

Accessing Web-Based Resources in Gerontology

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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

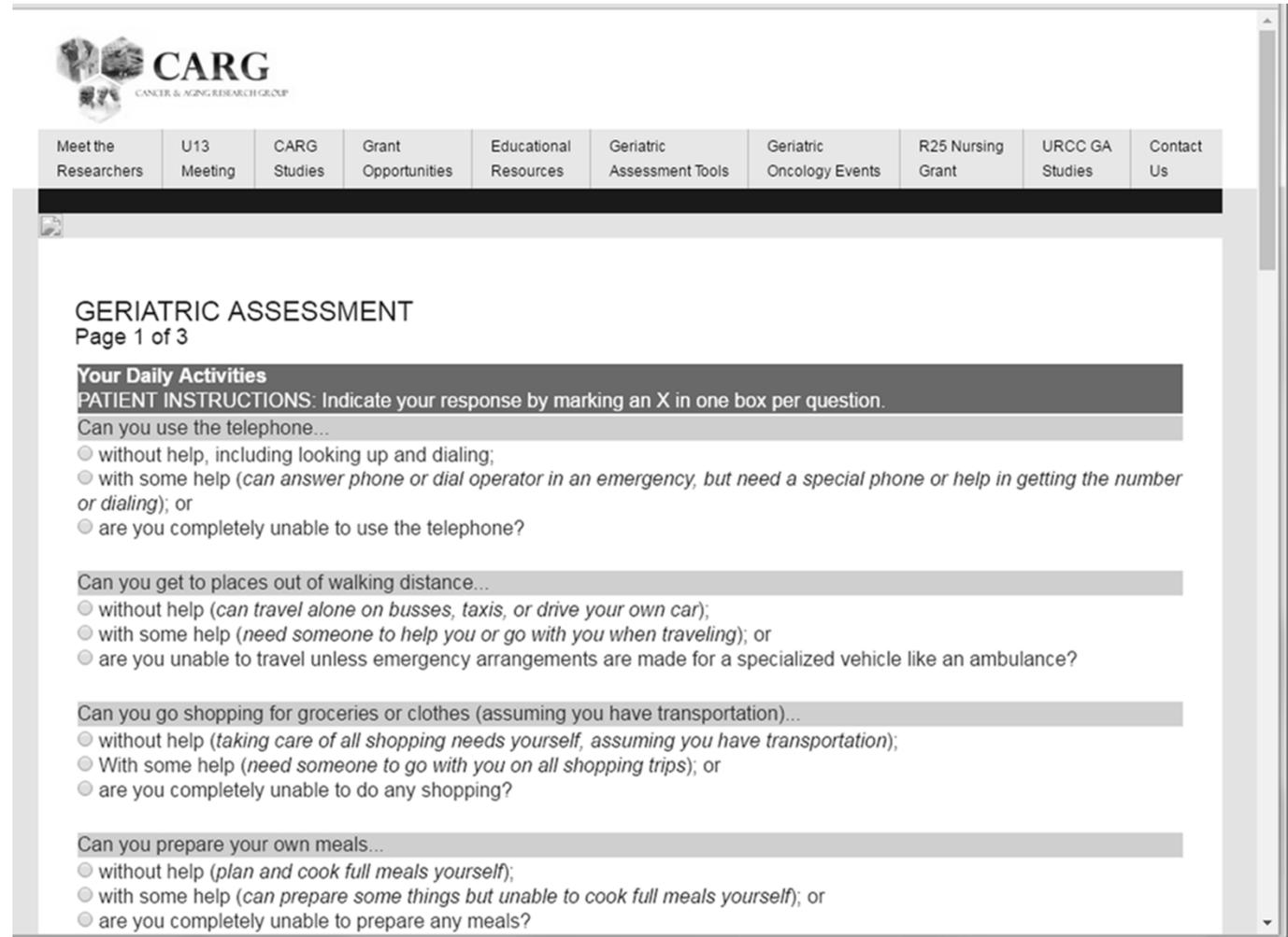
- Computerized
- www.mycarg.org
 - Geriatric assessment
 - Languages:
 - English
 - Spanish
 - Chinese
 - Patient and Provider sections
 - Chemotherapy toxicity calculator



Patient Portion

Takes about
20 minutes to
complete

Most
completed
independently



The screenshot shows the CARG (Cancer & Aging Research Group) website header with a navigation menu. The main content area is titled "GERIATRIC ASSESSMENT" and "Page 1 of 3". It features a section for "Your Daily Activities" with "PATIENT INSTRUCTIONS" to mark an X in one box per question. The form includes four questions with 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 

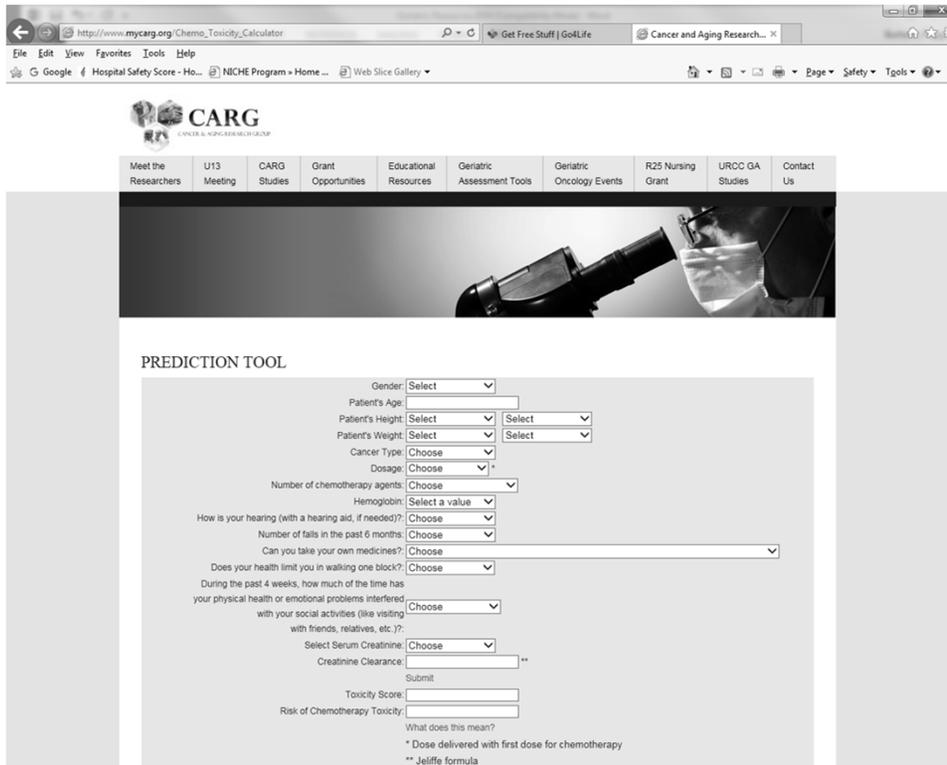
Timed "Up and Go"  .

Cognition: Patient's Response Maximum Errors Score Weight Final Score

Orientation-Memory-Concentration Test 

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"/>
Memory phrase 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



The screenshot shows a web browser window with the URL http://www.mycarg.org/Chemo_Toxicity_Calculator. The page features the CARG logo and a navigation menu with items like '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 menu is a banner image of a medical syringe. The main content area is titled 'PREDICTION TOOL' and contains a form with the following fields:

- Gender: Select
- Patient's Age: [text input]
- Patient's Height: Select
- Patient's Weight: Select
- Cancer Type: Choose
- Dosage: Choose
- Number of chemotherapy agents: Choose
- Hemoglobin: Select a value
- How is your hearing (with a hearing aid, if needed?): Choose
- Number of falls in the past 6 months: Choose
- Can you take your own medicines?: Choose
- Does your health limit you in walking one block?: Choose
- 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.): Choose
- Select Serum Creatinine: Choose
- Creatinine Clearance: [text input]
- Submit
- Toxicity Score: [text input]
- Risk of Chemotherapy Toxicity: [text input]

Footnote: * Dose delivered with first dose for chemotherapy
** Jelliffe formula

- 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
- 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
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Assessment Tools](#)

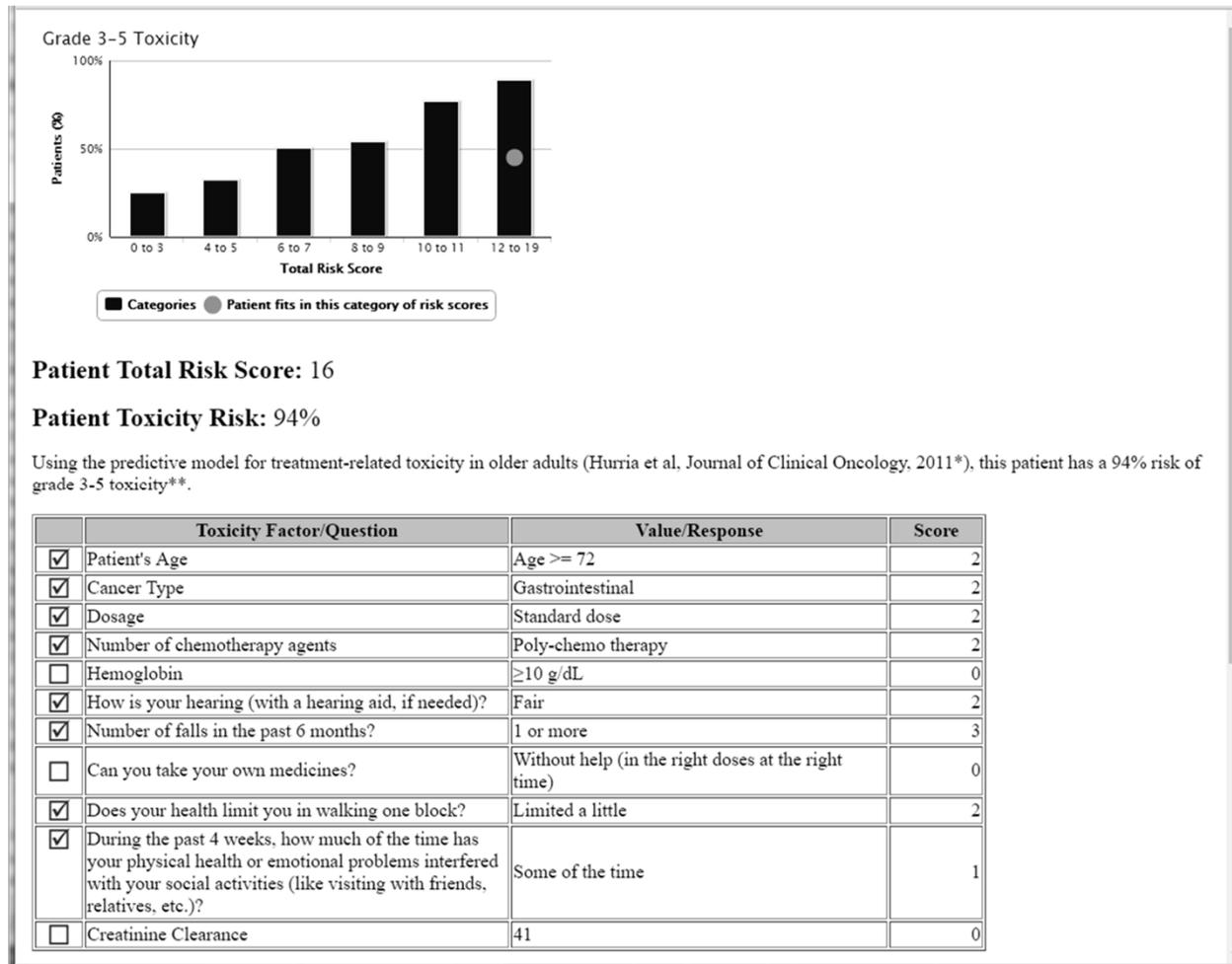
[Geriatric
Oncology Events](#)

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



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
 - 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
 - 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
 - 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

Organizations

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



Healthy Lifestyle

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



Nutrition

- Mini Nutritional Assessment
 - www.mna-elderly.com
 - iPhone App
- National Cancer Institute
 - 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
 - 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
- 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

