



Rhode Island Hospital
The Miriam Hospital
Lifespan Partners



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GERIATRIC PSYCHIATRY

at Rhode Island Hospital
and The Miriam Hospital

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Lifespan's four affiliated hospitals (Rhode Island Hospital and its Hasbro Children's Hospital, The Miriam Hospital, Bradley Hospital, and Newport Hospital) are dedicated to being at the forefront of innovation in psychiatry and behavioral health for people of all ages. Affiliated with The Warren Alpert Medical School of Brown University, our teaching hospitals are the school's largest contributor to psychiatry and behavioral science education and research, bringing in research funding that makes us national leaders in the generation of new treatments. As the largest providers of psychiatric and behavioral health services in southern New England, Lifespan's partner hospitals are committed to the integration of psychiatry and medicine, providing mental health services for our medical and surgical patients and for more than 75,000 outpatient visits each year.

To help address the mental, emotional and behavioral problems that occur in the later years of life, Rhode Island Hospital and The Miriam Hospital have programs in geriatric psychiatry uniquely geared to our geriatric patients.

Our geriatric psychiatry services provide help for patients suffering from common problems such as dementia, depression, or anxiety, as well as for less prevalent disorders such as bipolar disorder or schizophrenia. We also address grief, family issues, and substance abuse problems, as well as difficulties coping with medical disorders such as Parkinson's disease, stroke, or cardiovascular disease.

Approximately half of our geriatric psychiatric patients require treatment for some form of dementia or memory disorder. Alzheimer's disease is the most common form of dementia in aging patients; however, there are many types of dementia and each type requires specialized understanding, medication and care.

Our physicians and psychologists are members of the faculty of the Department of Psychiatry & Human Behavior of The Warren Alpert Medical School of Brown University, which has been named a Center of Excellence in Geriatric Medicine and Training by the John A. Hartford Foundation, the nation's largest private foundation solely focused on aging and health. Board-certified geriatric psychiatrists form the core of our programs, and our nurse clinical specialists are considered the clinical and educational leaders in the region.

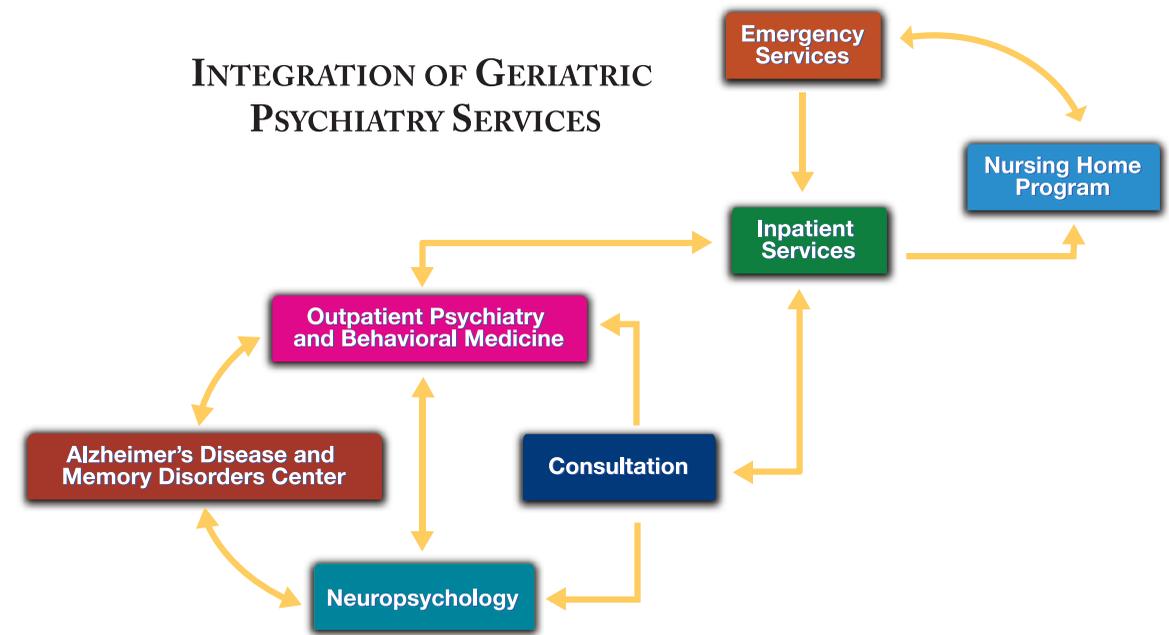
In addition to excellent patient care, we have an ongoing commitment to education and research:

- **Education:** Our programs provide training for medical students as well as psychiatry and psychology trainees. We are also a core component of the Geriatric Psychiatry Fellowship Training Program at Alpert Medical School, which educates advanced psychiatry residents to become outstanding clinicians, administrators, and researchers in the specialty of geriatric psychiatry.
- **Research:** Our programs have received more than \$10 million in external research funding over the past year in areas that include studies to understand and treat the stress associated with caring for someone who has dementia; brain imaging in dementia; cognitive therapy for memory loss; hormonal factors in Alzheimer's disease; studies of driving ability in dementia patients; and treatment of mild cognitive impairment.

This brochure summarizes the services available to our older patients and their families and caregivers, and serves as a guide to finding the most appropriate care.

Patient care is coordinated among programs to ensure that every geriatric patient receives the most appropriate and effective treatment for his or her individual needs.

Geriatric Psychiatry Services at Rhode Island Hospital and The Miriam Hospital



GERIATRIC OUTPATIENT SERVICES

Psychiatric services are available on an outpatient basis at both Rhode Island Hospital and The Miriam Hospital.

At The Miriam Hospital

The Miriam Hospital's geriatric psychiatry outpatient services are provided by two psychiatrists with subspecialty board certification in geriatric psychiatry, our geriatric psychiatric clinical nurse specialist, and a behavioral medicine psychologist. Services include psychiatric evaluations, medication management, and psychotherapy, including a focus on dementia caregiver issues, stress management and grief counseling.

The Miriam Hospital is also the home of Clinical Programs in Behavioral Medicine, where doctoral-level psychologists specialize in behavioral therapy and stress management techniques that comprise a range of medical and psychological services including:

- Cognitive-behavioral management of stress, anxiety, and depression associated with chronic medical conditions
- Smoking cessation
- Weight management

► Contact Information

Outpatient Geriatric Psychiatry

The Miriam Hospital, Fain Building

Phone: 401-793-4300

Director: Robert Kohn, MD

Clinical Nurse Specialist: Christina Sokoloff, RN, MSN, PCNS

Behavioral Medicine Psychologist: Lucy Rathier, PhD

Clinical Programs in Behavioral Medicine

The Coro Building, Suite 309, One Hoppin Street, Providence

Phone: 401-793-8770

Director: Justin Nash, PhD

At Rhode Island Hospital

Rhode Island Hospital is a primary resource for psychiatric outpatient services in southeastern New England, seeing more than 40,000 visits each year. Many who require our services are older patients with mental health concerns, including age-related psychiatric conditions.

The department of psychiatry at Rhode Island Hospital has made research an integral part of outpatient clinical care in order to remain at the forefront of psychiatric knowledge and treatment and to facilitate provision of the highest quality care to patients. The Rhode Island Methods to Improve Diagnostic Assessment and Services (MIDAS) project integrates a multifaceted research program into clinical practice to the benefit of patient care. Specially trained diagnostic interviewers conduct a comprehensive evaluation, which gives patients the time and opportunity to provide a complete personal history. The evaluation results in improved diagnoses and treatment of psychiatric disorders.

Within the outpatient division, there are also specialty programs such as the Gambling Treatment Program and the Sleep and Anxiety Disorders Program.

► Contact Information

Bayside Office Building, 235 Plain Street, Providence

Phone: 401-444-7442

Director: Mark Zimmerman, MD

THE NEUROPSYCHOLOGY PROGRAM

The Neuropsychology Program is a clinical specialty service located at both Rhode Island Hospital and The Miriam Hospital. The program offers neuropsychological evaluation of memory and other cognitive functions on both an inpatient and outpatient basis, and always in a supportive atmosphere. Results of the evaluation can assist with accurate diagnosis and lead to specific treatment recommendations.

Services include comprehensive memory and cognitive assessment and treatment recommendations for known or suspected neurologic or neuropsychiatric disorders, such as memory disorders, dementia, traumatic brain injury, stroke, brain tumors, and neurocognitive and behavioral impairments resulting from physical illness.

The professional staff of the Neuropsychology Program:

- Offer neuropsychological evaluation of memory and other cognitive functions
- Assist with discharge planning and needs for supervision
- Serve as key members of multidisciplinary evaluation and treatment teams for Alzheimer's disease and related dementias through the Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital
- Schedule and participate in the important follow-up meeting with the patient and family members to discuss the results of the evaluation and offer recommendations
- Provide consultation to families and other caregivers who are experiencing difficulty adjusting to or managing their loved ones' memory difficulties and other cognitive and behavioral problems

Program staff work closely with referring physicians (including primary care physicians, neurologists, neurosurgeons and psychiatrists) and provide them with a detailed evaluation, along with recommendations for treatment.

In addition to memory and cognitive assessment, the Neuropsychology Program also actively engages in many areas of research related to the diagnosis and treatment of geriatric cognitive disorders, including ongoing studies

to understand and treat the stress associated with caring for someone who has dementia.

► **Contact Information**

Physicians' Office Building (POB) and The Coro Building

Phone: 401-444-4500

Director: Geoffrey Tremont, PhD

The Miriam Hospital program

Phone: 401-793-8740

PSYCHIATRIC CONSULTATION TO GERIATRIC MEDICAL AND SURGICAL INPATIENTS

Mental health is a significant factor in the overall functioning and medical health of our hospitalized elders. Our Consultation Psychiatry service addresses the mental health issues of hospitalized patients in the context of their medical condition and overall health. Consultation is provided by multidisciplinary teams headed by a psychiatrist. The team includes psychiatrists, neuropsychologists, psychiatric nurse clinicians, nurse specialists, psychiatric social workers and psychiatric residents, who work together to evaluate and care for patients whose psychiatric problems affect their medical conditions or whose medical illness generates psychiatric (neuropsychiatric) symptoms or conditions.

Skilled in addressing the unique issues of geriatric patients, including pain management, dementia evaluation, decision-making ability, and need for subsequent care, the team works closely with patients' physicians, social workers, and nursing staff to ensure that the mental health needs of both patients and their families are met.

Among the conditions treated are dementia, delirium, depression, agitation, anxiety, eating disorders, psychosis, and substance abuse. In some cases, patients may be referred to our other specialized services, including inpatient and outpatient services, the Nursing Home Psychiatry Consultation Program, the Neuropsychology Program, or the Alzheimer's Disease and Memory Disorders Center.

► **Contact Information**

Requests for inpatient medical/surgical consultation are made through the patient's attending physician.

Consultation Services at Rhode Island Hospital

Phone: 401-444-3418

Director: Colin Harrington, MD

Consultation Services at The Miriam Hospital

Phone: 401-793-4300

Director: Jeffrey Burock, MD

INPATIENT GERIATRIC PSYCHIATRIC SERVICES

Inpatient Geriatric Psychiatric services are available at Rhode Island Hospital. The Geriatric Psychiatry Unit, located in the Jane Brown Building at Rhode Island Hospital, offers treatment for both medical and psychiatric problems, concurrently, in one location. The unit's multidisciplinary team assesses and treats patients across the full range of psychiatric illnesses and comorbid medical conditions. The team also works closely with patients and their caregivers to transition as quickly as possible into appropriate follow-up programs or settings such as nursing homes, depending on the needs of the patient and his or her family.

► **Contact Information**

An emergency intake/transfer coordinator manages admission to the Geriatric Psychiatry Inpatient unit.

Phone: 401-444-4779

Director of Inpatient Psychiatry:

Gabor Keitner, MD

Director of Geriatric

Inpatient Psychiatry:

Wasim Rashid, MD



NURSING HOME PSYCHIATRY CONSULTATION PROGRAM

The Nursing Home Psychiatry Consultation Program, staffed by an expert team from The Miriam Hospital, provides psychiatric services for residents of nursing homes and assisted-living or long-term care facilities in Rhode Island. This program is comprised of a multidisciplinary team that includes board-certified geriatric psychiatrists and psychiatric clinical nurse specialists with expertise in psychiatry and gerontology.

Many elderly residents of nursing homes and care facilities have psychiatric and behavioral disorders. However, community-based facilities often lack access to comprehensive mental health services. The Nursing Home Psychiatry Consultation Program addresses this need by providing individualized care to patients, support and education for staff, and help for family members and loved ones, who are often grieving and under significant stress.

With a strong background in geriatric psychiatry and nursing, the consultation team offers services that include:

- Diagnostic assessment of disorders of mood, thought, or behavior
- Psychopharmacology management
- Family consultation and intervention
- Emergency assessment and treatment
- Psychotherapy and grief counseling
- Nursing consultation
- Educational programs

Many of the patients seen through the program are treated for behavioral issues related to dementia. The consultation team offers the specialized understanding, medication and care required by each specific type of dementia, and assists staff in recognizing the particular needs of their patients. In addition, the team treats patients suffering from other illnesses, such as depression, schizophrenia, bipolar disorder, and anxiety disorders. In some cases, patients suffer from these conditions in addition to dementia.

With a unique perspective on the medical and behavioral problems facing this population, the consultation team also lends its expertise to other nurses. Recognizing a need for more clinical education in geriatrics, the program sponsors a yearly conference about geriatric issues for nurses in the region.

► **Contact Information**

Phone: 401-793-4300

Voice Message: 401-793-7246

Fax: 401-793-4312

Nurse Clinical Specialists:

Debbie Mendelsohn, RN, MSN, PCNS

Christina Sokoloff, RN, MSN, PCNS

Sylvia Weber, RN, MSN, PCNS

Psychiatrists:

Robert Boland, MD

Jeffrey Burock, MD

Richard Goldberg, MD, MS

Romina Smulever, MD



ALZHEIMER'S DISEASE AND MEMORY DISORDERS CENTER

The Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital is a comprehensive diagnostic and treatment center for patients with memory disorders, and is the largest memory assessment program in Rhode Island. The center offers a full range of diagnostic and treatment services, including brain imaging, genetic testing and neuropsychological evaluation. The center also conducts a range of clinical trials of new and promising treatments to delay or slow memory loss.



Memory loss is a frustrating and frightening experience for those afflicted, as well as for their family members. Knowing the facts and receiving the best in neurological care is essential. Because there are more than 70 different kinds of chronic memory disorders, a comprehensive diagnostic evaluation is an important first step when dealing with symptoms of memory loss. While there is no cure for Alzheimer's disease and other degenerative memory disorders, new treatments are available to help alleviate patients' symptoms and slow the progression of the disease.

The center's neurologists are memory disorder specialists who offer their patients the latest advances in memory disorder diagnosis and treatment. Each patient is given a thorough evaluation that includes a careful review of his or her medical history, a physical examination and neuropsychological evaluation of mental functions, and may include neuroimaging and other laboratory tests.

After thorough evaluation, neurologists develop a plan to manage the memory problem, often including counseling about the diagnosis and prognosis, information on support services, and medications for symptoms like memory loss, sleep disturbance, anxiety or depression. Some of the services offered include:

- Coordination with Rhode Island Hospital and The Miriam Hospital departments of psychiatry and psychology
- Genetic testing for hereditary dementia
- Referral to services that can help patients and their families find the support they need within their communities
- Speech and occupational therapy to help patients live their lives to their fullest capabilities
- Support for patients' caregivers, who are an important part of each patient's health care team

The patient's management plan is discussed with the patient and/or caregiver during a follow-up visit and is recommended to his or her primary care physician in a complete consultation letter. In some cases, the plan may be instituted by the neurologist at the center.

Patients and their families are encouraged to return for follow-up visits every three to six months to monitor progress. In addition, the center's ongoing research assures patients that they will be kept aware of the latest advances in treatment.

The Alzheimer's Disease and Memory Disorders Center is a primary site for clinical trials sponsored by the Alzheimer's Disease Cooperative Study (ADCS) and funded by the National Institutes of Health.

► Contact Information

Rhode Island Hospital, Ambulatory Patient Center (APC), sixth floor

Phone: 401-444-6440

Director: Brian Ott, MD

THE MOOD DISORDERS PROGRAM

The Mood Disorders Program, located at Rhode Island Hospital, is part of the Department of Psychiatry and Human Behavior of The Warren Alpert Medical School of Brown University. The focus of the program is the examination of the biopsychosocial pathways that influence the course of psychiatric illness in general and of an individual episode in particular. Our main focus is treating inpatients and outpatients with major depression, bipolar disorder, chronic depression, dysthymia, double depression, and chronic mental illness. In addition to pharmacotherapy and individual therapy, we provide family therapy for depressed patients and their family members. This comprehensive care may be particularly relevant for patients who do not respond to standard care, and for elderly patients who may have several medical and psychosocial issues to deal with, including additional medical illnesses, their family's functioning, social support, work/retirement adjustment, and other stresses and burdens.

Members of the Mood Disorders Program include psychiatrists (board certified in geriatric psychiatry), psychologists, family therapists, trained research interviewers, and a sociologist. Together these professionals provide clinical, teaching, and research expertise for patients, families, residents, interns, medical students, and other professionals.

► **Contact Information**

Rhode Island Hospital, Potter Building, 3rd floor

Phone: 401-444-3967

Director: Gabor Keitner, MD

FAMILY THERAPY PROGRAM

The physical, emotional, social, and financial strains that can result from a diagnosis of a medical or psychiatric illness may exacerbate family and marital stress, particularly with issues dealing with intimacy, communication, transitions, personal loss, and role changes. All of these factors may affect elderly patients and their families. Whether the illness is at an acute stage, rehabilitation phase, maintenance or follow-up phase, and whether or not the nature of the illness is short-term, chronic, remitting, relapsing, or deteriorating, a family's functioning can have an effect on the course of the patient's illness. Elderly patients and their family members may be vulnerable as they deal with life changes, medical and psychiatric illness, and grief/loss.

The Family Therapy Program at Rhode Island Hospital offers a clear and systematic approach to evaluating and treating families through a structured process of evaluation, assessment, treatment, and training. Family therapists who specialize in evaluating and treating the entire family system work closely with the treating clinicians to provide a comprehensive assessment of the family to ensure that the patient and family concerns and needs are addressed. When appropriate, the family therapist, in consultation with the referring clinician, may make recommendations, including family therapy, to patients and their family members.

► **Contact Information**

Rhode Island Hospital, Potter Building, 3rd floor

Phone: 401-444-3534

Family Therapist: Richard Archambault, EdD

GERIATRIC PSYCHIATRY EMERGENCY SERVICES

Emergency psychiatric services are provided by a specialized team in a new, specifically designed psychiatric emergency facility located adjacent to the Andrew F. Anderson Emergency Center at Rhode Island Hospital. The Emergency Psychiatric Unit is the region's only fully developed and staffed psychiatric emergency facility integrated with a hospital setting. Emergency referrals are seen within two hours and all urgent referrals are generally seen within 24 hours.

Staff at the Emergency Psychiatric Unit work with emergency center physicians and nurses to quickly evaluate both primary psychiatric illness and the interrelationship of medical and psychiatric problems, and to offer treatment recommendations. Follow-up is coordinated with our full array of geriatric psychiatry services.

► **Contact Information**

Intake and referral: 401-444-4779

Director: Ali Kazim, MD

GERIATRIC PSYCHIATRY FELLOWSHIP TRAINING PROGRAM

The Geriatric Psychiatry Fellowship Training Program at The Warren Alpert Medical School of Brown University is an ACGME-accredited program offering one or two years of training for those who have completed a general psychiatry residency and are seeking training in geriatric psychiatry. At the end of the first year, fellows meet all the clinical requirements to be eligible for the American Board of Psychiatry and Neurology examinations for additional qualifications in geriatric psychiatry. A second year is offered for those who wish to pursue an academic career in geriatric psychiatry. The many educational opportunities offered by Alpert Medical School assist individuals to become outstanding clinicians, administrators, and researchers in the speciality of geriatric psychiatry.

► **Contact Information**

Phone: 401-455-6277

Director: Robert Kohn, MD

RESEARCH CENTERS

The Centers for Behavioral and Preventive Medicine of The Miriam Hospital includes three centers that engage in robust, ongoing research:

- The Nicotine and Tobacco Research Center
- The Physical Activity Research Center
- The Weight Control and Diabetes Research Center

Research programs at the centers address the leading lifestyle causes of disease and death and the leading chronic diseases and conditions that affect health and quality of life. Areas of focus include cancer, diabetes, and cardiovascular, respiratory and infectious diseases.

Our researchers are committed to both basic research focused on discovering the mechanisms underlying behavioral factors in health and illness, and to applied research on the translation of these discoveries for clinical and community health improvement.

► Contact Information

The Coro Building, Suite 500, One Hoppin Street, Providence
Phone: 401-793-8000
Director: Bess Marcus, PhD

The MIDAS Project at Rhode Island Hospital: The Rhode Island Methods to Improve Diagnostic Assessment and Services (MIDAS) project is an ongoing clinical research study involving the integration of research assessment methods into routine clinical practice. Through the project, more than 2,000 psychiatric outpatients presenting for treatment in a hospital-affiliated, community-based practice setting have been comprehensively evaluated with semi-structured diagnostic interviews, including the SCID for Axis I disorders and SIDP for Axis II disorders.

Information on childhood trauma, family history of psychiatric disorders, psychosocial functioning, and demographic features has been obtained as well. Some patients have been longitudinally tracked in order to compare the outcome of individuals with different disorders and examine which factors are associated with outcome.

During the past eight years, the MIDAS project has received five grants from the National Institutes of Health that have provided funding for research and sharing of findings through the publication of papers in scientific journals.

Current and future projects include:

- Investigations into the quality and outcome of treatments for all types of psychiatric illness
- Development of new psychiatric assessment tools
- Research on the benefits of medication and psychotherapy in treating pathological gambling
- Examination of the efficacy of antidepressant medications and the criteria by which they are prescribed
- Studies on the effectiveness of psychological screenings for bariatric surgery patients

► Contact Information

Bayside Office Building, 235 Plain Street, Providence
Phone: 401-444-7442
Director: Mark Zimmerman, MD

Research at The Alzheimer's Disease and Memory Disorders

Center: Clinical research is an important part of the work of the Alzheimer's Disease and Memory Disorders Center. Although currently there is no cure for Alzheimer's disease and other degenerative memory disorders, aggressive research studies are ongoing and are continually shedding new light on these illnesses.

Research areas of interest include:

- Studies of drivers with dementia and of caregiving for persons with dementia, sponsored by the National Institutes of Health
- Brain imaging in dementia – The Alzheimer's Disease Neuroimaging Initiative
- Recognition and treatment of mild cognitive impairment
- Cognitive therapy for memory loss (neurofeedback)
- Quality of life for dementia patients
- Memory impairment secondary to stroke
- Hormonal factors and gender effects in Alzheimer's disease

► Contact Information

Rhode Island Hospital, Ambulatory Patient Center (APC), sixth floor
Phone: 401-444-6440
Director: Brian Ott, MD

The Family Research Program is based at Rhode Island Hospital and is part of the Mood Disorders Program in the Department of Psychiatry of The Warren Alpert Medical School of Brown University. Our clinical and research work studies the impact that an illness has on a family, the ways a family deals with a family member's illness and, ultimately, how these factors affect the patient. In addition to its clinical and research components, our multidisciplinary program also involves teaching family therapy to medical students, post-doctoral students, fellows, medical residents, and visiting faculty.



Our studies have examined how family members care for an elderly patient with Alzheimer's disease or other forms of dementia; how families provide support to a member diagnosed with bipolar disorder; and how patients and family members can learn to manage an illness with persistent symptoms. We are currently examining family functioning in a cross-section of all families in the local community and preparing for an international study on cross-cultural comparisons of family functioning.

► **Contact Information**

Rhode Island Hospital, Potter Building, 3rd floor

Phone: 401-444-3967

Director: Christine Ryan, PhD