

Pennsylvania Governor's School for Health Care
Summer 2006
Geriatrics Concentration Syllabus

Course Schedule

Course Description: "The Aging Population and the Healthcare System"

Course Goals: "Knowledge, Attitudes, and Skills"

Session I Course Overview and Introduction to Successful Aging

Objectives:

- To introduce the geriatrics concentration, goals of the course, and provide an overview of upcoming sessions.
- To facilitate understanding of the concept of "successful aging."
- To provide an opportunity for students to hear 1st hand reports from older adults who are aging successfully.

Articles: Supercentenarians Tables: Validated Worldwide Supercentenarians for 2005
Supercentenarians Tables: Living and All-time World Longevity Record-Holders over the Age of 110
Aging in the Know: Trends in the Elderly Population
Aging in the Know: The Aging Process
Tips for Overcoming the Challenges to Healthy Aging
The Active Aging Toolkit
Senior Adults' Perceptions of Successful Aging

Session 2 The Geriatric Healthcare Continuum

Objectives:

- To learn about the continuum of long-term care services, related levels of dependency, and financing mechanisms
- To provide an understanding of "transitional care"
- To increase understanding of the older adult's experience of aging in American society

Articles: "The Continuum of Care"
Aging in the Know: Insurance, Financing, and Costs of Health Care
Into Aging: Understanding Issues Affecting the Later Stages of Life--Directions for Players, 2nd ed.

Session 3 Meet the Healthcare Professionals

Objectives:

- To provide an understanding of the roles of the professional members of the geriatric health care team
- To describe the role of the geriatrician and nurse practitioner as members of the geriatric team.
- To describe the educational requirements for the geriatrician and nurse practitioner.
- To understand occupational therapy's emphasis on supporting function and performance in daily life activities
- To understand the different contexts in which occupational therapists provide services
- To describe the role of the pharmacist in optimizing medications for older adults
- To recognize the rewards and challenges of being a member of the geriatric health care team.

Articles: Careers in Aging

Why Geriatrics as a Career Choice?

Beyond Function: Predicting Participation in a Rehabilitation Cohort

Physical Impairment and Disability: Relationship to Performance of Activities of Daily Living in Community-Dwelling Older Men

Pharmaceutical Care for Elderly Outpatients

Session 4 Dementia: Exploration of a clinical syndrome

Objectives:

- To understand the impact of Alzheimer's disease and related dementias on society and on the US healthcare system.
- To learn about the epidemiology and clinical syndrome of Alzheimer's disease.
- To understand how physicians' diagnose Alzheimer's disease.
- To learn about treatment options.

Article: Alzheimer's Disease Fact Sheet

Session 5/6 Life in Senior Care Facilities:

Site Visit to Seneca Campus and Resident Interviews

Objectives:

- To gain an understanding of geriatric care provided in three types of settings: Independent living, assisted living and skilled nursing facility.

- To learn about life in three types of senior care facilities from the resident's perspective

Resident Interview Guide will be distributed on day of site visit

Session 7 Parkinson's Disease and Related Disorders

Objectives:

- To learn the basic clinical, histopathological, genetic, and pathophysiological features of Parkinson's disease (PD).
- To apply a basic understanding of the dopaminergic abnormalities in PD, particularly as they apply to the cardinal motor features of the disease, to its symptomatic therapy.

Article: Parkinson Primer

Session 8/9 Home and Community-Based Services: Site Visits to Vintage House and Community Life

Objectives:

- To learn about federal programs for older adults, which are administered by the US Administration on Aging through the PA Commonwealth's Department of Aging and Area Agencies on Aging.
- To explain the purpose of a Senior Center and an Adult Day Care Center.
- To acquire knowledge about home and community based services (HCBS) and funding mechanisms, such as the PA State Lottery.
- To learn about the coordination of HCBS care for high risk older adults.
- To provide insight into the value of nursing home alternatives for nursing home eligible older adults and their families.

Resident Interview Guides will be distributed on day of site visit

Session 10 Depression in Late-Life

Objectives:

- To provide an understanding of late-life mood disorders
- To learn about the etiologies of late-life depression
- To acquire knowledge of treatment options for late-life mood disorders.

Article: Maintenance Treatment of Major Depression in Old Age

Session 11 Technology in Aging: Applications for Improving Safety, Quality of Life, and Quality of Care

Objectives:

- To learn how technology can be used to improve safety.
- To gain an understanding of ways in which technology can improve the older adult's quality of life.
- To show how technological applications are being used to improve quality of care.

Articles: Improving Safety with Information Technology
Everyday Health: Technology for Adaptive Aging

Session 12/13 Research in Aging: Overview, Caregiver Research, and Site Visits to three UPMC-based Research Laboratories

Caregiver Research

Objectives:

- To know the health effects of moving into and out of the caregiving role.
- To understand individual risk factors for negative health effects.
- To identify treatment strategies for minimizing negative health effects.

Articles: How TLC Makes You Sick
Caregiving as a Risk Factor for Mortality: The Caregiver Health Effects Study

Human Movement and Balance Laboratory Site Visit

Objectives:

- To describe the importance of fall and musculoskeletal injury prevention for older adults
- To understand why a thorough understanding of the multidimensional underlying principles that govern human movement and balance is needed.
- To identify ways in which bioengineering enables researchers to capture and analyze the dynamics of human motion.

Article: Pitt HMBL Brochure

Neuroimaging Laboratory Site Visit

Objectives:

- To understand the importance of neuroscience in geriatric mental health.
- To be exposed to research methods in neuroimaging.
- To recognize the relationship between depression and

dementia.

Article: SFN Brain Briefings: Brain Imaging
Welcome to the Geriatric Psychiatry Neuroimaging (GPN)
Lab

Urinary Incontinence Laboratory Site Visit

Objectives:

- To gain an appreciation for the complexity of the urinary system.
- To learn the distinction between stress and urge incontinence and the impact of these conditions on older adults' quality of life.
- To be exposed to ways in which applied fluid dynamics and neuroimaging research methods are contributing to the development of non-pharmacological treatments for incontinence.

Article: The Patient Education Forum: Urinary Incontinence

Session 14 Advance Planning and End of Life

Objectives:

- To gain an understanding of the importance of advance planning for end of life care
- To acquire knowledge of the process of death and dying.
- To learn how end of life issues are handled in the USA

Speaker will distribute a handout at the end of the class.

Session 15 Become an Aging Millionaire: Course wrap-up, evaluation and Contest