



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Department
of Medicine

Medicine Grand Rounds

“Death by Bedrest: Hazards of Hospitalization for Older Adults”

Speaker: **Mindy J. Fain, MD**

University of Arizona College of Medicine – Tucson
Lecture Hall, Room 5403
1501 N. Campbell Ave., Tucson, AZ 85721
Noon – 1:00 pm | Wednesday, Oct. 7, 2026

– A light lunch will be provided. –

About the Presenter: A professor of medicine and nursing, Dr. Fain is Division of General Internal Medicine, Geriatrics & Palliative Medicine chief, Arizona Center on Aging director and the Anne & Alden Hart Endowed Chair in Medicine at the at the University of Arizona College of Medicine – Tucson. She also is the MPI on an R25 MSTEM THRIVE research education grant in aging and director of two more grants, the Arizona Geriatric Workforce Enhancement Program and Arizona Reynolds Program of Applied Geriatrics, contributing to the education of health professionals across the state. She has mentored over 70 medical students as part of the NIA/AFAR MSTAR fellowships. And she has held multiple local, regional and national leadership roles, including as American Academy of Home Care Medicine president. She has completed leadership training through the Executive Leadership in Academic Medicine (ELAM) Program at Drexel University, received COM-T Faculty Mentoring Awards in 2020 and 2023, and been recognized by the Arizona Geriatrics Society, U.S. Department of Veterans Affairs and American Medical Women’s Association.



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Livestream link: <https://streaming.biocom.arizona.edu/streaming/31256/event>
Zoom link: <https://arizona.zoom.us/j/84317049996>

Accreditation Statement: The University of Arizona College of Medicine – Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The college designates this live activity for a maximum of *1 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement: All Faculty, CME Planning Committee Members, and the CME Office Reviewers have disclosed that they have no financial relationships with ineligible companies that would constitute a conflict of interest concerning this CME activity.

Learning Objectives:

1. Describe age-related changes in physiologic reserve and their impact on vulnerability to stressors.
2. Explain how bed rest and immobility accelerate functional decline in older adults.
3. Recognize the prevalence and consequences of hospitalization-associated disability.
4. Identify strategies to prevent or mitigate hospitalization-associated functional decline, morbidity, and mortality.

For questions or accommodations that may be necessary, please contact the Office of the Chair, 520-626-7174.