

# Accessing Web-Based Resources in Gerontology

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City of Hope



# Objectives

- Identify web-based resources that can support goals of the geriatric oncology program
- Understand how to access the resources to achieve your goals

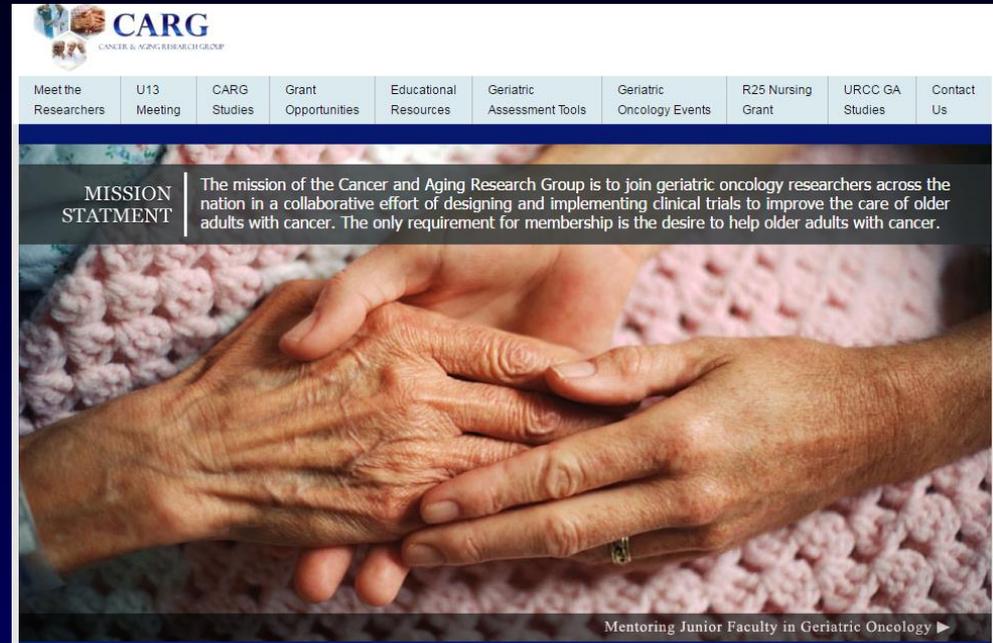
# Resources

- Geriatric Assessment
- Healthy Lifestyles
- Nutrition
- Exercise
- Organizations that support older adults with cancer



# Geriatric Assessment

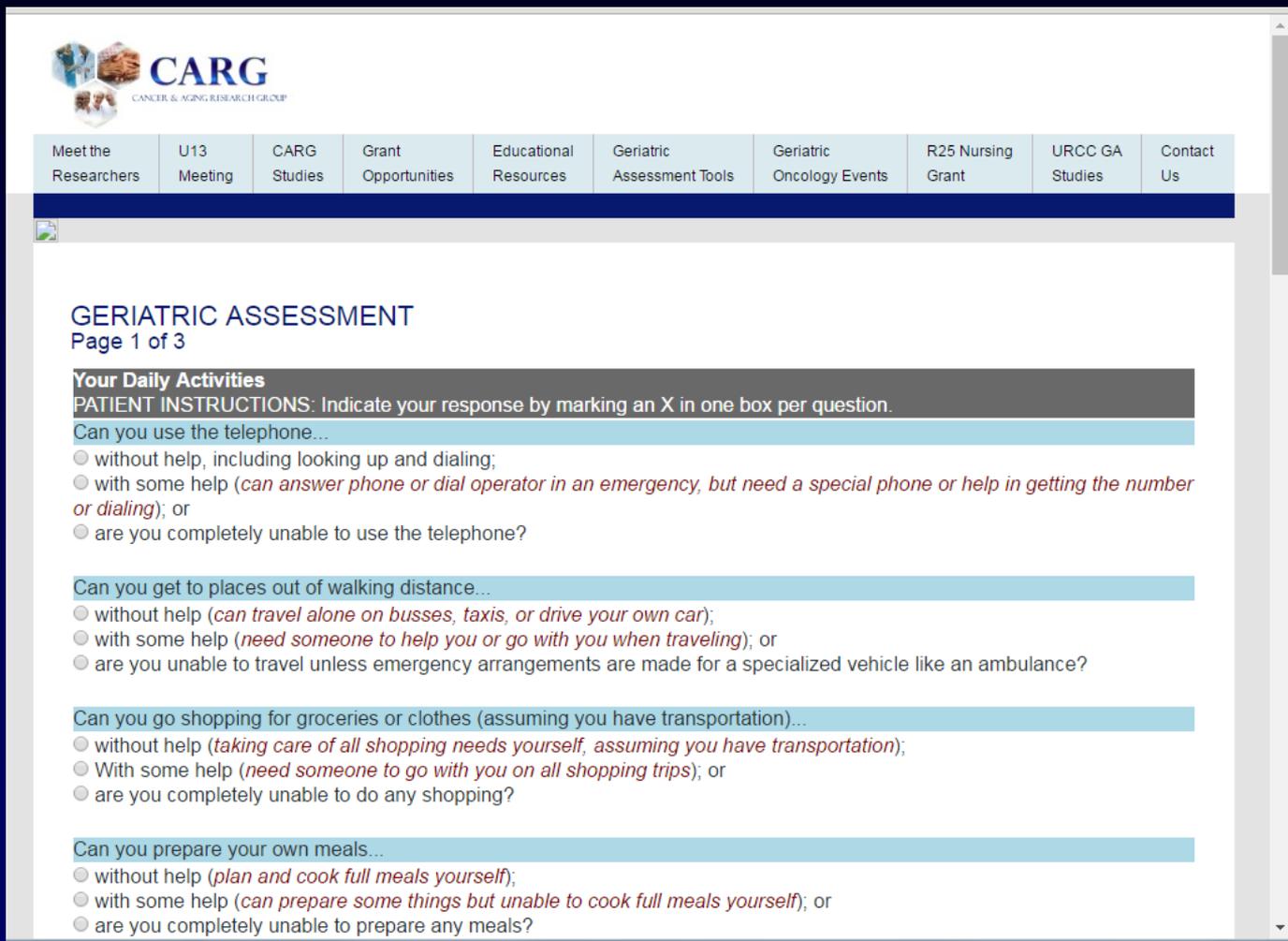
- Computerized
- [www.mycarg.org](http://www.mycarg.org)
  - Geriatric assessment
    - Languages:
      - English
      - Spanish
      - Chinese
    - Patient and Provider sections
      - Chemotherapy toxicity calculator



# Patient Portion

Takes about  
20 minutes to  
complete

Most  
completed  
independently



The screenshot shows the CARG (Cancer & Aging Research Group) Patient Portion Geriatric Assessment form. At the top, there is a navigation menu with the following items: Meet the Researchers, U13 Meeting, CARG Studies, Grant Opportunities, Educational Resources, Geriatric Assessment Tools, Geriatric Oncology Events, R25 Nursing Grant, URCC GA Studies, and Contact Us. The main content area is titled "GERIATRIC ASSESSMENT" and "Page 1 of 3". The section "Your Daily Activities" includes the following instructions: "PATIENT INSTRUCTIONS: Indicate your response by marking an X in one box per question." The form contains four questions, each with three radio button options:

- Can you use the telephone...**
  - without help, including looking up and dialing;
  - with some help (*can answer phone or dial operator in an emergency, but need a special phone or help in getting the number or dialing*); or
  - are you completely unable to use the telephone?
- Can you get to places out of walking distance...**
  - without help (*can travel alone on busses, taxis, or drive your own car*);
  - with some help (*need someone to help you or go with you when traveling*); or
  - are you unable to travel unless emergency arrangements are made for a specialized vehicle like an ambulance?
- Can you go shopping for groceries or clothes (assuming you have transportation)...**
  - without help (*taking care of all shopping needs yourself, assuming you have transportation*);
  - With some help (*need someone to go with you on all shopping trips*); or
  - are you completely unable to do any shopping?
- Can you prepare your own meals...**
  - without help (*plan and cook full meals yourself*);
  - with some help (*can prepare some things but unable to cook full meals yourself*); or
  - are you completely unable to prepare any meals?

# Provider Section

Takes about  
5 minutes to  
complete

Requires a  
chair, tape  
measure,  
and a  
stopwatch

## GERIATRIC ASSESSMENT

Healthcare Team Gathered

Karnofsky Performance Status [?](#)

Select

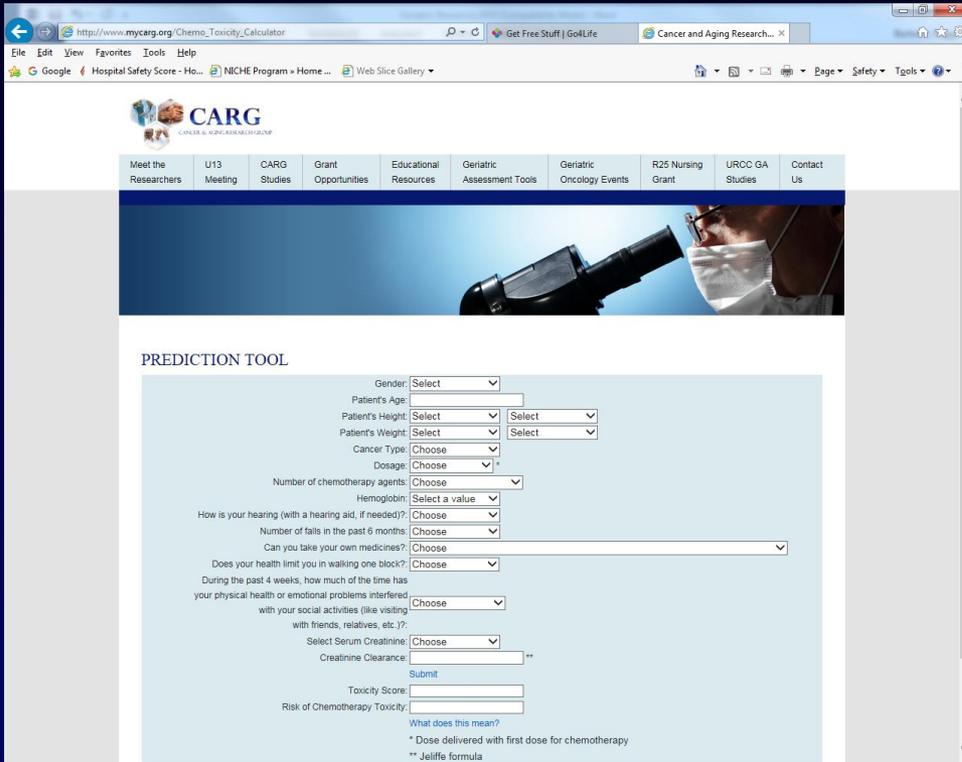
Timed "Up and Go" [?](#)

.

	Cognition: <a href="#">?</a>	<u>Patient's Response</u>	<u>Maximum Errors</u>	<u>Score</u>	<u>Weight</u>	<u>Final Score</u>
<b>Orientation-Memory-Concentration Test</b>						
1. What <u>year</u> is it now? [without looking at a calendar]		<input type="text"/>	1	<input type="text"/>	x 4	<input type="text"/>
2. What <u>month</u> is it now? [without looking at a calendar]		<input type="text"/>	1	<input type="text"/>	x 3	<input type="text"/>
<b>Memory phrase</b> Repeat this phrase after me: 'John Brown, 42 Market Street, Chicago.'						
3. About what time is it? [within 1 hour - without looking at your watch]		<input type="text"/> : <input type="text"/>	1	<input type="text"/>	x 3	<input type="text"/>
4. Count backwards from 20 to 1.			2	<input type="text"/>	x 2	<input type="text"/>
5. Say the months in reverse order.			2	<input type="text"/>	x 2	<input type="text"/>
6. Repeat the memory phrase.			5	<input type="text"/>	x 2	<input type="text"/>

# Chemotherapy toxicity calculator

- Requires data from the GA
  - Hearing
  - Take your own meds
  - # falls in past 6 mos
  - Ability to walk 1 block
  - Social activities
  - In addition to data from the medical record



The screenshot shows a web browser window displaying the CARG Chemotherapy Toxicity Calculator. The page features a navigation menu with links such as 'Meet the Researchers', 'U13 Meeting', 'CARG Studies', 'Grant Opportunities', 'Educational Resources', 'Geriatric Assessment Tools', 'Geriatric Oncology Events', 'R25 Nursing Grant', 'URCC GA Studies', and 'Contact Us'. Below the navigation is a banner image of a person wearing a surgical mask and glasses, looking through a microscope. The main content area is titled 'PREDICTION TOOL' and contains a form with various input fields and dropdown menus. The form includes fields for Gender, Patient's Age, Patient's Height, Patient's Weight, Cancer Type, Dosage, Number of chemotherapy agents, Hemoglobin, How is your hearing (with a hearing aid, if needed?), Number of falls in the past 6 months, Can you take your own medicines?, Does your health limit you in walking one block?, During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.?), Select Serum Creatinine, Creatinine Clearance, and a Submit button. Below the form, there are fields for Toxicity Score and Risk of Chemotherapy Toxicity, along with a link for 'What does this mean?' and footnotes: '\* Dose delivered with first dose for chemotherapy' and '\*\* Jellife formula'.

- Takes about 5 minutes



## PREDICTION TOOL

Gender:

Patient's Age:

Patient's Height:

Patient's Weight:

Cancer Type:

Dosage:  \*

Number of chemotherapy agents:

Hemoglobin:

How is your hearing (with a hearing aid, if needed)?:

Number of falls in the past 6 months:

Can you take your own medicines?:

Does your health limit you in walking one block?:

During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?:

Select Serum Creatinine:

Creatinine Clearance:  \*\*

[Submit](#)

Toxicity Score:

Risk of Chemotherapy Toxicity:

[What does this mean?](#)

\* Dose delivered with first dose for chemotherapy

\*\* Jelliffe formula

Meet the  
Researchers

U13  
Meeting

CARG  
Studies

Grant  
Opportunities

Educational  
Resources

Geriatric  
Assessment Tools

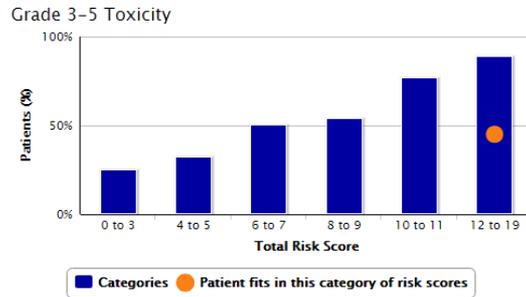
Geriatric  
Oncology Events

R25 Nursing  
Grant

URCC GA  
Studies

Contact  
Us

# Predicting chemotherapy toxicity in older adults with cancer: a prospective multicenter study



**Patient Total Risk Score: 16**

**Patient Toxicity Risk: 94%**

Using the predictive model for treatment-related toxicity in older adults (Hurria et al, Journal of Clinical Oncology, 2011\*), this patient has a 94% risk of grade 3-5 toxicity\*\*.

	Toxicity Factor/Question	Value/Response	Score
<input checked="" type="checkbox"/>	Patient's Age	Age >= 72	2
<input checked="" type="checkbox"/>	Cancer Type	Gastrointestinal	2
<input checked="" type="checkbox"/>	Dosage	Standard dose	2
<input checked="" type="checkbox"/>	Number of chemotherapy agents	Poly-chemo therapy	2
<input type="checkbox"/>	Hemoglobin	≥10 g/dL	0
<input checked="" type="checkbox"/>	How is your hearing (with a hearing aid, if needed)?	Fair	2
<input checked="" type="checkbox"/>	Number of falls in the past 6 months?	1 or more	3
<input type="checkbox"/>	Can you take your own medicines?	Without help (in the right doses at the right time)	0
<input checked="" type="checkbox"/>	Does your health limit you in walking one block?	Limited a little	2
<input checked="" type="checkbox"/>	During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?	Some of the time	1
<input type="checkbox"/>	Creatinine Clearance	41	0

# Predicting chemotherapy toxicity in older adults with cancer: a prospective multicenter study

Total Risk Score		%Risk	N
Low	0 to 3	25%	28
	4 to 5	32%	100
Mid	6 to 7	50%	136
	8 to 9	54%	91
High	10 to 11	77%	62
	12 to 19	89%	47

# Geriatric Assessment

- The Hartford Institute for Geriatric Nursing - Try This Series
- [www.ConsultGeriRN.org](http://www.ConsultGeriRN.org)
  - Katz Index of Activities of Daily Living
  - Lawton Instrumental Activities of Daily Living Scale
  - Cognition tools: Mini-COG and MoCA
  - Geriatric Depression Scale (15 questions)
  - Fulmer SPICES: An Overall Assessment Tool for Older Adults



**ConsultGeri**

a clinical website of The Hartford Institute for Geriatric Nursing

# Geriatric Assessment

- International Society of Geriatric Oncology
  - Société Internationale d'Oncologie Gériatrique
  - [www.siog.org](http://www.siog.org)
  - Comprehensive Geriatric Assessments including:
    - G8
    - Triage Risk Screening Tool (TRST)
    - Vulnerable Elders-13 Survey (VES-13)
    - Additional tools for each section of CGA



# Organizations

- American Geriatric Society
  - [www.americangeriatrics.org](http://www.americangeriatrics.org)
  - Guiding Principles for the Care of Older Adults with Multimorbidity
  - Beers list of potentially inappropriate medications in older adults
  - Guidelines for post operative delirium
  - Guideline on fall prevention

**AGS**

THE AMERICAN GERIATRICS SOCIETY

Geriatrics Health Professionals.

Leading change. Improving care for older adults.

# Organizations

- National Comprehensive Cancer Network (NCCN) Older Adult Oncology Guidelines
  - [www.nccn.org](http://www.nccn.org)
  - Age related recommendations
  - Life Expectancy chart
  - Cognition guidelines
  - Geriatric Assessment



# Healthy Lifestyle

- American Cancer Society (ACS)
  - [www.cancer.org](http://www.cancer.org)
  - Eat Healthy and Get Active recommendations on their website
- American Institute for Cancer Research (AICR)
  - [www.aicr.org](http://www.aicr.org)
  - Guidelines for Cancer Survivors
  - Healthy Lifestyle Guidelines



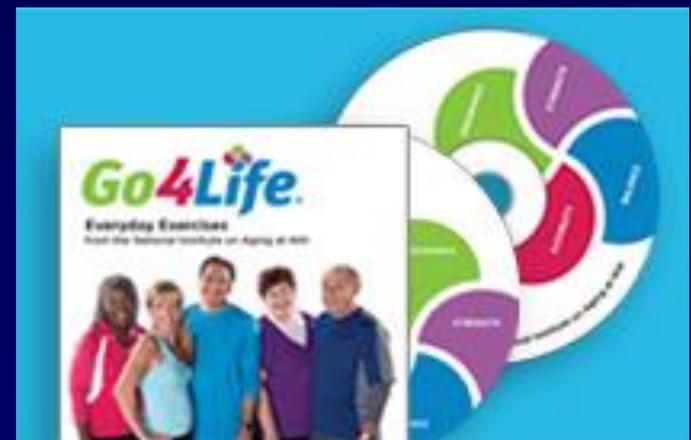
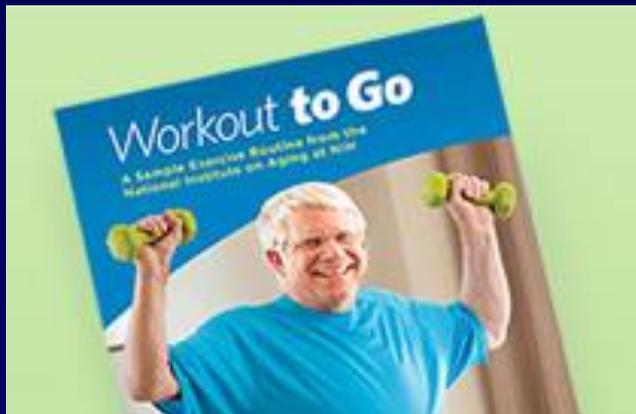
# Nutrition

- Mini Nutritional Assessment
  - [www.mna-elderly.com](http://www.mna-elderly.com)
  - iPhone App
- National Cancer Institute
  - [www.cancer.gov/cancertopics/pdq/supportive\\_care/nutrition/HealthProfessional/page4](http://www.cancer.gov/cancertopics/pdq/supportive_care/nutrition/HealthProfessional/page4)
  - NCI Nutrition in Cancer Care (PDQ)
    - Professional version evidence-based information



# Exercise

- National Institute on Aging
  - <https://go4life.nia.nih.gov/>
  - Go4Life
  - Exercise and Physical Activity free resources
  - Get free stuff (books, tip sheets, DVD, etc.)



# Area Agency on Aging

- Elder Locator Resource Center
  - [www.eldercare.gov](http://www.eldercare.gov)
  - Finding help in your community for a variety of services for older adults
    - Meals
    - Homecare
    - Transportation
    - Caregiver training and support
  - Adult protective services (abuse and neglect)



# Education

Memorial Sloan Kettering Library

LibGuides

- Memorial Sloan Kettering Cancer Center
  - <http://libguides.mskcc.org/GeriatricPlan>
- The Portal of Geriatrics Online Education (POGOe)
  - [www.pogoe.org](http://www.pogoe.org)
- American Society of Clinical Oncology
  - <http://www.asco.org/practice-guidelines/cancer-care-initiatives/geriatric-oncology>



# Summary

- Resources are available on line
- Use from reliable sources
- Check date last reviewed
- Mycarg.org will be updated

