

26<sup>TH</sup> ANNUAL

# Gerontology

## CLINICAL UPDATE

December 3-4, 2015

Peachtree Banquet Center, Columbia, MO



The purpose of this conference is to provide a forum for gerontology health care providers, administrators, educators, regulatory personnel and others interested, to discuss complex care issues common to all who care for the elderly, regardless of setting. The focus is on promoting excellence in gerontology health care by keeping abreast of the latest evidence regarding strategies that result in improved clinical outcomes.

### TARGET AUDIENCE

Health care professionals involved in the care of the elderly, regardless of setting - hospital, long-term care (LTC) facility, rehabilitation, hospice, home and community. Staff nurses, advanced practice registered nurses, nurse managers, staff development specialists, nurse educators, nursing home administrators, social workers and regulatory personnel and others interested are encouraged to attend.

### CONFERENCE DESCRIPTION

This gerontology conference is two days of evidence-based and application-oriented educational programming based on a combination of suggestions from past participants, current literature and hot topics suggested by the conference planning committee. Experienced gerontology nurses from hospitals, LTC settings, rehabilitation, home and community health, as well as gerontology nursing faculty, a licensed nursing home administrator, social worker and a LTC facility surveyor, have determined the topics for this year's event. Every effort has been made to translate the latest evidence into practical and useful knowledge for the gerontology practitioner.



Online registration available at  
[nursingoutreach.missouri.edu](http://nursingoutreach.missouri.edu)



### *CE participation can make a difference!*

These are just a few of the practice-related changes participants intended to make after attending the last Gerontology Clinical Update Conference!

- ✓ I intend to make myself conscious of how to talk to my patients and not use elder speak communication.
- ✓ Sleep Disorders – something I had never really considered until today – can be applied to my daily practice.
- ✓ Dementia/Delirium Program will be used every day in my practice.
- ✓ Much better understanding of Alzheimer's disease.
- ✓ Antipsychotics algorithm is really great!!!



### CE Credit

- Registered Nurses
- Advanced Practice Registered Nurses (**with Rx Hours**)
- Social Workers
- Nursing Home Administrators

## Day 1 – December 3, 2015



### 7:45 **Check-in and Continental Breakfast (Visit Exhibits)**

**8:15 **Welcome and Introductions**** - Shirley J. Farrah, PhD, RN-BC, *Assistant Dean, Nursing Outreach and Associate Teaching Professor, MU Sinclair School of Nursing*

**8:30 **We Must Make a Difference: Respect and Dignity for Older Adults**** - Janet Specht, PhD, RN, FAAN, *Adjunct Instructor, Department of Sociology, Appalachian State University, Boone, NC; Former Professor and Director of the Iowa John A. Hartford Center of Geriatric Nursing Excellence, University of Iowa, Iowa City*

The purpose of this presentation is to review the evidence of the impact of urinary incontinence on older adults and to offer ten strategies for increasing dignity and respect when communicating with them, while also helping them cope / overcome loss of urine control. As the health professionals who are most trusted and also in direct contact with older adults in all settings, it is critical that nurses take the lead in making a difference by promoting and treating older persons with dignity and respect.

#### Objectives:

1. Describe the impact of incontinence on the older adult's self-respect.
2. Discuss strategies for communication which increase dignity and respect in this age group.
3. Identify role modeling behaviors for health professionals which promote dignity and respect.

### 9:30 **Beverage Break**

### 9:40 **Evidence Based Practice in Long Term Care**

Janet Specht, PhD, RN, FAAN

This presentation will address the importance of using evidence-based practice in long term care (LTC). Strategies to promote the use of the best evidence in LTC will also be presented. Barriers and facilitators to implementation of evidenced practice will be discussed along with the attributes of facilities who are high adopters of evidence based practice.

#### Objectives:

4. Discuss the need for evidenced based care in LTC.
5. Describe the barriers which prevent implementation of evidence based practices into care.
6. Identify the strategies which promote adoption of evidenced based practices in LTC.

### 10:40 **Stretch Break**

**10:50 **The Importance of Maintaining Oral Health in Our Older Adults**** - Mary K. Laumbattus, RDH, *VISN Oral Health Research Officer, Clinical Ethics Advisor, Harry S Truman Memorial VA Hospital, Columbia*  
Our mouths and dental structures change with aging. As pulp spaces shrink and the pulps contain less and

less sensitive tissues, there can develop advanced oral pathology which is asymptomatic. It is extremely important to educate our older population, or those who care for that population, about the need for regular oral hygiene and dental visits.

#### Objectives:

7. Review the anatomy and physiology of the mouth.
8. Describe a brief oral health assessment.
9. Identify common oral problems resulting from neglect in the older adult.
10. Discuss treatments for periodontal disease.
11. Review care of the edentulous person including best care practices for dentures.

### 11:50 **Hosted Luncheon**

**12:40 **Psychotropic Medication: Side Effects and Adverse Reactions (Rx 1.5 hrs)**** - Nancy Birtley, DNP, APRN, APMHCNS-BC, *Assistant Teaching Professor, Sinclair School of Nursing, Columbia*

This session includes a discussion of the pharmacological action, common side effects and adverse reactions associated with each class of psychotropic drugs. Participants will learn how to use an Involuntary Abnormal Movement Scale (AIMS).

#### Objectives:

12. Discuss the pharmacological action of psychotropic drugs.
13. Identify side effects associated with psychotropic drugs.
14. Conduct an assessment using an AIMS.

### 2:10 **Beverage Break**

**2:30 **Using Non-pharmacologic Interventions for Addressing Dementia Behaviors**** - Michael Palmer, PhD, ABPP, *Staff Psychologist, Harry S Truman Memorial Veterans' Hospital, Columbia*

We will discuss a range of disruptive behaviors commonly observed in long-term care patients with neurocognitive impairment. We will then review basic principles of behavior management, with a focus on their application in this population. We will describe the STAR-VA program, which is an evidence-based intervention for management of disruptive behavior in long-term care adapted for use in VA Community Living Centers (CLC). Participants will learn the steps in assessing the antecedents and consequences contributing to disruptive behaviors, and how to develop a team-based care approach that encourages positive alternative behaviors.

#### Objectives:

15. Describe behavioral issues which may be seen in patients with dementia.
16. Identify basic principles of behavioral management.
17. Discuss evidence-based interventions for managing behavior issues with cognitively impaired patients.

### 4:00 **Adjourn**

## Day 2 – December 4, 2015



### 7:45 **Check-in and Continental Breakfast Visit Exhibits**

**8:15 **Welcome and Introductions**** - Shirley J Farrah, PhD, RN-BC, *Assistant Dean, Nursing Outreach and Associate Teaching Professor, MU Sinclair School of Nursing*

**8:30 **Quality Pain Care for Older Adults: Status and Pain Assessment Best Practices**** - Keela Herr, PhD, RN, FAAN, AGSF, *Professor and Associate Dean for Faculty, College of Nursing, Co-Director of the Iowa John A. Hartford Center of Geriatric Nursing Excellence, University of Iowa, Iowa City*

Pain is a prevalent and challenging problem impacting quality of life of older adults. Understanding the current state of pain in the older population and factors contributing to identification and effective management are essential. Best practice recommendations to facilitate identification and assessment of pain in older persons, including those with cognitive impairment, will be addressed.

#### Objectives:

1. Describe the state of pain and pain care for older adults.
2. Recognize issues and unique factors in assessing and treating pain in older adults.
3. Describe best practice recommendations for assessment of pain in older adults.
4. Identify resources to support assessment and treatment of pain in older adults.

### 10:00 **Beverage Break**

**10:20 **Best Practices in the Treatment of Pain in the Elderly (Rx 20 mins)**** - Keela Herr, PhD, RN, FAAN, AGSF  
Once pain is recognized, a comprehensive treatment approach is essential based on best practice evidence. Unique contributors that impact approaches to treatment and the effectiveness of treatment will be discussed. Recommendations for interventions effective for pain management of older adults provide best practice choices for clinicians seeking to assure quality pain care for all older adults.

#### Objectives:

5. Identify best practice strategies for managing pain in older adults, including pharmacologic and non-pharmacologic interventions for persistent pain.
6. Discuss progress and future directions for achieving quality pain care for all older adults.

**11:20 **Foot Care in the Elderly**** - Kim Phillips, MSN, RN, CFCN, *Nurse's Touch Foot and Nail Care Service, Columbia*

The foot has long been recognized as problematic for the elderly yet, when considering their daily needs, the

feet are routinely overlooked and problems are under-recognized by health care providers. However, foot health is associated with falls, infection, activity level and pain, and therefore necessary for independent activity, individual dignity and health well-being. During this session we will take a close look at foot problems in older people, the impact of neglected foot care and strategies for developing an expanded nursing role in foot health.

#### Objectives:

7. Describe the physiologic effects of aging on the foot.
8. Identify obstacles and barriers to self-care of the feet.
9. Identify common foot problems and related hazards associated with aging and selected co-morbidities.
10. Discuss the role of nursing in providing best practices and evidence based foot care for their elderly patients.

### 12:20 **Hosted Luncheon**

#### **1:15 **Mood Disorders in the Elderly (Rx 20 mins)****

David Beck, MD, FACP, FAPM, FAPA, *Associate Professor of Clinical Psychiatry, Department of Psychiatry, University of Missouri, Columbia*

As the percentage of elderly in the population grows with aging of the Baby Boomers, the problem of mental health disorders is also increasing. This presentation will discuss the incidence of both bipolar disorder and depression in the elderly. Currently those who are sixty-five or older make up about 12% of the population but the suicide rate among this group is at 18%. Learn the signs of suicide risk and how to intervene in this serious health problem.

#### Objectives:

11. Discuss the current incidence of mood disorders in the elderly.
12. Describe evidence based treatment modalities for these disorders.
13. Identify warning signs of suicide along with current best practice interventions.

### 2:15 **Beverage Break**

#### **2:30 **Falls: Prevention and Interventions****

Panel: Carmen Casanova Abbott, PhD, PT, *Clinical Professor, MU Department of Physical Therapy, Show Me Fall Free Missouri Coalition Leadership Team*; Eileen Costantinou, MSN, RN, BC, *Practice Specialist, Senior Coordinator, Barnes-Jewish, St Louis*; Byron Freeman, BS, LNHA, *Loch Haven Senior Living, Macon*; Alexis Roam, MSN, RN, *Lead Faculty, MU Enhanced Leadership Development Academy for LTC, MU Sinclair School of Nursing, Columbia*

In spite of myriad fall prevention programs, falls remain a persistent problem for the elderly across all settings. Falls are the leading cause of death due to unintentional injury in people aged 65 and older in the US. In LTC, 60 percent of nursing home residents fall each year. In community-dwelling elders, one out of three older adults aged 65 or older falls each year but less than half talk to their healthcare providers about it. Among older adults

across all settings, falls are the leading cause of both fatal and nonfatal injuries. In 2013, 2.5 million nonfatal falls among older adults were treated in emergency departments and more than 734,000 of these patients were hospitalized. The direct medical costs of falls, adjusted for inflation: \$34 billion. (CDC, 2015).

This panel of health care professionals will discuss falls in the home, hospital and LTC setting and offer ideas for how to intervene to decrease the number of falls among older adults.

**Objectives:**

14. Review the definition of a fall.
15. Describe interventions which help to decrease the number of falls.
16. Discuss the implications of falls from both the clinical and administrative perspectives.

**4:00 Adjourn**



**PLANNING COMMITTEE**

**Hellen Adrian, RN**, *Manager, Section for Long-term Care, Missouri Department of Health and Senior Services, Jefferson City*

**Myra A. Aud, PhD, RN**, *Associate Professor Emerita, MU Sinclair School of Nursing, Columbia*

**Joseph Caraway, APRN/BC**, *Adult/Gerontological Nurse Practitioner, Barnes Health Care Management, Columbia*

**Laura DeVries, RN**, *Director of Nursing, The Bluffs, Columbia*

**Shirley J. Farrah, PhD, RN-BC**, *Assistant Dean, Nursing Outreach and Associate Teaching Professor, MU Sinclair School of Nursing, Columbia*

**Byron Freeman, BS, LNHA**, *Administrator, Loch Haven Senior Living Community, Macon*

**De Minner, BSN, RN**, *Faculty Associate, MU Enhanced Leadership Development Academy for LTC, MU Sinclair School of Nursing, Columbia and Approved Dementia Care Mapping Instructor, University of Bradford, Bradford, UK*

**Kathleen Ford O'Neill, MSW, LCSW, ACSW**, *Missouri University Psychiatric Center, Columbia*

**Cynthia S. Stephens, MS(N), RN**, *Clinical Instructor/Nurse Planner, MU Nursing Outreach, Columbia*

**Lisa Stidham, MSN, CRRN**, *Gerontology Course Coordinator, MU Sinclair School of Nursing, Columbia*

**Jessica Tappana, MSW, LCSW**, *Licensed Clinical Social Worker, Fulton State Hospital, Fulton*

**Reng Winters, MS(N), RN-C**, *Gerontology and Family Nurse Practitioner, Harry S Truman Veteran's Administration Hospital, Columbia*

**GENERAL INFORMATION**



**LOCATION**

The conference will be held at the Peachtree Catering and Banquet Center Ballroom, 120 E. Nifong, Suite D, Columbia, Mo., 65205. Should you need to be reached during the activity, the phone number is 573-875-6608. See website for directions to Peachtree.

**LODGING**

**Stoney Creek Hotel**

A block of rooms at the special rate of \$99 has been reserved for the evenings of December 2-3, 2015 until November 2, 2015 at the Stoney Creek Hotel, located at 2601 S. Providence Road, Columbia, Mo., 65203. After this date, rooms will be on a space available basis only. To make reservations, please call 1-800-659-2220. The hotel is located just off Providence Road, 1.5 miles north of the Peachtree Banquet Center where the conference will be held. **Be sure to ask for the MU SCHOOL OF NURSING room block.** Participants are responsible for making their own reservations and guaranteeing reservations with a credit card.

See website for driving directions and area map with location of Peachtree Banquet Center and Stoney Creek Hotel. They are within roughly a 1 mile radius.

**ACCREDITATION**

**Nursing:** The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Midwest Multistate Division Provider Number 716-VII.

Up to 6.0 contact hours will be awarded for Day 1 and 6.0 contact hours for Day 2 to all individuals who attend, complete the evaluation form, and are paid in full. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.

**Social Work:** 0.6 CEUs (6 contact hours) for Day 1 and 0.0 CEUs (6 contact hours) for Day 2 have been applied for from the University of Missouri, School of Social Work.

**Nursing Home Administrators:** Clock hours have been applied for from the Missouri Board of Nursing Home Administrators. TA-073-916.

**REGISTRATION CANCELLATION AND SUBSTITUTION**

We understand that circumstances may arise that require you to cancel or send a substitute. If you cancel your attendance five or more business days before the conference, your registration fee will be refunded, less a \$25 processing fee. You may send a substitute at any time. Please notify the Nursing Outreach office of any registration changes prior to the conference to facilitate the check-in process.

Please note that upon submitting your registration, you are responsible for paying the full registration fee, whether or not you actually attend the conference, unless your registration is canceled at least five business days prior to the conference. All cancellation notices must be in writing; e-mail notification is acceptable.

**HANDOUTS**

A conference syllabus will not be provided. A link to the handouts will be e-mailed to each paid registrant one week prior to the conference. MU Nursing Outreach only provides the link to handouts to paid registrants of this conference. Accordingly, please do not share this link. If someone needs the link, they should call our office at 573-882-0215.

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**REGISTRATION FORM**

**Conference Cost**

Includes web link to syllabus, CE credit, Continental breakfast, hosted Luncheon, 2 breaks each day.

**Early Registration - by Nov. 12**

- \$129 - Day 1 (Dec. 3)
- \$129 - Day 2 (Dec. 4)
- \$229 - Both days

**Regular Registration - after Nov. 12**

- \$149 - Day 1 (Dec. 3)
- \$149 - Day 2 (Dec. 4)
- \$269 - Both days

**On-site Registration**

- \$159 - Day 1 (Dec. 3)
- \$159 - Day 2 (Dec. 4)
- \$269 - Both days

**STUDENT RATE:**

**By November 12**

- \$89 - Day 1 (Dec. 3)
- \$89 - Day 2 (Dec. 4)
- \$159 - Both days

**After November 12**

- \$109 - Day 1 (Dec. 3)
- \$109 - Day 2 (Dec. 4)
- \$179 - Both days

College/University \_\_\_\_\_

Name of Major Advisor \_\_\_\_\_

**Please check your profession:**

- Nurse
- Advanced Practice Registered Nurse
- Nursing Home Administrator
- Social Worker
- Regulatory personnel
- Other \_\_\_\_\_

Yes  No

My name and contact information can be included on the conference roster for networking purposes.

Yes  No

I am a Mizzou Nursing Alum.

Yes  No

I am a 1st time conference registrant.

**I prefer to receive my conference brochure:**

- mailed
- electronically
- either route is OK

**GROUP REGISTRATIONS:**

3-5 who register together with one payment receive a 10% discount/person  
 6 or more who register together with one payment receive a 15% discount/person

Please call 573-882-0215 to register or mail all registrations at one time to:  
 MU Sinclair School of Nursing, Rm. S266, University of Missouri, Columbia, MO, 65211-4120.

You may fax your registrations to 573-884-8278 but please **DO NOT INCLUDE** a credit card number. You will need to call the office with the credit card number for faxed registrations.

Full Name: \_\_\_\_\_

Educational Credentials: \_\_\_\_\_

Name for Badge (if different): \_\_\_\_\_

Organization: \_\_\_\_\_

Position: \_\_\_\_\_

Employer Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Payment**

- Check enclosed made payable to University of Missouri  
 Mail to: MU Nursing Outreach, S266 School of Nursing Building, Columbia, MO 65211-4120

Please use ISE (MU only)

MO Code \_\_\_\_\_ PS Account \_\_\_\_\_

**For credit card payment please call our office (573)882-0215 or register online. Do NOT fax or email credit card information.**

Please Charge my:  Discover  Visa  MasterCard  American Express

Account # \_\_\_\_\_ Exp. date \_\_\_\_\_

Card Holders Name \_\_\_\_\_

Signature \_\_\_\_\_

Fax registration to: (573)884-8278 (*Do not fax credit card information- please call with payment*)

Check is being processed and will arrive under separate cover.

**Online Registration available at: [nursingoutreach.missouri.edu](http://nursingoutreach.missouri.edu)**

**Questions? Comments?**

**Call (573) 882-0215 • Fax (573) 884-8278 • or email [NursingOutreach@missouri.edu](mailto:NursingOutreach@missouri.edu)**

Please note that upon submitting your registration, you are responsible for paying the full registration fee, whether or not you actually attend the conference, unless your registration is canceled at least five business days prior to the conference.



University of Missouri

Nursing Outreach

S266 School of Nursing Building

Columbia, MO 65211-4120

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*Detailed program information  
and online registration  
can be found at [nursingoutreach.missouri.edu](http://nursingoutreach.missouri.edu)*



**Sinclair School of Nursing**  
*University of Missouri Health*

*Nursing Outreach: Where Continuing Education  
and Continuing Competency Meet*

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