

## **CORE CURRICULUM (2 Contact Hours Each)**

### **Biology of Aging**, Betty Mullette, MSN, RN

Description: This 2-hour module will present:

- The demographic information of the aging population
- Health status concerns
- Theories of aging and biology of aging for the different health systems

Objectives:

- Discuss the major demographic trends in the United States and Montana in relation to the older population.
- Describe the effect on functional ability of the overall health status of the older individual.
- Discuss the rationale for using an eclectic approach in development of aging theories.
- Synthesize knowledge regarding age-related changes in the following topics, with a focus on structure and function:
  - sleep
  - intimacy and sexuality
  - cardiovascular system
  - respiratory system
  - endocrine system
  - gastrointestinal system
  - genitourinary system
  - cognitive and neurologic system
  - integumentary system
  - sensory system
  - musculoskeletal system
  - immune system

### **End of Life Care in the Elderly**, Jeannine M. Brant, RN, MS, AOCN Oncology Clinical Nurse Specialist and Pain Consultant

Description: This module will present an overview of end of life care in the elderly population. The module includes components of holistic care that encompasses the body, the mind, and the spirit. Palliative care and hospice are discussed along with common causes of death in the elderly, common symptoms at the end of life, strategies to manage deleterious symptoms at the end of life, and psychosocial, spiritual, and quality of life issues.

Objectives:

- Define palliative and end of life care.
- List the most common causes of death in the elderly population.
- Describe the most common signs and symptoms at the end of life including:
  - Fatigue
  - Pain
  - Dyspnea
  - Gastrointestinal Disturbance
  - Delirium and Related Symptoms
  - Depression
  - Anxiety
- Synthesize treatment strategies in managing these symptoms and implications in the elderly population.
- Describe the psychosocial implications of end of life care in light of issues surrounding the elderly.
- Discuss spirituality in elderly patients at the end of life.
- Discuss quality of life considerations for elderly patients at the end of life.

**Health Promotion and Wellness for Older Persons**, Ann Williams, PhD, PT  
Adjunct Professor, School of Physical Therapy & Rehabilitation Science, The University of Montana

Description: This 2-hour module will present:

- Common definitions of health and wellness, healthy aging, primary to tertiary prevention
- Methods to promote behavioral change
- Common health screens for older persons
- Rural and cultural issues associated with health promotion
- Overview of prevention strategies for common health problems of older persons with emphasis on cardiovascular disease and blood pressure, osteoporosis, diabetes, osteoarthritis, multiple medications, smoking, injuries
- Nutrition, exercise, and psychological health

Objectives:

- Define health and wellness as related to healthy aging. Discuss different perspectives on the definition of health.
- Define primary, secondary, and tertiary prevention strategies and give two examples of each in professional practice.
- Describe three ways to promote behavioral change.
- List common health screens for older persons as related to wellness assessment.

- Describe two health promotion practices for each of the following: cardiovascular disease, diabetes, osteoporosis, osteoarthritis, and depression.
- Give two examples of how wellness strategies may be affected by ethnic or rural issues.
- Give two examples of how selected health promotion practices could be used in his/her professional setting.
- 

**Nutritional Concerns of Older Persons**, Sarah J. Miller, Pharm D, BCNSP  
Department of Pharmacy Practice, The University of Montana

Description: This module will address nutrition concerns of older persons. Age-related changes and conditions common in the elderly that affect nutritional status or requirements will be explored. Chronic diseases and other problems seen commonly in the elderly for whom nutrition issues may play an etiological role will be discussed. Nutritional assessment of the elderly, including screening and assessment tools, will be covered. Finally, the module will examine special concerns regarding use of enteral and parenteral nutrition in the elderly.

Objectives:

- Describe how various age-related physiologic changes and chronic diseases or conditions common in the elderly affect nutritional status.
- Analyze the role of various dietary components, including calcium, vitamin D, phosphorus, magnesium, vitamin K, vitamin A, protein, acid and alkali ash, and caffeine, in the prevention and/or treatment of osteoporosis.
- Define the role of nutrients in the following conditions: macular degeneration, decreased immune function, type 2 diabetes mellitus, cognitive dysfunction, heart disease, cancer, constipation, pressure ulcers, and hemochromatosis .
- Identify various screening tools for nutritional assessment in the elderly.
- Describe various assessment tools to include anthropometric measures, biochemical tests, immunologic tests, and swallowing evaluations.
- Identify appropriate situations in which enteral and parenteral nutrition might be utilized in the elderly patient.
- Describe special concerns related to these therapies in this population.

**Patients as Partners**, Lee Stadlander, PhD

Description: The Patients as Partners Module describes a six step approach to a collaborative model of the provider-patient relationship. Various methods for effective communication and special issues associated with older persons and persons of different ethnic backgrounds are included. Case studies with specific suggestions for providers are also provided.

Objectives:

After reading this module, the learner will be able to:

1. List reasons to encourage patient participation in decision making.
2. Describe a collaborative model of shared decision making
3. Describe ways that the Health Professional can incorporate shared decision making in his or her practice
4. Describe special issues in shared decision making with elderly persons and ethnically different persons.

**Psychosocial Issues of Aging**, Monica Trimble, MSW, LCSW

Description: This 2-hour module will present the psychological, social, and spiritual aspect and issues of aging with a focus on the interaction between individuals and social systems.

Objectives:

- Define ageism in contemporary society.
- Discuss the social theories of aging.
- Discuss the psychological aspects and misconceptions of aging.
- Describe the importance of birth cohorts.
- Discuss the spiritual needs of older adults.
- Identify the social support systems related to older adults.
- Assess *Activities of Daily Living* and *Instrumental Activities of Daily Living*.
- Describe living arrangement options for older adults.
- Identify strengths of older adults.
- Identify *Best Practices* that enhance work with older adults.
- Use web-based resources to obtain information about research, services and programs for older adults.