



**HARTFORD INSTITUTE FOR GERIATRIC NURSING**  
**NYU RORY MEYERS COLLEGE OF NURSING**

# HIGN eLearning Catalog

## 2020

## **Courses for Nurses**

### **Care of Older Adults in Home Care Series for Registered Nurses (COA-HC-RN)**

#### ***About this Series***

This series was developed to assure that interprofessional team members have the knowledge to care for older adults in the home. These modules, intended for nurses, promote team-based, coordinated, person-centered, evidence-based, quality home care for older adults.

The modules in this series were created by The Hartford Institute of Geriatric Nursing (HIGN) at NYU Rory Meyers College of Nursing, in partnership with the Visiting Nurse Service of New York.

***CEUs Awarded:*** 0.5 - 1.5 nursing contact hour(s)

#### **COA-HC-RN 1: Introduction to Interprofessional Collaborative Practice**

This course discusses interprofessional collaborative practice in the home care setting and why interprofessional education (IPE) is important, the reasons why core competencies across professions are needed, and the methods of communication amongst team members. After completion of the course, practitioners will develop ways to participate in and facilitate interprofessional teams.

#### **COA-HC-RN 2: Person-Centered Care in the Home Care Setting**

This course is a practical guide defining person-centered care. The course describes home care practices that promote person-centered care, how home care clinicians and care managers can help promote a meaningful life and optimal function for their patients, and explores the importance of culturally sensitive and appropriate care to older adults.

#### **COA-HC-RN 3: Health Promotion in the Home Care Setting**

This course will help practitioners understand the importance of health literacy on health promotion in home care and how to best work with adult learners. The course also describes the impact that a population health focus has on the care of patients, families, and caregivers, and how home care clinicians and care managers can integrate components of health literacy and health promotion in home care practice.

#### **COA-HC-RN 4: Persistent Pain Among Older Adults in the Home Care Setting**

This course describes the types of persistent pain and how it may present itself in the older adult. The course teaches home care clinicians and care managers to assess and manage pain in older adults as part of an interprofessional team, and to understand pharmacological and non-pharmacological strategies to improve pain relief. Practitioners will be able to identify validated websites for patients, families, caregivers to increase their knowledge and understanding of pain etiology, treatment and management.

### **COA-HC-RN 5: Medication management for Older Adults in the Home Care Setting**

This course discusses the best practices for medication management in home care and identifies medications that are particularly high risk for older adults. The course also describes causes for different types of medication adherence problems, and how different home care professionals can help with medication management.

### **COA-HC-RN 6: Chronic Health Conditions among Older Adults in the Home Care Setting**

This course describes the guiding principles for managing multiple chronic conditions in home care, identifies the risk factors for coronary heart disease (CHD) and type 2 diabetes mellitus (DM) in older adults, and explores how the pharmacologic management of CHD risk factors, namely DM, differs in older adults compared to younger adults. After completion of the course, practitioners will understand how home care clinicians and care managers can assess and manage multiple chronic conditions in older adults as part of an interprofessional team.

### **COA-HC-RN 7: Typical and Atypical Presentation of Illness in Older Adults in the Home Care Setting**

This course describes physiological changes related to aging, identifies common ways illness may present in older adults, and distinguishes presentation of common diseases in older adults compared to young adults. The course also describes how home care clinicians and care managers can assess and manage atypical presentation of illness in older adults as part of an interprofessional team.

### **COA-HC-RN 8: Dementia, Delirium, and Depression in Older Adults in the Home Care Setting**

This course covers a wide range of information pertaining to dementia, delirium, and depression in older adults. This includes the etiology, risk factors, and signs and symptoms of depression, dementia, and delirium; common screening tools used to assess these three conditions, and non-pharmacological and pharmacological treatments of the conditions in older adults. The course will also discuss the roles of interprofessional team members in the assessment and management of depression, dementia, and delirium in older adults.

### **COA-HC-RN 9: Palliative and Hospice Care for Older Adults in the Home Care Setting**

This course describes palliative care and serious illness symptom management, hospice care and how to discuss it with your patients. The course differentiates among options for advance directives and after completion, practitioners will be able to identify how an interprofessional home care team can help patients with serious and life limiting conditions.

### **COA-HC-RN 10: Preventing, Recognizing, and Treating Sepsis in Older Adults in the Home Care Setting**

This course focuses on bacteremia and sepsis, explaining the difference between the two, describing signs and symptoms of sepsis, and the presentation of sepsis in older adults. The

course also describes how home care clinicians and home health aides can learn to quickly identify and communicate signs of sepsis, and how home care clinicians can assess and manage sepsis in older adults as part of an interprofessional team.

## **Geropsychiatric Nursing Initiative (GPNI) Series**

### ***About this Series***

These GPNI continuing education modules represent a component of the Geropsychiatric Nursing Initiative to provide online learning in mental health and aging for advanced practice registered nurses and other graduate-prepared nurses and nursing students. The modules were made possible through generous support from the Geropsychiatric Nursing Initiative, a partnership of the National Hartford Center of Gerontological Nursing Excellence, the Hartford Institute for Geriatric Nursing, and the American Association of Colleges of Nursing. A special thank you to leaders of the John A. Hartford Foundation's Geropsychiatric Nursing Collaborative for their consultation and support for these continuing education modules and vision for geropsychiatric nursing.

### **GPNI 1: Overview of Geropsychiatric Nursing**

This course describes and defines the field of Geropsychiatric nursing, explains the history of geropsychiatric nursing, discusses the topic of Geropsychiatric leadership, and lists geropsychiatric nursing organizations.

### **GPNI 2: PTSD in Older Adults**

This course covers Post-Traumatic Stress Disorder in the older adult, identifies clinical presentations that suggest PTSD, distinguishes PTSD from General Anxiety Disorder and Acute Stress Disorder, and discusses the diagnosis and management of PTSD in older adults.

### **GPNI 3: Health Disparities**

This course covers health disparities in older adults. The course explains how health disparities affect the well-being of older adult patients, discusses core concepts in the field of health disparities, and explores reasons why health disparities exist and why some demographic factors can create health and aging disparities for groups of older adults. The course will also look at some recent data on the effects of disparities for these groups.

### **GPNI 4: Diversity, Inclusiveness and Cross-Cultural Competence in Older Adults with Severe and Mental Conditions**

This course identifies one concept of cultural competency, diversity, inclusivity, and the different ideas related to cross-cultural care and communication; discusses the importance of diversity and cross-cultural competence in older adult mental health, and geropsychiatric nursing practice, and explains the personal meaning of culture and cross-cultural competence.

### **GPNI 5: Serious and Persistent Mental Health Conditions in Older Adults**

This course defines and provides 3 examples of serious and persistent mental illness in older adults. In completion of this course, practitioners will be able to apply knowledge about the assessment, screening, and differential diagnosis to older adults with serious and persistent mental illnesses, identify and explain one main outcome of the treatment for older adults with serious and persistent mental illness, and one evidence-based practice in the rehabilitation of older adults with serious and persistent mental illness.

### **GPNI 6: Reducing Iatrogenic Brain Injury**

This course defines delirium, and describes its pathophysiology; identifies the DSM V criteria for delirium, differentiates between prevalent, incident delirium and the subtypes of delirium; discusses terminology including iatrogenic brain injury and delirium, describes the long term effects of delirium, and identifies precipitating and predisposing risk factors for delirium. In completion of this course, practitioners will be able to administer the Confusion Assessment Method and the Confusion Assessment Method ICU, describe the work-up for delirium, use nonpharmacologic strategies to manage and prevent delirium, and consider policy issues associated with delirium.

### **GPNI 7: Depression in the Older Adult**

This course describes depression in the older adult, and identifies the prevalence and risk factors for late onset depression. In completion of this course, practitioners will be able to apply the DSM-5 criteria for Major Depressive Disorder to the older adult, distinguish between grief, bereavement and late onset depression; integrate screening tools for case finding of late life depression into primary care settings, discuss suicide screening and management of suicidal ideation in older adults, and describe an initial workup for depression in the older adult. Practitioners will also be able to use the case studies to describe the clinical presentation of late life depression across care settings and provide prevention and treatment advice to older adults with depression and their families.

### **GPNI 8: Bipolar Disorder in the Older Adult**

This course describes depression in the older adult, and identifies the prevalence and risk factors for late onset depression. In completion of this course, practitioners will be able to apply the DSM-5 criteria for Major Depressive Disorder to the older adult, distinguish between grief, bereavement and late onset depression; integrate screening tools for case finding of late life depression into primary care settings, discuss suicide screening and management of suicidal ideation in older adults, and describe an initial workup for depression in the older adult. Practitioners will also be able to use the case studies to describe the clinical presentation of late life depression across care settings and provide prevention and treatment advice to older adults with depression and their families.

## **HIGN Gerontological Certification Review Course 2018**

This course reviews your knowledge of geriatric nursing. It can be used in conjunction with conventional test preparation for the Gerontological Nursing Certification Exam.

**CEUs Awarded:** 14 nursing contact hour

***This course will cover the following chapters:***

CHAPTER 1: Background of Gerontological Nursing and Demographics of the Aging Community

CHAPTER 2: Theories, Frameworks, and Concepts of Nursing

CHAPTER 3: Geriatric Assessment

CHAPTER 4: Medication Management

CHAPTER 5: Common Disease Presentation in Older Adults

CHAPTER 6: Skin Disorders

CHAPTER 7: Sensory Considerations

CHAPTER 8: The 3Ds- Dementia, Delirium, and Depression

CHAPTER 9: Elder Mistreatment

CHAPTER 10: Substance Use Disorders

CHAPTER 11: Advance Directives and Ethical Principles

CHAPTER 12: Palliative and Hospice Care

CHAPTER 13: The Nursing Process

CHAPTER 14: Health Literacy and Population Health

CHAPTER 15: Person & Family-Centered Care

CHAPTER 16: Professional Practice

## **Primary Care of Older Adults for Registered Nurses (PCOA-RN)**

### ***About this Series***

This series was developed to increase the age-sensitive healthcare knowledge and skills of primary care nurses. These modules promote team-based, coordinated, patient-centered, evidence-based care that is responsive to the particular needs of older adults.

The modules in this series were created through funding provided by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Bureau of Health Workforce (BHW), Geriatrics Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be

construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

**CEUs Awarded:** 0.5 - 1.5 nursing contact hour(s)

### **PCOA-RN 1: Medicare Annual Wellness Visits and Health Promotion and Disease Prevention in Older Adults**

After completing this module, healthcare professionals will be able to identify the purpose and components of the Welcome to Medicare Preventive Visit, the Medicare Annual Wellness Visit, and an annual healthcare physical. The course also describes health promotion and disease prevention strategies, and includes recommended immunizations for older adults.

### **PCOA-RN 2: Collaborative Care Approach to Memory Disorders in Primary Care**

This course defines the roles and contributions of team members in a collaborative care model for patients with Alzheimer's disease and other dementias. It also describes common challenges and offers solutions to implementing collaborative care models. After completing this course, practitioners will be familiar with evidence-based research that supports the efficacy of collaborative care.

### **PCOA-RN 3: Advance Directives**

The module defines and describes the purpose of advance directives. It also outlines the primary care practitioner's responsibility related to advance directives. After completing this module, practitioners will be able to differentiate living wills and healthcare proxy documents, convey appropriate and timely information on advance directives to patients and their families, and identify patient characteristics consistent with a lack of decision-making capacity.

### **PCOA-RN 4: Palliative and Hospice Care**

This module defines and differentiates between palliative care and hospice care. It also describes the appropriate use of opioid medications for pain control in older adults. After completing this module, practitioners will be able to assess pain in patients with dementia, manage agitation in older adults at the end of life, and describe the rationale and steps for admitting older adults with dementia into hospice.

### **PCOA-RN 5: A Practical Guide to Healthcare Financing**

The module reviews Medicare and Medicaid, including benefit requirements and payment schedules. It will describe the impact these benefits and personal finances has on healthcare options for older adults. After taking this module, practitioners will increase their familiarity with other healthcare and community benefits and services that are available to older adults.

### **PCOA-RN 6: Distinguishing Dementia, Alzheimer's Type, from Major Depression**

This module reviews and compares the Diagnostic and Statistical Manual of Mental Disorders' (DSM-IV and DSM-V) criteria for dementia, delirium and depression. After taking this module,

practitioners will be able to recognize, identify, assess, and screen for dementia, delirium, and depression. Learners will also be able to understand the hallmarks of each of these conditions in older adults and detect red flags.

### **PCOA-RN 7: Person and Family Centered Care**

This module explains how person and family-centered care (PFCC) differs from other models of care. After completing this module, practitioners will be able to recognize why PFCC is especially important in providing care for older adults (including those with cognitive impairments), and will understand how to engage individuals, family members, and caretakers in this model of care.

### **PCOA-RN 8: Adult Learning, Health Literacy, Promotion and Population Health**

This course describes key principles, concepts, theories and models of adult learning. It describes the motivational interviewing process, and details ways in which community-based nursing and population-focused care can positively influence health outcomes for patients and families. After completing this module, practitioners will be able to incorporate adult learning principles into health education for patients, families, and caregivers. Learners will be able to utilize these strategies to manage healthcare challenges and further the impact of health promotion and population health.

### **PCOA-RN 9: Mistreatment Detection in Older Adults**

This course defines different types of elder mistreatment and identifies strategies for detection. After completing this module, practitioners will understand the important role RNs and other interprofessional team members have in recognizing and reporting elder mistreatment, and the significance of interdisciplinary interventions to address this issue in healthcare settings.

### **PCOA-RN 10: Substance Misuse in Older Adults**

This course describes the characteristics of substance use disorders and substance misuse patterns in older adults. This includes illicit drug use, prescription drug misuse, alcohol-related disorders, and tobacco use. The opioid misuse problem in adults age 55+ is discussed. The course outlines assessing older adults for substance misuse and compares these usage patterns in older adults with those of other populations. After viewing this module, practitioners will be able to describe and implement a brief motivational intervention as a component of care and assess and utilize other treatment modalities.

### **PCOA-RN 11: Falls and Fall Prevention**

This module defines the causes and risk factors for falls in older adults, describes the need for comprehensive assessment for falls in this population, and identifies validated screening tools to utilize when evaluating for fall risk. After viewing this module, practitioners will understand their role in preventing falls and in intervening when a patient has a fall, and will understand strategies to prevent falls and serious injury in ambulatory and home care settings.



### **PCOA-RN 12: Medication Management**

This module describes pharmacokinetic principles related to age changes in absorption, metabolism, and excretion, outlines risk factors for adverse drug interactions in older adults, and explains key factors that impact medication adherence. After viewing this module, practitioners will be able to use strategies that promote medication management and reconciliation, list common medication interactions and explain the importance of the 2019 AGS Beers Criteria for identifying inappropriate use of certain medications in older adults.

### **PCOA-RN 13: Persistent Pain in Older Adults**

This module describes how persistent pain presents and how to assess pain in older adults, including those living with dementia and/or multiple chronic conditions. After completing this course, practitioners will be able to describe and evaluate the effectiveness of traditional and non-traditional pain treatment options, understand how to manage pain at the end of life, and discuss how prognosis influences treatment decisions.

### **PCOA-RN 14: Skin Disorders in Older Adults**

This module identifies the signs, symptoms, and treatment of skin conditions common to older adults, and differentiates skin cancers common to older adults. The course also describes the stages of pressure injuries and outline key pressure injury prevention strategies.

### **PCOA-RN 15: Sensory Changes in Older Adults**

This module outlines age-related sensory changes commonly seen in the older adults and how to manage and compensate for the safety risks these changes cause. After viewing this module, learners will understand the interprofessional team's responsibilities in managing older adults with sensory changes, including interventions that can enhance communication for those suffering from sensory loss.

### **PCOA-RN 16: Atypical Presentation of Illness in Older Adults**

The module outlines normal age-related physical and mental health changes in older adults, as well as pathological changes not related to normal aging. After viewing this module, learners will understand the etiology of atypical presentation in older adults and specific parameters of the Comprehensive Geriatric Assessment. Learners will also be able to evaluate older adults for delirium, depression, pneumonia, acute silent abdomen, and acute silent myocardial infarction.

### **PCOA-RN 17: Pain, Opioids and Older Adults**

This module defines and distinguishes opioid use disorder (OUD) from physical dependence. The course highlights the importance of assessment and reassessment to identify strategies to manage risks for opioid misuse. Warning signs for opioid misuse, treatment options, harm reduction strategies and screening tools to tailor care to older adults are also discussed.

# Courses for Interprofessionals

## Care of Older Adults in Home Care Series for Interprofessionals (COA-HC-IP)

### ***About this Series***

This series was developed to assure that interprofessional team members, including physical therapists, social workers, occupational therapists and pharmacists, have the knowledge to care for older adults in the home. These modules promote team-based, coordinated, person-centered, evidence-based, quality home care for older adults.

The modules in this series were created by The Hartford Institute of Geriatric Nursing (HIGN) at New York University Rory Meyers College of Nursing, in partnership with the Visiting Nurse Service of New York.

### **COA-HC-IP 1: Introduction to Interprofessional Collaborative Practice**

This course discusses interprofessional collaborative practice in the home care setting and why interprofessional education (IPE) is important, the reasons why core competencies across professions are needed and the methods of communication amongst team members. After completion of the course, practitioners will develop ways to participate in and facilitate interprofessional teams.

*Tags: Communication, Interprofessional, home care, home health*

### **COA-HC-IP 2: Person-Centered Care in the Home Care Setting**

This course is a practical guide defining person-centered care. The course describes home care practices that promote person-centered care, how home care clinicians and care managers can help promote a meaningful life and optimal function for their patients, and explores the importance of culturally sensitive and appropriate care to older adults.

*Tags: Cultural competence, person-centered care*

### **COA-HC-IP 3: Health Promotion in the Home Care Setting**

This course will help practitioners understand the importance of health literacy on health promotion in home care and how to best work with adult learners. The course also describes the impact that a population-health focus has on the care of patients, families, and caregivers, and how home care clinicians and care managers can integrate components of health literacy and health promotion in home care practice.

*Tags: Home Health, Health Literacy, Health Promotion, Home Care*

### **COA-HC-IP 4: Persistent Pain Among Older Adults in the Home Care Setting**

This course describes the types of persistent pain and how it may present itself in the older adult. The course teaches home care clinicians and care managers to assess and manage pain in older adults as part of an interprofessional team, and to understand pharmacological and

non-pharmacological strategies to improve pain relief. Practitioners will be able to identify validated websites for patients, families, caregivers to increase their knowledge and understanding of pain etiology, treatment and management.

#### **COA-HC-IP 5: Medication management for Older Adults in the Home Care Setting**

This course discusses the best practices for medication management in home care and identifies medications that are particularly high risk for older adults. The course also describes causes for different types of medication adherence problems, and how different home care professionals can help with medication management.

### **Primary Care of Older Adults for Interprofessionals (PCOA-IP)**

#### ***About this Series***

This series was developed to increase the age-sensitive healthcare knowledge and skills of primary care professionals, including physical therapists, social workers, occupational therapists and pharmacists. These modules promote team-based, coordinated, patient-centered, evidence-based care that is responsive to the particular needs of older adults.

The modules in this series were created through funding provided by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Bureau of Health Workforce (BHW), Geriatrics Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

#### **PCOA-IP 1: Medicare Annual Wellness Visits and Health Promotion and Disease Prevention in Older Adults**

After completing this module, healthcare professionals will be able to identify the purpose and components of the Welcome to Medicare Preventive Visit, the Medicare Annual Wellness Visit, and an annual healthcare physical. The course also describes health promotion and disease prevention strategies, and includes recommended immunizations for older adults.

#### **PCOA-IP 2: Collaborative Care Approach to Memory Disorders in Primary Care**

This course defines the roles and contributions of team members in a collaborative care model for patients with Alzheimer's disease and other dementias. It also describes common challenges and offers solutions to implementing collaborative care models. After completing this course, practitioners will be familiar with evidence-based research that supports the efficacy of collaborative care.

### **PCOA-IP 3: Advance Directives**

The module defines and describes the purpose of advance directives. It also outlines the primary care practitioner's responsibility related to advance directives. After completing this module, practitioners will be able to differentiate living wills and healthcare proxy documents, convey appropriate and timely information on advance directives to patients and their families, and identify patient characteristics consistent with a lack of decision-making capacity.

### **PCOA-IP 4: Palliative and Hospice Care**

This module defines and differentiates between palliative care and hospice care. It also describes the appropriate use of opioid medications for pain control in older adults. After completing this module, practitioners will be able to assess pain in patients with dementia, manage agitation in older adults at the end of life, and describe the rationale and steps for admitting older adults with dementia into hospice.

### **PCOA-IP 5: A Practical Guide to healthcare Financing**

The module reviews Medicare and Medicaid, including benefit requirements and payment schedules. It will describe the impact these benefits and personal finances has on healthcare options for older adults. After taking this module, practitioners will increase their familiarity with other healthcare and community benefits and services that are available to older adults.

### **PCOA-IP 6: Distinguishing Dementia, Alzheimer's Type, from Major Depression**

This module reviews and compares the Diagnostic and Statistical Manual of Mental Disorders' (DSM-IV and DSM-V) criteria for dementia, delirium and depression. After taking this module, practitioners will be able to recognize, identify, assess, and screen for dementia, delirium, and depression. Learners will also be able to understand the hallmarks of each of these conditions in older adults and detect red flags.

### **PCOA-IP 7: Person and Family Centered Care**

This module explains how person and family-centered care (PFCC) differs from other models of care. After completing this module, practitioners will be able to recognize why PFCC is especially important in providing care for older adults (including those with cognitive impairments), and will understand how to engage individuals, family members, and caretakers in this model of care.

### **PCOA-IP 8: Adult Learning, Health Literacy, Promotion and Population Health**

This course describes key principles, concepts, theories and models of adult learning. It describes the motivational interviewing process, and details ways in which community-based nursing and population-focused care can positively influence health outcomes for patients and families. After completing this module, practitioners will be able to incorporate adult learning principles into health education for patients, families, and caregivers. Learners will be able to

utilize these strategies to manage healthcare challenges and further the impact of health promotion and population health.

### **PCOA-IP 9: Mistreatment Detection in Older Adults**

This course defines different types of elder mistreatment and identifies strategies for detection. After completing this module, practitioners will understand the important role RNs and other interprofessional team members have in recognizing and reporting elder mistreatment, and the significance of interdisciplinary interventions to address this issue in healthcare settings.

### **PCOA-IP 10: Substance Misuse in Older Adults**

This course describes the characteristics of substance use disorders and substance misuse patterns in older adults. This includes illicit drug use, prescription drug misuse, alcohol-related disorders, and tobacco use. The opioid misuse problem in adults age 55+ is discussed. The course outlines assessing older adults for substance misuse and compares these usage patterns in older adults with those of other populations. After viewing this module, practitioners will be able to describe and implement a brief motivational intervention as a component of care and assess and utilize other treatment modalities.

### **PCOA-IP 11: Falls and Fall Prevention**

This module defines the causes and risk factors for falls in older adults, describes the need for comprehensive assessment for falls in this population, and identifies validated screening tools to utilize when evaluating for fall risk. After viewing this module, practitioners will understand their role in preventing falls and in intervening when a patient has a fall, and will understand strategies to prevent falls and serious injury in ambulatory and home care settings.

### **PCOA-IP 12: Medication Management**

This module describes pharmacokinetic principles related to age changes in absorption, metabolism, and excretion, outlines risk factors for adverse drug interactions in older adults, and explains key factors that impact medication adherence. After viewing this module, practitioners will be able to use strategies that promote medication management and reconciliation, list common medication interactions and explain the importance of the 2019 AGS Beers Criteria for identifying inappropriate use of certain medications in older adults.

### **PCOA-IP 13: Pain, Opioids and Older Adults**

This module defines and distinguishes opioid use disorder (OUD) from physical dependence. The course highlights the importance of assessment and reassessment to identify strategies to manage risks for opioid misuse. Warning signs for opioid misuse, treatment options, harm reduction strategies and screening tools to tailor care to older adults are also discussed.

# **Courses for Primary Care Providers**

## **Primary Care of Older Adults, Primary Care Providers (PCOA-PCP)**

### ***About this Series:***

This series was developed to increase the age-sensitive healthcare knowledge and skills of primary care physicians, nurse practitioners and physician assistants.. These modules promote team-based, coordinated, patient-centered, evidence-based care that is responsive to the particular needs of older adults.

The modules in this series were created through funding provided by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Bureau of Health Workforce (BHW), Geriatrics Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

### **PCOA-PCP 1: Medicare Annual Wellness Visit and Health Promotion and Disease Prevention**

After completing this course, practitioners will be able to identify the purpose and components of the Welcome to Medicare Preventive Visit, the Medicare Annual Wellness Visit, and an annual healthcare physical. The course also describes health promotion and disease prevention strategies, and includes up-to-date recommended immunizations for older adults.

### **PCOA-PCP 2: Common Screening for Older Adults**

This course describes the prevalence of common chronic illnesses among older adults and common screening recommendations for these illnesses. After completing this course, practitioners will be able to use these evidence-based screening tools and describe principles to consider in assessing for illness in the primary care of older adults.

### **PCOA-PCP 3: Cancer Screening in Older Adults**

After completing this course, practitioners will be able to understand lung, breast, cervical, colorectal, and prostate cancer screening recommendations for older adults. Practitioners will also be able to identify the differences between U.S. Preventive Services Task Force and American Cancer Society cancer screening recommendations for older adults.

### **PCOA-PCP 4: Presentation of Illness in Older Adults**

This course describes physiological changes associated with aging and identifies common ways illness presents in older adults. It also differentiates the manifestations of common diseases in older adults versus those in younger adults.

### **PCOA-PCP 5: Dementia in Primary Care**

This course discusses the importance of screening for cognitive impairments at wellness visits with appropriate screening tools as well as the guidelines on referrals outside of primary care. This module also defines cognitive impairment in older adults using the DSM-5 criteria. Guidance on how to implement non-pharmacological and pharmacological approaches in the management of older adults with mild cognitive impairment, Alzheimer's disease and other dementias are also listed.

### **PCOA-PCP 6: Advance Directives**

The course defines and describes the purpose of advance directives and the role of primary care practitioners in the discussion and implementation of advance directives. After completing this module, practitioners will understand the differences of living wills, healthcare proxy documents, durable power of attorney and physician orders for life-sustaining treatment (POLST). Guidance on conveying appropriate and timely information on advance directives to patients and their families is also provided.

### **PCOA-PCP 7: Palliative and Hospice Care**

The course defines and differentiates between palliative care and hospice care. It also describes the appropriate use of opioid medications for pain control in older adults. After completing this module, practitioners will be able to assess pain in patients with dementia, manage agitation in older adults at the end of life, and describe the rationale and steps for admitting older adults with dementia into hospice.

### **PCOA-PCP 8: Multiple Chronic Conditions**

This course discusses the impact of multiple chronic conditions on older adult health. By completing this module, practitioners will learn to incorporate the patient and family as an essential part of the healthcare team, understand how prognosis influences treatment decisions, and how to minimize harm and optimize benefits to effectively plan care for patients with multiple chronic conditions.

### **PCOA-PCP 9: Persistent Pain in Older Adults**

This course describes how persistent pain presents and how to assess pain in older adults, including those living with dementia and/or multiple chronic conditions with standardized pain scales. After completing this course, practitioners will be able to describe and evaluate the efficacy of traditional and non-traditional pain treatment options, understand how to manage pain at the end of life and referrals to pain clinics, and understand the cultural influence on pain perception and reporting.

### **PCOA-PCP 10: Medication Management in Older Adults**

This course describes how age-related physiological changes influence drug pharmacodynamics and the epidemiology of medication use in older adults. After viewing this module, practitioners

will be able to utilize the Good-Palliative Geriatric Practice Algorithm to ensure appropriateness of medication regimen for older adults and to evaluate risk factors for adverse drug events.

**PCOA-PCP 11: A Practical Guide to healthcare Financing**

This course reviews the benefit requirements, payment schedules and coverage limits of Medicare and defines Medicaid. The impact of healthcare services on personal finances for older adults are discussed. After taking this module, practitioners will increase their familiarity with different insurance entitlement and community programs available to older adults.

**PCOA-PCP 12: Pain, Opioids, and Older Adults**

Practitioners will be able to define and distinguish opioid use disorder (OUD) from physical dependence and recognize the importance of assessment and reassessment to identify strategies to manage risks for opioid misuse in older adults.



## **Courses for All Professionals**

### **Care Coordination of Complex Older Adults**

This course discusses care coordination for the older adult with complex healthcare needs. In completion of this course, learners will be able to differentiate between care coordination and disease management, describe characteristics of care coordination, recognize the role of care coordination in establishing working partnerships, describe risk stratified care coordination, and distinguish between the levels of care coordination.

### **Geriatric and Gerontological Care in Primary Care**

This module is an overview of the unique aspects of assessing older adults in the primary care setting. After completing this module, practitioners will be able to promote comprehensive care for older adults in primary care, differentiate caring for older adults from younger adults, and assess geriatric conditions prevalent in primary care.

### **Integrating Care for Older Residents Into Student Clinical Rotations in Long Term Care Facilities: Creating Successful Clinical Experiences**

This module focuses on developing a structured and meaningful clinical experience (either as a short or full semester clinical rotation) for pre-licensure nursing students in long-term care settings.

### **Nursing Homes Series**

#### ***About this Series***

These modules are directed to nursing home supervisory staff and faculty in nursing and academic facilities preparing healthcare professionals, and supervisory staff in nursing homes.

This series will provide criteria to maximize student clinical rotations in nursing homes to allow students to care for older adults with complex and overlapping illnesses over a sufficient period of time, with exposure to and interaction with healthcare teams, and with faculty supervision that fosters the student's appreciation of both the complexity of the care and the opportunities to achieve improvements that promote quality of life. Included is a special focus on introducing resident directed care and culture change, and an emphasis on maximizing the mutuality between academic settings and nursing homes.

## **Overview: Nursing Homes Modules**

This course describes nursing homes and its nursing staff, explains resident directed care and culture change in nursing homes, and analyzes the criteria for selecting nursing homes as clinical placement sites. In completion of this course, nursing and academic facilities will be able to design a clinical experience that reflects resident directed care and culture change, and provides an authoritative resource for nursing students on care in nursing homes. Overall, the course will appraise the nursing faculty's readiness to serve as a clinical placement site for nursing students.

### **Nursing Homes Series: The Basics-Module 1**

In completion of this course, nursing and academic facilities will be able to evaluate attributes of nursing homes that can affect the educational experience of students, compare and contrast quality of care in nursing homes using objective criteria, explain how nursing homes are regulated and reimbursed, and evaluate the potential for a nursing home to serve as a clinical training site for nursing students.

### **Nursing Homes Series: Nursing Practice in Nursing Homes-Module 2**

This course describes nursing organization, leadership and governance in nursing homes, differentiates among nursing staffing: actual and recommended, and analyzes the delivery of nursing care in nursing homes.

### **Nursing Homes Series: Resident Directed Care and Culture Change in Nursing Homes- Module 3**

This course describes the concepts of resident-directed care and culture change in nursing homes, compares and contrasts the benefits of choosing culture change nursing homes as clinical placement sites, and evaluates a nursing home's adoption of resident-directed care and culture change. In completion of this course, nursing and academic facilities will be able to explain the differences between a culture change nursing home and a traditional nursing home, the CMS Artifacts of Culture Change and identify the risks to nurses when working in a culture change nursing home.

### **Nursing Homes Series: Structuring Student Placements in the Nursing Home-Module 4**

In completion of this course, nursing and academic facilities will be able to select nursing homes as clinical placements for nursing students, design student placements in nursing homes in light of student learning goals, and organize student exposure to resident-directed care and culture change. This course will cover 3 types of resources that can inform student placement in nursing homes:

- Resources to enhance clinical teaching in nursing homes generally
- Resources specific to clinical teaching of resident-directed care and culture change

- General geriatric nursing resources

### **Nursing Homes Series: Introducing Resident Directed Care and Nursing Home Culture Change: A Case Study- Module 5**

The course will cover a culture change nursing home and traditional nursing home. In a culture change nursing home, learners will be able to assist faculty to structure student clinical experiences. In a traditional nursing home, learners will be able to integrate principles of culture change and resident-directed care into the clinical experience. In both types of nursing homes, learners will be able to collaborate with nursing home staff to create learning experiences that promote student understanding of resident-directed care.

## **Oral Health Series**

### ***About this Series***

The goals of our Oral Health Series are to raise awareness about common problems that are prevalent in older adults and to guide learners on preventative measures to minimize risk factors for these problems. These modules were created collaboratively by: Oral Health of America, the Hartford Institute for Geriatric Nursing (HIGN) at NYU Rory Meyers College of Nursing, Oral Health Nursing Education and Practice (OHNEP) at NYU Rory Meyers College of Nursing, and the NYU College of Dentistry.

### ***Format and Target Audience***

This is a presentation for use by healthcare professionals to educate older adults, friends, family, and caregivers. Once purchased, you will be able to download a slide deck and an instructor's script.

### **Oral Health Series: Tooth Wisdom for the Older Adult**

This module highlights the importance of maintaining oral health as we age. Oral health's connection to overall health, common problems in the older adult population, and preventative measures are highlighted. Also included is a section on maintaining oral health for persons with dementia.

### **Oral Health Series: Oral Health and Nutrition**

There is a direct relationship between oral health and nutrition. This module highlights this connection within the older adult population and provides tips on maintaining a healthy diet and oral health.

### **Oral Health Series: Oral Health and Diabetes**

An individual's overall health affects their oral health. This module specifically looks at the relationship between oral health and diabetes in older adults. Oral conditions commonly found in diabetics and their warning signs are illustrated.

# Case Studies for All Professionals

## APRN Case Studies

### ***About this Series***

This series aims to facilitate the transition to Adult-Gerontology APRN education as described in The Consensus Model for APRN Regulation: Licensure, Accreditation, Certification and Education. One of the major goals of this project is to provide Primary and Acute Care Adult NP faculty, Adult CNS faculty, and other faculty who prepare NPs or CNSs to care for older adults, (e.g. FNPs, WHNPs, Women's Health CNSs), with multiple resources and strategies to assist them in making this transition.

The series was created from a four year project between The American Association of Colleges of Nursing (AACN) and the Hartford Institute for Geriatric Nursing (HIGN) at NYU Rory Meyers College of Nursing with funding provided by The John A. Hartford Foundation funded this.

### **APRN Case Study 1: Unexplained Weight Loss**

In completion of this case study, learners will be able to use a systematic approach to assess the health status of older adults, formulate differential diagnosis for selected health problems of the older adults and design a management plan for selected health problems that considers the complex physical and psychosocial needs of the older adult.

### **APRN Case Study 2: Herpes Zoster**

This case study discusses the differential diagnosis that must be considered in patients presenting symptoms suggestive of Herpes Zoster, and first line management strategies for Herpes Zoster. After the completion of this case study, learners will be able to recognize pathophysiology, clinical presentation and physical findings of an older adult with herpes Zoster.

### **APRN Case Study 3: Anemia and Chronic Kidney Disease**

This case study identifies risk factors for anemia in Chronic Kidney Disease, and allows learners to complete a comprehensive anemia work up and initiate and monitor a treatment plan for anemia of Chronic Kidney Disease.

### **APRN Case Study 4: Evaluation and Management of Memory Impairment for the NP**

In completion of this case study, learners will be able to use a systematic approach to assess memory impairment in older adults, formulate differential diagnosis for cognitive disorders of older adults, and design a management plan for cognitively impaired geriatric patients that

considers the neuropathology, dementia complexity with comorbidities, and psychosocial planning needs.

#### **APRN Case Study 5: Evaluating Acute Confusion: A CNS Perspective**

In completion of this case study, learners will be able to use a systematic approach to assess the multifactorial etiologies that can contribute to acute mental status changes (i.e., delirium) in older adults, and understand how the under-recognition of delirium superimposed on dementia leads to potential deleterious outcomes for hospitalized adults. This case study covers the evidence-based strategies for assessing, preventing, and managing delirium in persons with dementia in the hospital setting. It also describes the system challenges that impact the quality of care for hospitalized older adults and its potential solutions.

#### **APRN Case Study 6: Medications and Adverse Outcomes in Older Adults**

In completion of this case study, learners will be able to use a systematic approach to identify medication-related problems, high-risk medications, drug-disease, drug-drug interactions, and risk of adverse outcomes prior to their prescription in older adults.

#### **APRN Case Study 7: Pain Management**

This case study covers the most appropriate assessment tool, diagnosis and treatment plans for geriatric pain conditions.

#### **APRN Case Study 8: COPD and Weight Loss**

In completion of this case study, learners will be able to recognize the inability to maintain weight as a multi-faceted problem in older adults, assess and diagnose age-specific changes in nutrition and hydration status in an older adult, and devise an individualized management plan for an older person with weight loss issues. This case study will also show learners how to make the appropriate referrals and follow-ups to inter-professional providers in both the health and social service fields.

#### **APRN Case Study 9: Dizziness and Falls**

This case study will list the major causes of falls among the elderly. In completion of this case study, learners will be able to take a focused history from an elderly person or witness when a fall has taken place, perform a focused physical examination to help determine the cause of the fall, evaluate the complaint of “dizziness”, and perform basic strategies to prevent falls among the elderly.

#### **APRN Case Study 10: Management of Urinary Incontinence**

In completion of this case study, learners will know how to obtain a complete focused history for a patient presenting with UI, describe the appropriate components of an evaluation for a UI, differentiate between common types of UI, describe the appropriate

behavioral and pharmacological treatment or management strategies for UI, and recognize the appropriate referral criteria.

### **APRN Case Study 11: Transitional Care for the NP**

In completion of this case study, learners will be able to identify patients at high risk for poor outcomes at the time of a transition, define challenges and complex issues of transitional care, and assume accountability for controllable and anticipated issues surrounding transitions.

### **APRN Case Study 12: Transitional Care for the Adult-Gerontology CNS**

This case study will discuss the core components of the Transitional Care Model (TCM) and demonstrate the translation of them into clinical practice. It will also identify gaps in current clinical knowledge related to management of high risk chronically ill adults. In completion of this case study, learners will be able to integrate knowledge of the TCM Model into state of the science management of common chronic health problems to develop plans of care that manages the transition of these high risk elderly from hospital to home, including temporary stay in rehabilitation or skilled nursing facility.

## **Building a Community Based Chronic Disease Self-Management Program- A Case Study**

This module describes why chronic diseases are a community problem. It describes the importance of self-management in healthcare, explains how self-management of chronic disease can be improved, and defines ways to build healthy communities.

## **IPEP Virtual Case Study Series**

### ***About the Series***

The Interprofessional Education and Practice (IPEP) online case studies will prepare healthcare practitioners to effectively and efficiently collaborate in providing quality primary care to adults with chronic conditions.

The interprofessional primary care provider level virtual patient case development was supported by funds from the Division of Nursing (DN), Bureau of Health Workforce (BHW), Health Resources and Services Administration (HRSA), Department of Health and Human Services (HHS) under grant number D09HP25934 and title Advanced Nursing Education. The information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the DN, BHW, HRSA, HHS, or the U.S. Government. This work was also partly funded by a Human Resources

Services Administration Bureau of Health Workforce Academic Administrative Units in Primary Care grant (HRSA#D54HP05446 PI Zabar).

**IPEP Virtual Case Study: Alcohol**

This case study follows Sue Smith, a 70-year-old female, who is returning to the clinic for a follow-up appointment after visiting the clinic two weeks ago for intermittent abdominal and chest pain.

**IPEP Virtual Case Study: Oral Health and Dementia**

This case study explores the case of Mr. J. T., a 67 year old male with a diagnosis of mild cognitive impairment and diabetes mellitus (well-controlled with diet) and metformin for 5 years.



# Webinars for All Professionals

## Chronic Disease Management

This webinar will discuss common disease in older adults, the impact of multiple chronic conditions on patients and family caregivers, and interventions to manage multiple chronic diseases in frail older adults.

## Consortium of New York Geriatric Education Centers (CNYGEC)

### ***About this Series***

The Consortium of New York Geriatric Education Centers (CNYGEC) with its partner the Hartford Institute for Geriatric Nursing (HIGN) at NYU Rory Meyers College of Nursing offers trainings that provide the essentials of geriatrics and gerontology. These trainings provide the participant with subject matter content information, demographic data, institutional and community care best practices, and resources.

### ***Format and Target Audience***

These webinars are for interdisciplinary healthcare professionals, including: nurses, nurse practitioners, physicians, social workers, mental health providers, pharmacists, and faith leaders.

### **CNYGEC: Aging Sensitivity and Communicating with Older Adults**

This webinar defines the four barriers to good communication with older adults: physical, cognitive, psychological, and socio-cultural. After completing this course, practitioners will know techniques to break these barriers and create effective communication with older adults.

### **CNYGEC: Compliance vs. Adherence, Consequences for Older Adults**

This webinar discusses the components of care plans for older adults, differences between compliance and adherence, and the AIDES adherence model as it applies to older adults.

### **CNYGEC: Cultural Competence and Chronic Disease Management of Older Adults**

This webinar discusses the barriers to cultural competence in chronic disease management, as well as the solutions that can be implemented from the individual level to organization level. Practitioners will understand the difference between cultural competence and cultural humility to deliver care that is culturally sensitive.

### **CNYGEC: Dementia and Collaborative Care**

This webinar outlines the process for primary care providers (PCPs) to diagnose dementia. After completing this course, providers will be able to identify: dementia management goals in

primary care, benefits of a collaborative care approach for patients with dementia, considerations for hospice, and online resources for PCPs, patients and families.

### **CNYGEC: Interdisciplinary Assessment of the Older Person**

This webinar defines the Comprehensive Geriatric Assessment (CGA), covers the components of the CGA, and explains the role of nursing and other disciplines in the CGA.

### **CNYGEC: Risk Factors for Poor Outcomes in Older Adults: Iatrogenesis, Frailty, Geriatric Syndromes, and Atypical presentation of Illness**

This webinar outlines four areas that place older adults at risk for poor outcomes: iatrogenesis, components of frailty in older adults, geriatric syndromes (including cognitive impairments such as Dementia), and the characteristics of atypical presentation of illness in older adults.

### **CNYGEC: Some Preventive Measures for the Elderly**

This webinar outlines some general prevention measures in the elderly such as vaccinations and exercise. Specific screenings related to aging covered in this module are cancer, cardiac disorders, vision/hearing impairment, osteoporosis, dementia and depression. Non-beneficial preventative strategies and medication reconciliation are also highlighted for review.

### **CNYGEC: Swallowing Disorders and Management of Older Patients**

This webinar discuss the effects of aging on swallowing, the different phases of swallowing, and the benefits of good oral health. Care and management of the complications of dysphagia are also reviewed in this course.

## **COVID-19: Care of the Older Adults**

This webinar is an interview between the Executive Director of the Hartford Institute Tara Cortes, PhD, RN, FAAN and NYU Rory Meyers College of Nursing Clinical Associate Professor Donna McCabe, DNP, GNP-BC, PMHNP-BC. They discuss COVID-19 and the care of older adults.

## **Current Controversies in Ethics, Law and Nursing: Confronting Challenges in HealthCare Ethics for those Caring for Older Adults**

This webinar covers ethical and legal issues in geriatric medicine, dialogue and guidance on daily practice issues in the care of older adults, the role of the nurse in addressing challenges and employing best practices, and policy opportunities to move an advanced care agenda forward.

## **Ethnogeriatric Care at the Bedside: Cultural Ambassadors at Meridian Health, New Jersey**

This webinar covers ethnogeriatric groups at Meridian Health, steps to cultural awareness, an innovative Cultural Ambassador program, and steps to implementing the Cultural Ambassador at your facility.

## **Geriatric Nursing Education Consortium (GNEC) Webinar Series and Faculty Resources**

AACN, in collaboration with the Hartford Institute for Geriatric Nursing, New York University College of Nursing, hosted a webinar series to introduce faculty to the GNEC project and showcase available geriatric resources, innovative teaching strategies, and methods for infusing the content into the didactic and clinical curriculum components.

## **HIV: An Evolving & Aging Epidemic**

This webinar covers the HIV burden, including incidence and prevalence, for older adults living with HIV/AIDS in the United States, evidence-based literature, and lack of literature, available on older adults and HIV/AIDS, unique risk factors for contracting HIV among older adults, the medical and psycho-social needs of older adults living with HIV, and health promotion strategies for older adults at risk for and living with HIV.

## **More Nursing in Nursing Homes**

This webinar features HIGN's Dr. Tara Cortes and colleagues, discussing nursing homes and the care of older adults during the COVID pandemic.

## **Non-pharmacological Alzheimer's Care: Preventing Challenging Behaviors**

This webinar covers Reisberg's retrogenesis theory, effective environmental, interactional, and behavioral interventions to meet needs, focusing on physical and psychological safety, and effective environmental, interactional, and behavioral interventions to prevent or manage difficult communication, resistance and aggression, hallucinations, pacing and wandering, malnutrition.

## **Reducing Antipsychotic Medication Use with Older Adults**

This webinar covers alternatives to antipsychotic medications in treating older adults.

## **Spirituality, Spiritual Well-being and Aging**

This webinar will cover concepts of spirituality and religion, and the meaning of spirituality in older adults.

## **The Patient-and Family-Centered Care Approach to Delirium**

This webinar covers early detection and treatment of delirium across the continuum from acute to long term care, patient/family interprofessional protocol for delirium, utilizing an interprofessional team to diagnose and treat delirium, and how to decrease the incidence of delirium in patients returning to long term care.

## **Tools and Resources for Assessing Cognitive Impairment: Practice & Research**

This webinar covers why it is important to use standardized and validated tools, why and how to become an expert in at least one tool and use it consistently, and how to interpret an assessment tool/instrument and put it into action.

## **Transitions of Care and the Older Adult**

This webinar covers common care transitions in practice settings, positive and negative outcomes related to care transitions, evidence-based resources and tools related to care transitions, components of interventions that promote positive outcomes related to care transitions, and relocation to a new home to other types of care transitions.

## **Resources**

### **[GITT 2.0](#)**

GITT 2.0 is a toolkit that provides the template and tools to embed interprofessional practice in the care of older adults while focusing on quality initiatives in academic and/or healthcare organizations. The model aims to improve patient/caregiver-centered outcomes, healthcare costs, and overall population health by promoting interprofessional teams in practice-academic collaboratives.