



Dr. Gurmeet Sohi, Geriatrician

Dr. Gurmeet Sohi is a geriatrician and internist who specializes in acute care and perioperative care with older adults, working currently at Vancouver General Hospital and St. Paul's Hospital. She completed her Bachelor of Science in Biomedical Physiology and Kinesiology and a Master of Science in Pathology and Laboratory Medicine before beginning her medical education. After completion of her Doctor of Medicine, she completed Internal Medicine Residency and a Geriatric Medicine Fellowship at the University of British Columbia where she now teaches as a Clinical Instructor. Her professional work is centered around inpatient, hospital-based

care and she is involved in the training and teaching of medical students and residents. Her four grandparents were very involved in her upbringing which sparked her passion in advocating for older adults, addressing inequities in care, and addressing ageism and racism in health systems. In her spare time, she enjoys hiking, reading, painting and spending time with her family and friends.

Session: Frailty and its impact on you

Objectives:

1. What is frailty?
2. Recognize risk factors and warning signs of frailty
3. Identify common problems associated with frailty
4. Introduce cognitive impacts

Date: Sunday, March 2, 2025