3. Why should catheter use be minimized?
   a. Infection risk
      - Cause of 40% of nosocomial infections
   b. Morbidity
      - Internal catheters
        - Associated with delirium
        - Urethral & meatal injury
        - Bladder & renal stones
        - Fever
        - Polymicrobial bacteriuria
      - External (condom) catheters
        - Penile cellulitis/necrosis
        - Urinary retention
        - Bacteriuria & infection
   c. Foleys are uncomfortable/painful
   d. Foleys are restrictive \( \Rightarrow \) falls & delirium
   e. Cost

Prepared by:

Keerti Sharma, MD         Arnold Berlin, MD
Amy Ehrlich, MD               Department of Surgery
Division of Geriatrics

Contributions:

Don Scott, MD         Catherine DuBeau, MD
University of Chicago               Geriatrics, Univ. of Chicago

Brochure design & layout:

Kim Freeman, MPH
Division of Geriatrics

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Geriatrics Educational Tools for the Surgical Resident

TOOLS FOR ASSESSMENT

GAIT: “HAVE YOU FALLEN IN THE PAST YEAR?”

TIMED “GET UP AND GO” TEST (Normal \( \leq 10 \) sec)

To test the subject, give the following instructions:

- Rise from the chair without hands
- Walk 10 feet across the floor
- Turn
- Return to the chair
- Sit down again

MINI-COG (SCORE 0–5)

Consists of 2 parts: 3-item recall plus clock draw test (CDT).

1. Instruct the patient to listen carefully as you name 3 unrelated objects (apple, penny, table) and then ask them to repeat the object names.
2. Instruct the patient to draw the face of a clock, either on a blank sheet of paper or on a circle already drawn on the page. After the patient puts the numbers on the clock face, ask him/her to draw the hands of the clock to read a specific time, such as 8:20 or 11:10. These instructions can be repeated, but no additional instructions should be given. Give the patient as much time as needed to complete the task. Score 2 if numbers are sequenced and placed correctly, and hands are in correct place; score 0 if either is incorrect.
3. Ask the patient to repeat the 3 previously presented object names (score 0–3).

Likelihood of cognitive impairment is high with scores of 0–2 (76% sensitivity; 89% specificity for dementia).

METABOLIC EQUIVALENTS (METs) IN THE ELDERLY
A tool to estimate perioperative risk based on functional status

1 MET = the basal \( O_2 \) consumption for a 40-year-old, 70-kg person at rest
= 3.5 cc/kg/min
METs are then expressed as multiples of the basal \( O_2 \) consumption for various activities

1 — Sitting
2 — Walking slow pace, light housework, ADLs
3 — Walking average pace, carrying light objects
4 — Walking brisk pace, climbing a flight of stairs
5 — Walking very brisk pace, slow swimming
6—10 — Strenuous sports

Inability to meet a 4-MET demand places the patient at increased perioperative cardiac and long-term risk.

TOOLS FOR CLINICAL CARE

DELIURIM IN SENIORS
Don Scott, MD, University of Chicago

Risk Assessment at Admission
\( \downarrow \) Vision (<20/70)
Severe illness
\( \downarrow \) Cognition (score ≤24 on MMSE)
Dehydration (BUN/Cr > 18)
  Score of 1–2 = Intermediate risk, odds ratio 2.5
  Score of 3–4 = High risk, odds ratio 9.2

Precipitating Risk Factors
Physical restraints
Malnutrition
≥3 medication classes added
Bladder catheter
Iatrogenic event
  Score of 1–2 = Intermediate risk, odds ratio 7.1
  Score of 3–5 = High risk, odds ratio 17.51

Diagnosis of Delirium: Confusion Assessment Method (CAM)
Diagnosis requires: \( 1 + 2 + (3 \text{ or } 4) \)
1 — Acute onset & fluctuating course
2 — Inattention
3 — Disorganized thinking
4 — Altered level of consciousness
   (Most Common = HYPOACTIVE Form)

Delirium versus Dementia

<table>
<thead>
<tr>
<th>Feature</th>
<th>Delirium</th>
<th>Dementia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>Acute</td>
<td>Insidious</td>
</tr>
<tr>
<td>Course</td>
<td>Fluctuating</td>
<td>Constant</td>
</tr>
<tr>
<td>Attention</td>
<td>Disordered</td>
<td>Generally Preserved*</td>
</tr>
<tr>
<td>Consciousness</td>
<td>Disordered</td>
<td>Generally Preserved*</td>
</tr>
<tr>
<td>Hallucinations</td>
<td>Often Present</td>
<td>Generally Absent*</td>
</tr>
</tbody>
</table>

Involuntary Movement Often Present
* = Variable in advanced dementia

FOLEY CATHETERS
Catherine DuBeau, MD, Geriatrics, University of Chicago

1. Does this patient have a catheter?
Incorporate regular catheter checks on rounds as a practice-based learning and improvement exercise.

2. Does this patient need a catheter?
There are only 4 indications:
   a. Inability to void
   b. Urinary incontinence and:
      - Open sacral or perineal wound
      - Palliative care
   c. Urine output monitoring
      - Critical illness—frequent/urgent monitoring needed
      - Patient unable/unwilling to collect urine
   d. After general or spinal anesthesia

(Continues on back panel)