

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 mths core training and further 12 mths non-core training

Townsville University Hospital (TUH) – 4 Advanced Trainee positions for 24 months core training.

Duration of Training Accredited:

Cairns Hospital (CH) – 4 x 6/12 core rotations in GEMS, D&D, Community and Orthogeriatrics

Townsville University Hospital (TUH) – accredited for 2 years of Core Advanced Training (4 x 6-month core rotations in Acute Care of Elderly, GEM, Orthogeriatric, Community Geriatrics).

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 – 6.6 FTE Physicians in Geriatric Medicine and 1 SMO

A/Prof Edward Strivens, Dr Ramesh Durairaj,
Dr Shirantha Adikari, Dr Gavin Miller,
Dr Roselani Henry, Dr Lea Stark, Dr Adam Anderson,
Dr Sarah Brown

TUH – 6 Physicians in Geriatric Medicine –

Dr Kok Chu Chan

Dr Ean Loon Lai

Dr Shane Clifford

Dr Sonia Tait

Dr Emma Sganzerla

Dr Marc Vaz

Dr Sandhya Gaur (Psychogeriatrician)

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.

<p>Cairns Hospital has a 32 bed Acute Geriatrics/GEM ward, 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. There are an additional 8 GEM beds in the Mareeba Hospital and 12 GEM beds at Gordonvale. A Community Geriatrics rotation includes Residential Care Inreach, Primary Care Geriatrics (OPEN ARCH) and GITH services. Specialist Outpatient Clinics include Memory Clinics, Delirium Follow Up and Movement Disorders. 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. 8 Bed Acute Stroke Unit integrated with a 22 bed Rehabilitation Unit, with rotations available in both specialties.</p>	<p><u>Townsville University Hospital (TUH) Gerontology Service</u> provides:</p> <ol style="list-style-type: none"> 1. Acute Care of the Elderly (ACE) including a secure Delirium Unit – 3 teams of ACE with up to 60 inpatients. 3 consultants, 3 registrars, 3 residents/interns. 2. Orthogeriatric Consult Liaison service – caring for 10 to 15 patients from time of presentation in ED to discharge. 3. GEM – up to 20 inpatients. 1 consultant, 1 registrar and 1 resident. 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. 7. Psychogeriatrics – inpatient secure unit; outpatient services.
--	--

Cairns Hospital:

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 and Torres Strait

Townsville University Hospital:

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.
6. Telehealth to Mt Isa, Charters Towers, Ingham, Ayr, Bowen, Proserpine and Mackay.
7. Outreach to RACF
8. Memory Clinics, Onco-geriatrics Clinic and Community Geriatrics clinic.

Additional Services across the two sites include -

Cairns and Hinterland HHS:

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
9. OPEN ARCH community geriatrics 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: 2 clinics 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) Community Geriatrics 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) Onco-Geriatrics and TAVI clinic: once per week. Advanced Trainee of Community Geriatrics is involved in the clinic.
- (4) Telehealth: 4 clinics weekly. Telemedicine to outlying hospitals, as far west as Mt Isa, north to Ingham and south to Mackay. Interested Advanced Trainees are encouraged to join these consultant-led clinics.
- (5) RACF and Domiciliary Visits (as stated above)

Facilities

Number/type of Geriatric Beds:

Cairns Hospital:

- 32 mixed acute Geriatrics/sub-acute GEMS/Rehab, including dementia/delirium
- 12 sub-acute/TCP beds (Gordonvale)
- 8 Outlying GEMS beds (Mareeba)
- 10 Acute Stroke Beds (managed with rehab)

Townsville University Hospital (TUH):

- 30 Acute Care of Elderly beds (ACE),
- 10-bed Delirium/BPSD unit,

20 GEM beds, 25 Interim beds (Good Shepherd Nursing Home)	
<p>Consultation Services</p> <p><u>Townsville University Hospital</u> Medical responsibilities for all fractured NOF and fragility fractures in the Orthopaedic Ward. Consult Liaison services to other General Surgical and General Medical patients.</p> <p><u>Cairns Hospital:</u> Consultation/liaison Orthogeriatric service and Dementia/Delirium service, GEDI (Geriatric Emergency Department Intervention)</p>	<p>Domiciliary Assessment:</p> <p><u>Townsville University Hospital (TUH):</u> 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.</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</p>
Formal Training	
<p>Lectures:</p> <p>Trainees are expected to attend the Statewide Training Programme via Telemedicine as well as the local programme on each site. Both are weekly and comprise a total of half day per week. The local programme 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:</p> <p>Weekly at both CBH and TUH. Radiology Meeting CBH and TUH.</p>	<p>Consult Rounds:</p> <p>TUH: 3 per week CBH: 3 per week plus 2 outreach per week</p>
<p>Other Specialty Links:</p>	<p>Protected time per week:</p> <p>5 hours per week</p>

<p>Strong links exist with Palliative Care, Psychiatry of Old Age, Rehabilitation, Orthopaedics, Stroke, Neurology and General Medicine</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>Current and Recent Projects - CH: <i>(Over \$4 million in competitive research grant funding and 8 years of continuous NHMRC 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:</p> <p>New</p> <ul style="list-style-type: none"> Dementia Discharge Project Statewide Restraints in the Elderly AT Project Frailty Project in the ED <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:</p>	<p>Ward responsibilities/workload:</p>

After hours on call roster ~1 in 6 plus occasional weekend roster.	Responsible for 15-20 patients with an RMO and full MDT.
Consultations: Managing the referral system at CH and TUH is a core responsibility. TUH & CH- Interdisciplinary intake service with daily meetings	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
Domiciliary assessments/ACAT assessments: Home visits and nursing home visits are part of the agenda on both sites. Both CH and TUH are accredited for a 6-month Advanced Trainee position in Community Geriatrics.	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.
Teaching responsibilities: TUH and CH includes 4 th , 5 th 6 th year teaching. 6 th 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. Elective student attachments are offered.	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. <u>TUH rotations include:</u> <ol style="list-style-type: none"> 1. Acute Care of Elderly (ACE) 2. Orthogeriatrics 3. Community Geriatrics/Frailty Interventional Team (FIT) 4. GEM
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 style="text-align: center;">NORTH QUEENSLAND GERIATRIC MEDICINE TRAINING ALLIANCE</p>	