Stanford



Alexandra Cours, MD

Clinical Assistant Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Senior Care**

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Bio

BIO

Dr. Cours is a clinician educator in Geriatric Medicine at Stanford University, providing primary care for older adults and serving as a geriatric medicine consultant at Stanford Hospital. As Medical Director of the Acute Care for Elders (ACE) Unit, she leads specialized care for hospitalized older adults to optimize outcomes. She is also the Geriatric Section Director for Age-Friendly Health Systems, leading clinical and strategic efforts to advance age-friendly, evidence-based care across hospital settings and overseeing quality-improvement initiatives, including a delirium-reduction program. Dr. Cours leads a personal and professional development program for geriatrics fellows that prepares them for the transition to independent practice. In addition, she participates in the Foundations of Academic Clinical Excellence and Transformation (FACET) Faculty Development Fellowship and the Clinician Educator Scholars (CE Scholars) Program, which develop clinician expertise in ecosystem awareness, quality improvement, education, and clinical informatics through mentored initiatives that culminate in publishable work and career growth.

CLINICAL FOCUS

- Internal Medicine
- Geriatric Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Primary Care and Population Health

HONORS AND AWARDS

- Geriatrics Faculty of the Year Award, Stanford Division of Primary Care and Population Health (2024)
- Gold Humanism Honor Society, Icahn School of Medicine at Mount Sinai (2018)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Geriatric Medicine Fellowship (2022) CA
- Board Certification: Geriatric Medicine, American Board of Internal Medicine (2022)
- Board Certification: Internal Medicine, American Board of Internal Medicine (2021)

- Residency: UCSD Internal Medicine Residency (2021) CA
- Medical Education: Icahn School of Medicine at Mount Sinai (2018) NY
- Undergraduate Education, Stanford University , Human Biology (2013)

Publications

PUBLICATIONS

- **Hyperkyphosis and mortality risk in older men: The osteoporotic fractures in men study.** *Journal of the American Geriatrics Society*
  Cours, A., Huang, M., Fink, H., Ensrud, K. E., Schousboe, J. T., Katzman, W., Schneider, D., Lane, N. E., Cawthon, P., Kado, D. M.
  2022