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Montana Geriatric Education Center (MTGEC)

Gayle Hudgins, PharmD, Director

Expanding on themes from MTGEC's October fall conference, *Improving Health Literacy and Diabetes Outcomes in Older Persons*, two one-hour follow-up sessions were held in January and February of this year. A facilitator, a nurse and certified diabetes educator, conducted both programs. The discussion revolved around an actual case study based on a 77-year-old diabetic patient with multiple co-morbidities. Participants were given the case study and questions in advance so they could prepare their answers from the perspective of their discipline.

In January, participants focused on the elements of an evidenced-based diabetic care regimen. In the second session, after tracking the changes in the patient's treatment, individuals used the principles of health literacy to develop a self-management plan for the patient.

Eighty-five health professionals took part from 15 videoconference sites around the state. A majority of them were from rural areas outside of the Missoula and Billings areas. The largest contingent was from nursing, but dietitians, physical therapists, social workers, pharmacists and physician assistants contributed their thoughts on developing a treatment plan.

On average, 85 per cent of the participants rated the speaker and content of the conference positive or very positive. There were two barriers encountered: First was the breakdown of the connection between Missoula and the conference bridge in Billings; this was mitigated by the addition of a conference telephone. Second, some participants indicated on evaluations that they did not want to join the discussion; they preferred to listen and absorb from their site.

MTGEC's Geriatric Education and 45-hour Geriatric Certificate curriculum continues to grow steadily. There are more than 50 students actively taking the modules and many are aiming to complete the 45-hour geriatric education certificate. A new four-hour module on *Health Literacy* should be completed soon. Revisions of *Mental Health Problems in Aging* and *Urogenital Disorders* modules will soon be available to students. The 25 modules are available in paper or CD format, as well as online, since there are still places in the state where staff do not have access to a high-speed computer at work or home.

MTGEC's geriatric health screenings continue apace. Twenty-three screenings have taken place since January 2010, which is almost half-way to a goal of 50 annually. There have been 770 tests performed by 69 students, with 52 from pharmacy, 15 from nursing and two from physical therapy. Many students attend more than one training. There are many roads still to be travelled to reach the average mileage per year of 10,000 in the program.

MTGEC will now turn its attention to preparing for the annual conference on October 12, 2010.

Western Reserve Geriatric Education Center (WRGEC)

Kathleen Ondus, MSN, Consortium Associate Director

An interdisciplinary online case study on end-of-life issues was introduced spring semester at Cleveland State University. The case study, jointly developed by interdisciplinary faculty at WRGEC-CASE and WRGEC-CSU, was available to undergraduate students in the Introduction to Gerontology and Introduction to Palliative Care courses at Cleveland State University and the medical students at Case Medical School. Students were provided thought-provoking prompts that facilitated on-line discussion among faculty and students.

WRGEC-CSU had approximately 45 interdisciplinary students participate in the Annual AGHE Careers in Aging Week. The students viewed "Living Old: The Modern Realities of Aging in America." Ms. Robin Chilton led discussions on a variety of topics including: the current health care system in the U.S., caregiver challenges in dealing with an older adult family member, aging in the city versus aging in a rural area, societal effects of people getting older and living longer and the issue of "burdening" loved ones.

The WRGEC-CSU hosted the third annual Design a Life Conference on Friday, April 23, 2010. Dr. Michael Roizen, Chief Wellness Officer for the Cleveland Clinic, was the keynote speaker. Dr. Roizen's powerful talk addressed lifestyle changes to promote health and wellness. Several local artists led hands on workshops that included eco-textiles, swing dancing, mask making, African drumming and topiary art. Cuyahoga County Department of Disabilities' rehabilitation director, Dr. Paul Lynn, led a panel discussion on wellness in the workplace. Lunch entertainment was provided by the Swinging Seniors from the Eliza Bryant Village and the Senior STOMP group from the Senior Outreach Services. The modeling of creative strategies throughout the conferences have enabled health care professionals and aging community members to employ creativity in improving quality of life and promoting successful aging.

WRGEC-OUCOM is offering their third annual Caregiver Series every Wednesday evening in May at Athens Public Library. Each participant receives a binder with handouts. This year's topics were selected from last year's comments and suggestions:

- Keeping Your Own Brain Working Its Best
Find out how to optimize your memory as you age.
- Making Transfers Easier and Safer
Practice transferring individuals who cannot stand or move unaided.
- Medications and Memory
Learn how medications can impact memory positively and negatively.
- Vitamin D's Vital Role in Health: What You Need to Know
Discuss effects of Vitamin D and what is considered an adequate level.

The programs are free to the public and are held at our local public library with refreshments provided each week by a different long term care facility. Additionally, a Web site was created that offers links and information for caregivers. To view this link, please visit: <http://www.oucom.ohiou.edu/geriatrics/CaregiverResources.htm>.

WRGEC-OUCOM held a Rural Senior Outreach in April and will offer another in May. The goal of the outreach event is to identify individuals who need follow-up, provide valuable information and consultation and receive rave reviews with requests to return. Over the past 2 years, more than 200 individuals participated, with over 175 participants age 50 or greater. More than 40 professionals, including 10 Ohio University disciplines and 25 community agencies/professionals, contributed their time and talent. Medical students along with students from speech and hearing, language, sports and recreation, health administration, dietetics and an undergraduate rural gerontology course also participated. It's a great opportunity for students, providing them an experience with the

elderly in a rural environment and an opportunity to interact with providers/faculty from a variety of professions. For more information, visit: <http://www.oucom.ohiou.edu/geriatrics/clinical.htm#SeniorOutreach>.

The Western Reserve Geriatric Education Center-NEOUCOMP has developed a voluntary interprofessional experience for students in the fields of medicine, pharmacy, nursing and social work. Undergraduate students from Northeastern Ohio Universities Colleges of Medicine and Pharmacy (NEOUCOMP) are joined by master's level nursing and social work students from the University of Akron. The students collaborate in designing an interactive lesson on a basic aspect of wellness for older adults residing in the targeted housing development. The students conducted one wellness program in the fall of 2009 and one in the spring of 2010. Student volunteers met twice to plan the two health promotion presentations. In total, students spent roughly six to eight hours working face-to-face and an additional two to four hours working independently and collaboratively via electronic correspondence.

In addition to providing wellness programs to older adults, the goal of the project is to increase students' exposure and improve attitudes toward working in interprofessional teams and working with a geriatric population. The evaluation consisted of a questionnaire and was delivered as a pre and post measure of knowledge gain and attitudinal change with regards to aging and working in interprofessional teams.

A pre-pilot study conducted in the spring of 2009 yielded promising results. From this pre-pilot study, it was determined that the relatively small sample size warranted additional data comparison methods. The NEOUCOM IRB has approved the matching of pre and post responses for each participant. Additionally, pre-pilot student responses prompted several programmatic changes. Based on student requests, the amount of student interaction time has been increased from one planning meeting to two. Students' desire to provide service to a more geriatric population resulted in collaborating with Rockynol Retirement Community, a member of the Ohio Presbyterian Retirement Services.

The Consortium of New York Geriatric Education Centers (CNYGEC)

Elaine Gould, MSW, Program Consultant, NYU College of Nursing

Oral Health: Forgotten Care for Older Adults

On April 23, 2010, the CNYGEC sponsored an event that brought dentists, nurses, physical therapists, social workers and physicians together for an informative and collaborative day. It focused on the oral body systemic connections and the importance of interdisciplinary healthcare professionals collaborating together to enhance care for older adults. It provided an overview of oral health issues, discussion about state-of-the-art management of the common oral conditions of older adults, how non-dentists can assess the oral cavity of older adults and how to work with dementia patients who need oral care.

Arnold Liebman, DDS, was the lead faculty member. He spoke about his fully mobile dental practice exclusively for older adults and his visits to homes, nursing homes and assisted living facilities. Caroline Dorsen, RN, GNP, a geriatric nurse practitioner, spoke about the unique NYU College of Nursing Faculty Practice at the NYU College of Dentistry. This is a nurse practitioner led clinic in which there is true collaboration between dentists and nurses around patients with multiple co-morbidities such as heart disease, diabetes and various oral health conditions.

The connections of oral health and systemic health are important for all people but particularly for older adults.

West Virginia Geriatric Education Center (WVGEC)

Nancy Daugherty, Program Coordinator

The 6th Annual Advanced Geriatrics Educator Skills (AGES) certification course was a great success! There are now 23 additional AGES certified health professionals in West Virginia that have received evidence based knowledge and practice skills on the major geriatric syndromes and psychosocial and ethical issues. We had a 100 per cent increase in participation this year providing more effective teaching and practice of the basic principles of geriatric education in our state. Each trainee learned about dementia by undergoing the Hands on Dementia Experience (HODE). There were 20 hours of geriatric education modules which culminated in a written test and objective structured clinical exam that had to be mastered in order to obtain the AGES Certification.

Nebraska Geriatric Education Center (NEBGEC)

Lisa Bottsford, MPH, Program Coordinator

Critical Issues in Geriatrics: The Annual NEBGEC Updates Conference

On June 24 and 25, 2010, the NEBGEC will be holding a two-day interdisciplinary conference on critical issues in geriatrics. This knowledge-based conference will provide updates and evaluation/treatment toolkits designed to facilitate interprofessional evidence-based best practices regarding depression and related mental health problems, common rheumatologic problems in the elderly, issues surrounding driving in the elderly and the performance of geriatric assessment clinics. To better understand the patient's point of view on their problems, a presentation on an improved history-taking technique using a narrative approach will also be provided. All presenters will provide information relevant to interprofessional teams practicing in both urban and rural environments. Continuing education credit is available for most disciplines. The conference will be held live in Omaha, Nebraska, and transmitted via the Nebraska Telehealth Network to eight distance sites across our 500 mile-wide state. For more information on this conference or any NEBGEC activity or event, please visit our Web site at www.unmc.edu/nebgec/ or email us at: gec@unmc.edu.

40 Geriatric Online Modules

The NEBGEC continues to offer 40 online modules for free continuing education credit for many disciplines. The online modules can be located at: www.unmc.edu/cce/gec_modules.

Nursing Home Education Series

The NEBGEC is in its third cycle of an interprofessional education series targeting rural nursing homes. This cycle runs from February to July 2010. Lectures are held monthly in Omaha and transmitted via the Nebraska Telehealth Network to approximately 12 rural telehealth sites. Topics in this lecture cycle are:

- Personality Disorders in Long Term Care
- Psychiatric Medication Side Effects in Long Term Care
- Psychosis in Long Term Care
- Preventing Suicide in Long Term Care
- Sexuality in Long Term Care
- Sleep Disorders in Long Term Care

Nursing credits are available. Previous lectures are available for viewing and for nursing continuing education credit at www.unmc.edu/nursing/mk.

Oklahoma Geriatric Education Center (OkGEC)

Sheryl A. Mapes, MPH, Program Development Specialist

The Oklahoma Summer Geriatric Institute, hosted annually by the OkGEC and the Reynolds Department of Geriatric Medicine (OU), is scheduled for Wednesday, July 21 – Thursday, July 22, 2010. This year's theme is "Boom! The Aging Revolution is Here!" Presentations and workshops will feature commentary on the growth and changing nature of our senior population as the baby boomers come of age. Contact Sheryl Mapes, program development specialist, at (405) 271-8199 or Sheryl-Mapes@OUHSC.edu, for more information.

Stanford Geriatric Education Center (SGEC)

Dolores Gallagher-Thompson, Director

Ethnicity and the Dementias Webinar Series 2009-2010

Stanford GEC developed and provides the "Ethnicity and the Dementias" Webinar Series in collaboration with the California Area Health Education Centers (AHECs) and Scripps Mercy Hospital from October 2009 – June 2010. One webinar per month is included in the nine-month series. Each webinar is 75 minutes long and carries 1 CEU and 1 CME per event attended for nurses, social workers, marriage and family therapists, physicians and psychologists.

The target audience is health and social service professionals who wish to improve their capacity to assess dementia and to work with families of various ethnic backgrounds. The series started with an overview of dementia in different populations, followed by specific recommendations for assessment techniques to use with the individual who is thought to have dementia, as well as information on programs and services that exist to reduce caregivers' distress in several specific ethnic populations: Latino, African American, Chinese, Japanese, Korean, Hmong, Filipino and Vietnamese American elders.

A total of 208 participants have attended the first seven webinars (through April 2010). The webinars are widely praised by participants. Most (90 per cent) said it improved their level of confidence to work with ethnic elders and their families. Furthermore, results from a recent follow-up survey showed increase knowledge, skills and confidence in working with members of a different cultural group. Ninety per cent of respondents said they were able to use acquired knowledge and skills in their work, and around half said this has resulted in changes of policies and procedures in their workplace.

Two remaining webinars are scheduled in May and June. For more information, to register and to view updates please visit: <http://sgec.stanford.edu/events.html>.

The success of this series is encouraging and we plan to continue to develop and expand use of the webinar as a tool for education in future years.

The webinar presenters include Gwen Yeo, PhD, Stanford GEC; Dolores Gallagher-Thompson, PhD, Stanford GEC; Rita Hargrave, MD, VA Medical Center Martinez, CA and UC Davis; Edie Yau, MA, Alzheimer's Association Northern California and Northern Nevada Chapter; Marian Tzuang, MSW, Stanford GEC; Nancy Hikoyeda, DrPH, Stanford GEC; Sang E. Lee, MSW, PhD, San Jose State University; Yookyung Kwon, PhD, Stanford GEC; Linda Gernder, PhD, RN, Stanford GEC; Xa Xavier Xiong, MD, Family Medicine, Madison, WI; Melen McBride, RN, PhD, Stanford GEC; Arnel Joaquin, MD, Charles C. Drew University; Ladson Hinton, MD, Department of Psychiatry and Behavioral Sciences, UC Davis; Jane Nha Uyen Tran, MSW, Kaiser of Northern California.

Houston Geriatric Education Center (HGEC)

Rhonda Bailes, Education Coordinator

Twenty-eight students participated in the annual Team Competition, sponsored by the HGEC, on April 19, 2010, at the UTH School of Nursing. The Geriatric Gurus and the Silver Surfers, as the teams were named, comprised of students from the schools of dentistry, medicine, nursing, occupational therapy, pharmacy, physical therapy, public health and social work. They represented The University of Texas Health Science Center at Houston (UTHealth), Texas Women's University and the University of Houston.

Prior to the competition, the teams visited homebound seniors in the Houston area who participated in the YWCA Meals on Wheels program. At the competition, each team presented their assessments of vulnerable homebound elders as well as recommended approaches to meeting their needs. They made appropriate recommendations regarding home management, prevention of elder abuse and preparedness for disasters.

A panel of faculty from the three universities judged the teams' findings. The teams were scored on organization, critical thinking, interdisciplinary team approach, knowledge and presentation skills.

Experts from the community offered feedback to the teams following their presentations. Frank Levy, Bureau Chief, Public Health Preparedness, Houston Department of Health and Human Services, was impressed by the "level of energy, intensity and the detailed approach taken by both teams. They did a terrific job of assessing the challenges faced by seniors preparing for emergencies."

Monique Barber, Director of Senior Programs, YWCA Greater Houston, praised the teams for their creative and innovative approaches to a difficult task. "We all need to be better friends and advocates to the elderly," she said. "Both teams did a wonderful job!"

Following the competition, participants shared their thoughts about working in interdisciplinary teams. "As a medical student it has been really valuable for me to learn how an occupational therapy or social work professional approaches a situation," one team member said. "It was a great experience."

Although the Geriatric Gurus won the competition, participants on both teams gained a more in-depth understanding of the needs of homebound elders and experience working with interdisciplinary teams. All participants received a medallion to be worn at graduation as an acknowledgment of their hard work.

More information on this event can be found on our website: www.houstongec.org.

National Training and Coordination Collaborative (NTACC) Geriatric Education Centers

Julianne Manchester, PhD, NTACC Project Director, Case Western Reserve University at MetroHealth

NTACC Webinar Series

The next Webinar in our 2009/2010 series is titled "Evaluation Perspectives with Anecdotes from the GEC Network." It will be held on May 27, 2010, 3:00 p.m. – 4:30 p.m. Eastern Time.

This 1.5 hour session will focus on:

- Kirkpatrick's evaluation levels
- Utilization-focused evaluation
- Collaborative evaluation (with GEC field examples)

How to Access the Live Meeting and Conference Call:

Dial-In: 1-877-461-1632

Pass-Code: 2167787174#

To join the meeting: <https://connect.case.edu/mm0527/>

NTACC Methods and Measures Discussion Groups

Join the NTACC for a 1-hour conversation with colleagues on various evaluation topics. The next one will be held on June 10, 2010, at 2:00 p.m. Eastern Time.

This session, “Instrumentation Development,” will focus on strategies to clarify questions on instruments and select scales.

To join this live session: <https://connect.case.edu/mm0610/>

For the session, access audio through your phone:

Dial-In: 1-877-461-1632

Pass-Code: 2167787174#

NTACC E-Learning Archives

Archived versions of NTACC Webinars and Methods and Measures Groups can be found on the NTACC Web site: <http://ntacc.bhpr.hrsa.gov>. For more information on any of these NTACC resources, contact Vanessa Astraitis, NTACC Project Coordinator, (216) 778-8367, vanessa.astraitis@case.edu.

Florida Coastal Geriatric Resources, Education, and Training Center (GREAT GEC)

Jessica De Leon, PhD, Associate Executive Director

The Florida Coastal Geriatric Resources, Education and Training Center (GREAT GEC) at Nova Southeastern College of Osteopathic Medicine in Fort Lauderdale, Florida, held its third annual interdisciplinary geriatrics symposium, *Closing the Gap in Elder Care*, April 24 – 25, 2010. More than 100 attendees learned about a multitude of geriatrics topics from a diverse group of presenters. Joan Weiss, PhD, Director of the Division of Diversity and Interdisciplinary Education at the Health Resources and Services Administration (HRSA), provided the opening keynote address on the new era of interprofessional collaboration in geriatric education centers. A second keynote by Manju Beier, PharmD, provided information on medication management in older adults. Other presentations included topics on health policy and economics, such as “Preparing a Healthcare Workforce for an Aging America,” “Healthcare Reform and its Impact on Older Adults” and “A Comparison of Geriatric Care in the U.S. and Slovakia.”

Clinical practice challenges were highlighted in topic areas that included: diabetes management, movement disorders and clinical cardiology, promoting brain health, pain management and end of life issues. The public health portion of the program dealt with issues in the elderly, i.e. nutrition, HIV/AIDS, technological interventions for caregivers and culture and diversity in aging. Mental health and psychosocial presentations focused on ethical issues at the end of life, elder abuse, depression, hoarding, ageism and addiction/substance abuse.

As a result of feedback from the 2009 symposium, the mind-body connection was included in this year’s agenda. These sessions examined the recent work in the spiritual and religious aspects of aging. The highlight of the evening reception was a viewing of the documentary film, *I Remember Better When I Paint*, by Eric Ellena and Berna Huebner, and narrated by Olivia de Havilland. The film explores how artistic expression helps older adults

deal with memory loss from Alzheimer's Disease. The symposium also included an exhibit by Miami photographer Eileen Escarda titled, *Isolation Unveiled: Refocusing Alzheimer's and Caregiving*.

The symposium was attended by geriatric professionals from 13 disciplines. An evaluation by attendees showed a statistically significant increase in knowledge in 15 of the 19 topics presented. Ninety-five per cent of respondents agreed the information provided will be useful to them in their professions, 90 per cent felt the information provided will help them do their jobs better, and 82 per cent felt more confident in their capacity to serve their older patients and clients. Eighty-four per cent of respondents said they will be making changes in their practice and service settings as a result of this symposium. These results reinforced the need for ongoing continuing education for medical and other health professionals.

2010 CALENDAR OF EVENTS

<i>DATE/TIME</i>	<i>EVENT</i>	<i>LOCATION</i>	<i>CONTACT</i>
May 21, 2010	Health Literacy	Stony Brook University Health Sciences Center Stony Brook, NY	LIGEC@stonybrook.edu http://www.stonybrookmedicalcenter.org/ligec/
May 21 – 23, 2010	Chief Residents Immersion Training	Stonewall Jackson Resort and Conference Center Roanoke, WV	Shirley Neitch Neitch@marshall.edu (304) 691-1094
May 26, 2010	Thanks for the Memories Luncheon Alzheimer's Association, WV Chapter Honoring Mark Newbrough, MD, WVGEC Director, with the John D. Rockefeller IV Award	Charleston Marriott Charleston, WV	Laurel Kirksey Laurel.kirksey@alz.org (304) 343-2717
May 26, 2010 8:30 a.m. – 4:30 p.m.	Geriatric Scholar Certificate Program: Culture & Aging; Geriatric Rehabilitation; Promoting Wellness & Stress Reduction in Geriatric Care; Communication & Sensory Loss in Aging	Binghamton, NY	Paula Salinas (607) 772-3531 www.nygec.org
June 2, 2010 7:45 a.m. – 4:30 p.m.	Geriatric Mental Health Teaching Day	Binghamton, NY	Paula Salinas (607) 772-3531 www.nygec.org
June 8, 2010 8:45 a.m. – 1:00 p.m.	9th Annual Videoconference: Update on Dementia: Assessment, Treatment & Resources	Veterans Affairs Medical Centers, Participating Locations In New York: Albany, Batavia, Bath, Bronx, Brooklyn, Buffalo, Canandaigua, Castle Point, Manhattan, Montrose, Northport, St. Albans, Rochester and Syracuse In New Jersey: East Orange and Lyons Campuses Note: You do not need to be a VA employee to attend	Jennifer Griffith cnygec@mssm.edu 718-584-9000 X3850 http://www.nygec.org/index.cfm?section_id=6#elective_59
June 8 – 10, 2010	Summer Institute on Aging (Includes Health Literacy presentation by Nancy Daugherty, WVGEC)	Lakeview Resort and Conference Center Morgantown, WV	Jacki Englehardt Jacki.Englehardt@mail.wv.u.edu (304) 293-3280

June 9, 2010 8:30 a.m. – 4:30 p.m.	Geriatric Scholar Certificate Program: Interdisciplinary Teamwork & Quality of Life Improvement	Johnson City, NY	Paula Salinas (607) 772-3531 www.nygec.org
June 9, 2010 11:30 a.m. – 12:45 p.m. PST	<i>Assessment of Dementia and Caregiving for Vietnamese Americans</i> Webinar presented by: Ladson Hinton, MD, Department of Psychiatry and Behavioral Sciences, University of California, Davis; Jane Nha Uyen Tran, MSW, Kaiser of Northern California	Anywhere internet can be accessed	Register online at: http://sgcec.stanford.edu/events.html Contact with questions: Judy Chiu jchiu22@stanford.edu (650) 721-1023
June 11, 2010	Health Literacy	Stony Brook University Health Sciences Center Stony Brook, NY	LIGEC@stonybrook.edu http://www.stonybrookmedicalcenter.org/ligec/
June 17, 2010 9:00 a.m. – 2:00 p.m.	Investing in Healthy Aging: Policy & Practice in Oregon	OHSU Center for Health and Healing Portland, OR	Melissa Bosworth bosworth@ohsu.edu (503) 494-3886 http://investinginhealthyaging61710.eventbrite.com/
June 21 – 23, 2010	University of Kentucky Summer Series on Aging	Marriott Resort Lexington, KY	Barbara Helm bjhelm2@email.uky.edu (859) 257-8301 http://aging.ukcph.org/summerseries/summerseries.htm

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