

Contact: Sue Brooks
Communications Manager
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Aging Insights TV episode 119: “Aging Well with Your Doctors”

Are medical professionals prepared to care for patients as they age?



Dr. David Barile

Dr. Katie DeMarco

Trenton, NJ (August 24, 2021) – Our population is aging rapidly and people are living longer as well. Is the medical profession prepared or preparing to treat their aging patients? Should older adults opt for a geriatrician at a certain age or health status?

The 119th episode of the Aging Insights TV program tackles these topics and more with guests Dr. David Barile and Dr. Katie DeMarco.

Aging Insights, now in its 10th year, is produced by NJ Advocates for Aging Well (NJAAW) in conjunction with Piscataway Community Television (PCTV). The half-hour program is hosted by NJAAW’s new Executive Director, Dr. Cathy Rowe. The show can be viewed on NJAAW’s YouTube channel at youtube.com/c/njadvocatesforagingwell, website at njaaw.org and more than 70 public-access TV stations across NJ (check local listings for channels and times).

In this episode, Dr. Barile, a geriatrician and Founder and Chief Medical Officer, Goals of Care Coalition of NJ (goalsofcare.org), supplies the definition of a geriatrician and notes why/when one may be needed. He states that there is a current problem: a “huge shortage” of geriatricians. “As we’re having more and more older adults, we’re having less and less geriatricians,” he says.

According to Dr. Katie DeMarco, DNP, MSHS, APN, FNP-BC, ACHPN, a Palliative APN (Advanced Practice Nurse) and Clinical Supervisor at Hackensack Meridian Health – Hackensack University Medical Center (hackensackumc.org/), Pain & Palliative Medicine Institute, the role of the Nurse Practitioner will be key in solving that shortage.

Other issues addressed on “Aging Well with Your Doctors” are continuing relationships with current medical professionals as a patient ages, methods of locating a geriatrician, the transition of care as age/illness progresses, the geriatrician’s approach to patient care and age-friendly care systems/hospitals.

Goals of Care Coalition of NJ (GOCCNJ, goalsofcare.org) is a non-profit partnership of leading healthcare providers, government agencies and community organizations dedicated to helping patients get the care they need and no less, and the care they want and no more. In addition to his role with GOCCNJ, Dr. Barile is Director of Palliative Medicine Services and Medical Director of the Acute Care for the Elderly Unit at Penn Medicine Princeton Medical Center. He also is the Medical Director at Princeton Care Center Skilled Nursing Facility, Greenwood Hospice and Goldenview Memory Home. Dr. Barile was instrumental in designing the NJ POLST (Practitioners Orders for Life-Sustaining Treatment) Form and is an active member of the National POLST Paradigm Task Force focused on improving the quality of patient care by creating a system that identifies patients’ wishes

regarding medical treatment and communicates and respects them by creating portable medical orders.

Dr. Katie DeMarco has been practicing palliative care for more than 12 years. A palliative author, Dr. DeMarco is a board-certified Hospice and Palliative Care Advanced Practice Nurse. She provides acute specialty palliative care consults and patient care in the hospital, skilled nursing facilities and is a palliative provider in the ALS (amyotrophic lateral sclerosis/Lou Gehrig's Disease) ambulatory clinic. She earned a Master of Health Science in End-of-Life Care and a clinical Doctorate in Palliative Care, both from George Washington University. Dr. DeMarco participates in such state and national organizations as the NJ Department of Health Palliative Care Work Group, NJ Governor's Council for Palliative and End-of-Life Care and the HPNA APN Advisory Council. She also is on the Board of the NJ Palliative Care APN Consortium.

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About NJAAW

NJ Advocates for Aging Well (NJAAW, njaaw.org), formerly NJ Foundation for Aging, has been at the forefront of revolutionizing the aging experience since 1998. It is the only statewide nonprofit focused solely on providing leadership in public policy and education to enable older adults to live with independence and dignity in their communities. NJAAW's social action issues include senior housing and hunger, elder economic security, older workers and transportation. The award-winning Aging Insights, a monthly topical TV program produced by NJAAW, connects caregivers, older adults and their families to community-based services and resources. The show is available on NJAAW's YouTube channel at youtube.com/c/njadvocatesforagingwell, at njaaw.org and more than 70 public-access stations across NJ (check local listings for channels and times). NJAAW also presents educational forums and an Annual Conference offering development opportunities and best practices for professionals entrusted with caring for aging adults.