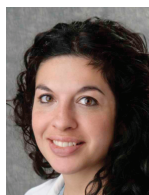




TEAM MEMBER SPOTLIGHT

Helping MSK Meet the Needs of Older People With Cancer



**Jeannine
Nonailhada**

PhD(c), OTR/L, BCG

I am an occupational therapist specializing in the care of older adults, though I have experience treating patients in a variety of settings. Before joining Memorial Sloan Kettering in 2006, I worked at North Shore LIJ Health System and Cabrini Medical Center. I enjoy teaching and have held faculty positions at the university level. I have presented and taught courses nationally about health and wellness for older adults and about quality and safety initiatives. Currently, I am the Chair of the Gerontology Section of the American Occupational Therapy Association. I am also pursuing my PhD in social work, with a concentration in gerontology.

From 2011 to 2015, I worked as a manager in the Division of Quality and Safety at MSK. In this role, I worked with other departments across MSK in our effort to reduce patient falls and prevent injury, led patient and employee educational safety initiatives, performed site inspections to monitor environmental safety, and oversaw the hospital's compliance with the Joint Commission National Patient Safety Goals.

MSK was recently awarded a grant from the US Health Resources and Services Administration to develop an educational program in geriatric oncology as part of the Geriatrics Workforce Enhancement Program (GWEP). In August 2015, I assumed the role of project manager for this grant. The GWEP will allow MSK's Geriatrics Service, Immigrant Health and Cancer Disparities Service, and Comskils Communication Lab in the Department of Psychiatry and Behavioral Sciences to work with several community organizations in developing and implementing training for healthcare providers to help them meet the needs of the growing and diverse population of older people with cancer. The GWEP will also seek to educate patients and caregivers.

I was recently awarded a grant from the Beatrice and Samuel A. Foundation for Programs in Cancer and Aging to study the efficacy of online geriatric training modules for MSK staff. My goals for this study are to test whether education influences knowledge and attitudes about aging and communicating with older adults, and to evaluate knowledge, attitudes, and confidence with shared decision-making with older adults with cancer. I have recruited a wide range of staff for the study, including both clinical and non-clinical professionals, because communicating with

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ABOUT THE 65+ PROGRAM

A diagnosis of cancer is difficult at any age, but older patients face unique challenges. Older adults and their caregivers have special needs and considerations, which may include increased risk of drug reactions, increased financial burdens of care, problems related to multiple healthcare providers, and caregiver stress and strain.

Memorial Sloan Kettering Cancer Center is committed to providing cancer patients aged 65 and older with the treatment, facilities, and support they need. With this goal in mind, Memorial Sloan Kettering offers the services of a multidisciplinary geriatric team through the 65+ Program.

65+NEWS EDITORIAL STAFF

Jeannine Nonailhada, PhD(c), OTR/L, BCG
Beatriz Korc, MD, PhD

UPCOMING EVENTS

Managing Your Health Through Better Food Choices

April 5, 2016

10:30 AM-12:00 PM

Zuckerman Research Center
417 East 68th Street, Room 105
Between First and York Avenues

Keeping the Mind and Body Healthy

June 28, 2016

10:30 AM-12:00 PM

Memorial Hospital
1275 York Avenue, Room 107
Between 67th and 68th Streets

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older adults and ensuring they receive the best care is everyone's responsibility. I look forward to sharing the results of the study and hope to expand it throughout MSK.

Did you know?

MSK is the only cancer center in the nation to receive funding from the US Department of Health and Human Services, Health Resources and Services Administration Geriatrics Workforce Enhancement Program or GWEP.

To Your Health

by Suzanne Gerdes, MS, RD, CDN
Outpatient Dietitian/Nutritionist

How many fruits and vegetables do you eat each day? The dietary guidelines suggest eating at least 5 servings of fruit and vegetables each day for overall health. The more color, the better — the color of fruit and vegetables are linked with vitamins, minerals and phytochemicals found in them. Aim to eat all colors of the rainbow to maximize your health. Try this smoothie for a serving of fruit!

Peach Dream (serves 2)

1 cup lowfat milk
3/4 cup frozen
peach slices
1/2 banana
6 oz nonfat
Greek yogurt
22 almonds
Cinnamon and vanilla
extract to taste



Blend and enjoy with a friend!

Nutrition per serving:

235 Calories, 8g fat, 23g carbohydrates, 17g protein

ABOUT YOUR TREATMENT

The Electronic Rapid Fitness Assessment (eRFA)

by Armin Shahrokni, MD, MPH, and Manpreet K. Boparai, PharmD, CGP, BCACP

What is an eRFA?

The eRFA is a questionnaire developed at Memorial Sloan Kettering and used by all the doctors on the Geriatric Service to assess an older patient's level of fitness. It is completed electronically using a tablet, laptop, or desktop computer and usually takes less than 15 minutes.

What is the purpose of the eRFA?

Your doctor needs to know how fit you are so that he or she can determine whether you are able to tolerate certain therapies. The questions included in this assessment have been tested and shown to help doctors determine patients' fitness levels. Your doctor will review your answers and discuss them with you. Depending on your responses, he or she may refer you to the proper resources, like a nutritionist or a physical therapist, to get needed support.

How do I complete the eRFA?

If you have an email address, you can complete it at home on your computer or tablet. If you don't have an email address, a tablet, laptop, or desktop computer will be available for you on your appointment date while you are waiting to be seen.

What will the eRFA teach my clinicians about me?

The test will help your doctor or nurse learn about subtle symptoms and signs related to your medical problems, and also about other concerns that you may

have regarding your social and emotional well-being that could interfere with your treatment. It helps your doctors appreciate you as a whole person and provide you with appropriate referrals to other disciplines or services.

Can someone help me complete the eRFA if I cannot?

Of course! A family member or a friend can help you complete the assessment. If you require further assistance, please let someone at the office know and they will find help for you.

Do I need to print it? How will the results get to my doctor if I complete the eRFA at home?

The results will be sent electronically from your computer and you do not need to print them. Your nurse or doctor will print the assessment and discuss your answers with you.

Who will see my answers? Is my information confidential?

Your answers will be kept in a secured MSK database, and only the clinicians involved in your care can view the results.

Did you know?

Out of 500 older cancer patients who have completed eRFA:

- 28% walk with a cane
- 35% have had at least one fall in the past year