

# **GERIATRIC HEALTH SCREENING CURRICULUM**

**(2 Contact Hours Each)**

**Overview of Geriatric Health Screening**, Kim Cybulski, Pharm D  
Clinical Pharmacist, St. Patrick Hospital & Health Sciences Center

Description: The module will discuss the basic issues that surround health screening in the geriatric population. It will:

- Describe the current status of healthcare pertaining to the aging population.
- Describe governmental (national and state) initiatives to address the health concerns of the elderly.
- Define levels of disease prevention.
- Discuss patient-related barriers to performing geriatric health screening.
- Define frequently encountered terms in health screening.

Objectives:

- Describe the scope of the problems facing the growing geriatric population.
- Describe governmental initiatives related to the geriatric population.
- Distinguish between the different levels of disease prevention and state where screening of disease fits into the preventative plan.
- Describe how patient-related barriers may impact geriatric screening and recommend how to overcome these barriers.
- Describe the differences between:
  - Accuracy & precision
  - Specificity & sensitivity
- Describe how Clinical Laboratory Improvement Amendments (CLIA) is important to geriatric health screening.
- Suggest how to handle potential emergencies that may arise during geriatric health screening.
- Name key websites pertaining to geriatric health screening.
- Describe tests available for geriatric health screening and state when they are appropriate for geriatric patients.

**Screening for Diabetes in Older Persons**, Kim Cybulski, Pharm D

Revised by Rose Macklin, Pharm. D., BCPS, Partners in Home Care, Missoula, MT

This module will discuss the basic issues that surround screening for diabetes in the geriatric population.

Objectives:

- Summarize the impact of diabetes on the nation, particularly that of older adults and American Indians.

- Differentiate between type 1 and type 2 diabetes and the treatment for each.
- Describe the macrovascular and microvascular complications found in patients with diabetes.
- Identify patients who are good candidates for diabetes screening.
- Describe how to perform hemoglobin A1c test using the A1CNow+® device, and identify which screened patients should be referred.

**Screening for Lipid Disorders in Older Persons**, Kim Cybulski, Pharm D  
**Revised by Larry Dent, Pharm. D., BCPS**, Skaggs School of Pharmacy, University of Montana  
 Missoula, MT

This 2-hour module will discuss the basic issues which surround screening for lipid abnormalities in the geriatric population.

Objectives:

- Describe the impact of lipid disorders on cardiovascular disease.
- Examine the 3<sup>rd</sup> edition of the Adult Treatment Plan (ATP III) guidelines and incorporate revised recommendations (August 2004).
- Discuss the role of risk factors in cardiovascular disease, and formulate a treatment plan based on patient specific information.
- Describe techniques needed to perform point-of-care lipid testing using the Cholestech LDX®.

**Screening for Osteoporosis in Older Persons**, Kim Cybulski, Pharm D

This 2-hour module will discuss the impact of osteoporosis in the elderly population, discuss screening technology available for osteoporosis, and provide non-pharmacological interventions for osteoporosis.

Objectives:

- Describe the impact osteoporosis has on elderly patients & the health care system.
- List the definitions for osteoporosis.
- Describe bone development and pathologic changes.
- Identify risk factors for osteoporosis.
- Identify patients who should be screened for osteoporosis.
- Understand the technology behind quantitative ultrasound and how fracture risk is determined.
- Demonstrate how to set up, calibrate, and operate the CUBAClinical system.
- Formulate a plan for a patient based on risk factors and their T- and Z-score results.
- Define the daily recommendations for calcium and Vitamin D.
- Recommend a calcium supplement and state the rationale for choosing one product over another.
- Identify ways to decrease a patient's risk of falling.