Gerontology Resources for APRN Preceptors and Students

6th Edition
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Gerontological Advanced Practice Nurses Association
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Preface

The goal of this Gerontology Resources for APRN Preceptors and Students toolkit is to make geriatric and gerontological content accessible to those caring for older adults. It is designed for advanced practice registered nurse (APRN) students, preceptors, and educators, and it provides a single portal to comprehensive resources. The toolkit is organized by primary care topics and includes links to websites and mobile device applications (apps) in the public domain. The toolkit was developed by gerontological APRNs to provide an open access practice resource for integration of geriatric knowledge for APRN clinical education, with the goal of improving the quality of health care provided to older adults.

The toolkit has two sections:

1. Gerontological Resources for Primary Care and Community Settings
2. Preceptor Resources

The toolkit was first developed in 2012 after a national discussion on the need for APRN educators to be prepared to deliver didactic and clinical gerontological content to all APRN students, not just adult gerontology-focused students. Family, women’s health, and other APRN specialties are required to include gerontological content according to national graduate program curriculum standards set by the American Association of Colleges of Nursing.

This is the sixth edition of the toolkit. The toolkit focuses on established gerontological and geriatric guidelines, algorithms, and content that have been successfully integrated into didactic and clinical education. The resources are primarily from open sources, organizations, and universities with a mission to improve care for older adults. The toolkit does not attempt to provide resources on every possible clinical topic; instead it focuses on common clinical problems. Readers are referred to specific as well as broad resources that cover gerontological content.

Toolkit development has been a collaborative effort among members of the GAPNA Education Committee which represents a diverse group of APRNs involved in gerontological education and practice. It is organized by an assumed hierarchy of student learning needs (beginning with physical health, moving to specialty care, and then role issues) but the order does not represent any predetermined priority. Assessment resources are listed first because they are the foundation for quality care with older adults. Specialty topics are listed in alphabetical order.

In conclusion, the GAPNA Gerontology Resources for APRN Preceptors and Students toolkit is a free resource for all healthcare clinicians and educators who are educating and precepting students about the care of older adults. This toolkit has been a collaborative effort by GAPNA members who are passionate about older adult health care.

For best viewing and functionality on the Web, open the toolkit using the Web browsers Google Chrome, Firefox, Safari, or the latest version of Internet Explorer.

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1. Gerontological and Geriatric Assessment

National Organizations

American Geriatrics Society (AGS)
AGS is a not-for-profit organization of health professionals devoted to improving the health, independence, and quality of life of all older people. Their website offers many free and low-cost assessment resources. AGS also publishes Geriatrics at Your Fingertips yearly in both print and mobile device application.

Gerontological Advanced Practice Nurses Association (GAPNA)
GAPNA is a professional organization of advanced practice nurses whose goal is to advocate quality care for older adults in a wide variety of practice settings. See Clinical Research Corner. GAPNA has many practice links for use. The most updated version of this toolkit is very useful with all students.

Hartford Institute for Geriatric Nursing (HIGN)
Based at the New York University Rory Meyers College of Nursing, the Hartford Institute for Geriatric Nursing (HIGN) is a non-profit organization with a clinical website that contains valuable geriatric assessment and educational tools designed to help interprofessional healthcare practitioners improve the quality of care of older adults.

The HIGN develops and maintains ConsultGeri.org and the Try This:® Series.
ConsultGeri.org: Evidence-based geriatric clinical nursing with protocols for 30+ common geriatric syndromes and conditions.
Try This:® Series: Evidence-based assessment tools and best practice approaches to care of older adults. Topics include general assessment, specialty practice, quality improvement, dementia (co-sponsored with Alzheimer’s Association).

Portal of Geriatric Online Education (POGOe)
This website is a repository of geriatric educational materials from many educational institutions in various e-learning formats; new materials are added monthly and a monthly newsletter is available.

Society of Hospital Medicine - Institute for Healthcare Improvement (IHI)
This website, designed for hospitalists, provides a Clinical Toolbox for Geriatric Care, a compendium of resources to facilitate and improve inpatient care of the elderly. Resources include practice guidelines; assessment tests for mental status, mobility, and pain; tools for predicting and preventing pressure ulcers; and more.

The Society for Post-Acute and Long-Term Care Medicine
This website provides resources for medical directors, physicians, nurse practitioners, and physician assistants working in various post-acute and long-term care (PA/LTC) settings. Nurse practitioners have their own website with clinical resources.

University Resources

Duke University Resources for Primary Care
Multiple links to geriatric assessment tools and guidelines are listed. Assessment tools include guidelines for Medicare annual wellness visit, prognosis calculator, and checklist of activities of daily living.

New York University Rory Meyers College of Nursing
Hartford Institute for Geriatric Nursing (HIGN)
The website contains valuable geriatric initiatives and tools designed to help healthcare practitioners improve the quality of care of older adults.
ConsultGeri.org: Evidence-based geriatric clinical nursing
ConsultGeri App: Cell phone app of evidence-based geriatric nursing protocols
ConsultGeri Dementia App: Cell phone app of evidence-based dementia protocols
Try This:® Series: Best Practices in Nursing Care to Older Adults: Evidence-based assessment tools and best practice approaches to care of older adults.
e-Learning Resources: Education center with a portal to courses, podcasts, webinars, tools, and other resources related to care of older adults. Resources are available for the interprofessional healthcare team (nurses, physicians, social workers, and other members).
APRN Resource Center: Case studies on primary care of older adults

Tufts University

Comprehensive Geriatric Assessment
This website provides guides for performing directed geriatric assessments. An excellent concise tutorial on comprehensive geriatric assessment is available on the Tufts University’s OPENCourseware.

University of Alabama - Birmingham (UAB)

Deep South CME Network
This website from Division of Gerontology, Geriatrics, and Palliative Care provides evidence-based educational experiences on the care of complex older adults and interprofessional CME modules on care of older adults.
University of Iowa

Iowa Geriatric Education Center (IGEC)
This website provides diverse and excellent resources for educators and health professionals in multiple health disciplines. The website includes free tools and resources, including GeriaLearning resources, on assessment and decision making in primary care of older adults.

University of Maryland - Baltimore

Geri-Ed Programs
This website provides geriatric web-based educational materials including medication management in assisted living facilities, delirium, Video Press geriatric education film productions, and valuable resources on clinical interventions.

University of Missouri Geriatric Assessment
A Geriatric Examination Toolkit from the Department of Physical Therapy contains numerous links to multiple assessment scales with scoring interpretations.

The Virtual Health Care Team® contains a variety of cases of interest to health professionals, including interprofessional geriatric assessment.

2. Geriatric Specialty Assessments

Cardiology
The American College of Cardiology provides an excellent resource on cardiology care of older adults with case studies. The objectives of this scientific statement are to summarize current guideline recommendations as they apply to older adults, identify critical gaps in knowledge that preclude informed evidence-based decision making, and recommend future research to close existing knowledge gaps. Knowledge Gaps in Cardiovascular Care of the Older Adult Population: A Scientific Statement from the American Heart Association, American College of Cardiology, and American Geriatrics Society (May 2016)

Diabetes
Diabetes is an important health condition for the aging population. There are special considerations that apply to this growing segment of the population.

American Diabetes Association
Recommendations and Guidelines for Management of Diabetes in the Older Adult 2017
Management of Diabetes in Long-term Care and Skilled Nursing Facilities: A Position Statement of the American Diabetes Association

Joslin Diabetes Center 2015
Joslin Clinic Guideline for the Care of the Older Adult with Diabetes is designed to assist primary care physicians, specialists, and other healthcare providers address the unique challenges and issues of the older adult with diabetes.

The National Diabetes Education Initiative 2016
Diabetes Management Guidelines in the Older Adult links to a table outlining general recommendations and pharmacologic therapy considerations for older adults.

Ethnogeriatrics

Stanford School of Medicine

Ethnogeriatrics
Modules provide information to increase awareness of specific cultural, racial, ethnic, and tribal influences on health and health care of minority older adults.
- African Americans
- Alaska Native Americans
- American Indians (Native Americans)
- Asian Indian Americans (South Asians)
- Chinese Americans
- Filipino Americans
- Hmong Americans
- Japanese Americans
- Korean Americans
- Hawaiian and Pacific Islander Americans
- Pakistani Americans
- Vietnamese Americans

Curriculum in Ethnogeriatrics. (2001). Core Curriculum and Ethnic Specific Modules (2nd ed.) are available with basic information regarding each culture and how it impacts health.

The Hartford Institute for Geriatric Nursing (HIGN)
This resource covers key concepts in ethnogeriatrics, assessment and screening tools, nursing care and health promotion strategies, and expected outcomes. Ethnogeriatrics and Cultural Competence for Nursing Practice

Functional Assessment

Competency Development and Evaluation for Health Professionals and Others who Work with Older Adults by Linda Felver and Catherine Van Son (2011). Additional learning tools are also available.

Barthel Activities of Daily Living (ADL) Rating Scale
This index provides information using a standardized validated scale for assessment of ability to perform tasks relating to personal care. The scale has good validity and reliability.

Doctot® Geriatric App
Tools of the trade. Offers the medical practitioner an efficient and easy-to-use electronic tool that measures important functions of geriatric patients. Free, $.99 for some tools.

Katz Index of Independence in Activities of Daily Living (ADL)
Commonly referred to as the Katz ADL, it is the most appropriate instrument to assess functional status as a meas-
urement of a person’s ability to perform activities of daily living independently. The index ranks performance in the six functions of bathing, dressing, toileting, transferring, continence, and feeding.

Medtool App for Ipad/Iphone – Free. Includes KATZ ADL, Barthel Index of ADL

**Intellectual and Developmental Disorders (I/DD)**

- **American Association on Intellectual and Developmental Disabilities**
  - Publishes a number of resources, including information on care and end-of-life planning.
  - **National Down Syndrome Society** (NDSS).
  - Advocates for the value, acceptance, and inclusion of people with Down syndrome.
- **National Task Group on Intellectual Disabilities and Dementia Practices/NTG**
  - This organization disseminates information and training related to screening, health care, family/community-based supports and long-term care related to intellectual disability and dementia.
  - **The ARC**
  - A national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families.

**Lesbian, Gay, Bisexual, Transgender (LGBT) Persons**


**National Resource Center on LGBT Aging**

- Resource center aimed at improving the quality of services and supports offered to LGBT older adults. The Center on LGBT Aging provides training, technical assistance, and educational resources to healthcare providers on end-of-life decision making and other health issues.

**Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE)**

- National organization dedicated to improving the lives of LGBT older adults. Offers supportive services and consumer resources for LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations, largely through its National Resource Center on LGBT Aging.

**Mobility Assessment**

- **Mobility Assessment**
  - The “Timed Up-and-Go” (TUG) test measures the overall time to complete a series of functionally important mobility tasks, such as standing from a sitting position, walking, turning, stopping, and sitting down which are all tasks needed for independent mobility.
  - Evidence in Motion app. Fall prevention, includes “Timed Up-and-Go.” $4.99
  - **The Berg Balance Scale** (BBS)
  - Developed to measure balance among older people with impairment in balance function by assessing the performance of functional tasks. It is a valid instrument used for descriptions of function in clinical practice and research.

**Mobility and Falls Assessment**

**American Geriatrics Society**

- **2010 AGS/BGS Clinical Practice Guideline: Prevention of Falls in Older Persons**
- iGeriatrics. This app contains The AGS Guideline for Prevention of Falls in Older Persons and aims to assist health-care professionals in their assessment of fall risk and in their management of older adults who have fallen or are at risk of falling. Full access to iGeriatrics tools is available for $9.99 for a 1-year subscription.

**Centers for Disease Control and Prevention (CDC)**

- **Important Facts about Falls**
  - CDC Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults (3rd ed.)
  - **Preventing Falls**: A Guide to Implementing Effective Community-Based Fall Prevention Programs
  - **STEADI** (Stopping Elderly Accidents, Deaths & Injuries)
  - Toolkit for Fall Prevention has multiple provider resources for fall risk assessment and prevention such as patient checklist for risks, guide to integrating fall prevention in practice, triage tool, algorithm for fall risk assessment and interventions, and validated tests to assess patient fall risk. Also includes short video clips demonstrating the 30-second chair stand, 4 Stage Balance Test, and other assessments.

**Hartford Institute for Geriatric Nursing**

- A fall risk assessment for older adults, The Hendrich II Fall Risk factors assessment, is a useful guideline for practitioners.
- **Nursing Standard of Practice Protocol: Fall Prevention. Description of fall risk factors, assessment, fall prevention interventions, guidelines**

**National Council on Aging**

- Listing of evidence-based community fall prevention programs. There is also an area to submit potential programs for future listing.
Nutrition

American Geriatrics Society
Position statement on use of feeding tubes for persons with dementia.

Nutrition Assessment and Standards
Hartford Institute for Geriatric Nursing: Protocol for nutrition in older adults
National Council on Aging (NCOA) Healthy Eating Tips for Seniors
Also includes links to Senior Nutrition and Senior Hunger and Nutrition

Assessing Nutrition in Older Adults
Nestle Nutrition Institute. MNA Mini Nutritional Assessment Forms

Obesity

American Nurse Practitioner Foundation
Nurse Practitioners and the Prevention and Treatment of Adult Obesity

Expert Panel Report
Guidelines for the Management of Overweight and Obesity in Adults

Obesity Medicine Association
Obesity Algorithm®: Clinical Guidelines for Obesity Treatment

Oral Health

Oral Health Nursing Education and Practice (OHNEP): A national initiative led by New York University Rory Meyers College of Nursing in partnership with the National Interprofessional Initiative on Oral Health.

National Interprofessional Initiative on Oral Health Resources
A faculty toolkit is also available: The OHNEP Interprofessional Oral Health Faculty Toolkit specific for Adult-Gerontology Nurse Practitioner Program.
Oral Health Faculty Toolkit for various programs.
Smiles for Life: A National Oral Health Curriculum
Developed by Society of Teachers of Family Medicine Group on Oral Health and designed to enhance the promotion of oral health for all age groups.
National Institute for Health and Care Excellence (NICE) Recommendations on Oral Health for Older Adults in Care Homes

Pressure Injuries

National Pressure Ulcer Advisory Panel (NPUAP)
Educational and clinical resources such as an image library, continuing education programs, and slide sets developed by NPUAP, the authoritative voice for improved patient outcomes in pressure injury prevention and treatment.

NDNQI® Pressure Injury Training
Modules on pressure injuries, staging, other wound types and skin injuries.

The Braden Scale for Predicting Pressure Sore Risk
Use this tool in conjunction with clinical assessment to determine if a patient is at risk for pressure sores.

Sleep


National Sleep Foundation
This resource on aging and sleep includes information on sleep architecture and bio patterns.

NIH Senior Health - Sleep and Aging
A consumer-oriented resource on sleep and aging.

Urinary Incontinence


3. Geriatric Mental Health

The Geropsychiatric Nursing Initiative (GPNI) is a partnership between the Hartford Institute for Geriatric Nursing, American Association of Colleges of Nursing, and National Hartford Center of Gerontological Nursing Excellence. The GPNI provides online resources on geriatric mental health for advanced practice registered nurses and other graduate nurses and nursing students. The GPNI online learning includes continuing education that is specific to older adults. The continuing education topics include an overview of geropsychiatric nursing, delirium, depression, serious and persistent mental illnesses, post-traumatic stress disorder, bipolar disorder, mental health disparities, and cultural competency. Classroom licensing is available.

The Geropsychiatric Nursing Competency Enhancements were developed by the Geropsychiatric Nursing Collaborative to enhance existing undergraduate and graduate nursing competencies.

Alcohol and Substance Abuse in Older Adults
Nine modules addressing substance abuse issues among older adults are included in: Substance Abuse Relapse Prevention for Older Adults: A Group Treatment Approach (2005), DHHS Publication No. (SMA) 05-4053. The modules were developed by the U.S. Department of Health
The modules were developed by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (www.samhsa.gov), and the Center for Substance Abuse Treatment.

The Alcohol Use Among Older adults: Pocket Screening Instruments for Health Care and Social Service Providers is a reference that contains screening tools including AUDIT-C and CAGE Brief Alcohol Screening Instrument Short Michigan Alcoholism Screening Test – Geriatric Version (S-MAST-G)

Delirium

The American Delirium Society is a community of professionals dedicated to improving delirium care. The goals are to foster research, education, quality improvement, advocacy, and implementation science to minimize the impact of delirium on short and long-term health and well-being of patients. The online resource is for healthcare professionals, patients, and families.

The ICU Delirium Website is an online resource that is housed at Vanderbilt Medical University. The website includes assessment tools, videos, handouts, testimonials, the latest research, and other resources on delirium for healthcare professionals, patients, and families. Information is linked to PubMed.gov

Delirium Information for VA Healthcare Professionals

The U.S. Department of Veteran Affairs (VA) website offers information for healthcare providers on geriatrics and extended care, including a section on delirium in the long-term care setting.

Delirium Tools

The Hospital Elder Life Program (HELP) is a comprehensive, evidence-based, patient-care program that provides optimal care for older persons in the hospital. Dr. Sharon K. Inouye and her colleagues at Yale University School of Medicine originally designed HELP to prevent delirium among hospitalized older persons. This site requires establishing an account to access the materials. Tools include:

• Confusion Assessment Method (long & short CAM)
• CAM-S Severity Score
• FAM-CAM (Family CAM)
• 3D-CAM (3 minute diagnostic assessment)
• CHART-DEL

The Nursing Standard of Practice Protocol: Delirium by Tullmann, Fletcher, & Foreman (2012) is housed on the Consultgeri website.

Depression and Anxiety: Screening and Intervention

The Older Americans Behavioral Health Series was developed through a collaboration between the Substance Abuse and Mental Health Services Administration (SAMHSA), Administration on Aging (AoA), and National Council on Aging (NCOA). A variety of issue briefs and archived webinars are available on the following topics: suicide, anxiety, depression, and alcohol and prescription drug use and misuse among older.

Depression and Suicide in Older Adults

The American Psychological Association reviewed the latest criteria for management of depression and prevention of suicide in this vulnerable population. Depression and Suicide in Older Adults Resource Guide.

Friendship Line (1-800-971-0016) is sponsored by Institute on Aging, it is the only 24-hour toll-free hotline specifically for older and disabled adults who are either in crisis or just in need of a friend.

Suicide Prevention

SAMHSA has a toolkit with resources and a list of mental health apps for senior center staff. Resources for primary care (pages 30-32) include a fact sheet, risk factors, and responses. Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers.

4. Cognitive Assessment

Alzheimer’s Association - Cognitive Assessment for Primary Care Providers

This website from the Alzheimer’s Association offers three free downloadable pdf files with guidelines for initial and annual assessment of cognitive function in the older adult: Cognitive Assessment Toolkit Annual Wellness Visit and an Algorithm for Annual Wellness Visit

National Institute on Aging (NIA)

The NIA provides resources in tools for assessment, treatment, and management of older adults with cognitive impairment.

American Bar Association - Cognitive Assessment in Older Adults

The National Institutes of Health

Older Driver Assessment

The American Geriatric Society (AGS), through a cooperative agreement with the National Highway Traffic Safety Administration (NHTSA), published The Clinician’s Guide to Assessing and Counseling Older Drivers, a free online guide on assessment and counseling of older drivers for healthcare professionals. The website contains comprehensive information for identifying older adults at increased risk for unsafe driving and provides practical tips for management and a “Am I a Safe Driver?” Checklist.

5. Dementia Assessment and Management

Alzheimer’s Disease

Alzheimer’s Association

The Alzheimer’s Association mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Alzheimer’s Association Research Center provides resources including Diagnostic Criteria and Guidelines for Alzheimer’s Disease (2011) and access to articles on new approaches for diagnosis and treatments of cognitive disorders in older adults.

The Alzheimer’s Disease Cooperative Study (ADCS) was developed to advance research in the development of drugs that might be useful for treating patients with Alzheimer’s disease, particularly drugs that might not be developed by industry.

Frontotemporal Degeneration

The Association for Frontotemporal Degeneration

The mission of The Association for Frontotemporal Degeneration is to improve the quality of life of people affected by frontotemporal degeneration and drive research to a cure. In addition, the National Institutes of Health provides information on frontotemporal disorders for patients, families, and caregivers.

Lewy Body Dementia

Lewy Body Dementia Association (LBDA)

LBDA is dedicated to raising awareness of the Lewy body dementias (LBD); supporting people with LBD, their families, and caregivers; and promoting scientific advances. The association’s purposes are charitable, educational, and scientific.


Generalized Dementia Information


National Council of Certified Dementia Practitioners (NCCDP)

NCCDP was formed to promote standards of excellence in dementia and Alzheimer’s disease education to professionals and other caregivers who provide services to clients with dementia. The goal of the NCCDP is to promote national standards for comprehensive and extensive Alzheimer’s disease and dementia care education.

National Nursing Home Quality Improvement (NNHQI) Campaign: Partnership to Improve Dementia Care

The NNHQI Campaign exists to provide long-term care providers, consumers and their advocates, and quality improvement professionals with free, easy access to evidence-based and model-practice resources to support continuous quality improvement. The Campaign promotes focus on individuals’ preferences, staff empowerment, and involving all staff, consumers, and leadership in creating a culture of continuous quality improvement.

Nursing home toolkit: Promoting positive behavioral health. (2013) is a toolkit of non-pharmacological interventions for promoting positive dementia behaviors.

Dementia Friendly America includes tools and resources to help communities work toward dementia friendliness

Dementia Care Management Toolkit from Alzheimer’s Greater Los Angeles includes assessment tools for older adults and caregivers and fact sheets for caregivers on common behavioral problem related to dementia.

6. Gerontological Pharmacology

The American Geriatrics Society (AGS) Updated Beers Criteria

The AGS updated the Beers Criteria in 2015 to identify medications that may be harmful to older adults due to a higher incidence of complications, such as falls, confusion, and constipation.

Deprescribing
Resources to reduce the risk of polypharmacy. The Canadian website Deprescribing provides algorithms and other information on deprescribing.

Principles of deprescribing for older adults and suggestions for specific medications to consider for deprescribing are reviewed in Tips for Deprescribing in Nursing Homes. (2016), Annals of Long-Term Care: Clinical Care and Aging, 24(9), 26-32. doi:altc0.1015Liu.indd

Epocrates
Epocrates provides reliable clinical information. The free drug reference includes brand, generic, and over-the-counter (OTC) medicines, drug interaction check, and pill identification.

iGeriatrics
iGeriatrics combines all the American Geriatrics Society’s clinical information offerings into one easy-to-use application. It is aimed at healthcare providers and covers a wide range of topics relating to older adults, from medication safety to cross-cultural assistance. This app is designed for both iPhone and iPad.

Medscape Drug Interaction Checker
The Drug Interaction Checker is an online tool used to search medications or OTC drugs and herbal supplements for potential drug-drug interactions (free).

Opioid Prescription Guidelines (Chronic Pain)
Chronic pain is common, multidimensional, and individualized, and treatment can be challenging for healthcare providers as well as older adults. The Centers for Disease Control and Prevention (CDC) released the Guideline for Prescribing Opioids for Chronic Pain. This site includes resources for providers and patients.

STOPP START Toolkit
The STOPP START Toolkit Supporting Medication Review, arranged by physiological systems, assists in the review of older adults’ prescriptions (STOPP) and includes guidelines to alert the practitioner to the right treatment (START). It also has references to drug class duplication, drug-drug, and drug-disease interactions. The START tool highlights under-prescription or omission of clinically indicated, evidence-based medications.

7. End-of-Life Issues

Advance Directives
The National Hospice and Palliative Care Organization provides downloadable and printable state-specific advance directives documents and instructions: Advance Directives State by State Index.

CaringInfo
This site, created by the National Hospice and Palliative Care Organization, provides free information on topics related to end of life in both English and Spanish.

End of Life - National Institute on Aging
On this site, the National Institute on Aging provides information for caregivers and loved ones related to the end of life. The articles assist individuals in understanding what to expect prior to, during, and after the death of a loved one.

End-of-Life Nursing Education Consortium (ELNEC)
The ELNEC project is a national education initiative to improve palliative care. The project provides training in palliative care to nurses, faculty, CE providers, and staff development educators so they can teach this essential information to practicing nurses or nursing students.

Five Wishes Online
This Aging with Dignity interactive site enables users to create and customize their advance directive online. The document can be saved, printed, or emailed.

Physician Orders for Life Sustaining Treatment (POLST)
The POLST Paradigm is an approach to end-of-life planning based on conversations between patients, loved ones, and medical providers. The POLST Paradigm is designed to ensure seriously ill patients choose the treatments they want and that their wishes are honored by medical providers.

8. Nursing Home Information and Regulation

Advancing Excellence in Long-Term Care
The National Nursing Home Quality Improvement (NNHQI) Campaign (formerly, The Advancing Excellence in America’s Nursing Homes Campaign) is a major initiative operating under the Centers for Medicare & Medicaid Services (CMS). The NNHQI Campaign provides free evidence-based and model practice resources to support continuous quality improvement.

The Society for Post-Acute and Long-Term Care Medicine [formerly American Medical Directors Association (AMDA)]
This organization’s website provides resources for the community of medical directors, physicians, nurse practitioners, and physician assistants working in the post-acute and long-term care (PA/LTC) settings. Members work in skilled nursing facilities, long-term care and assisted living communities, continuing care retirement communities, home care, hospice, PACE programs, and other settings.

Federal and State Regulations Affecting Nursing Homes
Nursing homes are strictly regulated and surveyed annually, or when concerns arise, to maintain their licensure. Regulations are both federal and state specific. Care providers in this setting need to be familiar with these regulations. The Electronic Code of Federal Regulations provides the detail of these regulations. The University of Minnesota has developed a resource with state-specific regulations: An In-Depth Look at State Nursing Home Regulations.
Centers for Medicare & Medicaid Services

Information about being certified as a Medicare and/or Medicaid nursing home provider is provided and includes links to applicable laws, regulations, and compliance information as well as the Quality Indicator Survey (QIS), Nursing Home Action Plan, and Data Compendium.

Interact (Interventions to Reduce Acute Care Transfers)

A quality improvement program that focuses on management of acute change in nursing home residents’ conditions and is designed to improve the early identification, assessment, documentation, and communication about changes in the status of residents. The goal of INTERACT is to improve care and reduce the frequency of potentially avoidable transfers to the acute hospital. It includes clinical and educational tools and strategies for use in APRN practice in long-term care.

Adverse Events in Nursing Homes

The Centers for Medicare & Medicaid Services has compiled information and resources related to adverse events in nursing homes to assist providers to identify, track, and systematically investigate adverse events that have occurred, as well as develop and implement systemic interventions that will help prevent adverse events. Topics include Quality Prescribing and Office of Inspector General Reports. Assessment forms/tools are available for adverse drug events, infection control, and tracking infections.

Promoting Nonpharmacological Strategies to Address Behavioral and Psychological Symptoms of Distress (BPSD)/Reducing Use of Antipsychotic Medications

Nursing home toolkit that focuses on promoting positive behavioral health in patients with dementia. The toolkit was supported by Commonwealth Fund and Hartford Foundation.

Nursing Home Compare

This site has detailed information for comparing data on every Medicare and Medicaid-certified nursing home in the United States.

Minimum Data Set (MDS)

The MDS is a comprehensive, interprofessional assessment based on patient and staff interviews, physical examination, and chart review. It identifies actual and potential diagnoses and serves as a roadmap for formation of care plans. For skilled residents, the MDS also determines Medicare payment. Established by the Omnibus Budget Reconciliation Act (OBRA) in 1987, the MDS assessment continues to evolve according to CMS guidelines. CMS provides official training materials for MDS.

9. Role Issues

Basic Medicare Resources for Healthcare Professionals, Suppliers, and Providers

This section is designed to provide Medicare enrollment information for APRNs and other suppliers. Review the downloadable fact sheets to learn about Medicare provider enrollment. Free educational materials for healthcare professionals on CMS programs, policies, and initiatives can be found at CMS Services Medicare Learning Network.

National Provider Identifier

The National Provider Identifier (NPI) is a unique identification number required for healthcare providers delivering Medicare services. This document provides information about the NPI, including the application process.

Rural Health Care

This page provides basic information about being certified as a Medicare participating rural health clinic (RHC) supplier and includes links to laws, regulations, and compliance information. The curriculum is open to all healthcare professionals and disciplines.

Centers for Disease Control and Prevention (CDC)

Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements Definitions of elder abuse have varied across states, making it difficult to reliably measure its presence. This document establishes uniform definitions for all forms of elder abuse.

National Academy of Elder Law Attorneys, Inc. (NAELA)

A professional association of attorneys dedicated to improving the quality of legal services provided to people as they age. NAELA provides free educational resources through the NAELA Community Library.

National Center on Elder Abuse (NCEA)

Directed by the U.S. Administration on Aging, NCEA is a resource for policymakers, social service and healthcare practitioners, the justice system, researchers, advocates, and families.

10. Legal Issues

American Bar Association (ABA)

Assessment of Older Adults with Diminished Capacity was created by the ABA Commission on Law and Aging, in conjunction with the American Psychological Association. Appendix 3 describes psychological and neuropsychological tests to measure cognition in older adults.

ABA Commission on Law and Aging: Resources on topics such as elder abuse, ethics and counseling older adults, guardianship law, healthcare decision making, and long-term care services.
Assessing Decisional Capacity

Created by the Rush University Medical Center and the Commission on Law and Aging, *Assessment of Capacity of Older Adults: A Growing Challenge for Health Care Professionals*, is an interactive online education curriculum on assessing the capacity of older adults, funded by The Retirement Research Foundation. The course ($25 fee) is timely because more health professionals are making capacity assessment in an aging population. The curriculum is open to all healthcare professionals and disciplines.

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Preceptor Resources

1. Suggested Preceptor Preparation for Role

Before making the commitment to serve as a preceptor for an APRN student, the following information will be useful in planning student learning experiences.

Information on the APRN Program and Course

Obtain a copy of course objectives and clinical practice guidelines so that you clearly understand preceptor expectations for clinical practice with older adults.

- Determine the current level of the student’s clinical expertise. Is this experience his/her first clinical rotation or one nearing graduation?
- Determine the criteria for student evaluations.
- Ask about the frequency, methods, and length of faculty clinical visits to evaluate the student’s performance.
- Know the name of the faculty responsible for student, how to contact him/her, and decide how faculty is to contact you.
- Determine the time commitment; with specific start and end dates and number of hours weekly.
- Clarify the patient population/characteristics for which the student is expected to do clinical visits and in what amount of time. For example, is the student expected to have experience with approximately 50% adults and 50% older adults, or other characteristics such as “underserved”?

Practice Site Questions and Factors to Consider Before Precepting APRN Students

- Will your patient population be receptive to an APRN student?
- Can you realistically provide students the type of patients needed to meet course objectives?
- Do you have a collaborating physician or supervisor who needs to be included in the decision to precept an APRN student?
- Will a student impact your productivity or clinical site productivity?
- Are the exam rooms large enough to accommodate the patient, family, you, and a student?
- Are there enough exam rooms to provide extra time for a student to spend with a patient?
- Is a contract required between clinical site and school of nursing?
- Are there issues relevant to malpractice, worker’s comp, OSHA, TB skin test, etc.?
Will the student have access to and be documenting in electronic health records?
Will the student be required to attend an orientation session?
Is there enough office or clinic space to accommodate the student?
What clinical resources are available for student use?

2. Suggested Teaching Guidelines for Preceptors

When Precepting an APRN Student, These Guidelines Will Be Useful in Planning Student Experiences

- Establish your expectations with the student at the outset of the clinical experience and as needed.
- Attempt to match patients’ healthcare problems with the student’s level of competence.
- Establish a collaborative learning environment and provide ongoing feedback.
- Clearly explain how the student is to contact you to discuss difficult patients throughout the day.
- If possible, set a predetermined time for case discussions.
- Ask direct and critical questions in nonthreatening manner and away from patients.
- Adjust your expectations based on patients’ complexity.
- Identify student’s weaknesses and seek opportunities to assist student in mastery of skills.
- Be willing to assign outside readings relative to clinical experiences.
- Be flexible in your teaching style as the student progresses through the rotation.
- Recognize students do not progress at the same pace in clinical practice.
- Ask the student for a commitment to a diagnosis/problem, probe for supporting evidence/rationale, teach general principles, reinforce what was right, and correct mistakes.

These Guidelines May Be Useful When Addressing Concerns About a Student’s Clinical Performance

- Clarify expectations of student performance (is the student beginning, intermediate, or advanced?).
- First, ask the student about his/her perception of the identified problem.

Be as specific as possible, including examples of your concerns.
Ask the student if there are competence issues or barriers preventing satisfactory performance.
Try different teaching strategies. Does the student need more time shadowing you?
Assign the student only specific portions of the history, physical exam, or management plan to complete until skill level increases.
Does the student need exposure to different types of patients?
Is there a problem between student and staff that is impacting the situation?
Have the student set daily objectives to work on and mutually evaluate progress toward objectives.
Review the upcoming schedule and assign student additional background reading to prepare for specific cases.
Contact APRN faculty and request a telephone call, review of care, or site visit.
If problems persist, document observations, corrective measures, and send to faculty.
Document concerns in writing if a student is unsafe, not progressing, or unprofessional.

These Are Suggestions for Recognizing Excellent Student Performance

- For a student who demonstrates exemplary clinical practice, document his/her performance, and ask faculty if there are any awards for which such behaviors can be recognized.
- Consider writing a letter of recommendation for the student’s portfolio.
- Consider inviting him/her to apply for student awards in GAPNA, regional or state APRN group.
- Consider inviting the student to participate in developing a professional presentation or developing a manuscript for publication.

3. Suggested Readings for Clinical Preceptors

American Association of Nurse Practitioners (AANP). AANP has developed tools and resources designed to keep NPs informed on important health issues and to assist them in educating their patients. AANP offers this toolkit to support preceptors.


Hartford Institute for Geriatric Nursing (HIGN) e-Learning Resources Center

The APRN Faculty Resource Center was created to “house” the resources developed for this project. Some resources will require users to create a user ID and password to access materials. The HIGN training and education center is a portal to courses, podcasts, webinars, tools, and other resources related to care of older patients. Contains APRN Resources and Primary Care of Older Adults (PCOA) Initiative and Modules.

4. Mobile Device Applications

**Geriatrics at Your Fingertips App**
Options for Smart Phones: Prices vary

**Doctot - Tools of the Trade**
Free, $.99 for some tools

**Evidence in Motion App**
Fall prevention, includes “Timed Up-and-Go.” $4.99

**Care4Dementia**
Free. Information and support for caregivers in their role of caring for persons with behavioural changes that can occur in dementia

**Dementia Guide Expert for Families**
Free. Resource and guide for persons with dementia, families, and caregivers. Offers helpful advice and support for each stage. Available for Android and iOS devices.

**ConsultGeri Dementia App**
Step-by-step app for diagnosis and management of cognitively impaired older adults.

5. National Standards for Nurse Practitioner Competencies

The American Association of Colleges of Nursing (AACN), in collaboration with the National Organization of Nurse Practitioner Faculties (NONPF), released the 2016 Adult-Gerontology Acute and Primary Care Nurse Practitioner Competencies.

The American Association of Colleges of Nursing (AACN), in collaboration with The Hartford Institute for Geriatric Nursing at New York University College of Nursing, and the National Association of Clinical Nurse Specialists (NACNS), released the Adult-Gerontology Clinical Nurse Specialists Competencies in 2010. The competencies were revised in 2017 and will be released in fall 2018.

A Consensus Statement on Proficiencies for the APRN Gerontological Specialist

Developed by GAPNA and describes 12 clinical proficiencies of an APRN gerontological specialty practice. The APRN Gerontological Specialist acquires ongoing education and clinical experience, distinctive expertise, fluency, and advanced clinical decision-making proficiencies for managing the complexities of older adults and their families/caregivers with multifaceted, multilayered healthcare needs.
6. Suggested Student Geriatric Clinical Sites

**Adult/Gero Primary Care NP Program**

*Primary Care*
- Interprofessional Geriatric Clinic
- Internal Medicine Clinic
- Family Medicine Clinic
- Outpatient Palliative Care/Hospital Services
- Long-Term Care Facilities/Skilled Rehabilitation Centers
- Assisted-Living Facilities
- Home-Based Primary Care
- PACE (Program of All-Inclusive Care for the Elderly)

*Specialty Care*
- Geriatric Psychiatry Clinic
- Neurology/Memory Disorder Clinic
- Urology/Continence Clinic
- Fall Prevention Clinic
- Cardiology/Heart Failure Clinic
- Rheumatology/Osteoporosis Clinic
- Orthopedic Clinic
- Endocrinology Clinic

**Adult/Gero Acute Care NP Program**

- Geriatric Consult Service
- Palliative Care/Hospice
- ACE (Acute Care for Elders)
- Subacute Long-Term Care Facilities
- Internal Medicine Service
- Orthopedics Service
- Surgical and Medical ICU Services
- Geriatric Cardiology Service
- Geriatric Neurology Service
- Geriatric Emergency Department