



PALTmed Texas/Texas Geriatrics Society Enews Letter May 2025





Annual Conference

GERIATRICS: A Capitol Idea

August 1-3, 2025

Hotel Viata

Austin TX

Hotel rate \$169/night

Paltmedtexasgeriatrics.org

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Support your state chapter by renewing your dues! Your state chapter dues provide you with a great discount to our annual meeting, supports Futures Scholarships at PALTmed, Resident/Fellows Scholarships to our annual meeting, and our enews letters.

Renew today!!

[PALTmed Texas Renewal](#)

[Texas Geriatrics Society Renewal](#)

Contact our Executive Director, Maggie Hayden, if you are not sure you have renewed
Maggie@texasgeriatrics.org

TGS Scholarship For Annual Conference

TGS is offering scholarships for Residents and Fellows to attend our Annual Conference. To apply, please email the following to Maggie Hayden: maggie@texasgeriatrics.org

1. Your contact information (name; credentials, mailing address)
2. Short paragraph (250 words or so) about your future goals in geriatrics
3. Letter of support from a faculty member, supervisor, or program director

Scholarships are limited to the first ten accepted applicants. Deadline to apply is July 1, 2025. Accepted applicants will need to provide their own travel, hotel, and registration to the conference. Registration fees for Residents and Fellows is \$30 for all 3 days. Accepted applicants can earn up to \$1,000.00 and may be required to submit a W9 for taxes.

Geriatrics Fellowship Recruiting Fair, Saturday, August 2, 2025

TGS and PALTmed Texas are co-hosting a Resident Recruiting Fair for Geriatric Fellowships in conjunction with our annual conference. Both entities continuously strive to encourage future residents to enter the fields of geriatrics and long term care. The cost for a table is \$50.

For more information and to purchase a table, please contact our Executive Director, Maggie Hayden:

Maggie@texasgeriatrics.org



Applications are now open for the new [PALTmed Fellowship Program](#) (FPALTC). This prestigious designation recognizes seasoned leaders in post-acute and long-term care medicine for their dedication, expertise, and service to the field. Take the next step in your professional journey with PALTmed!

Business of Medicine Symposium | June 4

Clinical expertise is just one piece of the puzzle—understanding the financial, operational, and strategic aspects of healthcare is key to long-term success. Join PALTmed for this one day virtual symposium, and gain the insights to build a thriving, sustainable practice in today's rapidly evolving healthcare landscape.

[Learn More](#)

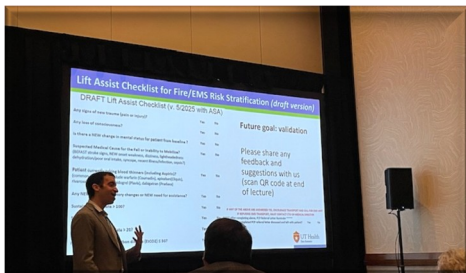
Texas Geriatrics at TexMed 2025

Texas Geriatrics Society was pleased to again support the Texas Medical Association's TexMed Conference programing this year with some high quality Geriatric Medicine presentations.

Saturday morning we started fast out the *gait* with Dr. Raul Marin's presentation titled *Clinical Gait Assessment*. Col. (Ret.) Raul Marin, MD is an Associate Professor in Clinical and Applied Science Education at University of the Incarnate Word School of Osteopathic Medicine. He not only gave a great talk on how gait is all about energy conservation and efficiency, but he also reviewed the six determinants of gait and how they related to several abnormal gait patterns. He then demonstrated these patterns himself to the attendees and had attendees mimic some of patterns.



Next up, Jeffrey Rollman, MPH, LP presented *Geriatric Fall Prevention: A Partnership Opportunity for EMS and Primary Care*. Mr. Rollman is a paramedic, educator, and researcher. He is an Assistant Clinical Professor in the Department of Emergency Health Sciences at UT Health San Antonio and is a Civilian Training Officer with the San Antonio Fire Department. Falls are the leading cause of injury among older



adults, creating a significant burden on healthcare systems, including emergency medical services (EMS) and primary care. However, most falls occur in the home and do not result in injury, only requiring a "lift assist" from fire or EMS. He introduced the CDC's STEADI (Stopping Elderly Accidents, Deaths, and Injuries) algorithm and its adaptation for use by firefighters and paramedics in prehospital settings. He illustrated how EMS and physician collaboration can improve patient outcomes and reduce healthcare costs.

After lunch, Jason Morrow, MD, PhD presented *From Hippocrates to Hospice: Applying Ethical Principles to Clinical Challenges at the End of Life*. Dr. Morrow is an Associate Professor at UT Health San Antonio and is Director for Ethics at the Cheever Center for Medical Humanities and Ethics, where he holds the Howard and Betty Halff Professorship for Medical Humanities and Ethics. His discussion explored ethical aspects of clinical challenges at the end of life, including conflict over code status and request for Medical Aid in Dying. Tools for ethical analysis and effective communication include the application of ethical principles, such as respect for patient autonomy and avoiding unnecessary harm, as well as ethical triage, the principle of double of effect, conflict management techniques, and a clear understanding of relevant legal and professional standards related to informed consent and refusal.



A big thank you to Dr. Chidinma Aniemeke, PALTmed Texas Immediate Past President and TGS member for hosting the TGS sessions on Saturday. Dr. Julia Hiner, TGS President-Elect and program chair, was presenting at the American Geriatrics Society annual meeting which was the same weekend.

Join TGS at TexMed 2026, April 16-18 in Corpus Christi!



2025 PALTmed Annual Conference: A Recap

by

Michael Krol, MD
PALTmed Texas, President

I just wanted to share some of my personal highlights and key takeaways from the 2025 PALTmed conference. As usual, it was a fantastic event filled with great connections and thought-provoking discussions.

What really stood out to me this year was the intense focus on antipsychotics and medication management. There were so many excellent talks about antipsychotic use and the new CMS regulatory landscape. A lot of questions were raised about what "appropriate notifications to families" actually means before initiating or changing medications, and how to implement these changes effectively in nursing homes. It was interesting to see other states asking about Texas's use of Form 3713 for antipsychotic prescribing, something we're already quite familiar with. It seems like similar documentation processes are becoming necessary across the country.

Another big theme was artificial intelligence. We had several discussions on how to utilize AI in our practices, including best strategies for dictation, risk stratification, and general organization. I found the *Busting Myths and Changes in the Nursing Home World* session particularly engaging. It addressed the lack of evidence for things like IV vitamins, amniotic membranes for wound healing, urine PCR (which I'm seeing more and more of in my buildings), and pharmacogenetic testing, especially for depression medications. I really felt that was an important and eye-opening session.

Value-based care also took center stage this year, with multiple talks on accountable care organizations, ISNPs, and other medical shared savings plans. Plus, there was a really insightful presentation on using low-dose methadone for managing opioid patients in nursing home settings, which was definitely something to think about.

On the regulatory front, I was proud to see Texas get a shout-out for House Bill 2640. This bill, a collaboration between the Silver-Haired Legislature and Representative Suleman Lalani, MD, aims to require specific medical director certification and training for new medical directors in Texas. The PALTmed Texas Board is fully behind this legislation, as it will help improve the quality of medical directorship and provide physicians with a clearer understanding of their responsibilities. Recently I was updated that we have the support from the Texas ombudsman and the Texas Medical Association. Please let me know if you have any interest in advocacy or if you want to help support the legislation!

We also discussed the challenges of membership decline during the House of Delegates meeting. It's concerning to see this trend affecting both state and national organizations, including PALTmed. We talked about how we can stay relevant, continue advocating for excellent care for older adults, and keep the national conversation going.

I really hope to see many of you at the next PALTmed National Conference in Anaheim, California, on March 26th, 2026. It would be great to have more of our Texas members there!"



AGS 2025 Meeting Recap

by

Julia A. Hiner, MD
President-Elect, TGS

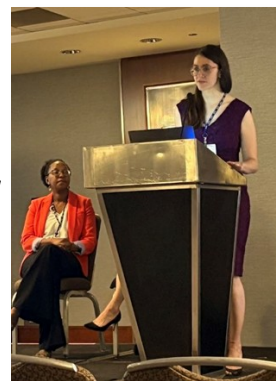
The 2025 annual meeting of the American Geriatrics Society (#AGS25 #AGS2025) was held in the lovely and vibrant city of Chicago, Illinois. Known as “The Windy City”, the conference itself was what really blew us away with its excellent presentations and activities. Although there are too many presentations, posters, and other member-highlights to mention individually, here are a few selections brought to you from AGS by our Presidents – Current, Immediate Past, and Elect.

We would be remiss to not lead with the biggest honor given to none other than our current President, Dr. Renee Flores, MD, MHSA, FACP, EdD, AGSF. She earned the prestigious “Outstanding Mid-Career Clinician Educator of the Year” award for her unflinching dedication to the education and training of medical students, residents, and fellows. Anyone who knows or works with her is hardly surprised! Congratulations on this career milestone, Dr. Flores.

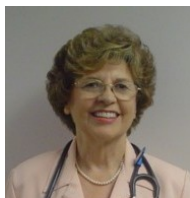


Our Immediate Past President, Dr. Jessica Lee, MD, MS, AGSF, was featured as a panelist in the *Inspiring and Sustaining an Aging Research Career Through the Ups and Downs of Life* session. Clinician-scientists like Dr. Lee play such a critical role in advancing the medical science that meaningfully improves our patients’ lives on a daily basis. This was an enlightening and practical session for all who attended.

And lastly, President Elect, Dr. Julia Hiner, MD, who also co-chairs the Elder Mistreatment Special Interest Group at AGS, helped close out the conference with a symposium entitled *The Promise of Medical-Legal Partnerships for Preventing Harm, Addressing Needs, and Promoting Health Equity for Older Adults*. Her specific talk was on *Partnering with Legal Services and Beyond: The Role of Geriatrics Professionals on Community-Based Elder Mistreatment Multidisciplinary Teams*. Overall, the session generated actionable advice and many questions!



Next year, the AGS conference is virtual. Stay tuned for more on #AGS26 coming soon!



Remarkable Women:

Dr. Sandra Hazelip proves it's never too late to follow your dream

A big shout out to Dr. Hazelip, TGS President 2010-2011 for living her dream. Read all about it in the news article link below

[Around the World in 80 Days](#)

In View of the Fact **by A. R. Ammons (1926-2001)**

The people of my time are passing away: my wife is baking for a funeral, a 60-year-old who

died suddenly, when the phone rings, and it's Ruth we care so much about in intensive care:

it was once weddings that came so thick and fast, and then, first babies, such a hullabaloo:

now, it's this that and the other and somebody else gone or on the brink: well, we never

thought we would live forever (although we did) and now it looks like we won't: some of us

are losing a leg to diabetes, some don't know what they went downstairs for, some know that

a hired watchful person is around, some like to touch the cane tip into something steady,

so nice: we have already lost so many, brushed the loss of ourselves ourselves: our

address books for so long a slow scramble now are palimpsests, scribbles and scratches: our

index cards for Christmases, birthdays, Halloweens drop clean away into sympathies:

at the same time we are getting used to so many leaving, we are hanging on with a grip

to the ones left: we are not giving up on the congestive heart failure or brain tumors, on

the nice old men left in empty houses or on the widows who decide to travel a lot: we

think the sun may shine someday when we'll drink wine together and think of what used to

be: until we die we will remember every single thing, recall every word, love every

loss: then we will, as we must, leave it to others to love, love that can grow brighter

and deeper till the very end, gaining strength and getting more precious all the way. . . .



[PALTalk with Caring: Sarcopenia](#)

[PALTalk with JAMDA: Live Hospice Discharge on Individuals with Cognitive Disabilities](#)

[Staying Survey Ready-A Medical Directors Guide to Implementing CMS Updates](#)

[View All Episodes](#)



What is the name and age of the oldest person in history to have lived? (according to Wikipedia)

The first person to email the correct response to will win a \$25 gift card to Starbucks! Email your answer to

Maggie@texasgeriatrics.org

If you have won before, please let others take a guess.

Winner based on date/time stamp of Ms. Hayden's inbox!

Deadline is June 5, 2025

Previous answer: In 1901 the term Geriatrics was coined by Ignatz Leo Nascher

Winner: Valerie Cheatham, MSN, APRN, A/GNP



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