Additional HIGN Resources

Online, Asynchronous Courses and Videos

1. **Nurse Residency Program**

Preceptor Courses

Preceptors are a vital component to a successful nurse fellowship program. The role of the preceptor is to mentor, guide, and shape the development of the new nurse. The courses in this series aim to prepare experienced nurses for the role of preceptor by developing their leadership, assessment and evaluation skills in the capacity of a mentor.

- **The Role of the Preceptor**
- **The Preceptor as a Leader**
- **Providing Feedback and Evaluation**
- **Putting it All Together: From Novice to Expert**
- **Creating a Culture of Respect and Resilience**
- **Integrating the 4Ms into the Care of Older Adults**

Fellow Professional Competency Courses

The nurse fellowship program not only prepares nurses new to long-term care with the skills that they need to care for older adult residents, but it also supports their professional development. The professional competency courses aim to develop the nurse fellows' practice so that they can become competent and confident in their role as a nurse professional.

- **Communication and Team Collaboration in Long-Term Care Communities**
- **Growing Your Professional Practice in Long-Term Care**
- **Emerging Nurse Leaders in Long-Term Care**
- **Integrating the 4Ms into the Care of Older Adults**
- **Information Technology and Social Media Usage in Long-Term Care**
- **Continuous Quality Improvement in Long-Term Care**

Fellow Clinical Competency Courses

The nurse fellowship program aims to prepare nurses new to long-term care to confidently care for older adult residents. This means providing nurses with a firm understanding on how to care for specific conditions commonly seen in long-term care settings. The clinical competency courses aim to build on the nurse fellows' existing knowledge with information specific on caring for persons living in long-term care communities.

- **Introduction to Caring for Persons Living with Dementia**
- **Managing Behavioral and Psychological Symptoms of Person's Living with Dementia**
- **Depression in the Older Adult**
- **Transitions in Care and Preventing Avoidable Hospitalizations in Long-Term Care**
- **Care of the Frail Person in Long-Term Care**
- **Medication Safety in Long-Term Care**
- **Sepsis in Long-Term Care**
- **Managing Sensory Changes in Long-Term Care**
- **Improving and Maintaining Functional Status in Long-Term Care**
- **Promoting Bladder and Bowel Health in Long-Term Care**
- **Elder Mistreatment in Long-Term Care**
- **Palliative, Hospice and End-of-Life Care**

Fellow Case Studies

The nurse fellowship program prepares nurses new to long-term care with the skills they need to care for older adult residents. These case studies provide different scenarios nurses often face in the long-term care setting and are complementary to the mentorship the fellows receive from their preceptors and faculty mentor.

- **Managing Fall Risk**
- **Managing Function in Care Transitions**
- **Managing Pain in Persons Living with Dementia**
- **Medication Management**
- **Alternatives to Medications for Behavioral and Psychological Symptoms of Dementia**
- **Managing and Preventing Pressure Injuries**
- **Preventing Sepsis**
- **Managing Depression and Hearing Loss in Long-Term Care**

2. **NextGen Aging: A Geriatric Workforce Enhancement Program (GWEP)**

Integrating the 4Ms into the Care of Older Adults for Social Workers
The Integrating the 4Ms into the Care of Older Adults for Social Workers course provides social work students and professionals with an introduction to the 4Ms framework and its application in the care of older adults. Participants will learn how to integrate the core elements of What Matters, Medication, Mentation, and Mobility into their social work practice as part of an interdisciplinary team.

Foundations of Practice for Interprofessional Age-Friendly Care
The Foundations of Practice for Interprofessional Age-Friendly Care is for healthcare professionals who are interested in developing a foundational practice for age-friendly care. It is divided into an introduction, and three short sections: The Aging Population, Models of Care and the Interprofessional Team and Age-Friendly Care. By taking this course, you will be able to: describe trends among the aging population, describe different models of care, state the roles and responsibilities of the interprofessional care team, and discuss standards of practice that impact age-friendly care.

Introducing the 4Ms: A Case Study for Direct Caregivers
Introducing the 4Ms: A Case Study for Direct Caregivers provides direct caregivers (home health aides, certified nursing assistants) with an introduction to the 4Ms framework. Direct caregivers will learn how the 4Ms are used to understand what is most important to older adults and to safely manage medication, assess changes in thinking or mood and support mobility.

Managing Dementia in Older Adults Using the 4Ms Framework: A Case Study
The Managing Dementia in Older Adults Using the 4Ms Framework: A Case Study provides certified nursing assistants and home health aides with an understanding of how the 4Ms framework is incorporated into the plan of care for older adults experiencing dementia and cognitive impairment.

Managing Aggressive Behaviors in Dementia Using the 4Ms Framework Case Study for Direct Caregivers
The Managing Aggressive Behaviors in Dementia Using the 4Ms Framework Case Study for Direct Caregivers provides direct caregivers with strategies for managing aggressive behaviors in individuals living with dementia using the Age-Friendly 4Ms Framework: What Matters, Medication, Mentation, and Mobility. Through this case study direct caregivers will learn how to identify triggers, understand unmet needs, optimize medication safety, and implement person-centered care plans that promote calm and well-being.

Dementia Clues: A Guide for Home Health Aides
The Dementia Clues: A Guide for Home Health Aides course teaches direct caregivers how to spot key changes in memory and behavior that might be signs of dementia. It highlights differences between normal aging and dementia, providing clues in a person's home and actions that suggest they might need more help.

3. **Aliviado Videos in Spanish and English**

- Introduction to Dementia: Types of Dementia
- Introduction to Dementia: Symptoms of Dementia
- Introduction to Dementia: Progression of Dementia
- Anxiety and Depression
- Communication with Patients
- Non-Pharmacologic Interventions
- Physical Function and Mobility
- Physical Environment
- Bathing Techniques Scenarios
- Approach to Acute Illness and Delirium
- Personal Care Scenarios
- Nutrition and Hydration
- Sleep Wake Cycle
- Conclusion

4. **The Designation of Excellence in Long-Term Care**

The Designation of Excellence in Long-Term Care project includes a series of case studies designed to help care communities and individuals understand the seven essential domains of person-centered care in long-term care settings: Personhood; Food and Dining; Resident Care, Choice & Empowerment; Enrichment, Socialization & Community Engagement; Staff Empowerment; Physical Environment; and Family Engagement.

These case studies are supplemented by two optional courses covering the basics of quality assurance and performance improvement (QAPI), as well as de-escalation techniques. The person-centered care content is based on both existing literature and firsthand surveys and interviews conducted by HIGN with hundreds of long-term care residents, staff, and family members.

Other Educational Resources

1. Interprofessional Education and Practice (IPEP) eBooks - 6

The Interprofessional Education and Practice (IPEP) eBooks provide clinicians with information about caring for older adults in interprofessional teams. These eBooks equate with online modules that were adapted from the NYU3T: Teaching, Technology, and Teamwork curriculum funded by the Josiah Macy Jr. Foundation. Content was also based on the NYU, John A. Hartford Foundation supported, Geriatrics Interdisciplinary Team Training (GITT) Program. The IPEP eBook 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 IPEP eBooks are available for free download in the Apple iTunes Bookstore. You may search for "IPEP" and then download or click on these links:

Complete set of eBooks:
https://itunes.apple.com/us/author/sherry-a.-greenberg-phd-rn/id1150512189?mt=11

Individual eBooks:
IPEP1 (https://itunes.apple.com/us/book/id1150512135)
IPEP2 (https://itunes.apple.com/us/book/id1150539244)
IPEP3 (https://itunes.apple.com/us/book/id1150549308)
IPEP4 (https://itunes.apple.com/us/book/id1150558629)
IPEP5 (https://itunes.apple.com/us/book/id1150566845)
IPEP6 (https://itunes.apple.com/us/book/id1150571420)

2. Try This:® Series

The goal of the Try This:® Series of assessment tools is to provide knowledge of best practices in care of older adults.
Each tool encourages nurses to understand the special needs of older adults and to use best practices when caring for older adults.

Each Try This:® issue is a 2-page document with a description of why the topic is important when caring for older patients and an assessment tool that can be administered in 20 minutes or less.

3. HIGN Elective Course: Aging, Health and Society

Aging, Health, and Society is offered in the Fall and Spring semesters at NYU Meyers. This elective course explores aging and geriatric nursing with a focus on health access and inclusive health outcomes.

This course fosters students' voices and expertise in geriatrics through experiential learning. This is accomplished in part through service-based learning projects, development and dissemination of written works, and individualized mentorship by established scholars and clinicians at HIGN at NYU Meyers and the Adult and Aging Research Collaborative (AARC).

4. Best Practices for the Care of the Older Adults (PAHO)

Best Practices Primary Care of Older Adults Download: (English) (Spanish)

Best Practices Older Adults Chronic Disease Download: (English) (Spanish)

These best practice guidelines were established by the NYU Meyers World Health Organization (WHO) Collaborating Center for Gerontology Education. They were developed and recently updated by experts in the field of healthy aging and are designed to inform curriculum and training for interprofessional health care providers of older adults in the Pan American Health Organization (PAHO) Region.

5. Hospital Competencies: Care of Adult 65+ years

The Hartford Institute for Geriatric Nursing collaborated with the Nurses Improving Care for Healthsystem Elders Program at NYU Meyers to update the hospital nursing competencies expected of nurses who care for older adults. Competencies are organized according to the Age-Friendly Health System 4Ms:

- What Matters
- Medication
- Mentation
- Mobility

The development and testing of the hospital competencies is reported in the following journal article: Mezey, M., Quinlan, E., Fairchild, S., Vezina, M. (2006). "Geriatric Competencies for RNs in Hospitals." Journal for Nurses in Staff Development 22(1): 2-10.

Download: Hospital Competencies

6. Baccalaureate Nursing Competencies

Distinguished Gerontological Nurse Educators (DEGN) through the National Harford Center for Gerontological Nursing Excellence (NHCGNE) have developed a new and revised set of gerontological nursing competencies for entry-level professional nursing.

These 37 competencies align with The Essentials: Core Competencies for Professional Nursing Education (AACN, 2021) and are intended to be addressed in entry-level professional nursing programs.

These competencies can be found at:
https://www.nhcgne.org/files/downloads/news/NHCGNE-Gerontological-Nursing-Competencies-for-Entry-level-Professional-Nuring.pdf

7. Curriculum Guide for Faculty

A Curriculum Guide for Implementation of an Advanced Certificate in Gerontology: A Post-Master's Advanced Certificate from the Adult-Gerontology Primary Care Nurse Practitioner

Download: Curriculum Guide

This curriculum guide provides an overview of a Post-Master's Advanced Certificate in Gerontology, part of an Adult-Gerontology Primary Care Nurse Practitioner Program. This interprofessional education and practice curriculum was developed and implemented by HIGN at NYU Rory Meyers College of Nursing and the NYU School of Medicine's Primary Care Residency Program.

8. Guidance for Older Patients in HIV Care

Guidance for Addressing the Needs of Older Patients in HIV Care

Download: Guidance for Older Patients in HIV Care

This care guide helps to raise clinicians' awareness of the needs and concerns of patients with HIV who are 50 years or older, inform clinicians about an aging-related approach for these patients, offer recommendations to help clinicians provide optimal care for this population, and provide resources about aging with HIV for healthcare providers and their patients. Additionally, this guide suggests steps to implement geriatric care into HIV clinical practice.

9. GITT 2.0: Interprofessional Practice Toolkit

GITT 2.0 aims to improve patient/caregiver-centered outcomes, healthcare costs, and overall population health by promoting interprofessional teams in practice-academic collaboratives. Program. Building upon the original GITT (Geriatric Interdisciplinary Team Training), GITT 2.0 is an online 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. GITT 2.0 draws upon experiences from an academic-practice program funded by a HRSA grant and implemented by the Hartford Institute for Geriatric Nursing with teams of nurse practitioner, pharmacists, and social workers targeting medication adherence among older transitional care homebound patients.

GITT 2.0 has been designed to be fluid and malleable, and its core components are adaptable to any environment and mix of professionals. It can be applied to any number or types of professionals, and can resonate with undergraduate and graduate student populations.

While it is recommended that professional schools partner with a clinical organization in order to implement the program, the school or clinical agency can also adapt GITT 2.0 separately. For example, GITT 2.0 can be swiftly integrated into a clinical environment where there are no students, but where there is a need for interprofessional development for practicing professionals. Conversely, an academic environment can adapt to where there are only students and no practicing professionals such as clinical simulations.

10. Volunteer Health Corps Guide: Creating A Volunteer Education Initiative for Older Adults' Health

Improving the health and lives of older adults – particularly those with multiple chronic health conditions – is a goal shared by the healthcare providers and community-based organizations (CBOs) that serve them. CBOs play a vital role in addressing this goal by engaging and educating older adults through health workshops and learning materials, which are essential for achieving lasting change and improving healthy behaviors. Volunteers can be a powerful resource to aid this growth.

This guide provides a case study for organizations interested in developing a volunteer-driven program for older adults to manage and enhance their health through community engagement and education. Additionally, it gives an overview of how to plan, design, and implement a Volunteer Health Corps, and includes practical tips and strategies.

Download: Volunteer Health Corps Guide

11. Community Resources

Alzheimer's and Related Dementia Series
- Demystifying Dementia: Understanding the Condition- This workshop aims to give you a better understanding of age-related changes versus dementia.
- Living Fully: Navigating Life with Dementia - This workshop discusses what to expect when caring for a person living with dementia, preparing for the long-term and managing caregiver stress.
- Finding Answers: Steps to Identifying Dementia - Being diagnosed with dementia is a multi-step process. We'll go over some things to expect in today's workshop.

Heart Health Series
- Matters of the Heart: Common Heart Conditions - An overview of different types of heart disease, such as heart attack and stroke.
- Keeping the Beat: Embracing Life with Heart Failure - A workshop on what to expect and how to manage living with heart failure.
- Heart Emergencies: What to Do When Every Beat Counts - This workshop will cover how to recognize and react to a heart attack, stroke, or hypertensive crisis.
- Sneaky Sodium: Finding the Hidden Salt in Your Food - This workshop offers tips on figuring out how much sodium is in common food items.

Health Living Series
- The Dish on Sugar, Fat and Salt - This workshop goes over healthy eating by bringing attention to the sugar, fat and sodium in what we eat.
- Nutrition and Exercise: The Basics - What does "being healthy" mean? Join us as we go over the basics of nutrition and exercise.
- I'll Pass on the Fat - This workshop will cover what to be mindful of when watching your cholesterol levels.
- The Pressure's On! - Hypertension is the silent killer. This workshop offers guidance on lowering the amount of sodium we eat.
- The Sweet Truth: Nutrition & Diabetes - This workshop brings attention to common sources of high sugar and how to lower the amount of sugar we eat.
- I'm So Stressed Out! - Some stress is normal, but when is it too much? In this workshop, we'll talk about stress, anxiety and depression.
- Let's Get it On: Sexual Health and Sexuality - Age-related changes don't have to prevent sexual activity. Join us as we discuss how you can maintain a healthy and safe sex life.

Oral Health Series (usually done with nursing and dental hygiene partners)
- Get Smart About Your Mouth - What is good oral health? Join us as we talk about why good oral health is important and how oral health affects our overall health.
- Aging with a Smile: Tools and Tips - Join us as we demonstrate oral hygiene techniques to help you maintain good oral health.
- Oral Health and Nutrition: Linking Nutrition & Oral Health
- Oral Health and Dementia
- Oral Health and Diabetes: Linking Diabetic Health & Oral Health

Planning for the Future
This workshop reviews different aspects of advance care planning from advance directives to health care proxies.

The New Normal
Normal Changes with Aging 1 - A workshop that reviews what changes are normal and what is not as related to the senses, digestive system and bladder.
Normal Changes with Aging 2 - A workshop that reviews what changes are normal and what is not as related to the heart, lungs, mind, oral health and pain.

Navigating Nutrition: A Guide to Popular Diets
A guide to understanding different diets, from vegetarian to vegan to Mediterranean.

What Matters to You
This workshop will explain a framework you and your providers can use to guide health discussions.

Watch Your Step (In production)
An outline for a workshop on reducing fall risk and what to do in case of a fall.

Student Created Workshops
- Healthy Eating for a Healthy Brain (Carolyn Zhang, UC, 2024) - A workshop covering the DART diet.
- Exploring Wearable Technology for Health & Wellness (Sean Crimmins, Meyers, 2025) - This workshop explores how wearable devices and health apps (Apple Watch, Medisafe, etc) can help you track vital signs, manage medications, and stay connected.

12. Building Age-Friendly Communities

To successfully expand age-friendly health systems into the community, older adults and their caregivers need resources and education on addressing "what matters," medications, mind, and mobility with their healthcare team.

The 4Ms brochures and posters can be downloaded and used to engage older adults and their caregivers to take an active role in their health.

Brochure (English/Spanish)

Poster (English/Spanish)

For more information on our additional resources, please email nursing.hign@nyu.edu.