



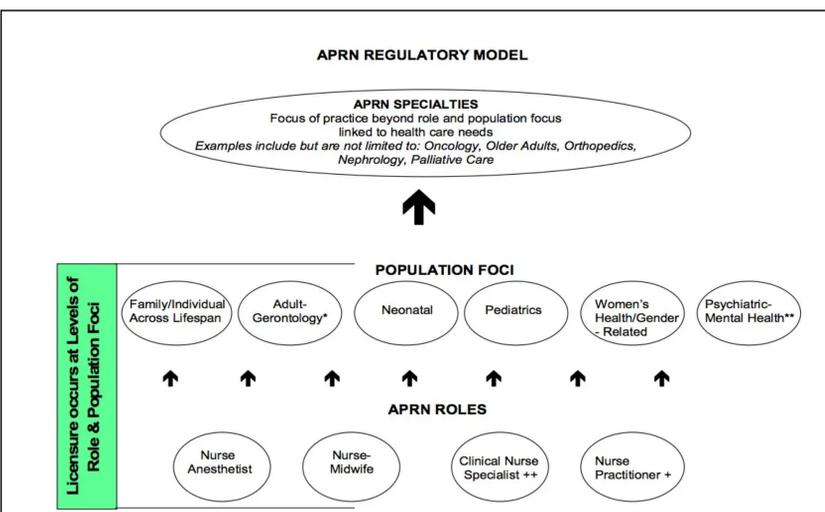
# A Practical Guide for the Gerontological Specialist

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## Introduction and Background

- There are more than 46 million older adults in the US. By 2050 that number is expected to be over 90 million, with the most significant increase occurring between 2020 and 2030. There is an increasing need for Gerontological Specialists.
- In 2008, the APRN Consensus model was published. The reorganized population foci removed Geriatrics as a specialty and combined Adult and Gerontological populations. GAPNA saw a clear need to maintain and advance specialization in Geriatrics in order to meet the needs of a growing older adult population and commissioned a study of APRN practices essential to quality care for older adults.



- In 2015 GAPNA published the evidence-based document: GAPNA Consensus Statement on Proficiencies for the APRN Gerontological Specialist.
- In 2017 GAPNA established the GNCC to develop and administer an examination for APRN Gerontological Specialist certification (GS-C).
- The first certification examination was administered in-person as a paper and pencil examination at the GAPNA Pharmacology Conference in Boston on March 17, 2018.
- In 2019, the GS-C Review workshop was first offered as a pre-conference at the Annual GAPNA Conference
- Currently, 107 APRNs have been certified through GNCC as Gerontological Specialists. More are needed.

## Problem

- GAPNA and GNCC recognize that the 2020 target goals for GS-C APRNs have not been met.
- There remains a clear need to increase the number of APRNs who specialize in the care of older adults.
- GAPNA members have requested additional materials to support them in preparing to take the GS-C examination.

Area	Proficiency	% of Test	# of Items
I	Performs comprehensive assessment of the complex older adult.	20%	35
II	Performs appropriate screening, diagnostic testing, treatment and planning of care for the complex older adult.	20%	35
III	Prescribes medications, including consideration of risks and benefits of pharmacotherapy, for the complex older adult.	20%	35
IV	Uses a system-based approach to design and implement educational strategies to optimize health outcomes.	13%	23
V	Coordinates/manages palliative and end-of-life care congruent with goals and values of the older adult and family/carers.	13%	23
VI	Anticipates and manages transition of care between sites and providers.	9%	15
VII	Uses a systems-based approach to anticipate and deploy resources to optimize outcomes for older adult populations.	5%	9

## Project Aims

- Grow my leadership skills through leading a GAPNA Initiative.
- Organize a team and develop a process for development of a GS-C study guide.
- Learn the publishing process through work with the GAPNA Leadership team and the National office.
- Create a Gerontological Specialist review book that would benefit and appeal to those preparing the take the GS-C exam, APRNs in clinical practice, students and educators.

## Project Process

- Leadership Institute September 2020-September 2021
- Identify and mobilize a team to create a GS-C review book
- Utilize GAPNA experts as authors and seek additional contributors and reviewers from the GAPNA membership

## Outcomes

- All content has been written, reviewed, and edited. It is now in the final editing and publishing process.
- Plan is for it to be published in Spring 2022.

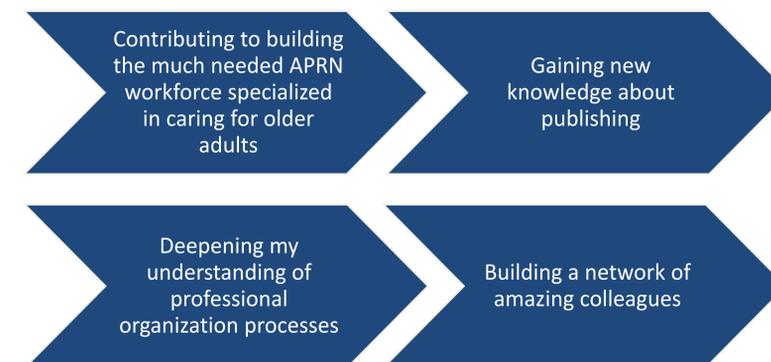
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## Next Steps & Lessons Learned

- The Leadership Institute and project was a great opportunity to move out of my comfort zone and further develop my leadership (and publication) skills.



- If you see a need that is not being met within your practice, GAPNA has the resources to develop toolkits, clinical practice guidelines, publications, etc. to enhance your practice. For more information, you can reach out to the National Office at [gapna@gapna.org](mailto:gapna@gapna.org) to discuss your ideas.

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