

# HISTORY OF GERIATRICS

Episode 1 with Dr. Irene Turpie and Dr. Christopher Patterson

## What is Geriatrics?



- Geriatric medicine is a specialty focused on the health and well-being of older adults.
- As we age, our bodies and health needs change—geriatric medicine is designed to understand and support those changes.
- Care teams prevent, manage, and coordinate complex conditions and medications.
- The goal is to help older adults stay active, safe, and supported throughout later life.

## Geriatric Medicine in Canada

Early on, geriatric medicine wasn't recognized in Canada, and care settings were overcrowded and understaffed.

Founding physicians fought to prove older adults need specialized care and expertise.

Today, geriatrics has influenced internal medicine, surgery, family practice, and beyond.



## The 5Ms of Geriatric Medicine

The 5Ms simplify complexity, centering care on function, dignity, and personal goals.

1 Mind

2 Mobility

3 Medications

4 Multimorbidity

5 What Matters Most

## The Power of the Team in Geriatric Care

Long before "team-based care" became a buzzword, geriatricians championed collaborative models.

True insights often come from frontline staff—the people closest to the patient.

From research to everyday work, geriatrics thrives on teamwork.

The power of the geriatric care team has changed how the medical system views older adults.

