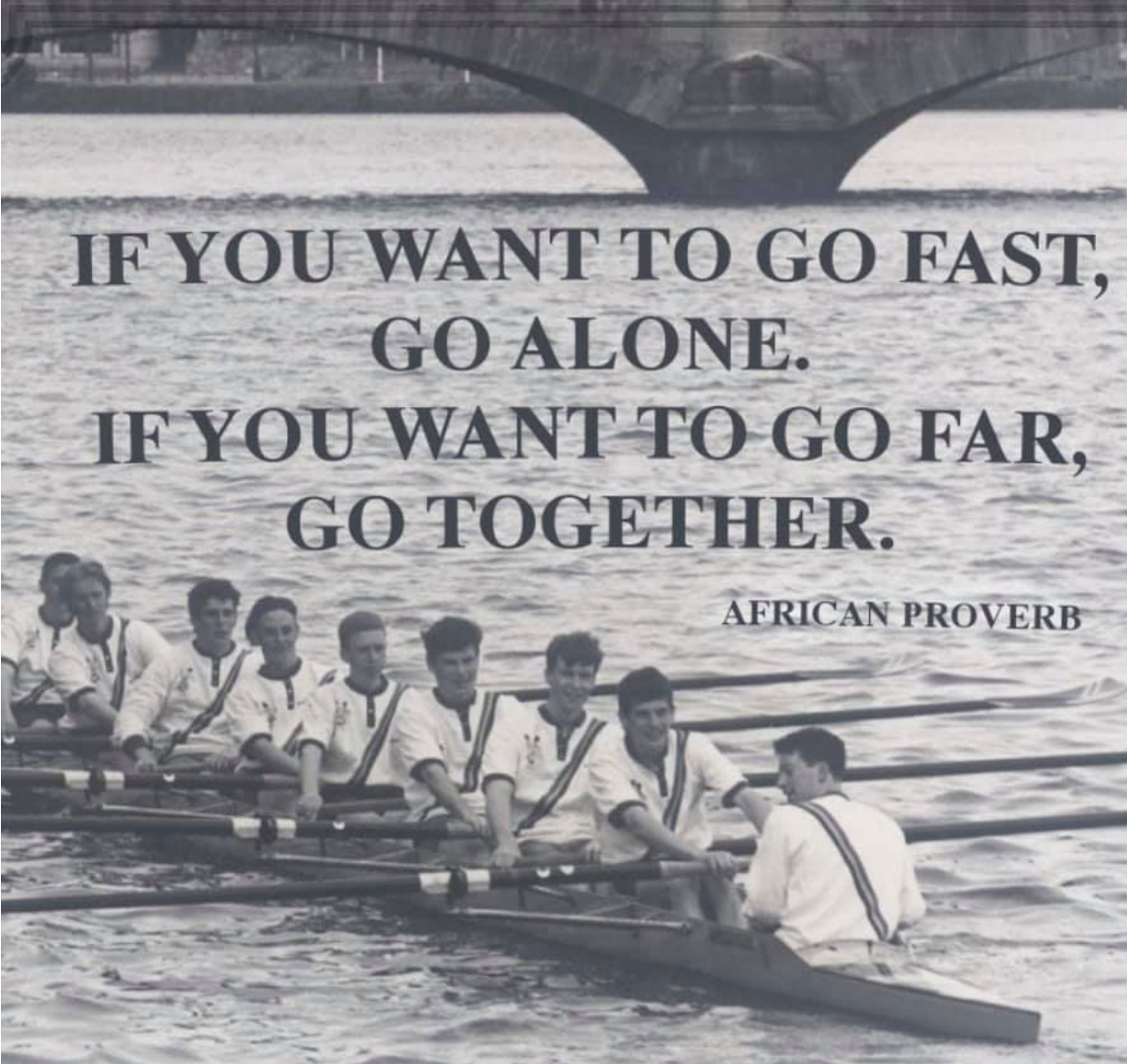


Lessons Learned

- Awareness of time invested in aging initiatives at various levels: individual, institutional, national
- Revisit your goals and align mentoring teams
- Attend at least 2 scientific conferences- form a **presence** within your professional society
- **Persistence**- keep pushing the aging agenda with leadership
 - **Problem solving** with curiosity
- **Recruit** collaborators- you can't do this alone
- Pipeline of projects that increasingly involve national collaborations– **mentor!** (Consider K24)
 - Junior faculty interested in aging research
- Who are the champions in your field--- move your field forward together!

Integrating Aging Principles into Rheumatology: #GeriRheum





**IF YOU WANT TO GO FAST,
GO ALONE.
IF YOU WANT TO GO FAR,
GO TOGETHER.**

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