TOPICS IN GERONTOLOGY

Cognitive Decline and Dementia in Older Adults, by Paul Bach, PhD, Einstein Medical Center, Philadelphia, PA and revised by Robert Velin, PhD, LifeWorks Health and Neuroscience, Missoula, MT

(2 contact hours)

The module discusses normal cognitive decline as compared to the four currently recognized varieties of dementia and their subtypes. Differential diagnosis, treatments and options for care are discussed.

Learning Objectives:
• Specifically, the learner will be able to: Describe the characteristics of the stages of the continuum of mild cognitive impairment to dementia.
• Differentiate among the various types of dementia.
• Differentiate among dementia, depression, and delirium.
• Review management strategies for patients ranging from mild cognitive impairment to dementia.

Late Life Depression, by Julie Pullen MS, LPC, MSN, FNP, GNP-NP-C, Clinical Associate Professor, Montana State University College of Nursing, Billings, MT

(2 contact hours)

The module reviews the background of geriatric depression as a mental health crisis, barriers to assessment and treatment of depression among older persons, unique clinical presentation of depressed older adults, and an overview of treatment modalities including pharmacologic and non-pharmacologic interventions.

Learning Objectives:
• Describe the unique clinical presentation of geriatric depression.
• Discuss the differences between major and subthreshold depression.
• Identify risk factors for geriatric depression.
• Select appropriate screening instruments.
• Select appropriate pharmacological and non-pharmacologic interventions.

Osteoarthritis in Older Adults, by Celeste Peterson, MD, Internal Medicine, Missoula, MT and updated by Elizabeth Ikeda, PT, DPT, OCS, School of Physical Therapy, University of Montana, Missoula, MT

(2 contact hours)

The module aids the learner in understanding normal changes in physical function with aging as well as the most common musculoskeletal issues facing the geriatric population including: physical functioning and aging, summary of age-related changes in musculoskeletal system and osteoarthritis.

Learning Objectives:
- Review the terminology of the International Classification of Functioning, Disability, and Health.
- Identify the common impairments in the musculoskeletal system with aging.
- Describe common measures of physical functioning in older adults.
- Identify normal aging changes for successful aging / the senior athlete.
- Discuss the comprehensive management of osteoarthritis in older adults.

Pneumonia in Older Adults, by Douglas Allington, PharmD, BCPS, Professor, Skaggs School of Pharmacy, University of Montana, Missoula, MT

(2 contact hours, including 2 pharmacy hours for nursing contact hours)

The module presents 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 pneumonia.

Learning Objectives:
- Describe the normal functions of the lungs and common age-related changes.
- Identify risk factors generally associated with the development of pneumonia.
- Recognize the signs, symptoms and laboratory abnormalities that aid in the diagnosis of pneumonia.
- Describe routine pharmacological interventions used to treat pneumonia.
- Identify gender, ethnicity or age differences that might influence selection of specific medications or drug delivery devices.

Patients as Partners, Lee Stadtlander, PhD, Psychology Faculty, Walden University

(2 contact hours)

The 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.

Learning Objectives:
- List reasons to encourage patient participation in decision making.
- Describe a collaborative model of shared decision making.
- Discuss health literacy and its influence in shared decision making.
- Discuss special issues related to shared decision making with older people and persons from diverse backgrounds.
- Identify strategies that can facilitate collaborative patient/provider relationships regardless of degree of health literacy or diversity of background.

Nutritional Concerns of Older Persons, by Sarah J. Miller, Pharm D, BCNSP, Professor, Skaggs School of Pharmacy, Department of Pharmacy Practice, University of Montana, Missoula, MT

(2 contact hours, including 2 pharmacy hours for nursing contact hours)

The module addresses 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, is covered.

Learning Objectives:
• Describe how various age-related physiologic changes and chronic diseases or conditions common in older adults affect nutritional status and requirements.
• Analyze the role of various dietary components, particularly calcium and vitamin D, 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, nutritional anemias, cognitive dysfunction, depression, heart disease, cancer, constipation, pressure ulcers, and dehydration.
• Describe various nutrition assessment tools including anthropometric measures, biochemical tests, immunologic tests, and swallowing evaluations.

ASSESSMENT & SCREENING FOR GERIATRIC CONDITIONS

Assessment of Caregiver Strain, Allison Duffy, RN, MN, APRN, CS, Assistant Professor, Montana Tech Nursing, Butte, MT

(2 contact hours)

The module presents screening techniques to identify caregiver strain in older adults and provide counseling and/or follow-up resources. The Modified Caregiver Strain Index (MCSI) is discussed as a tool which can screen caregivers over time and across the health care continuum. The tool can be administered and interpreted by health care providers from multiple disciplines so that appropriate referrals for follow up and support can be included in the plan of care.

Learning Objectives:
• Evaluate current research findings related to the prevalence and assessment of caregiver strain.
• Discuss the development of the Modified Caregiver Strain Index (MCSI).
• Utilize the Modified Caregiver Strain Index (MCSI) in clinical practice.

Screening for Cognitive Impairment, Diana Reetz-Stacey, MSW, Clark Fork Valley Hospital, Plains, MT and updated by Cindy Garthwait, MSSW, Retired Professor, School of Social Work, University of Montana, Missoula, MT

(2.0 contact hours)

The module presents an overview of the incidence and prevalence of cognitive decline in the older adult population; a review of signs and symptoms of cognitive decline in older persons; discussion of screening tests used to identify cognitive decline; and a summary of treatment and follow-up, including appropriate referral sources for older adults with cognitive decline.

Learning Objectives:
• Review the impact of cognitive decline in older adults.
• Describe the procedures for conducting basic cognitive assessments, including the Mini-Cog.
• Summarize the need for referral and the treatments for cognitive decline in older adults

Screening for Fall Risk in Older Adults, Ashley J. Green, DPT, Tia R. Pester, DPT, Megan Sproull, DPT, Mindy Oxman Renfro, PT, PhD, DPT, CPH, Clinical Coordinator, MonTECH of Rural Institute for Inclusive Communities University of Montana and revised by Sue
Ostertag, DPT, Clinical Assistant Professor, School of Physical Therapy and Rehabilitation Science, University of Montana, Missoula, MT

(2 contact hours)

The module presents an overview of the incidence and prevalence of falls in community-dwelling older adults, reviews the risk factors of falls in community-dwelling older adults, discusses the use of STEADI (STopping Elderly Accidents, Deaths, & Injuries) and screening tests to identify fall risk and provides a summary of fall prevention strategies based upon individualized risk factors for community-dwelling older adults.

Learning Objectives:
- Discuss the epidemiology of falls in older adults.
- Describe the procedure for conducting the STEADI test, an evidence-based fall risk screening, including the three fall risk screenings associated with the STEADI.
- Identify fall risk in older adults via patient self-assessment and/or objective screening.
- Summarize the referral and treatment options for older adults with increased fall risk based upon their individualized fall risk screening results.

Screening for Depression in Older Adults, Diana Reetz-Stacey, MSW, Clark Fork Valley Hospital, Plains, MT and updated by Cindy Garthwait, MSSW, Retired Professor, School of Social Work, University of Montana, Missoula, MT

(2 contact hours)

The module presents an overview of the incidence and prevalence of depression in the older adult population; a review of signs and symptoms of depression in older persons; discuss screening tests used to identify depression; and provide a summary of treatment and follow-up, including appropriate referral sources for older adults with depression.

Learning Objectives:
- Review the impact of depression in older adults.
- Describe the procedures for conducting basic depression assessments, including the Geriatric Depression Scale and the PHQ-9.
- Summarize the importance and process of referral.
- Summarize the various treatments for depression.

Screening for Diabetes in Older Adults, Kim Madson, PharmD, Skaggs School of Pharmacy, University of Montana and updated by Rose Macklin, PharmD, BCPS, Partners in Home Care, Missoula, MT

(2 contact hours, including 2 pharmacy hours for nursing contact hours)

The module provides an overview of diabetes, including the impact of diabetes on the nation. Risk factors and complications of diabetes are discussed and characteristics of older adults who should be screened are identified. Both written and video instructions are used to teach the correct use of the Afinion™ Analyzer. A role play video models referral and counseling strategies that can be used with older adults who are at risk for developing diabetes. Pharmacologic therapies and important lifestyle changes are briefly addressed.

In addition to providing continuing education for health care professionals, the ImProving Health Among Rural Montanans (IPHARM) program uses this module to train
health professions students to perform diabetes screening at geriatric health screening events throughout the state.

Learning Objectives:
- Summarize the impact of diabetes on the nation, particularly on older adults and Native Americans.
- Identify and compare the classifications of diabetes.
- Discuss the causes, risk factors, complications, and prevention of diabetes.
- Identify patients who are good candidates for diabetes screening.
- Describe how to perform a glycated hemoglobin (HbA1c) test using the Afinion™HBA1c test.
- Identify which screened patients should be referred for follow up.

Screening for Lipid Disorders in Older Adults, by Kim Madson, PharmD, Skaggs School of Pharmacy, University of Montana and updated by Kerry Haney, PharmD, CPP Assistant Professor, Skaggs School of Pharmacy, University of Montana, Missoula, MT

(3 contact hours, including 1 pharmacy hour for nursing contact hours)

This module discusses the basic issues which surround screening for lipid abnormalities in the geriatric population.

Learning Objectives:
- Describe the impact of lipid disorders on cardiovascular disease.
- Examine the 2013 American College of Cardiology/American Heart Association (ACC/AHA) Guidelines for the assessment and treatment of elevated cholesterol levels.
- Counsel on diet, lifestyle changes, and medication use (when appropriate), based on patient specific information, including risk factors for cardiovascular disease.
- Describe techniques involved in performing point-of-care lipid testing using the CardioChek Plus®.

Screening for Osteoporosis in Older Adults, Kim Madson, PharmD, Skaggs School of Pharmacy, University of Montana and updated by Kerry Haney, PharmD, BCACP, Assistant Professor, Skaggs School of Pharmacy, University of Montana, Missoula, MT

(2 contact hours, including 1 pharmacy hour for nursing contact hours)

This module discusses the impact of osteoporosis in the elderly population, screening technology available for osteoporosis, and provides non-pharmacological interventions for osteoporosis.

Learning Objectives:
- Identify risk factors for osteoporosis that indicate patients who should be screened.
- Describe the technology behind quantitative ultrasound and how fracture risk is determined.
- Formulate a care plan for a patient based on risk factors and the T- and Z-score results.
- State the daily recommendations for calcium and Vitamin D, including a recommended supplement for each, along with the rationale for choosing one
THE DEMENTIA CONTINUUM

Brain Health: Dementia Risk Reduction, by Keith Fargo, PhD, Director, Scientific Programs and Outreach, Medical and Scientific Relations, Alzheimer’s Association, Chicago, IL

(1 contact hour)

Brain Health: Dementia Risk Reduction is a presentation from the 2019 MT Geriatric Education Center’s Annual Conference: The Dementia Continuum. Keith N. Fargo, PhD, is the Director of Scientific Programs and Outreach, Medical and Scientific Relations for the Alzheimer's Association, Chicago, IL. To increase participation in Alzheimer’s disease research studies, he oversees the Alzheimer's Association TrialMatch® program, a service that connects people with ongoing clinical studies.

End of Life Advance Care Planning for Dementia Patients, by Lee Jennings, MD, MHS, Director, Oklahoma Healthy Aging Initiative, Oklahoma University, Norman, OK

(1 contact hour)

End of Life Advance Care Planning for Dementia Patients is a presentation from the 2019 MT Geriatric Education Center’s Annual Conference: The Dementia Continuum. Lee Jennings, MD, MHS, is a geriatrician and health services researcher. Her work focuses on improving care delivery and health outcomes for persons with dementia and their caregivers. Her research is supported by Presbyterian Health Foundation, PCORI, NIA and the Hartford Foundation. She is the Director of the Oklahoma Healthy Aging Initiative.

Keeping Caregivers Well: You, Me and All of Us, by Soo Borson, MD, Principal, Dementia Care Research and Consulting, Founding Director, Memory Disorders Program, University of Washington, Seattle, WA

(1 contact hour)

Keeping Caregivers Well: You, Me and All of Us is a presentation from the 2019 MT Geriatric Education Center’s Annual Conference: The Dementia Continuum. Soo Borson, MD, is the principal at Dementia Care Research and Consulting, founding director of the Memory Disorders Program at the University of Washington, and a core investigator in the Alzheimer’s Disease Research Center. Dr. Borson is the developer of the Mini-Cog, a brief screening tool for cognitive impairment.

Reducing and Managing Dementia Related Challenging Behaviors, by Vicki Schmall, PhD, Executive Director and Gerontology Training Specialist with Aging Concerns in Oregon, Professor Emeritus of Oregon State University, Eugene, OR

(1 contact hour)

Reducing and Managing Dementia Related Challenging Behaviors is a presentation from the 2019 MT Geriatric Education Center’s Annual Conference: The Dementia Continuum. Vicki Schmall, PhD, is Executive Director and Gerontology & Training Specialist with Aging Concerns in Oregon. She is also Professor Emeritus of Oregon State University where she served as Director of the OSU Program on Gerontology. She created a variety of training programs including The Caregiver Handbook: Powerful Tools for Caregiving.
Why Early Detection of Dementia Matters, by Patricia Coon, MD, Billings Clinic Center for Translational Research, Billings, MT

(1 contact hour)

Why Early Detection of Dementia Matters is a presentation from the 2019 MT Geriatric Education Center’s Annual Conference: The Dementia Continuum. Patricia Coon, MD, is a geriatrician with Billings Clinic Center for Translational Research. Her current projects focus on dementia, early diagnosis, and rural communities. She is the principal investigator on a PCORI grant and a founding member of the MT State ADRD workgroup which wrote the MT State Plan for ADRD.

AGE-FRIENDLY HEALTHCARE IN THE NEW NORMAL

Age-Friendly Health Care and the 4M’s, by Katherine Bennett, MD, UW Medicine, Division of Gerontology and Geriatric Medicine, Seattle, WA

(1 contact hour)

Age-Friendly Health Care and the 4M’s is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Bennett is an Assistant Professor in the University of Washington School of Medicine and serves as the Program Director for the Geriatric Medicine Fellowship. She is the Assistant Director of Education for the Northwest Geriatrics Workforce Enhancement Center and serves as the founding medical director of UW Project ECHO geriatrics (an interprofessional case consultation and education program). She practices in the Harborview Senior Care Clinic, in the inpatient geriatrics and general medicine services, and in long term care. She has extensive experience in medical education and has developed geriatrics curricula and evaluation tools.

What Matters, by Angela Catic, MD, Baylor College of Medicine, Houston, TX

(1 contact hour)

What Matters is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Catic is an Assistant Professor in the Baylor College of Medicine in Houston. She currently serves as Director of the Geriatric Medicine Fellowship at Baylor and Medical Director of the Michael E. DeBakey Geriatrics PA Residency program. Dr. Catic’s clinical interests include dementia, delirium, pain management, and care of complex older adults. She is developing an age-friendly program at the Michael E. DeBakey VA Medical Center which will focus on high-risk, high-need older adults including optimizing care transitions.

Mobility: Keeping Aging Fun, by Colleen Hergott, PT, DPT, Augusta University, Augusta, GA

(1 contact hour)

Mobility: Keeping Aging Fun is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Hergott is an Assistant Professor in the Department of Physical Therapy at Augusta University where she teaches cardiopulmonary, aging and exercise physiology. She is a Geriatric Clinical Specialist, Certified Exercise Expert for the Aging Adult (CEEEA), and ACSM Clinical Exercise Physiologist. She is actively involved in the Exercise is Medicine (EIM) initiative, which promotes physical activity assessment and promotion as a standard in
clinical care. She currently serves as a member of the APTA Geriatrics-NCOA task force, which seeks to promote health and wellness for older adults.

**Medication Considerations for Older Adults, Abby Winter, PharmD, BCACP, University of Washington School of Pharmacy, Seattle, WA**

*(1 contact hour)*

Medication Considerations for Older Adults is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Winter is a Clinical Assistant Professor at the University of Washington School of Pharmacy where she is also Assistant Director of Outreach for the Plein Center for Geriatric Pharmacy Research, Education and Outreach. The goal of the Plein Center for Geriatrics is to generate and transmit new knowledge to improve disease management and appropriate medication use in older adults. Dr. Winter previously served as Clinical Diabetes Pharmacist for the UW Medicine Diabetes Institute.

**Mentation: The 3 D’s, by Emily Trittschuh, Ph.D., University of Washington, Seattle, WA**

*(1 contact hour)*

Mentation: The 3 D’s is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Trittschuh is an Associate Professor at the University of Washington and a Clinical Neuropsychologist with the VA Puget Sound Health Care System’s Geriatric Research Education and Clinical Center (GRECC). She has specialized in neurodegenerative disease and has over 18 years of experience in the field of geriatrics. Her clinical work and research has been focused on the full continuum of cognitive aging – from neurodegenerative disease to “super” aging into the 90s and beyond.