**2015 Topics and Objectives ADVANCED GERIATRIC SKILLS (AGES)**

**A**dvanced **GE**riatrics **S**kills (AGES) program is a certification course that increases the competency of all health professionals who care for older adults. The course is evidenced-based and presented in a comprehensive modular format that enhances the skills and understanding of major geriatric syndromes, psychosocial and ethical issues as well as inter-professional models of care.

The overall goal of **AGES** is to promote excellence in the practice, teaching and care of older adults. It extends the understanding of aging while strengthening the professional skills of health professionals who work with older adults.

**Target Audience:**

Physicians, Physician Assistants, Pharmacists, Pharmacy Consultants, Nurses, Advanced Practice Nurses, Social Workers, Physical Therapists.

**Objectives for Oral Presentations**

At the completion of this program, the participant will be able to:

* Identify evidence-based knowledge and skills for advanced geriatric practice, including clinical practice.
* Explain the major geriatric syndromes (dementia, depression, urinary incontinence, osteoporosis, and delirium) and discuss methods used to manage these problems.
* Identify psychosocial and ethical issues as they relate to the care of geriatric patients/clients and formulate an approach to these problems.
* Demonstrate competency in primary care geriatric medicine and understanding of aging processes by passing a written test and an Interdisciplinary Team Care Exercise.

**Objectives for Read-Only Curriculum\***

At the completion of this program, the participant will be able to:

* Identify evidence-based knowledge and skills in relation to clinical aging.
* Describe current recommendations for cancer screenings.
* Describe sexual function and/or dysfunction in the older population.

**\***You may receive three (3) additional CE credits by answering questions about the read only modules and submitting an attestation form.

**Objectives for Interdisciplinary Team Care Exercise (OSCE)**

At the completion of this program, the participant will be able to:

* Understand the important perspectives interdisciplinary team members bring to the comprehensive care of geriatric patients.
* Demonstrate effective patient and team communication techniques.
* Receive direct feedback on your contribution to the care of a complex geriatric patient transitioning through an acute hospitalization from admission through discharge.

**PRESENTATIONS AND OBJECTIVES**

**The Variability of Disease Presentation in the Elderly**

Shirley M. Neitch, MD, FACP

Objectives

* Recognize that variable disease presentation in the elderly contributes to poor outcomes
* Identify key clinical scenarios in which disease presentation differs in the elderly, including Atypical presentation of common symptoms and diseases
* Unusual complications in the elderly
* Occurrence of unique disease states in the elderly

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**Pharmacy 1: Considerations in Pharmacotherapy for Older Patients**

Jonathan Kline, PharmD, CACP, BCPS, CDE

Objectives

* Define the terms pharmacokinetics and pharmacodynamics and describe their physiologic changes that are associated with the aging process.
* Assess renal function when considering drug dosing in elderly patients.
* Describe the prevalence of adverse drug reactions and drug interactions and steps that may be taken to reduce their impact in elderly patients.
* Identify medications which are potentially inappropriate to use in older adults.
* Apply generally recommended principles of prescribing when caring for an older patient.

**Psychosocial Aging Part I**

Kristina M. Hash, PhD, LICSW

Objectives:

* Understand the psychosocial approach to working with older adults and their families.
* Describe the socio-demographic context of aging.
* Apply psychosocial theories to aging processes.
* Identify issues and practices related to culture and social and economic justice.

**Sites of Care**

Vincent DeLaGarza, MD

Objectives

* Identify resources available for the frail community dwelling elderly.
* Identify different types of residences available to dependent older people.
* Identify caregiver stressors and risks for elder abuse.
* Describe the different venues of care with respect to delivering medical care.

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**Health Literacy**

Sara Jane Gainor, MBA

Objectives

* Define “health literacy”.
* Describe the impact of low/limited health literacy (LHL) on health outcomes and the provision of care.
* Demonstrate a strategy for communicating with all patients more effectively, including those with low health literacy.

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**Dementia**

Todd H. Goldberg, MD, CMD, FACP

Objectives:

* Define and differentiate between Dementia, Depression, Delirium, and Mild Cognitive Impairment (MCI).
* Appropriately screen for dementia in those at increased risk using established cognitive evaluation tools.
* Investigate appropriately for illnesses that complicate or mimic dementia.
* Describe the stages and prognosis of dementing disorders.
* Prescribe medical and non-medical interventions for cognitive and behavioral symptoms of dementia.

**Delirium and the Geriatric Patient**

Konrad C. Nau, MD, FAAFP

Objectives

* Recognize the diagnostic criteria and differing presentations of Delirium
* Assess risk factors for Delirium
* Evaluate prevention and treatment strategies for Delirium

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**Depression in the Elderly**

Mariann Mankowski, PhD, MSW

Objectives

* Describe the characteristics of depression in the older population.
* Understand how to properly evaluate an elderly person with depressive symptoms.
* Describe the indications for, and implement, an appropriate trial of antidepressant therapy in a patient with target symptoms suggestive of Major Depression.

**Assessment of Driving in Older Adults**

Shirley M. Neitch, MD, FACP

Objectives

* Recognize that older drivers’ safety is a public health issue.
* Recognize that older drivers are a heterogeneous population; age-related physiologic changes and age-dependent medical problems lead to problems with driving skills, but not uniformly.
* Interpret the conflicts inherent in patients’ very real “need to drive” as a primary mode of transportation (especially in rural areas), vs. public safety concerns when there are identified deficits in driving skills.
* Infer that primary care providers have a valid and important role in the assessment of driving skills
* Apply a simple driving assessment tool in their office practices, and identify patients who need further testing and/or referral to the DMV.

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**Oral Health in the Elderly**

R. Constance Wiener, MA, DMD, PhD

Objectives

* Discuss how oral health influences and interacts with other medical conditions associated with aging.
* Discuss oral infection control for the institutionalized and homebound individual.
* Describe how to conduct an initial oral health screening.

**Urinary Incontinence**

Raghavendra Mulinti, MD

**Objectives**

* Describe the different types/patterns of urinary incontinence (UI).
* Describe the initial approach to the evaluation and management of UI.
* Review the indications for referral/consultation for further management of UI.

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**Pharmacy 2: Optimizing Drug Therapy in the Elderly**

David P. Elliott, PharmD

Objectives

* Describe the process of medication reconciliation and its importance in the care of older adults.
* Describe the components of the medication use process and develop a strategy to routinely assess it in patients who are seen in non-institutional settings.
* Develop a personal definition of “polypharmacy” and implement a strategy to minimize its occurrence.
* Identify causes of non-adherence with medication regimens and develop strategies to reduce its occurrence.
* Describe approaches to reduce out–of-pocket prescription drug expenses for patients and develop a personal approach to assist patients with this issue.

**Social Work Topic: Psychosocial Aging Part II**

Carma J. Korman, MSW

Objectives

* Explain social and health care policies and programs relevant to older adults and their families.
* Discuss timely topics, including caregiving, mental health issues, advance care planning, and patient self- determination.
* Appreciate the role of the geriatric social worker in the interdisciplinary geriatric team.

**Alcohol and Other Drug Abuse in Older Adults**

Eric Rankin, PhD

Objectives

* **To define** the epidemiology of alcohol and drug related problems in older adults.
* **To identify and distinguish** the unique clinical presentation and be better able to detect possible substance related problems in older adults.
* **To discuss** the specific treatment techniques and approaches tailored to effectively working with older adults.

**Critical Communication in Interdisciplinary Geriatrics**

Konrad C. Nau, MD, FAAFP

Objectives

* Evaluate critical communication processes in their work environment
* Understand 3 differences in interdisciplinary communication styles
* Know the steps of the Assertion Cycle
* Know how to apply the SBAR situational briefing model to medical communications

**Pain Management and End of Life Care**

Sandra Pedraza, MD

sapedraza@hsc.wvu.edu

Objectives

* Review a patient case dealing with serious illness.
* Discuss an organized approach to discussing end-of-life issues using the acronym PEACE Tool.
* Discuss the importance of self-awareness and recognizing emotions.
* Discuss the PAIN-AD scale.

**Osteoporosis: Overview of Current Evidence – Based Knowledge**

Todd H. Goldberg, MD, CMD, FACP

Objectives

* Define and differentiate osteoporosis, osteopenia, and osteomalacia.
* Identify risk factors for osteoporosis.
* List available testing methods and interpret results.
* Determine which patients benefit from screening.
* Prescribe available prevention/treatment modalities and individualize for the patient.

**Falls and Dizziness in the Elderly**

Raghavendra Mulinti, MD

Objectives

* Describe the common risk factors associated with falls in the elderly and perform a screening risk assessment.
* Describe the four sub-types of dizziness: vertigo, pre-syncope, disequilibrium, and non-specific dizziness.
* Identify a series of questions that will help identify treatable causes of falls and dizziness in elderly patients.
* Be able to perform a focused physical exam for the office evaluation of dizziness and a “fall evaluation” on elderly individuals who present with one or more falls.
* List proven interventions to prevent falls and injury in older individuals.

**Pressure Ulcers**

Rosemary A. Kidwiler, MSN, RNC, WOCN

Objectives

* List and assess risk factors for pressure ulcers
* Develop a prevention strategy for pressure ulcers
* Evaluate and select appropriate treatment modalities for pressure ulcers.

**AGES Interdisciplinary Team Care Exercise (previously known as the AGES OSCE)**

Objectives:

* Understand the important perspectives interdisciplinary team members bring to the comprehensive care of geriatric patients
* Demonstrate effective patient and team communication techniques.
* Receive direct feedback on your contribution to the care of a complex geriatric patient transitioning through an acute hospitalization from admission through discharge.

**Hands-On Dementia Experience©**

Amy M. Ernst

The Hands-On Dementia Experience© is one component of a comprehensive dementia care training program that the Alzheimer's Association, WV Chapter, believes will greatly enhance the quality of care of individuals with Alzheimer’s disease. The Experience allows participants to experience a few moments of the challenges that many elderly with dementia face daily. Participants are changed physically to simulate some of the effects of aging and given directions that they may not fully understand. The effects of both can lead to confusion, frustration, and a number of other emotions similar to those we see in individuals with Alzheimer’s disease and related dementias.

Learning Objectives:

Those who participate in the Hands-On Dementia Experience© should:

* Gain insight into what a person with dementia experiences and become sensitized to the needs of individuals with dementia
* Gain a different perspective toward the care of individuals with Alzheimer’s disease and related dementias
* Have a better understanding of the frustrations experienced by people with dementia and behaviors which may be manifested by those frustrations
* Better understand the challenges caregivers experience in providing care for individuals with dementia.

**Read Only Chapters**

**"Cancer Screenings**

Todd H. Goldberg, MD, CMD, FACP

Objectives

At the completion of this program, the participant will be able to:

* Describe the characteristics of a disease/test combination that make them suitable to recommend for prevention & screening.
* Distinguish between sources of screening guidelines and coverage policies.
* List factors that need to be considered when recommending cancer screening for elderly patients, including life expectancy and multimorbidity.
* Describe the current screening recommendations, as well as Medicare coverage
* Guidelines, for the most significant forms of cancer, including lung, breast, colorectal, and prostate

**Geriatric Sexuality**

Nancy Daugherty, WVGEC

Objectives

At the completion of this program, the participant will be able to:

* Describe normal sexual function in the elderly population.
* Describe the major types of sexual dysfunction in elderly men and women.
* List the major categories of medication that affect sexual function.
* Develop therapeutic plans for treating sexual dysfunction in the elderly.

**Clinical Aging**

Todd H. Goldberg, MD, CMD, FACP

Objectives

At the completion of this program, the participant will be able to:

* Describe/define successful aging
* Identify common effects of aging on cognitive function.
* Describe the effects of aging on personality and mental health.
* Describe how socioeconomic status may have a large effect on the overall health status of the elderly.
* Identify at least 3 ways that good nutrition has a beneficial effect on longevity.
* Identify usual age-related organ system changes.