

CAIRNS HOSPITAL & TOWNSVILLE UNIVERSITY HOSPITAL

Geriatric Medicine Service Description

RMO CAMPAIGN 2026

NORTH QUEENSLAND GERIATRIC MEDICINE TRAINING ALLIANCE

Number of Training Positions accredited:

Cairns Hospital (CH) – 4 Trainees for 18 months core training and further 12 months non-core training
Townsville University Hospital (TUH) – 4 Advanced Trainee positions

Duration of Training Accredited:

Cairns Hospital (CH) – 4 x 6/12 core rotations (2 years Core) in GEMS, Dementia & Delirium, Community and Orthogeriatrics

Townsville University Hospital (TUH) – accredited for 2 years of Advanced Training (1 core year, and 1 non-core year).

Contact: Cairns Hospital – Prof Eddy Strivens Edward.Strivens@health.qld.gov.au

Townsville University Hospital – Dr Kok Chu Chan Kok.Chan@health.qld.gov.au

Description of Service:

STAFF:

CH – 8 FTE Physicians in Geriatric Medicine, x1 Stroke Physician and 1 SMO

Prof Edward Strivens, Dr Ramesh Durairaj, Dr Roselani Henry, Dr Lea Stark, Dr Adam Anderson, Dr Sarah Brown, Dr Lili Davies, Dr Anton Agafonof, Dr Alice Wong, Dr Rashmi Ajjavara

TUH – 5 Physicians in Geriatric Medicine –

Dr Kok Chu Chan
 Dr Olayiwola Otaiku
 Dr Ean Loon Lai
 Dr Htun Htun Naing
 Dr Angeline Khoo

PROGRAM:

The North Queensland Training Alliance in Geriatric Medicine is a partnership between Cairns and Townsville. By using both Advanced Trainee positions it's possible to acquire the three full years of training. The clinical services provided by each unit for which training would be appropriate are outlined below.

Cairns Hospital has a combination of 45 beds Acute Geriatrics/GEM beds across 2 Cairns wards/campuses at Cairns Hospital and the Sub-Acute Care Unit (SACU), including an integrated dementia and delirium unit. Inpatient services provided include acute geriatrics, orthogeriatrics, and a multi-disciplinary dementia and delirium service, including co-care with Old Age Psychiatry.

Townsville University Hospital (TUH) Gerontology Service provides:

1. Acute Care of the Elderly (ACE) services (30 beds) including a secure Delirium Unit.
2. Orthogeriatrics Consult Liaison service – caring for 5 to 15 patients from time of presentation in ED to discharge.

<p>There are an additional 8 GEM beds in the Mareeba Hospital OPERA.</p> <p>The Community Geriatrics rotation includes Residential Care Inreach, Primary Care Geriatrics (OPEN ARCH), TCP. Home visits, Falls and Frailty service and GEMiTH services.</p> <p>Specialist Outpatient Clinics include Memory Clinics, Delirium Follow Up, Telehealth and a Movement and Memory Disorders multidisciplinary clinic.</p> <p>A highlight of the service is the Outreach Geriatric Medicine, providing services (both in person and via Telehealth) to outlying hospitals around Cairns, as well as to communities throughout Cape York Peninsula and the Torres Strait Islands, with a focus on Aboriginal and Torres Strait islander ageing.</p> <p>8-10 Bed Acute Stroke Unit integrated with a 22 bed Rehabilitation Unit, across the Cairns Hospital and SACU, with rotations available in both specialties.</p>	<ol style="list-style-type: none"> 3. GEM – up to 20 inpatients. 4. Community Geriatrics and Frailty Interventional Team (FIT) - aims to avoid unnecessary admissions of older people. The FIT Registrar and Geriatrician provide medical inputs to RaSS (RACF Acute Support Service). Advanced trainee visits the RACF with support from Community Geriatrician and CNC of Elder Care, to assess and manage sub-acute geriatrics issues in the RACF during the working days. For community-dwelling older patients who require Geriatrics assessment in their own home environment, the FIT Registrar and Geriatrician will arrange home visits. 5. Community TCP: Community Geriatrics Advanced Trainee (with supervision of Community Geriatrician) provides medical inputs to those patients in Community TCP to improve the rate of successful discharges of older patients from the hospital. 6. Interim Beds – Community Geriatrician and Community registrar provide medical governance to those patients in Interim Beds.
<p><u>Cairns Hospital:</u></p> <ol style="list-style-type: none"> 1. Weekly case conferences are held across all the Geriatric Units. 2. Memory Clinics are held weekly. Movement Disorders monthly 3. Telemedicine to outlying hospitals and communities. 4. Outreach Geriatrics- Mareeba, Innisfail (weekly), Yarrabah and Torres Strait (bi-monthly) <p><u>Townsville University Hospital:</u></p> <ol style="list-style-type: none"> 1. Weekly case conferences are held across all the separate Geriatric Units. 2. Weekly Departmental Meeting. 3. Monthly Management Meeting. 5. Monthly Morbidity and Mortality Meeting. 	
<p>Additional Services across the two sites include -</p> <p><u>Cairns and Hinterland HHS:</u></p> <ol style="list-style-type: none"> 1. Outreach Services and Memory Clinics in Mareeba and Innisfail Hospitals. 2. Active Community Geriatrics rotation with Residential Care In-reach, TCP, OPEN ARCH 3. Telemedicine to remote communities, Torres Strait Islands and Cape York Communities. 4. Acute Stroke Medicine unit 5. Residential TCP and Sub-acute Care Unit (Gordonvale) 6. Aboriginal and Torres Strait Islander Age Care Outreach Services to Yarrabah, Cape York and the Torres Strait 7. Specialist Movement Disorders and Delirium Clinics 	

8. Sub-acute Residential Care needs rounds and community home visits
9. OPEN ARCH community gerontology clinics in General Practice

Townsville University Hospital (TUH):

Specialty Clinics:

- (1) Age Awareness Clinic (Memory Clinic): 4 clinics weekly. Each clinic sees 2 to 3 new and 3 to 4 review patients. GEM Advanced Trainee is involved in this clinic.
- (2) Falls Clinic: 1 clinic weekly. This clinic sees 2 to 3 new patients and 3 to 4 review patients. Orthogeriatrics Registrar/Advanced Trainee is involved in this clinic.
- (3) GEM clinic: 2 clinics weekly. 4 to 6 patients in each clinic. Advanced Trainees of Acute Care of Elderly and Community Geriatrics are involved in these clinics.
- (4) Telehealth: 2 clinics weekly. Telemedicine to outlying hospitals, as far west as Mt Isa, north to Ingham and south to Mackay. ACAT support is also provided to outlying areas using this technology. Interested Advanced Trainees are encouraged to join these consultant-led clinics.
- (5) Nursing Home and Domiciliary Visits (as stated above)

Facilities

Number/type of Geriatric Beds:

Cairns Hospital:

49 mixed acute Geriatrics/sub-acute GEMS/Rehab, including dementia/delirium across Cairns Hospital and SACU

8 Outlying GEMS beds (Mareeba)

8-10 Acute Stroke Beds (Cairns)

22 Rehab beds (Cairns and SACU)

Townsville University Hospital (TUH):

30 Acute Care of Elderly beds (ACE),

10-bed Delirium unit,

20 GEM beds,

22 Interim beds (Good Shepherd Nursing Home)

Consultation Services

Townsville University Hospital

Medical responsibilities for all fractured NOF and fragility fractures in the Orthopaedic Ward.

Consult Liaison services to other General Surgical and General Medical patients.

Domiciliary Assessment:

Townsville University Hospital (TUH):

The FIT Registrar and Geriatrician provide medical inputs to RaSS (RACF Acute Support Service). Advanced trainee visits the RACF with support from Community Geriatrician and CNC of Elder Care, to assess and manage sub-acute geriatrics issues in the RACF during the working days. For community-dwelling older patients who require Geriatrics

<p>Cairns Hospital: Consultation/liaison Orthogeriatric service and Dementia/Delirium service, GEDI (Geriatric Emergency Department Intervention)</p>	<p>assessment in their own home environment, the FIT Registrar and Geriatrician will arrange home visits.</p> <p>Community TCP: Community Geriatrics Advanced Trainee (with supervision of Community Geriatrician) provides medical inputs to those patients in Community TCP to improve the rate of successful discharges of older patients from the hospital.</p> <p><u>Cairns Hospital (CH):</u> ACAT and Domiciliary Therapy Team Cairns/Mareeba/Innisfail, Transition Care Program, Community Geriatrics Clinics within Primary Care, Residential Care In-reach, Falls and Frailty service.</p>
Formal Training	
<p>Lectures: Trainees are expected to attend the Statewide Training Program via Telemedicine as well as the local program on each site. Both are weekly and comprise a total of half day per week. The local program compliments the Statewide Program.</p>	<p>Journal Club:</p> <ul style="list-style-type: none"> • Monthly with Townsville, Cairns and Darwin via Telemedicine. Alternate with local teaching and presentations in Cairns and Townsville. • Weekly General Medicine Journal Club as part of the Institute of Medicine (Townsville). • Monthly Morbidity and Mortality Reviews (Townsville) and via OPSAR and Integrated Medicine (Cairns).
<p>Grand Rounds: Weekly at both CBH and TUH. Radiology Meeting CBH and TUH.</p>	<p>Consult Rounds: TUH: 3 per week CBH: 3 per week plus 2 outreach per week</p>
<p>Other Specialty Links: Strong links exist with Palliative Care, Psychiatry of Old Age, Rehabilitation, Orthopaedics, Stroke, Neurology and General Medicine</p>	<p>Protected time per week: 5 hours per week</p>
Information Infrastructure	
<p>Library: CBH and TUH are trainee hospitals for the James Cook University (JCU). As such there is access to information technology at both sites. At TUH the JCU medical school is on a conjoint site.</p>	<p>IT: Yes – full access to internet, e journals and Clinician's Knowledge Network of Queensland Health.</p>

<p>Research and Teaching: Research project opportunities exist on both sites - in Geriatric Medicine alone and with combined services such as Older Person's Mental Health and Orthopaedics. Adjunct lectureships are possible with JCU.</p> <p>Cairns AT's have won the RM Gibson Award for the best AT project/presentation at the ANZSGM ASM twice in 5 years.</p> <p>Current and Recent Projects - CH: <i>(Over \$6 million in competitive research grant funding and 10 years of continuous NHMRC/MRFF funding)</i></p> <ul style="list-style-type: none"> - Prevalence of dementia and diseases of Ageing in the Torres Strait Islands (NHMRC funded) - Ageing well in the Torres Strait (NHMRC funded) - Dementia Risk Factor Reduction in Aboriginal and Torres Strait Islanders (NHMRC funded) - OPEN ARCH- Comprehensive Geriatric Assessment and Care Enablement in Primary Care (qualitative and quantitative) - Let's CHAT- primary care diagnosis and management of dementia in Aboriginal and Torres Strait Islander Communities (NHMRC funded) - Development of a culturally appropriate, community driven models of care for dementia and ageing in the Torres Strait and Cape York - Development of culturally appropriate mental health screening tools 	<p>Quality Assurance: One project expected per year</p> <p>Current and Recent Projects – TUH: New Dementia Discharge Project Statewide Restraints in the Elderly AT Project Frailty Project in the ED</p> <p>Past</p> <ul style="list-style-type: none"> - Acute Hospital Nursing Home Decision Making - Waiting times for ACP's - Orthogeriatric comparative Service Delivery - Actigraphy as a method of function Assessment - Ward light and circadian rhythm - Vitamin D deficiency prevalence in the Sunshine State - Future – joint Delirium Study
Trainee Responsibilities	
<p>Coverage Roster: After hours on call roster ~1 in 5 plus occasional weekend roster.</p>	<p>Ward responsibilities/workload: Responsible for 15-20 patients with an RMO and full MDT.</p>
<p>Consultations: Managing the referral system at CH and TUH is a core responsibility. TUH & CH- Interdisciplinary intake service with daily meetings</p>	<p>Specialist Clinic coverage: Trainees are strongly recommended to rotate to all Clinics and opportunities available at both sites. Other clinic opportunities can be provided, e.g. Continence/Urodynamics with Gynaecology</p>

<p>Domiciliary assessments/ACAT assessments: Home visits and nursing home visits are part of the agenda on both sites.</p> <p>Both CH and TUH are accredited for a 6-month Advanced Trainee position in Community Geriatrics.</p>	<p>Research/presentations: One session per week is set aside for individual research and Advanced Trainee support. ANZSGM is encouraged as an opportunity for presentation. Advanced Trainees are expected to participate in Grand Rounds and General Medicine/Geriatric Medicine Journal Clubs.</p>
<p>Teaching responsibilities: TUH and CH includes 4th, 5th 6th year teaching. 6th year attachment period with lectures in which the Advanced Trainee is expected to contribute. It is also expected for the Advanced Trainee to be involved in Basic Physician Training for basic training Registrar.</p> <p>Elective student attachments are offered.</p>	<p>Rotations available and opportunities for flexible training: <u>CH rotations include:</u> GEMS (OPERA), Dementia and Delirium, Community and Primary Care Geriatrics, Orthogeriatrics, Rehab and Stroke.</p> <p><u>TUH rotations include:</u></p> <ol style="list-style-type: none"> 1. Acute Care of Elderly (ACE) 2. Orthogeriatrics 3. Community Geriatrics/Frailty Interventional Team (FIT) 4. GEM
<p>Each site provides differing options for rotation and could be combined to provide all three years of training (two core years and one non-core year).</p> <p style="text-align: center;">NORTH QUEENSLAND GERIATRIC MEDICINE TRAINING ALLIANCE</p>	