

I would like to sincerely thank the Royal College of Physicians of Edinburgh for giving me the opportunity to attend the 2026 Edinburgh International Course in Medicine for the Older Adult through the Brian Chapman Scholarship. As a postgraduate trainee in Geriatric Medicine in India, this course has been a very valuable learning experience for me. It has given me an opportunity to learn from experienced faculty and also understand different approaches towards the care of older people.

One of the main things I have gained from the course is a better understanding that geriatric medicine is not only about treating diseases. While managing an older person, we also have to look at frailty, functional status, cognition, medications, mobility, sleep, nutrition, social circumstances and, most importantly, what matters to the patient. The sessions on frailty, medicine optimisation, diabetes and chronic kidney disease in frail older adults helped me understand the importance of individualising treatment according to the patient's overall condition rather than following disease-specific targets alone.

Among the different topics, the sessions on older-person trauma, falls, frailty and sleep were particularly useful for my day-to-day clinical practice. Falls are very common in older people whom I see in my geriatric clinics. The course helped me look at a fall not just as an accidental event, but also as a possible indication of underlying frailty, poor balance, medications, visual problems, neurological conditions or other geriatric issues. I have therefore become more conscious about looking for the possible causes of falls and assessing gait, balance, medications, functional status and other risk factors, along with planning measures to prevent further falls.

The session on optimising sleep in older people was also very practical for me. Sleep complaints are frequently seen in geriatric practice. It helped me understand the importance of looking for reversible causes and lifestyle and environmental factors before immediately considering medicines. I am also more cautious about the use of sedative medications in older people because of their possible effects on cognition, falls and overall function.

The learning about frailty has probably had the widest application in my clinical practice. I now try to look at the older person as a whole and consider their independence, functional abilities, comorbidities, polypharmacy, cognition and goals of care while making treatment decisions.

Overall, this course has helped me improve not only my knowledge but also my way of thinking as a geriatrician. I am truly grateful for the scholarship and for the opportunity provided to me. I am eager to continue learning through more such educational opportunities and courses from Edinburgh, and I hope to use this knowledge to contribute towards improving geriatric care in my clinical setting and in India.

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