

Provided by:



Geriatric Medicine Grand Rounds 2025-2026

Geriatric Medicine Grand Rounds 2025-2026 - 6/5/2026 - "I Want My Life Back": A Geriatric and Palliative Approach to Emotional Distress and Adjustment in Hospitalized Older Adults

June 5, 2026

8:00 AM - 9:00 AM

Target Audience

This program has been designed for PSYCHIATRY, INTERNAL MEDICINE, INTERNAL MEDICINE - Geriatric Medicine, FAMILY MEDICINE - Geriatric Medicine, FAMILY MEDICINE - Hospice and Palliative Medicine, INTERNAL MEDICINE - Hospice and Palliative Medicine, PSYCHIATRY AND NEUROLOGY - Geriatric Psychiatry, PSYCHIATRY AND NEUROLOGY - Hospice and Palliative Medicine, OTHER

Series Educational Objectives

After participating in this regularly scheduled series, participants should be able to:

- 1 Discuss Geriatric Assessment and Care Planning
- 2 Describe Age-Friendly Care Principles to Enhance Patient Outcomes
- 3 Describe how aging of the population impacts health and health care systems

Session Educational Objectives

After completing this educational activity, participants should be able to:

- 1 Discuss risk factors and clinical manifestations of emotional distress and adjustment-related disorders in hospitalized older adults
- 2 Describe the relationship between emotional distress, functional decline, and recovery outcomes during hospitalization
- 2 Discuss geriatric and palliative care principles to assess and manage emotional distress in hospitalized older adults using interdisciplinary interventions

Accreditation

In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit:

Physicians: Penn Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™].

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is for **1.00** contact hours.

Pharmacists: This activity is not approved for pharmacy contact hours.

PAs: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **1.00** Category 1 credits for completing this activity.

Acknowledgement of Commercial Support*: None

For more information, please contact

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Check your transcript online at <https://upenn.cloud-cme.com>

Disclosure of Relevant Financial Relationships and Unapproved Uses of Products

It is policy at Penn Medicine Office of Continuing Medical and Interprofessional Education for individuals who are in a position to control the content of an educational activity to disclose to the learners all relevant financial relationships(RFRs) that they have with any ineligible company, which is defined as any company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Disclosure to learners includes all RFRs for all those in control of content including faculty, planners, moderators, and reviewers.

The intent of this policy is to ensure that Penn CME/CE certified activities promote quality and safety, are effective in improving medical practice, are evidence-based, are based on valid content, and are independent of control from ineligible companies and free of commercial bias. Peer review of all content was conducted for all faculty presentations whose disclosure information was found to contain any financial relationships. Part of the peer review process involved reviewing the content, determining which financial relationships were relevant, and applying appropriate mitigation strategies. In addition, all faculty were instructed to provide balanced, scientifically rigorous and evidence-based presentations.

The staff in the Office of Continuing Medical and Interprofessional Education (CME and IPCE), have disclosed that they have no financial relationships with any ineligible companies. Any peer reviewer who is determined to have a relevant financial relationship must recuse themselves from the peer review process.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Rebecca Brown, MD, MPH	Course Director	Nothing to disclose - 10/21/2025
Dayna Hovern, MD	Faculty	Nothing to disclose - 05/28/2026
Kristina Kitano, CRNP RN	Nurse Planner	Nothing to disclose - 11/12/2025
Rachel K Miller, MD MS Ed	Course Director	Nothing to disclose - 02/13/2026
Joshua D Uy, MD	Other Planning Committee Member	Nothing to disclose - 11/26/2025

Relevant financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected