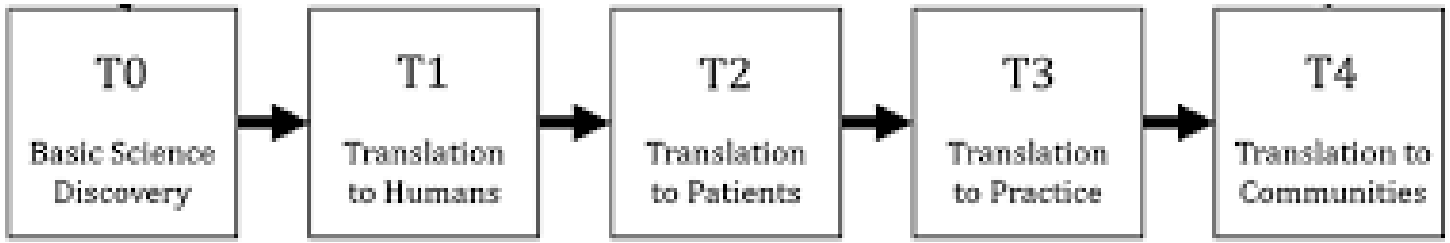
Topic III: Multidisciplinary Communities/Geroscience:

Understanding a Clinical Researcher's Perspective of Aging People

George A. Kuchel MD
Director, UConn Center on Aging
NIA UConn Claude D Pepper Older Americans Independence Center
mPI, NIA Translational Geroscience Network
NIH Common Fund KAPP-Sen Tissue Mapping Center
NIA Geroscience Education and Training Network



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NIA RCCN Workshop: Multidisciplinary Research in Aging/Team Science
Bethesda, MD
May 21, 2026; 10-10:15 AM

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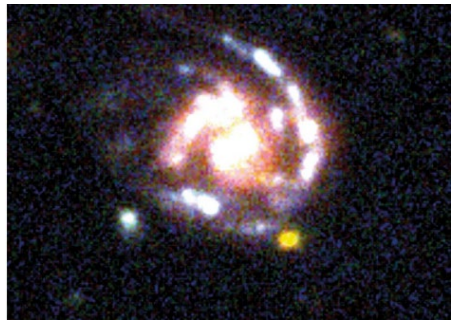
A long time ago in different galaxies far away from each other....



Geriatricians – clinical care of older patients
Clinical Researchers – human subject and clinical research

Professional lives in different galaxies in terms of:

- Training, perspectives and skills
- Academic departments
- Campus location
- Professional societies
- Methods, culture, language
- Still trying to define the clinical issues to translate



Researchers – study of biological aging

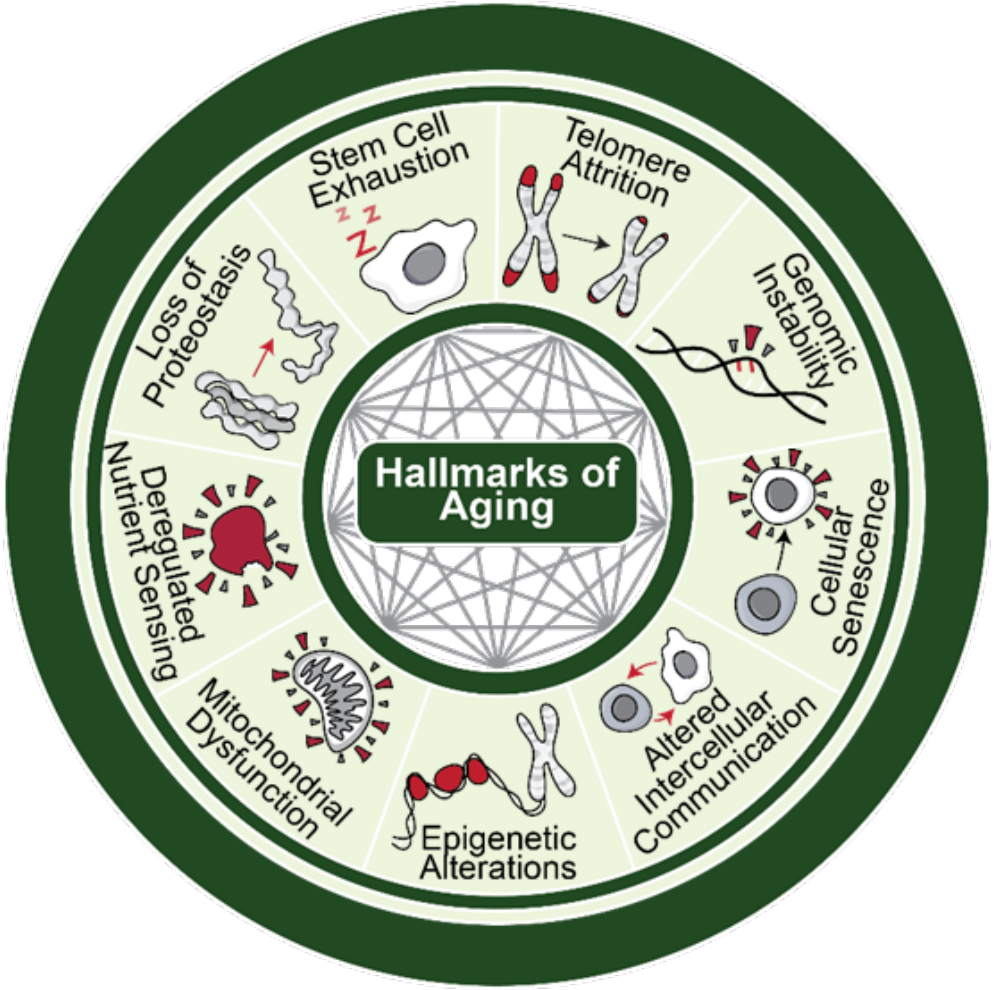
Rare and uncommon areas of overlap in terms of common ground and purpose:

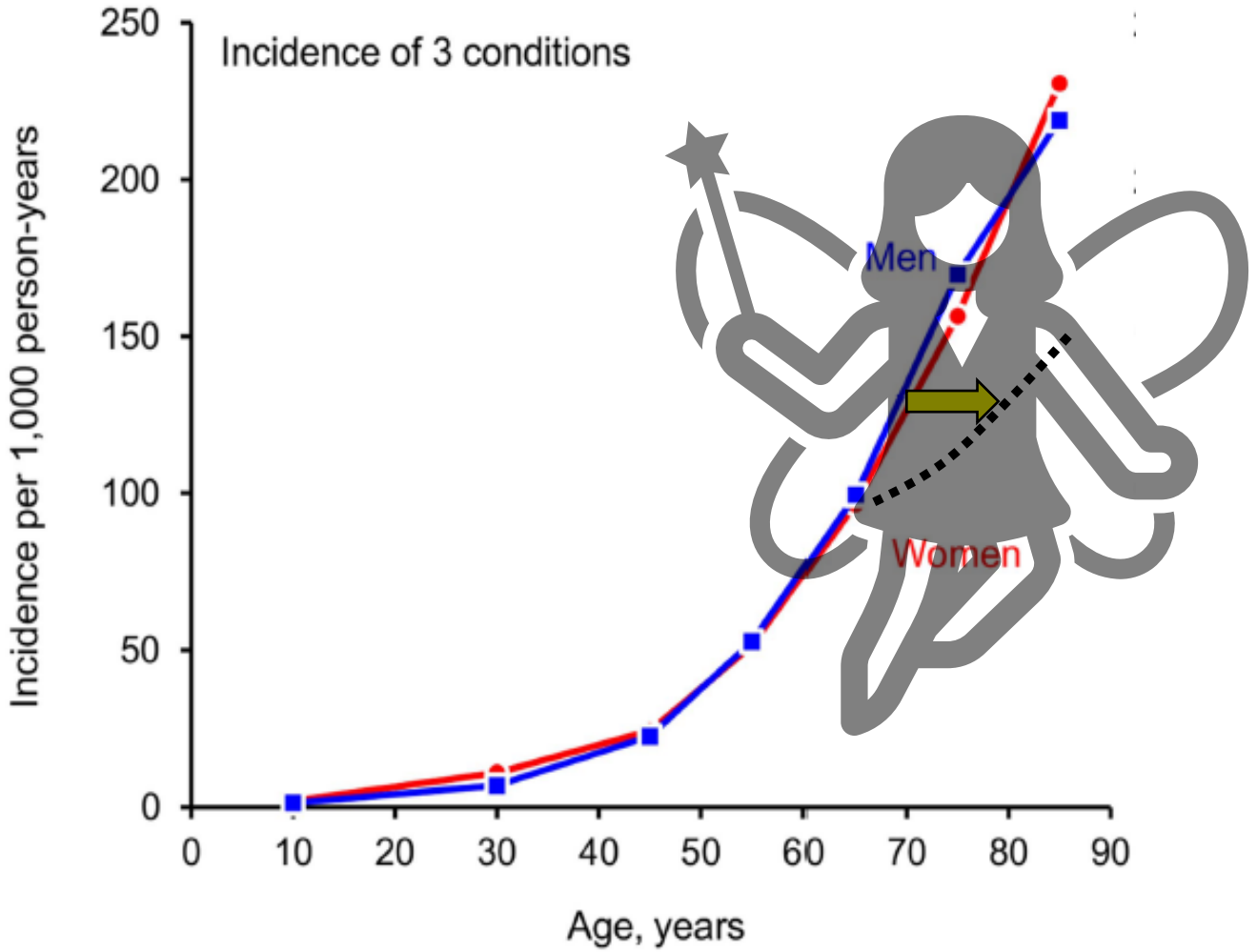
- National Institute on Aging
- Gerontological Society of America
- One single ABIM/ABFM Geriatric Board question each year on theories of aging

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Thanks to Geroscience Biologists and Clinical Researchers Need Each Other





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Basic Bench vs. Human Subject vs. Data Research

Types of Research	Strengths	Limitations
Basic Bench Science	✓ Ability to control experimental conditions ✓ Can define very specific mechanisms ✓ Ability to firmly establish cause and effect	❑ Link to function can be long ❑ Path to clinical translation can be long ❑ Still early days of systems biology
Human Subject Research	✓ Relevance of humans to human health ✓ Ability to study function ✓ Direct connection to clinical issues	❑ RCTs – long path from idea to completion ❑ RCTs – high cost ❑ Deconvolution of risk factors/mechanisms
Data Research	✓ Data can be rapidly available ✓ Very large well-characterized cohorts ✓ Rapid reality check and idea validation	❑ Limitations of available data ❑ Causation possible, causality typically is not ❑ Need for sophisticated analytic skills

Differences in Learning and Cognitive Styles

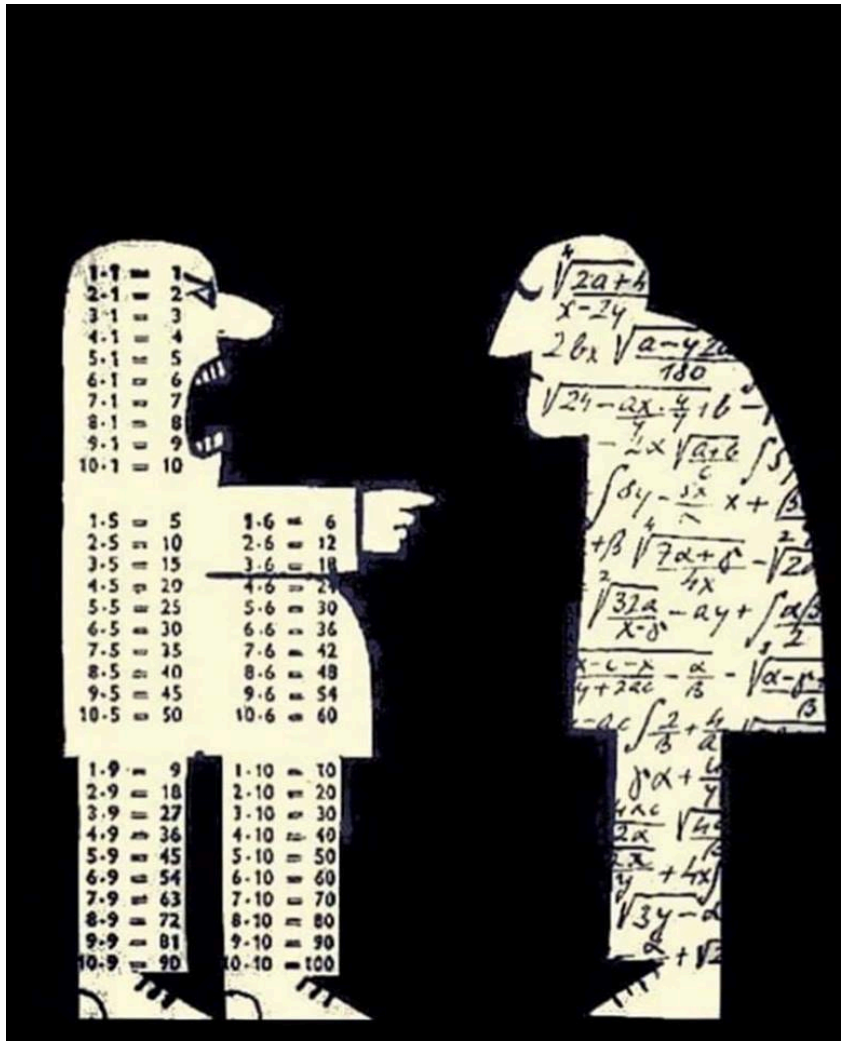
THE KOLB LEARNING STYLE INVENTORY- Version 4.0

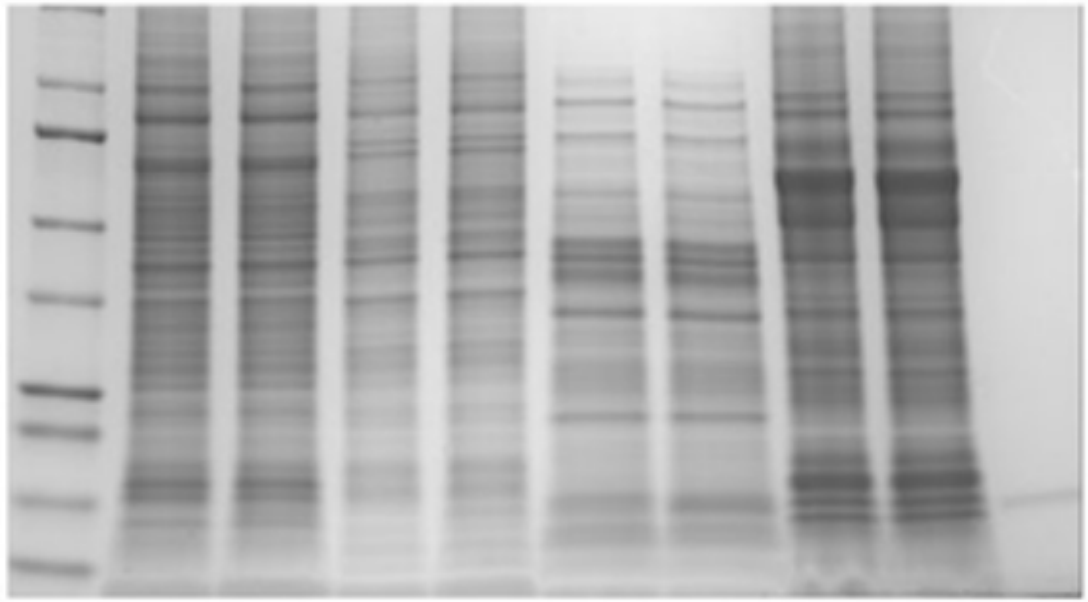
A Comprehensive Guide to the Theory, Psychometrics, Research on Validity and Educational Applications

Alice Y. Kolb & David A. Kolb

Experience Based Learning Systems, Inc.

Differences in methods and culture





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Differences in language

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Research | In PCORI Peer-Review Process

In-Home Versus Phone-Based Care Management for Older Adults With Dementia, Depression or Delirium

Project Information

Principal Investigator : Richard Fortinsky, PhD

Organization : University of Connecticut School of Medicine

Project Budget: $7,271,904

"We need to focus on STDs"

JOHNS HOPKINS MEDICINE

Menu

Health

Home > Health Home > Conditions and Diseases

Sexually Transmitted Diseases

Overview

STDs are infectious diseases passed from person to person through sexual contact. Millions of new cases happen every year in the U.S. Half of the new infections happen in people between the ages of 15 and 24 years.

MetLife

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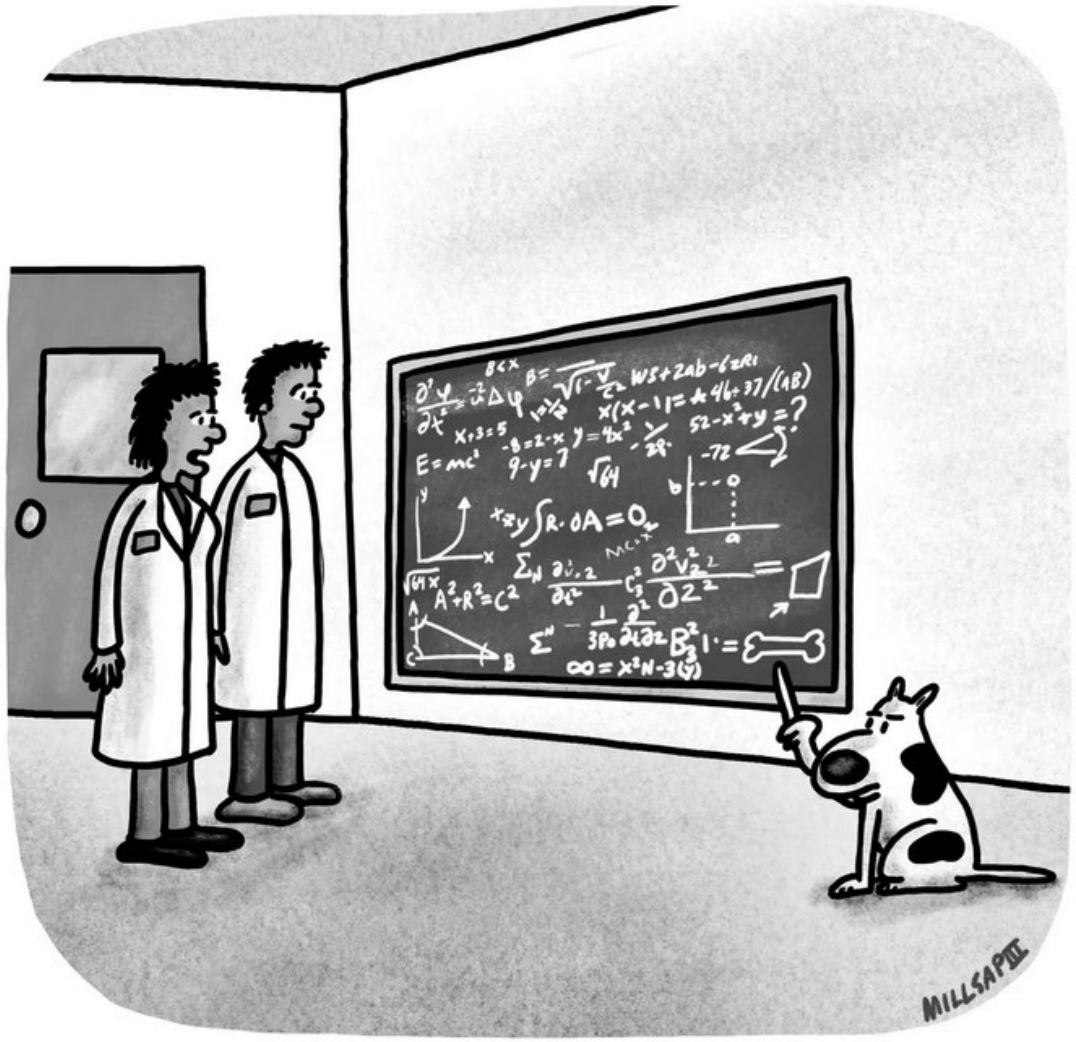


Clinical Researcher's Perspective of Aging People

- Focus on function
- Focus on individual patient-centered differences and preferences
- **5M**s: **M**obility, **M**ind, **M**ultimorbidity, **M**edications, what **M**atters Most
- Multifactorial complexity ("messiness") of aging
- Heterogeneity of Aging
- Key role of multicomponent interventions
- Deep skepticism of single component interventions
- Areas of mistrust when viewing bench research from the bedside (miscommunication, hype, oversell, naïve oversimplification)

Areas of mistrust when viewing bench science from the clinic

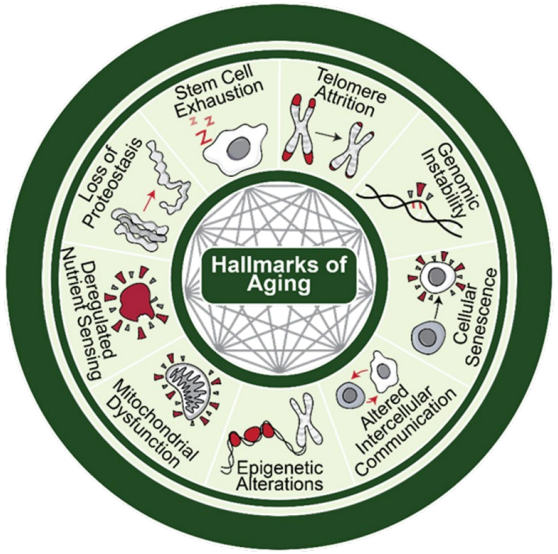




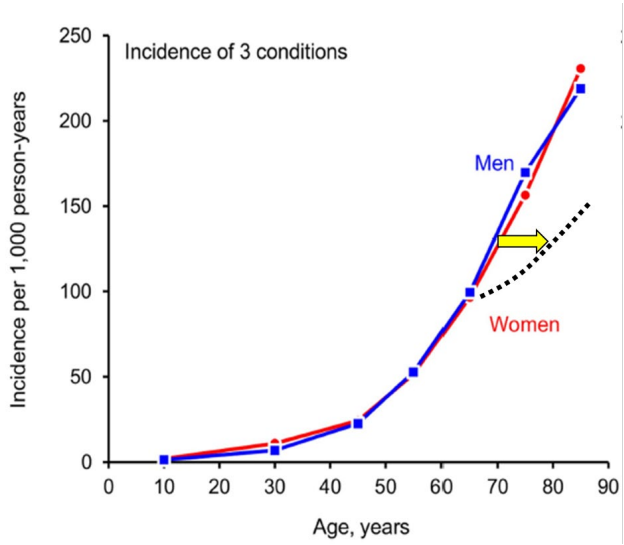
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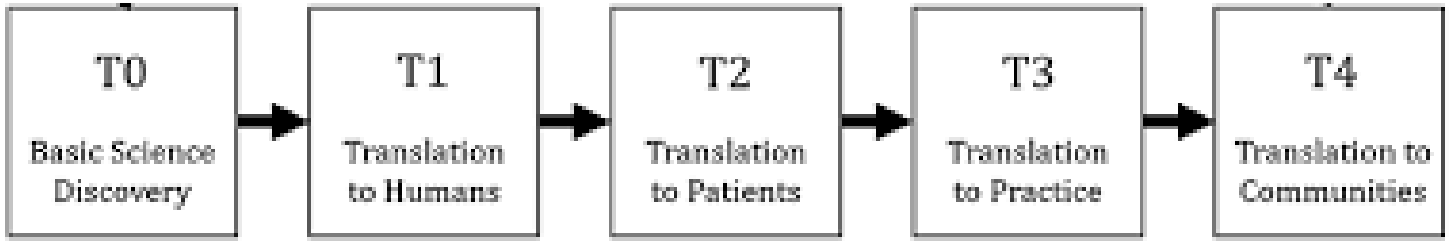
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There is something for everyone in geroscience







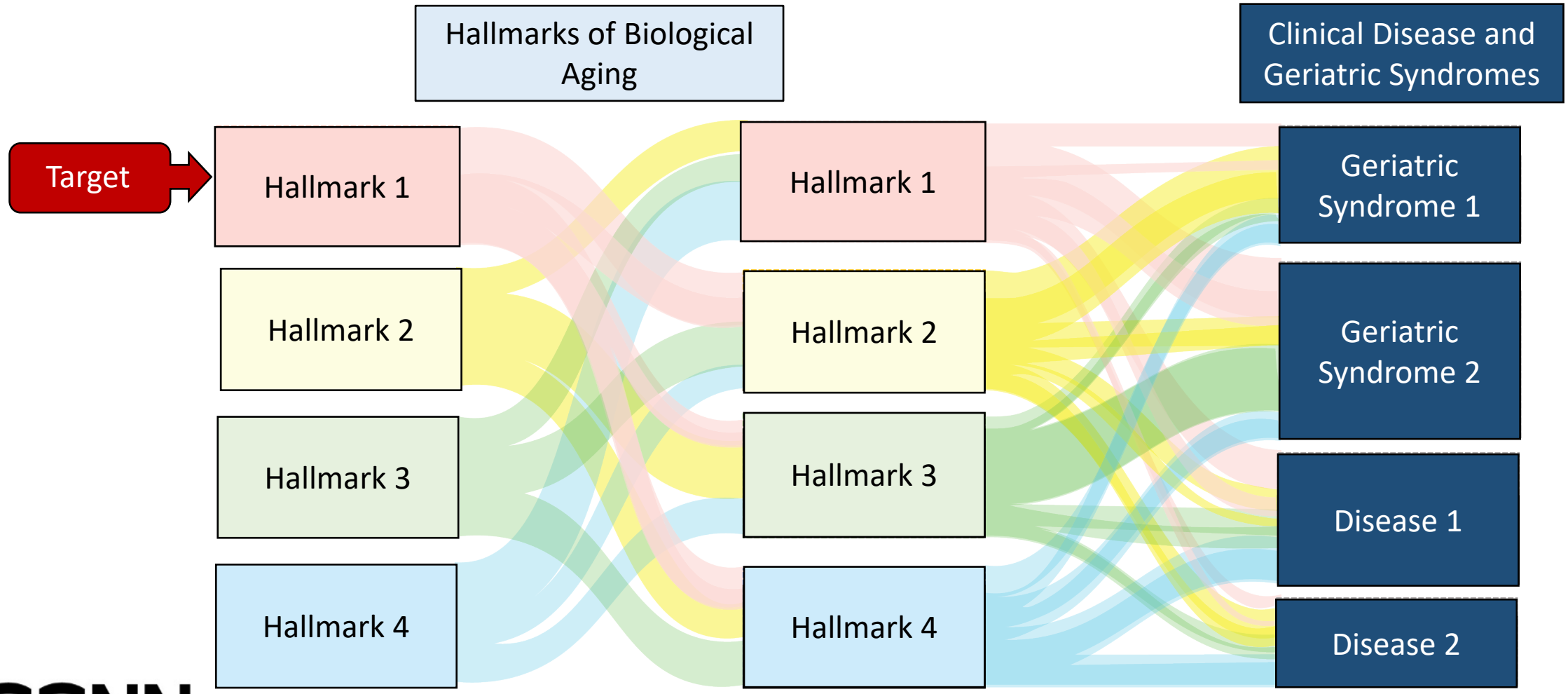


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Priorities for Clinical Researchers:
Multicomponent Pleiotropic Interventions Can Target Multifactorial Complexity of Aging

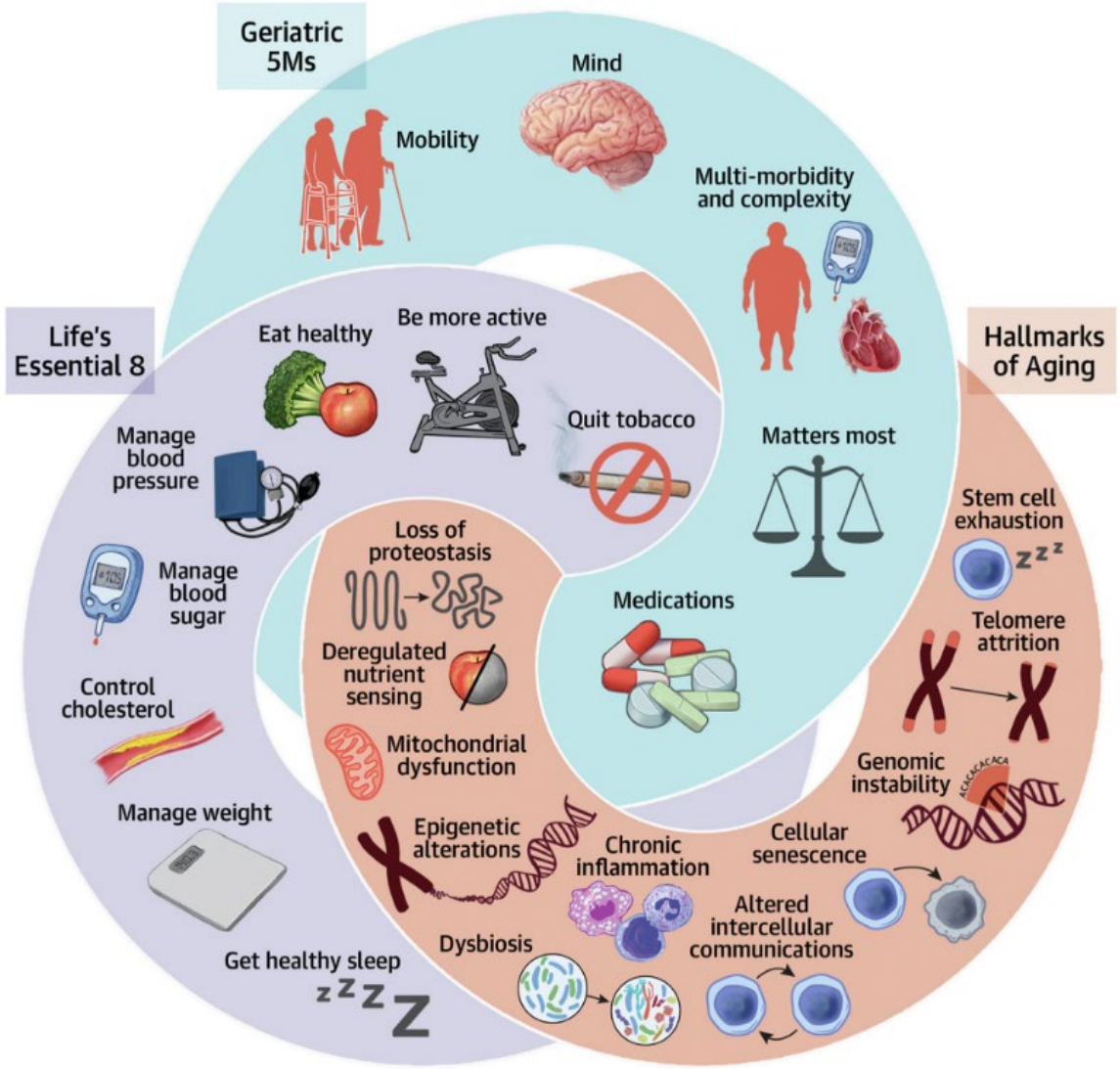


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Espinoza, Justice, Newman, Pignolo and Kuchel;
Chapter 40 Applied Clinical Geroscience,
Hazzard's Geriatric Medicine and Gerontology, 8th edition

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Priorities for Clinical Researchers:
Role of Holistic Systems-Based Integrative Medicine



Kumar M, et al. JACC Adv. 2023;2(7):100560.

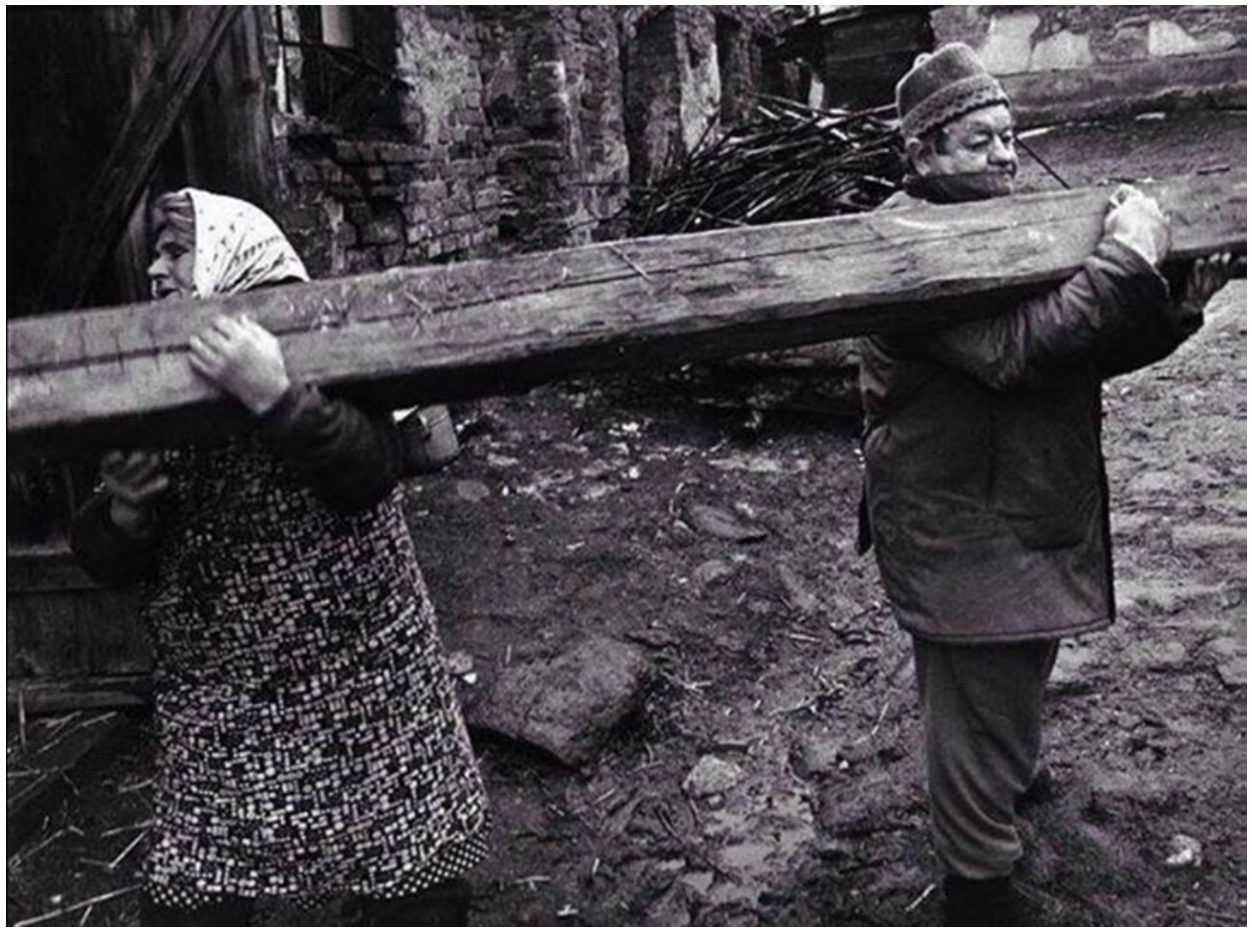
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Priorities for Everyone:
The Current Situation is Inefficient, Unacceptable, and Unsustainable



"I see by the current issue of 'Lab News,' Ridgeway, that you've been working for the last twenty years on the same problem I've been working on for the last twenty years."



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Priorities for Everyone:
Interdisciplinary Teams Can Punch Far Above Their Weight Especially As Regards Innovation and Impact



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