

## DEPARTMENT OF GERIATRICS

Government Medical College, Aurangabad

Our Motto : “Towards a Happier Old Age”

The Department of Geriatrics at GMC, Aurangabad is the First Post Graduate Geriatric Department in Maharashtra and at the time of formation in 2017 was only the third government PG Geriatric Department in India. The Department started functioning in late December 2016 and received formal permission from Government of Maharashtra in 2017 by GR. The department underwent MCI Inspection in July 2017 and received permission to take three postgraduate from May 2017.

Sr No	Name of College	Permitted/ Recognised	Number of seats per year	Course started in year
1.	<b>Government Medical College, Aurangabad</b>	<b>Permitted, Recognition expected in June 2021</b>	<b>3 (Can increase to 5 after recognition)</b>	<b>2018</b>
2	Madras Medical College, Chennai	3 Recognised 6 permitted	9	1996
3	All India Institute of Medical Sciences, New Delhi	Recognised	15	2012
4	All India Institute of Medical Sciences, Rishikesh	Recognised	6	2012
5	Institute of Medical Sciences, BHU, Varanasi	Permitted	3	2019
6	Christian Medical College, Vellore	Recognized	4	2011
7	Mahatma Gandhi Missions Medical College, Navi Mumbai	Recognised	2	2014
8	Amrita School of Medicine, Kochi	Recognised	1	2010

Reference: NMC website ( <https://www.nmc.org.in/information-desk/college-and-course-search>)

Geriatrics is the comprehensive healthcare of individuals aged 60 and above. Taking into consideration the ever growing population of the geriatric age group (almost 10 % in India), the need for a specialised department catering solely to geriatric age group was felt way back in 2013 and step by step preparation including acquiring various permissions from government and affiliating university (MUHS), training of teaching staff, acquiring infrastructure from whatever surplus was available in the Department of Medicine and GMC Aurangabad, was started by Dr.Mangala Borkar-Sonavani (Then Professor of Medicine) and Dr.Shailaja.V.Rao (then Associate Professor of Medicine).



Faculty :

Sr No	Designation	Name of Faculty	Details
1	Professor	Dr Mangala Sonavani Borkar	Former Prof & HOD Medicine MD Medicine (1980) Diploma in Geriatrics 2016 39 publications PG & PhD Guide(MUHS) of Geriatrics. 43 years Teaching Experience
2	Associate Professor	Dr Shailaja V Rao	MD Medicine Diploma in geriatrics Fellowship in Geriatrics 15 Publications 19 years Teaching Experience
3	Assistant Professor	Dr Ganesh Sonvane	MD Medicine
4	Senior Resident	Dr. Rushikesh Phuse	MD Medicine

MD Geriatrics Residents:

Sr No	Name	Batch	Thesis Topic
1	Dr Ashish Rajan ( JR3)	2018	Clinical profile of valvular heart diseases in geriatric patients
2	Dr Mahesh Shrikishan Patil ( JR3)	2018	Clinical profile coronary heart disease in type2 DM Geriatrics patients
3	Dr Shaikh Zeba Firdous ( JR3)	2018	Clinical profile of chronic respiratory diseases in Geriatric patients in a tertiary care hospital
4	Dr Sadhana Narayan Jaybhaye ( JR2)	2019	Study of hospitalized cases of fracture neck femur for risk factors that may affect recovery, with special reference to delirium, in geriatric population
5	Dr Shruti Karnik ( JR2)	2019	Clinical study of urinary incontinence in geriatric population
6	Dr Pankaj Santosh Mahajan ( JR2)	2019	Cognitive impairments in acute ischemic stroke in geriatric patient
7	Dr Kehkashan Farooqui ( JR1)	2020	Risk factors for mortality in geriatric patients with covid 19: a case control study at tertiary care centre (dedicated covid hospital)
8	Dr Milind Khade ( JR1)	2020	Profile of domestic elder mistreatment (abuse) suffered by geriatrics patients attending outpatient and inpatient sections of department of geriatrics in a tertiary care hospital
9	Dr Momin Aaisha Heena ( JR1)	2020	Evaluation of Risk Prediction Tools (NEWS2, q SOFA and CURB65 scores) for Geriatric patient with COVID-19 in a Tertiary Care Centre (Dedicated COVID Hospital)

Fellowship in Geriatric Medicine ( MUHS) – List of fellows

Sr No	Name	Batch	Short Thesis Topic
1	Dr Manveen Kaur	2019	Clinical Examination of Elderly Mistreatment
2	Dr Anand Wakure	2019	Comparative Study of Four Fall Risk Assessment Score In Geriatric Patients With And Without Fracture
3	Dr Ganesh Jaiswal	2020	Clinical Profile of Covid-19 In older adults with special emphasis on N:L ratio and RDW

4	Dr Vijayalakshmi Umbarje	2020	Clinical Characteristics of Mild to Moderate patients of Covid-19
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### **COURSES OFFERED BY DEPARTMENT OF GERIATRICS**

- MD GERIATICS
- Ph.D IN GERIATRICS
- FELLOWSHIP IN GERIATRICS

### **ABOUT THE DEPARTMENT :**

The department has 1 unit,30 (15 Males +15 Females) +5 ICU beds, Daily OPD from 8.30am-2.00 pm.

### **DAILY OPD:**

- Approximately 140 patient per day
- Daily Memory Clinic started with Health Department from 21<sup>ST</sup> October 2018 (5664 patients screened till date)
- Day-wise Specialty Clinics
- Yoga training and demonstration regularly imparted by residents to patient as well as taught to relatives .
- Celebration of various International and National days(Elderly Abuse Awareness Day, World Cancer Day , Alzheimer’s Day, World Health day, World Diabetes Day, World Heart Day)
- Guidance to patients & relatives – Majority of the geriatric patients are dependent on care giver for day to day activities as well as financially and it is very important the department strives to improve the wellbeing of the patients by thoroughly counselling their caregivers. Teachers as well as residents daily counsel relatives. Special counselling is held for stroke and severe bedridden patients.
- Organ donation, health education posters and COVID Care posters in OPD
- Help desk for Elderly and Caregiver counselling



**HMIS RECORD OF OPD AND IPD PATIENTS FROM January 2017- February 2021**

TOTAL COUNT	
OPD	1,05,914
IPD	8057

**SPECIALITY CLINICS :**

DAY	Specialty clinics
MONDAY	HYPERTENSION CLINIC
TUESDAY	DIABETES AND NUTRITION CLINIC
WEDNESDAY	DEMENTIA ,DEPRESSION AND URINARY INCONTINENCE CLINIC
THURSDAY	RESPIRATORY DISEASES AND COPD CLINIC, INCLUDING PULMONARY FUNCTION TESTS
FRIDAY	STROKE CLINIC
SATURDAY	OSTEOPOROSIS AND FALL PREVENTION CLINIC



#### Work done in IPD :

- Patient evaluation and management
- Procedures Done : Bone marrow Aspiration and Biopsy , Pleural Tapping , Ascitic Tapping , Lumbar Puncture, Central line insertion and Intubation
- Comprehensive Geriatric Assessment of all IPD patients
- Resident are posted by rotation in Medicine ward, ICU, MICU, Casualty for 1 year.
- Geriatrics department has been considered as a Core department for COVID work (Wards and Critical Care)and has been working and continues to work from May-2020 till date.
- Health education posters in ward
- Yoga demonstration by Residents to stable patients and caregivers in Ward.
- Stroke Counselling of relatives of patients with stroke admitted in Geriatric and Medicine wards regarding RT, Foley's Care, Physiotherapy, Medication Compliance, Nutrition ,Bed sore prevention and care.
- Pulmonary Function tests in patients with Respiratory diseases.
- Residents regularly monitor a Checklist twice a day regarding Cleanliness of bathrooms ,water supply availability , Segregation of biomedical waste, availability of medicines.
- Relatives Counselling regarding cleanliness of ward ,waste segregation and COVID Care practices



#### **EQUIPMENTS AVAILABLE IN WARD :**

- Assistive Devices – Walking frames, Wheel chairs, Bedside Chairs
- Medical Equipment : Central Oxygen supply, Defibrillator, Ventilator, Portable 2D ECHO machine ,ECG machine, Nebuliser, Suction Apparatus, Cardiac Monitor, Pulse Oximeter , Alpha Beds ,Ambu bag, Laryngoscope, Ophthalmoscope
- Lab equipments –Infusion pump, Glucometer
- Audio visual aids: TV,LCD Projector, Speaker ( the beds, partition and some of the equipments have been acquired through small donations.)

#### **PG ACTIVITIES :** Regular PG activities like

- Case Presentations and Discussion
- Seminars
- CPC
- Group Reading
- Participation in Clinical Meet OF College
- Regular tests
- Thesis review
- Journal Club



Since COVID -19 much of the teaching is supplemented by online teaching (5 days a week)

Department has :

- ECG Museum(Display of different types of 140 ECG )
- Classroom / Lecture Hall
- Library with 149 Geriatrics and Allied Medical books
- Yoga Room

#### **ADDITIONAL ACTIVITIES:**

- 6 visits to Old age homes in and near Aurangabad ( Matoshree, Muktisopan And Sneha-Savali)
- Health Camps – 17 MahaArogya Shibir acrossMaharashtra and 12 local camps in Aurangabad and Marathwada Region.
- Videos made by Department : Yoga Demonstartion  
Urinary incontinence Exercise  
General Public Awareness about COVID 19
- Participation in Cultural Programs in IRCON -2020.

#### **TRAINING :**

- Comprehensive Geriatric Care : State level Training of Trainers under NPHCE , Aurangabad in December 2019
- District level(Gadchiroli and Chandrapur) Training of Trainers under NPHCE , Aurangabad in December 2020 on Online platform.
- Training of Health care workers of AASTHA Foundation ,Aurangabad
- Regularly Dr. Borkar and Dr. Rao take lectures for Medical Officers in HFWTC ,Aurangabad
- Dr. Borkar and Dr. Rao have participated and conducted 12 Webinars on COVID and other subjects.
- Training imparted to MPHN students of Community Medicine Department on Nutrition in Elderly.
- **CME** : SENSOR-1 ( Sensitization and Orientation to Geriatrics ) in April 2019
- **WEBINARS** : Conducted webinars under COVID TASK FORCE, GMCH Aurangabad

Dr.Borkar and Dr.Rao have participated and conducted 12 webinars on COVID and Other subjects and also attended in National Conferences of MAPCON,GOSICON AND MULTICON.

**AWARDS AND ACHIEVEMENTS :**

Sr. no	NAME AND DESIGNATION	PRIZE	CONFERENCE
1.	Ashish Rajan , JR-3	First Prize	GSICON-2018, Pune, October 2018
		First Prize	Geriatrics Conclave , New Delhi ,April 2019
2.	Mahesh Patil, JR-3	First Prize	Geriatrics Conclave , New Delhi ,April 2019
		Third prize	MULTICON, Pune,2021
3.	Zeba Firdous , JR-3	First Prize	GOSICON , Aurangabad , 2019
		First prize	MULTICON, Pune,2021
4.	Shruti Karnik, JR-2	First Prize	GSICON, Mumbai , September 2019
		Second prize	MULTICON, Pune,2021
5.	Manveen Kaur, Fellow	First Prize	5th World Congress on Gerontology and Geriatrics, Bangalore, November, 2019
6.	Anand Wakure, Fellow	Second Prize	Geriatrics Conclave , New Delhi, April 2019
7.	Dr. Shailaja. V. Rao	Awarded as Fellowship in Geriatrics by GSI	Geriatrics Conclave , New Delhi ,April 2019
8.	Dr. Mangala Borkar-Sonavani	Guest Lectures	MAPCON,GOSICON Other associations .
9.	Geriatric ward for Cleanliness	First Prize	Independence Day in 2019 GMCH, AURANGABAD

- Papers Published in Last Two Years by Department : 10 Publications