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Live Oak Geriatric Education Center (LOGEC)

Alice Pomidor, MD, MPH, Associate Director

Lisa Maynard, MBA, Project Coordinator

The Live Oak Geriatric Education Center (LOGEC), established in 2007, is a collaborative effort of faculty at Florida State University, Florida A & M University and the University of South Alabama. LOGEC serves older adults in the Florida Panhandle, South Georgia, and Southeast Alabama. The mission of the LOGEC is to provide training in geriatrics for health care professionals and community-based providers, with a special emphasis placed on the training of professionals serving rural and urban underserved and minority elders.

Florida State University College of Medicine, LOGEC, Train the Trainer Workshop: February 21, 2009

At February's Train the Trainer Workshop, faculty from disciplines representing medicine, nursing, pharmacy, allied health, social work, communication disorders and music therapy facilitated workshops designed to teach health care professionals new strategies for dealing with behavioral problems in elders. Psychotropic medication has frequently been the standard response for behavioral disturbances in dementia; however, the routine administration of such medications carries multiple risks. The LOGEC, Train the Trainer Workshop provided alternate integrated strategies for managing problem behaviors of dementia patients and presented interdisciplinary coping therapies for in home, hospital and long term care settings. Participants learned basic steps in recognizing dementia versus delirium, components of non-pharmacological management, complementary communication therapies, preventive medical interventions and techniques for redirecting a variety of problematic behaviors. A special group presentation on music therapy interventions addressing problem behaviors in persons with dementia was enthusiastically received by participants. A copy of the educational material from the Train the Trainer Workshop is available on CD by request.

Annual Capstone Conference and Interdisciplinary Training Session: June 5, 2009

The LOGEC hosted its annual conference at Florida State University College of Medicine on June 5, 2009. The Capstone Conference serves as the culminating event of the year, highlighting essential achievements of our consortium members. Faculty from each university presented a review of the past two years' activities and shared their plans for piloting the move toward greater interdisciplinary training during the coming year. The conference concluded with a lively collaborative strategy session focusing on enhancing interdisciplinary cooperation. Core concepts for interdisciplinary training were discussed, as were potential vehicles for consortium cross-disciplinary participation.

For additional information about the LOGEC, or to receive a CD containing copies of materials from any of our conferences, please contact Project Coordinator Lisa Maynard at (850) 645-2993 or LiveOakGEC@med.fsu.edu.

Houston Geriatric Education Center (HGEC)

Kyler Godwin, MPH, Project Coordinator

Update: Seniors Taking Action! Disaster Preparedness for Seniors and Their Families

The HGEC, with the Houston Department of Health and Human Services and many other local agencies and organizations, held a free disaster preparedness event for senior citizens in the Sunnyside community, a low-income community hit hard by Hurricane Ike last summer. The speakers and exhibitors provided approximately 60 seniors with important phone numbers and contact information, pet evacuation and care, health and medication information and advice on sheltering in place. In addition to receiving lots of helpful information, thanks to generous donations from community partners, elders enjoyed a continental breakfast, health screening and small tokens of appreciation for attendance. The well received event was broadcast by three local news outlets.

Expert Panel Discussion on Elder Abuse, Neglect and Mistreatment

As part of the HGEC's curriculum for healthcare faculty, an expert panel discussion on elder abuse, neglect and mistreatment was given by community experts representing the medical examiner's office, the District Attorney's office, the Better Business Bureau, Adult Protective Services, the Texas Elder Abuse and Mistreatment Institute and the Texas Office of the Attorney General – Medicaid Fraud Control Unit. Each of the panel members explained their role in detecting and preventing elder abuse and mistreatment, thus providing the participants with a community-based perspective, rather than the healthcare focused perspective with which so many are accustomed. In addition to the expert panel discussion, the participants engaged in an interactive, interdisciplinary activity by working as an interdisciplinary team to determine the diagnosis and recommendations for an elder abuse case study. The participants' feedback indicated they benefited significantly from the knowledgeable panel discussion and teamwork activity, and that the session gave them new ideas regarding how to educate on elder abuse.

More information on these and future events can be found on our Web site at www.houstongec.org.

Montana Geriatric Education Center (MTGEC)

Gayle Hudgins, PharmD, Director

MTGEC's Geriatric Health Screening program provides an opportunity for health professions students to obtain clinical experience in a variety of settings across the state. From January 1, 2009 through May 31, 2009, students and faculty travelled 4,246 miles in Montana to conduct wellness testing for bone density, diabetes, blood pressure and lipids for 695 patients. From the 1,066 tests performed, individuals with abnormal results were given outcome cards, which are to be returned one month later, indicating what action, if any, was taken to improve their health. If there is no response, three attempts are made by telephone to contact the person to determine the outcome of the screening.

Since the beginning of this year, of the 50 students participating, 38 were in pharmacy, eight in nursing, three in physical therapy and one in social work. They learn that it takes teamwork to meet not only the needs of the patient but also to manage the environment in which the event takes place. For example, when faculty and students arrived in one town, they discovered the bone density screenings had been overbooked. Normally, it takes 20 minutes to perform one test and counsel the patient. With everyone pulling together, 107 tests were completed in five hours!

Both faculty and students must take IPHARM training that teaches how to perform the various tests and how to counsel patients regarding the results. During this training and subsequent screenings, the students learn how their interactions with each other, the patients and the community can create a positive experience for the patients and

themselves. They are exposed to the different perspectives and languages of each discipline. Altogether, faculty finds interdisciplinary geriatric health screenings a rewarding experience for themselves and their students.

The MTGEC's other educational programs continue to grow as more health care professionals and supervisors learn how MTGEC's curriculum can enhance a health care provider's understanding and practices in the treatment of older patients. General and professional continuing education credit can be earned at a low cost; academic credit is also available with the certificates issued by MTGEC.

For both programs, there is an annual fee of \$20 for use of online services from Blackboard, the online platform. For general or professional continuing education credit there are additional fees, respectively, of \$25 or \$50. The maximum expense is \$70 per year.

Online Geriatric Education and Certificate Program

Montana health care faculty and experienced practitioners created modules and tailored them for use in Montana. Each module contains expert treatment of material that can enrich the practice of individual care providers or can be used in group training programs. Special attention is paid to the concerns of minority populations, particularly American Indians in Montana. Participants may choose from 25 modules, totaling 70 hours, with up to 12 months to complete them. As an additional option, participants may obtain a 45-hour geriatric training certificate by completing any combination of the modules at no additional cost. The target audiences for both programs are nurses, nurse practitioners, physicians, physician assistants, pharmacists, physical therapists, occupational therapists, social workers, nursing home administrators, dietitians, other health care professionals, health care profession faculty and participants.

The modules fall into three groups. The *core modules* provide an overview and background information suitable for all health professionals. The *health problems modules* provide in-depth information on the treatment of various disease states. *Geriatric screening modules* discuss the rationale and methods for screening geriatric clients for specific diseases. Visit the MTGEC Web site at <http://mtgec.umontana.edu> for a list of the currently available offerings and some sample modules. Continuing education credit from state licensing boards and professional organizations has been approved.

Health Literacy Scholars Program

The Health Literacy Scholars Program is a new initiative with the following goals:

- To increase the expertise in health literacy of health care professionals, faculty and students
- To identify and implement mechanisms to improve health literacy for patients, especially at risk rural and American Indian elderly

This course presents the key concepts of patient health literacy, the effects of low health literacy on health care outcomes, the influences of age and culture on health literacy, ways to assess health literacy and techniques to improve health literacy. It will also teach how to put this information into practice in educational and clinical settings.

Enrollment in the Health Literacy Scholars Program is now open and continues through early September 2009. The program must be completed by June 1, 2010.

The following six components comprise this 25-hour program:

1. COMPLETE THE HRSA ONLINE HEALTH LITERACY COURSE (5 HRS). *Unified Health Communication 101: Addressing Health Literacy, Cultural Competency and Limited English Proficiency*. Consists of five modules to be completed online. Continuing education credit is provided by HRSA. Register at <http://www.hrsa.gov/healthliteracy/training.htm>.

2. PARTICIPATE IN AN ONLINE JOURNAL CLUB ON HEALTH LITERACY (2 HOURS). An asynchronous discussion on selected articles and topics will be held among fellow participants from various disciplines.
3. COMPLETE THE ONLINE MTGEC *HEALTH LITERACY* MODULE (4 HOURS). Apply the principles of health literacy to elderly patients with emphasis on the rural and American Indian populations of Montana. (Module available by August 2009)
4. ATTEND THE OCTOBER 13, 2009, MTGEC ANNUAL CONFERENCE ON *IMPROVING HEALTH LITERACY AND DIABETES OUTCOMES IN OLDER PERSONS* (6 HOURS). Speakers will present from Billings and Missoula and will be broadcast to more than 20 interactive videoconference sites across the state. (Conference fees are in addition to the fees noted above.)
5. PREPARE FOR AND PARTICIPATE IN MTGEC'S FOLLOW-UP VIDEOCONFERENCES (4 HOURS). These two videoconferenced programs in January and February 2010 will expand on themes from the October conference. Case scenarios will be used to illustrate health literacy principles. (Conference fees are in addition to the fees noted above.)
6. COMPLETE A HEALTH MESSAGE FOR USE IN EDUCATION OF OLDER PATIENTS WITH LOW READING SKILLS (4 HOURS). Design and implement a patient education tool for use in your own practice. Possible topics include general disease state information, diagnostic tests and procedures, specific treatments: medications, exercise and nutrition.

2009 CALENDAR OF EVENTS

<i>DATE/TIME</i>	<i>EVENT</i>	<i>LOCATION</i>	<i>CONTACT</i>
July 9, 2009 2:00 p.m. – 3:00 p.m. Eastern	NTACC Methods and Measures Group: “ <i>Using Records to Enhance Evaluation</i> ” Faculty: Karen Bowman, PhD, Julianne Manchester, PhD	Webinar format/ Computer and Dial-In	Vanessa Astraitis vaa13@case.edu (216) 778-8367 To attend the meeting : https://connect.case.edu/methodsjuly/ (877) 461-1632 or (216) 778-7174
July 10, 2009 1:00 p.m. – 5:30 p.m.	CALTCM Pre-Conference Symposium – It Takes A Team: Implementing POLST Into Your Nursing Home	Los Angeles, CA	Jolene Fassbinder jfassbinder@mednet.ucla.edu (310) 312-0531 www.caltcm.org/annualmeeting
July 10–12, 2009	California Association of Long Term Care Medicine Annual Meeting: Bringing Quality Home	Los Angeles, CA	Jolene Fassbinder jfassbinder@mednet.ucla.edu (310) 312-0531 www.caltcm.org/annualmeeting
July 14, 2009 3:00 p.m. – 4:00 p.m. Eastern	NTACC Tracker Training	Webinar format/ Computer and Dial-In	Vanessa Astraitis vaa13@case.edu (216) 778-8367
July 29–31, 2009 8:30 a.m. – 4:30 p.m.	Intensive Geriatric Training, 2009	Sheraton Airport Hotel Fort Lauderdale, FL	Miami Area Geriatric Education Center (MAGEC) magec@med.miami.edu (305) 355-9123 http://www.miami.edu/magec

August 21, 2009	2009 Conference on Aging: Current Perspective and New Horizons in Dementia Care	Hyatt Regency RiverWalk San Antonio, TX	Barbara Giles S. Texas GEC (210)567-7410
September 11, 2009	The Future of Home-Based Mental Health Care for the Elderly	University of Pittsburgh William Pitt Union Pittsburgh, PA	GEC/PA Sarah Aerni (Pitt) sea33@pitt.edu http://www.gecpa.org
September 15–16, 2009	Promoting Environmental and Policy Change to Support Healthy Aging	Chapel Hill, NC	Rebecca Hunter, M.Ed. Rebecca.Hunter@unc.edu (919) 260-0175 www.prc-hanconferences.com
September 22–23, 2009	Health Literacy: Providing Clear Communication in Geriatrics	Marina Del Rey, CA	Rachel Price rprice@mednet.ucla.edu (310) 312-0531
September 23–26, 2009	26 th Annual UCLA Intensive Course in Geriatric Medicine & Board Review	Marina Del Rey, CA	Pamela Jackson-McCall prjackso@mednet.ucla.edu (310) 312-0531 http://www.geronet.ucla.edu/calendar/index.htm
September 23–26, 2009	26th Annual UCLA Intensive Course in Geriatric Pharmacy & Board Review	Marina Del Rey, CA	Pamela Jackson-McCall prjackso@mednet.ucla.edu (310) 312-0531 http://www.geronet.ucla.edu/calendar/index.htm
September 24, 2009 3:00 p.m. – 4:30 p.m. Eastern	NTACC Webinar: “ <i>Developing and Using Evaluation Plans in GEC Projects</i> ”	Webinar format/ Computer and Dial-In	Vanessa Astraitis vaa13@case.edu (216) 778-8367 More information to follow (Check e-mail!)
October 13, 2009 8:00 a.m. – 4:15 p.m.	Improving Health Literacy and Diabetes Outcomes in Older Persons	Speakers presenting from Missoula and Billings, MT, and broadcast to 20 videoconference sites	Barbara Morgan Barbara.morgan@umontana.edu http://mtgce.umontana.edu
October 14–16, 2009	Donald W. Reynolds Faculty Development in Geriatric Education	Los Angeles, CA	Anne Hu annehu@mednet.ucla.edu (310) 312-0531 http://www.gec2.med.ucla.edu/
October 16, 2009	The Future of Home-Based Mental Health Care for the Elderly	Temple University Health Sciences Center Philadelphia, PA	GEC/PA Sarah Aerni (Pitt) sea33@pitt.edu http://www.gecpa.org

The Geriatric Education Center of Michigan (GECM) is not responsible for the content of the newsletter, other than GECM articles. GECM edits to enhance readability and format only. Please submit articles to: nicki.walker@hc.msu.edu.