

HEALTH ISSUES (2 or 4 Contact Hours Each)

Cancer in Older Persons, Jeannine M. Brant, RN, MS, AOCN Oncology Clinical Nurse Specialist and Pain Consultant

This module will present an overview of end of life care in the older adult 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 older persons, 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.

Learning Objectives

Through completion of review questions the learner will demonstrate the ability to apply knowledge of end of life care for older persons in her or his professional setting. Specifically the learner will be able to:

1. Define palliative and end of life care.
2. Describe the most common signs, symptoms, and management strategies at the end of life.
3. Describe the psychosocial and spiritual implications of end of life care.
4. Discuss quality of life considerations for older adults at the end of life.

Cardiovascular Disorders and Aging, Larry A. Dent, Pharm D, BCPS

This module presents an overview of the epidemiology, associated risk factors, and strategies for prevention of cardiovascular disease. The pathophysiology, clinical presentation, and treatment of hypertension, dyslipidemia, and ischemic heart disease are discussed.

Learning Objectives

Upon completion of this module, the learner will demonstrate ability to provide health care as an interdisciplinary team member responsible for the management of geriatric patients with cardiovascular disease. Specifically, the learner will be able to:

- List the incidence and prevalence of cardiovascular disease in older Americans.
- Identify risk factors associated with the development of cardiovascular disease.
- Describe pathophysiological mechanisms and clinical presentation of atherosclerosis, hypertension, dyslipidemia, metabolic syndrome, and ischemic heart disease.
- Describe interventions including prevention (lifestyle modifications), non-pharmacologic therapy, and pharmacotherapy for cardiovascular disease.
- Identify potential complications associated with pharmacotherapy of cardiovascular disease.
- Provide care for geriatric patients as a member of an interdisciplinary team responsible for the management of geriatric patients with cardiovascular disease.

Cognitive Decline and Dementia in Older Persons, in process

Endocrine Disorders and Aging, Betty J. Mulette, MSN, RN

Description: This module will present common definitions of endocrine disorders, specifically pertaining to diabetes and thyroid disorders. Common health screens for these disorders, ethnic and cultural influences pertinent to the disorders, screening and/or assessment tools, and an overview of prevention strategies will be included.

Objectives:

- Ascertain the incidence and prevalence of diabetes in Montana.
- Distinguish differences between Type 1 and Type 2 diabetes, hypo/hyperthyroidism and other hormonal changes in the aging population.
- Describe common assessment criteria used to diagnose diabetes and hypo/hyperthyroidism.
- Describe non-pharmacologic (nursing, dietary, rehabilitation, pharmacy, medicine, psychology, social work) interventions for endocrine disorders.-60 minutes
- Contrast pharmacologic interventions for diabetes, explaining the current rationale for their use.
- Summarize how health care practices for endocrine disorders may be affected by ethnic or rural issues.
- Apply these health promotion practices in his/her professional setting.

Late Life Depression, Julie Pullen MS, LPC, MSN, FNP, GNP-NP-C

This 2-hour module will present:

- Background of geriatric depression as a mental health crisis
- Barriers to assessment and treatment of depression among older persons
- Unique clinical presentation of the depressed elder
- Overview of treatment modalities including pharmacologic and non-pharmacologic interventions

Learning Objectives:

The learner will demonstrate an understanding of the complexities of geriatric depression and apply the knowledge presented in his or her own professional setting. The learner will:

- Describe the unique clinical presentation of geriatric depression
- Discuss the differences between major and subthreshold depression
- Identify risk factors for geriatric depression
- List comorbidities
- Select appropriate screening instruments
- Select two pharmacological interventions
- Discuss non-pharmacological interventions

Mental Health Disorders in Aging, Ann Williams, PhD, PT

Adjunct Professor, School of Physical Therapy & Rehabilitation Science, The University of Montana

Description: This four hour module focuses on common mental health problems in the elderly, including cognitive disorders, mood disorders, sleep disturbances and substance abuse. Written lecture materials, written assignments, web based resources, reflective and discussion questions guide the learning process. An opportunity to explore personal attitudes toward mental health problems and the elderly is provided. Etiology, symptoms/characteristics, interventions, treatment and caring strategies related to mental health problems in the elderly are addressed. Approaches to alter disruptive behaviors are identified. Mental health challenges of caring for elderly in community settings are discussed. Various resources for information on mental health of the elderly are introduced. Interdisciplinary collaboration is emphasized.

Objectives:

- Discuss various factors commonly affecting mental health of the elderly.
- Discuss ethical-legal-medical issues involved in care of the elderly.
- Examine origins of personal feelings, reactions, attitudes and stereotypes of mental health in the elderly.
- Explore personal and cultural beliefs of aging and mental health.
- Discuss social, cultural, emotional and physiological factors that influence communication with elderly who have mental health problems.
- Describe symptoms/characteristics of cognitive, mood, sleep and substance abuse disorders in the elderly.
- Describe risks factors for suicide in the elderly.
- Compare and contrast delirium, dementia and depression.
- Examine interventions and treatment approaches to responding to common mental health problems in the elderly.
- Describe challenges of meeting mental health need of elderly in the community. 15 min
- Explore interdisciplinary approaches to care and treatment of the mental health needs of the elderly.
- Use web-based resources to access information about mental health research/programs/services for the elderly.

Musculoskeletal Disorders and Aging, Celeste Peterson, M.D.

Description: This module will aid the student in understanding three of the most common musculoskeletal problems facing the geriatric population. These 3 are osteoporosis, osteoarthritis and falls in the elderly. After completing each section, the student should understand the pathophysiology of the disease, risk factors associated with it, how to prevent and diagnose the illness, and be comfortable with the treatment options available.

Objectives:

- Understand the pathogenesis of osteoporosis and explain the causes of osteoporosis.
- Differentiate risk factors for osteoporosis and osteoporotic fractures.
- Be able to list at least 5 diseases which cause secondary osteoporosis.
- List 3 ways to prevent osteoporosis.
- Know the general screening guidelines and Medicare's criteria for reimbursement. List 4 modes of diagnosis. Know which mode is preferred and why.
- List the 4 most common medications for osteoporosis treatment. List the pros and cons for using each medication.
- Understand the complications of vertebral and hip fractures.
- List 2 ways to monitor osteoporosis and which is preferred.
- Know the special considerations for glucocorticoid-induced osteoporosis and osteoporosis in nursing homes.
- Understand the pathogenesis of osteoarthritis and how it differs from simply aging. Understand the components of cartilage.
- List 4 hallmarks for osteoarthritic disease.
- List 5 risk factors for osteoarthritis and which joints are affected.
- List 5 clinical features of osteoarthritis.
- Identify 2 measures which can slow down the progression of osteoarthritis.
- Understand the types of educational programs which improve pain and reduce costs associated with osteoarthritis.
- Identify the components of an exercise program for osteoarthritis.
- List 5 oral medications for the treatment of osteoarthritis and determine which group of patients should not use each type.
- List 4 adjuvant therapies and discuss their effectiveness.
- Discuss which patients should undergo joint replacement and the statistics associated with the elderly.
- List 6 general risk factors for falling.
- Discuss the screening process for elderly patients at risk for falling.
- Discuss the 3 successful single-interventions and how they may apply to the learner's profession.

- List 7 multifactorial assessment/interventions and consider how each may apply to the learner's profession.
- List 3 general areas which can cause gait disturbances.
- Identify helpful educational recommendations for a patient at risk for falling.
- Discuss how the psychological aspects of falling affect patients.

Respiratory Disorders and Aging, Douglas R. Allington, Pharm.D., BCPS, Professor, The University of Montana and Kendra Keeley Proccaci, Pharm.D., BCPS, AE-C

This module will present information regarding the normal changes in lung function due to aging, as well as describing the pathological changes, appropriate screening tests, diagnosis and treatment of four major respiratory disorders common in adult and geriatric populations: pneumonia, asthma, chronic bronchitis and emphysema.

Objectives:

- Describe the normal functions of the lungs and recognize the common age-related changes normally associated with aging.
- Recognize the signs, symptoms and laboratory abnormalities that aid in the diagnosis of pneumonia, asthma, chronic bronchitis and emphysema.
- Identify risk factors generally associated with the development of pneumonia, asthma, chronic bronchitis and emphysema.
- Describe routine pharmacological interventions used to treat pneumonia, asthma, chronic bronchitis and emphysema.
- Identify gender, ethnicity or age differences that might influence selection of specific medications or drug delivery devices.
- Describe how different healthcare professionals can contribute to the development of multidisciplinary care plans

Skin, Wounds and Aging, Karen Zulkowski, DNS, RN, CWS

Associate Professor, Montana State University-Bozeman, College of Nursing

This module will present an overview on the structure and function of aging skin. Discussion of problems associated with aging skin includes:

- Classification and identification of wounds
- Assessment
- Current treatment and therapies

Objectives:

- Describe changes associated with aging to the skin.

- Describe pathophysiological mechanisms of wounds.
- Differentiate between different types of wounds common to the aging population
- Identify risk factors associated with wound development.
- Identify documentation necessary for wound management.
- Describe interventions for prevention, and treatment.
- Describe potential cultural differences associated with assessment of risk and pressure ulcer stage.
- Apply communication skills necessary for care of geriatric patients with cardiovascular disorders.
- Synthesize knowledge of geriatric care in planning an interdisciplinary approach to care for geriatric patients with skin or wound disorders.

Urogenital Disorders and Aging, Janet A. Hulme, MA, PT

This module will present age-related changes of the urogenital system, pathologies common in the aging urogenital system, and male and female differences in the aging urogenital system. It will explore prevention strategies for common urogenital problems including lifestyle changes, nutrition, exercise and autonomic nervous system training. It will explore common pathologies of the urogenital system and treatment strategies including medication and surgery.

Objectives:

- Describe age related changes of the urogenital system.
- Describe common pathologies in the aging urogenital system.
- Describe male and female differences in the aging urogenital system.
- Describe prevention strategies for common urogenital problems including lifestyle changes, nutrition, exercise and autonomic nervous system training.
- Describe treatment strategies for common pathologies of the urogenital system including medication and surgery.
- Apply these health promotion practices in his/her professional setting.