## Geriatric Medicine Milestones

ACGME International, Inc. (ACGME-I)



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## Geriatric Medicine Milestones

The Milestones are designed only for use in evaluation of residents and fellows in the context of their participation in ACGME-I-accredited residency and fellowship programs. The Milestones provide a framework for the assessment of the development of the resident or fellow in key dimensions of the elements of physician competence in a specialty or subspecialty. They neither represent the entirety of the dimensions of the six domains of physician competence, nor are they designed to be relevant in any other context.

## **Understanding Milestone Levels and Reporting**

This document presents the Milestones, which programs use in a semi-annual review of resident or fellow performance, and then report to the ACGME-I. Milestones are knowledge, skills, attitudes, and other attributes for each of the ACGME-I Competencies organized in a developmental framework. The narrative descriptions are targets for resident/fellow performance throughout the educational program.

Milestones are arranged into levels. Tracking from Level 1 to Level 5 is synonymous with moving from novice to expert resident or fellow in the specialty or subspecialty. For each reporting period, the Clinical Competency Committee will review the completed evaluations to select the milestone levels that best describe each learner's current performance, abilities, and attributes for each subcompetency.

These levels *do not* correspond with post-graduate year of education. Depending on previous experience, more junior residents/fellows may achieve higher levels early in their educational program just as more senior residents/fellows may be at a lower level later in their educational program. There is no predetermined timing for a resident or fellow to attain any particular level. Residents and fellows may also regress in achievement of their milestones. This may happen for many reasons, such as over-scoring in a previous review, a disjointed experience in a particular procedure, or a significant act by the resident/fellow.

Selection of a level implies the resident/fellow substantially demonstrates the milestones in that level, as well as those in lower levels (see the diagram on page iv).

## **Additional Notes**

Level 4 is designed as a graduation *goal* but *does not* represent a graduation *requirement*. Making decisions about readiness for graduation and unsupervised practice is the purview of the program director. Furthermore, Milestones 2.0 include revisions and changes that preclude using the Milestones as a sole assessment in high-stakes decisions. Level 5 is designed to represent an expert resident or fellow whose achievements in a subcompetency are greater than the expectation. Milestones are primarily designed for formative, developmental purposes to support continuous quality improvement for individual learners, education programs, and the specialty. ACGME-I and its partners will continue to evaluate and perform research on the Milestones to assess their impact and value.

Examples are provided for some milestones within this document. Note: The examples are not the required element or outcome; they are provided as a way to share the intent of the element.

Some milestone descriptions include statements about performing independently. These activities must occur in conformance with ACGME-I supervision guidelines as described in the applicable Program Requirements, as well as with institutional and program policies. For example, a resident who performs a procedure independently must, at a minimum, be supervised through oversight.

A Supplemental Guide is also available to provide more context regarding the intent of each subcompetency, as well as examples for each level, assessment methods or tools, and other resources. The Supplemental Guide, like examples contained within the Milestones, is designed only to assist the program director and Clinical Competency Committee; it is not meant to demonstrate any required element or outcome.

The diagram below presents an example set of milestones for one subcompetency in the same format as the ACGME-I Report Worksheet. For each reporting period, a resident's/fellow's performance on the milestones within each subcompetency will be indicated by selecting the Milestones Level that best describes that individual's performance in relation to those milestones.

Systems-Based Practice	1: Patient Safety and Qual	ity Improvement		
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of common patient safety events	Identifies system factors that lead to patient safety events	Participates in analysis of patient safety events (simulated or actual)	Conducts analysis of patient safety events and offers error prevention strategies (simulated or actual)	Actively engages teams and processes to modify systems to prevent patient safety events
Demonstrates knowledge of how to report patient safety events	Reports patient safety events through institutional reporting systems (simulated or actual)	Participates in disclosure of patient safety events to patients and their families (simulated or actual)	Discloses patient safety events to patients and their families (simulated or actual)	Role models or mentors others in the disclosure of patient safety events
Demonstrates knowledge of basic quality improvement methodologies and metrics	Describes local quality improvement initiatives (e.g., community vaccination rate, infection rate, smoking cessation)	Participates in local quality improvement initiatives	Demonstrates the skills required to identify, develop, implement, and analyze a quality improvement project	Creates, implements, and assesses quality improvement initiatives at the institutional or community level
Comments:  Not Yet Completed Level 1				
Selecting a response box in the middle of a level implies that milestones in that level and in lower levels have been substantially demonstrated.		Selecting a response to between levels indicate in lower levels have be demonstrated as well a milestones in the higher	es that milestones en substantially as <b>some</b>	

Patient Care 1: Comprehensive Geriatric Assessment					
Level 1	Level 2	Level 3	Level 4	Level 5	
Identifies domains of a comprehensive geriatric assessment, including medical, psychosocial, and functional elements	Performs a comprehensive geriatric assessment, eliciting information from ancillary sources, including the patient, family, caregivers, and interdisciplinary team	Formulates a care plan that integrates findings from a comprehensive geriatric assessment focused on optimizing physical, psychosocial, and functional health	Implements a unified, patient-centered care plan that integrates all domains of the comprehensive geriatric assessment in collaboration with the interdisciplinary team and community partners	Implements a comprehensive geriatric assessment methodology for use with innovative models of care delivery, new care settings, and/or unique patient populations	
Comments:  Not Yet Completed Level 1 Not Yet Assessable					

Patient Care 2: Patient and Family/Caregiver Support				
Level 1	Level 2	Level 3	Level 4	Level 5
Describes formal and informal support systems for older adults	Identifies potential stressors and support options for individual patients	Collaborates with the interdisciplinary team to use available resources to educate and support patients	Develops a comprehensive plan in partnership with the patient, patient's family, and interdisciplinary team to optimize	Innovates or advocates to enhance caregiver support and programming within communities or systems of care
Describes the roles of caregiver(s) and the risks and benefits of caregiving	Employs approaches or tools to assess family/ caregiver burden and identify potential stressors and support options	Collaborates with the interdisciplinary team to use available resources and support for family/ caregiver(s)	support of the patient and patient's family/ caregiver(s)	
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Patient Care 3: Assessin	g and Optimizing of Pharm	acotherapy		
Level 1	Level 2	Level 3	Level 4	Level 5
Identifies common medications that should be avoided or used with caution in older adults	Recognizes age-related changes in the metabolism of and response to medications	Modifies medications based on principles of polypharmacy, risks and benefits, and identification of barriers to adherence, and monitors response to de-prescribing	Optimizes medication management of patients with multi-morbidity by synthesizing evidence, patient preferences, life expectancy, functional trajectory, and clinical feasibility	Works within larger health care systems and community-based organizations to minimize harms from overprescribing and underprescribing
Performs a medication reconciliation, including both prescribed and over the counter medications	Identifies patients at risk for negative outcomes due to polypharmacy and overprescribing or underprescribing	Effectively communicates medication changes to patients, families, caregivers, and health care professionals across health settings	, and the second	
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Patient Care 4: Assessing and Optimizing Physical and Cognitive Function				
Level 1	Level 2	Level 3	Level 4	Level 5
Identifies tools to assess physical function	Performs functional assessment of an individual patient	Interprets findings from a functional assessment, considering strengths and limitations of the assessment	Effectively integrates findings from functional and cognitive assessments into care plans, including referral for rehabilitative therapies as indicated	Promotes assessment and optimization of physical and cognitive functioning for patients across care systems
Identifies tools to assess cognition	Performs cognitive assessment of an individual patient	Interprets findings from a cognitive assessment, considering strengths and limitations of the assessment		
Comments:  Not Yet Completed Level 1  Not Yet Assessable				

Patient Care 5: Framing Clinical Management Decisions within the Context of Prognosis				
Level 1	Level 2	Level 3	Level 4	Level 5
Lists common methods and tools for estimating prognosis	Describes strengths and weaknesses of various methods and tools for assessing prognosis in patient populations	Applies an individual patient's prognosis and "lag time to benefit" as part of a framework to determine risks and benefits of preventive and	Integrates prognosis and goals of care into shared clinical decision making, in collaboration with patients, families/ caregivers, and the	Incorporates prognosis in local and national guidelines and performance metrics to avoid overtreatment and undertreatment of
Describes common patterns of disease trajectories	Describes how the interplay between multi-morbidity, functional impairment, and frailty affects disease trajectories	therapeutic interventions	interdisciplinary team	preventive interventions
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Patient Care 6: Consultative Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Respectfully responds to a consultation request and conveys recommendations, with supervision	Identifies and clarifies the goals of the consultation and conveys recommendations	Seeks and integrates input from different members of the health care team and provides recommendations to the primary team in a clear and timely manner	Provides comprehensive and prioritized recommendations, including assessment and rationale, to all necessary health care team members	Leads the health care team in the provision of effective consultative services across the spectrum of disease complexity and acuity
Recognizes consult acuity and urgency, with	Independently recognizes consult acuity and	Prioritizes workflow in	Mobilizes resources to provide care in an	
supervision	urgency	response to consult acuity and urgency	urgent situation	
Comments:  Not Yet Completed Level 1  Not Yet Assessable				

Medical Knowledge 1: Geriatric Syndromes				
Level 1	Level 2	Level 3	Level 4	Level 5
Lists common geriatric syndromes	Describes the pathophysiology of geriatric syndromes	Demonstrates knowledge of diagnostic tests and tools applicable to geriatric syndromes, recognizing their utility and limitations	Synthesizes risk factors, pathophysiology, scientific knowledge, diagnostic testing, and patient and caregiver factors to prevent and manage geriatric syndromes	Advances knowledge about the basic science, prevention, and clinical management of geriatric syndromes through education, research, or other scholarly activity
Recognizes risks and predisposing factors in the development of geriatric syndromes	Describes the interplay between medications, comorbidities, socioeconomic factors, and geriatric syndromes	Recognizes clinical and community resources, evidence-based practices, and models of care useful in the prevention and management of geriatric syndromes	Communicates and works with interprofessional teams and community resources to implement geriatric syndrome prevention and management plans	
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Medical Knowledge 2: Principles of Aging				
Level 1	Level 2	Level 3	Level 4	Level 5
Describes age-related changes to organs and their system functions	Describes theories of aging	Describes how aging affects the presentation of diseases	Applies knowledge of the biology and physiology of aging to promote healthy aging	Advances knowledge of the principles of aging through education, research, or other scholarly activity
Describes the heterogeneity of aging and its relationship to gender, socioeconomic factors, education, lifestyle, and disease	Differentiates between normal aging and disease	Describes how aging impacts homeostasis, physiologic reserve, function, cognition, and pharmacology	Integrates knowledge of normal aging into disease diagnosis and treatment	
Comments:  Not Yet Completed Level 1 Not Yet Assessable				

Systems-Based Practice 1: Patient Safety and Quality Improvement				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of common patient safety events	Identifies system factors that lead to patient safety events	Participates in analysis of patient safety events (simulated or actual)	Conducts analysis of patient safety events and offers error prevention strategies (simulated or actual)	Actively engages teams and processes to modify systems to prevent patient safety events
Demonstrates knowledge of how to report patient safety events	Reports patient safety events through institutional reporting systems (simulated or actual)	Participates in disclosure of patient safety events to patients and their families (simulated or actual)	Discloses patient safety events to patients and their families (simulated or actual)	Role models or mentors others in the disclosure of patient safety events
Demonstrates knowledge of basic quality improvement methodologies and metrics	Describes local quality improvement initiatives (e.g., community vaccination rate, infection rate, smoking cessation)	Participates in local quality improvement initiatives	Demonstrates the skills required to identify, develop, implement, and analyze a quality improvement project	Creates, implements, and assesses quality improvement initiatives at the institutional or community level
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 2: System Navigation for Patient-Centered Care				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates knowledge of care coordination	Coordinates care of patients in routine clinical situations, effectively utilizing the roles of the interprofessional teams	Coordinates care of patients in complex clinical situations, effectively utilizing the roles of the interprofessional teams	Role models effective coordination of patient- centered care among different disciplines and specialties	Analyzes the process of care coordination and leads in the design and implementation of improvements
Identifies key elements for safe and effective transitions of care and hand-offs	Performs safe and effective transitions of care/hand-offs in routine clinical situations	Performs safe and effective transitions of care/hand-offs in complex clinical situations	Role models and advocates for safe and effective transitions of care/hand-offs within and across health care delivery systems, including outpatient settings	Improves quality of transitions of care within and across health care delivery systems to optimize patient outcomes
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 3: Physician Role in Health Care Systems				
Level 1	Level 2	Level 3	Level 4	Level 5
Identifies key components of the complex health care system (e.g., hospital, skilled nursing facility, finance, personnel, technology)	Describes how components of a complex health care system are interrelated, and how this impacts patient care	Discusses how individual practice affects the broader system (e.g., length of stay, readmission rates, clinical efficiency)	Manages various components of the complex health care system to provide efficient and effective patient care and transition of care	Advocates for or leads systems change that enhances high value, efficient, and effective patient care and transition of care
Describes the principles of cost-effective care	Delivers care with consideration of each patient's payment model	Engages with patients in shared decision making, informed by cost-effective care principles	Advocates for patient care needs (e.g., community resources, patient assistance resources) regardless of ability to pay	Participates in health policy advocacy activities
Comments:  Not Yet Completed Level 1				

Systems-Based Practice 4: Models and Systems of Care					
Level 1	Level 2	Level 3	Level 4	Level 5	
Identifies evidence- based models of care for older adults	Describes potential reasons why evidence-based models of care improve outcomes for older adults	Assesses evidence-based models of care for individual patients	Applies evidence-based models of care to improve patient care	Develops systems-based initiatives using evidence-based models of care	
Comments:			Not Yet C	ompleted Level 1	

Practice-Based Learning	and Improvement 1: Evide	ence-Based and Informed P	Practice	
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates how to access and use available evidence, and incorporate patient preferences and values in order to take care of a routine patient	Articulates clinical questions and elicits patient preferences and values in order to guide evidence-based care	Locates and applies the best available evidence, integrated with patient preference, to the care of complex patients	Critically appraises and applies evidence, even in the face of uncertainty and conflicting evidence, to guide care tailored to the individual patient	Coaches others to critically appraise and apply evidence for complex patients, and/or participates in the development of guidelines
Comments:			Not Yet C	completed Level 1

Practice-Based Learning and Improvement 2: Reflective Practice and Commitment to Personal Growth						
Level 1	Level 2	Level 3	Level 4	Level 5		
Accepts responsibility for personal and professional development by establishing goals	Demonstrates openness to performance data (feedback and other input) in order to inform goals	Seeks performance data episodically, with adaptability and humility	Intentionally seeks performance data consistently, with adaptability and humility	Role models consistently seeking performance data with adaptability and humility		
Identifies the factors which contribute to gap(s) between expectations and actual performance	Analyzes and reflects on the factors which contribute to gap(s) between expectations and actual performance	Analyzes, reflects on, and institutes behavioral change(s) to narrow the gap(s) between expectations and actual performance	Challenges assumptions and considers alternatives in narrowing the gap(s) between expectations and actual performance	Coaches others on reflective practice		
Actively seeks opportunities to improve	Designs and implements a learning plan, with prompting	Independently creates and implements a learning plan	Uses performance data to measure the effectiveness of the learning plan and, when necessary, improves it	Facilitates the design and implementation of learning plans for others		
Comments:	Comments:  Not Yet Completed Level 1					

Professionalism 1: Professional Behavior and Ethical Principles					
Level 1	Level 2	Level 3	Level 4	Level 5	
Identifies and describes potential triggers for professionalism lapses	Demonstrates insight into professional behavior in routine situations	Demonstrates professional behavior in complex or stressful situations	Recognizes situations that may trigger professionalism lapses and intervenes to prevent lapses in self and others	Coaches others when their behavior fails to meet professional expectations	
Describes when and how to appropriately report professionalism lapses, including strategies for addressing common barriers	Takes responsibility for own professionalism lapses	Recognizes need to seek help in managing and resolving complex ethical situations	Recognizes and utilizes appropriate resources for managing and resolving ethical dilemmas as needed (e.g., ethics consultations, literature	Identifies and seeks to address system-level factors that induce or exacerbate ethical problems or impede their	
Demonstrates knowledge of the ethical principles underlying informed consent, surrogate decision making, advance directives, confidentiality, error disclosure, stewardship of limited resources, and related topics	Analyzes straightforward situations using ethical principles	Analyzes complex situations using ethical principles	review, risk management/legal consultation)	resolution	
Comments:			Not Yet C	ompleted Level 1	

Professionalism 2: Accountability/Conscientiousness					
Level 1	Level 2	Level 3	Level 4	Level 5	
Takes responsibility for failure to complete tasks and responsibilities, identifies potential contributing factors, and describes strategies for ensuring timely task completion in the future	Performs tasks and responsibilities in a timely manner with appropriate attention to detail in routine situations	Performs tasks and responsibilities in a timely manner with appropriate attention to detail in complex or stressful situations	Recognizes situations that may impact others' ability to complete tasks and responsibilities in a timely manner	Takes ownership of system outcomes	
Responds promptly to requests or reminders to complete tasks and responsibilities	Recognizes situations that may impact own ability to complete tasks and responsibilities in a timely manner	Proactively implements strategies to ensure that the needs of patients, teams, and systems are met			
Comments:  Not Yet Completed Level 1					

Professionalism 3: Self-A	Awareness and Help-Seekir	ng				
Level 1	Level 2	Level 3	Level 4	Level 5		
Recognizes status of personal and professional well-being, with assistance	Independently recognizes status of personal and professional well-being	With assistance, proposes a plan to optimize personal and professional well-being	Independently develops a plan to optimize personal and professional well-being	Coaches others when emotional responses or limitations in knowledge/ skills do not meet professional expectations		
Recognizes limits in the knowledge/skills of self or team, with assistance	Independently recognizes limits in the knowledge/ skills of self or team and demonstrates appropriate help-seeking behaviors	With assistance, proposes a plan to remediate or improve limits in the knowledge/skills of self or team	Independently develops a plan to remediate or improve limits in the knowledge/skills of self or team			
Comments:			Not Yet C	ompleted Level 1		

Interpersonal and Communication Skills 1: Patient and Family-Centered Communication				
Level 1	Level 2	Level 3	Level 4	Level 5
Uses language and nonverbal behavior to demonstrate respect and establish rapport	Establishes a therapeutic relationship in straightforward encounters using active listening and clear language	Establishes a therapeutic relationship in challenging patient encounters	Easily establishes therapeutic relationships, with attention to patient/ family concerns and context, regardless of complexity	Mentors others in situational awareness and critical self-reflection to consistently develop positive therapeutic relationships
Identifies common barriers to effective communication (e.g., language, disability) while accurately communicating own role within the health care system	Identifies complex barriers to effective communication (e.g., health literacy, cultural)	When prompted, reflects on personal biases while attempting to minimize communication barriers	Independently recognizes personal biases while attempting to proactively minimize communication barriers	Role models self- awareness while identifying a contextual approach to minimize communication barriers
Identifies the need to adjust communication strategies based on assessment of patient/ family expectations and understanding of their health status and treatment options	Organizes and initiates communication with patient/family by introducing stakeholders, setting the agenda, clarifying expectations, and verifying understanding of the clinical situation	With guidance, sensitively and compassionately delivers medical information, elicits patient/family values, goals, and preferences, and acknowledges uncertainty and conflict	Independently, uses shared decision making to align patient/family values, goals, and preferences with treatment options to make a personalized care plan	Role models shared decision making in patient/family communication, including those with a high degree of uncertainty/conflict
Comments:			Not Yet C	ompleted Level 1

Interpersonal and Comm	nunication Skills 2: Interpro	fessional and Team Comm	unication	
Level 1	Level 2	Level 3	Level 4	Level 5
Respectfully requests a consultation	Clearly and concisely requests a consultation	Checks own understanding of consultant recommendations	Coordinates recommendations from different members of the health care team to optimize patient care	Role models flexible communication strategies that value input from all health care team members, resolving conflict when needed
Respectfully receives a consultation request	Clearly and concisely responds to a consultation request	Checks understanding of recommendations when providing consultation		
Uses language that values all members of the health care team	Communicates information effectively with all health care team members	Uses active listening to adapt communication style to fit team needs		
	Solicits feedback on performance as a member of the health care team	Communicates concerns and provides feedback to peers and learners	Communicates feedback and constructive criticism to superiors	Facilitates regular health care team-based feedback in complex situations
Comments:			Not Yet C	ompleted Level 1

Interpersonal and Communication Skills 3: Communication within Health Care Systems					
Level 1	Level 2	Level 3	Level 4	Level 5	
Accurately records information in the patient record	Demonstrates organized diagnostic and therapeutic reasoning through notes in the patient record	Concisely reports diagnostic and therapeutic reasoning in the patient record	Communicates clearly, concisely, timely, and in an organized written form, including anticipatory guidance	Models feedback to improve others' written communication	
Safeguards patient personal health information	Demonstrates accurate, timely, and appropriate use of documentation shortcuts  Documents required data in formats specified by institutional policy	Appropriately selects direct (e.g., telephone, inperson) and indirect (e.g., progress notes, text messages) forms of communication based on context	Achieves written or verbal communication (e.g., patient notes, email) that serves as an example for others to follow	Guides departmental or institutional communication around policies and procedures	
Communicates through appropriate channels as required by institutional policy (e.g., patient safety reports, cell phone/pager usage)	Respectfully communicates concerns about the system	Uses appropriate channels to offer clear and constructive suggestions to improve the system	Initiates difficult conversations with appropriate stakeholders to improve the system	Facilitates dialogue regarding systems issues among larger community stakeholders (institution, health care system, field)	
Comments:	Comments:  Not Yet Completed Level 1				

Level 1	Level 2	Level 3	Level 4	Level 5
Identifies prognosis as a key element for shared decision making	Assesses the patient's family's/caregiver's prognostic awareness and identifies preferences for receiving prognostic information	Delivers prognosis and attends to emotional responses of patients and patients' families/caregivers	Tailors communication of prognosis according to patient consent, patient's family's/caregiver's needs, and medical uncertainty, and is able to address emotional responses	Coaches others in the communication of prognosis
Identifies the need to assess patient and patient family/caregiver expectations and understanding of their health status and treatment options	Facilitates communication with the patient and the patient's family/caregiver by setting the agenda, clarifying expectations, and verifying an understanding of the clinical situation	Sensitively and compassionately delivers medical information; elicits the patient's and the patient's family's/caregiver's values, goals, and preferences; and acknowledges uncertainty and conflict, with guidance	Independently uses shared decision making to align the patient's and the patient's family's/caregiver's values, goals, and preferences with treatment options to make a personalized care plan in situations with a high degree of uncertainty and conflict	Coaches shared decision making in patient and patient's family/caregiver communications