



Volume XIX No. 4, Fall 2016

From the Director's Desk

The Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Enhancement Program, is working on goals and objectives for the second year of this program to educate health professionals, students, caregivers, first responders and the general public about issues and topics that affect our older population. We are proud of our achievements during the first year and are coming up to midway through year 2.

We will continue to offer video teleconferences four times/year; the first conference, broadcast in September addressed strategies to prevent and manage falls in both in-patient and outpatient settings. An upcoming video teleconference, scheduled for October 26, will be on trauma in the geriatric patient and anti-coagulant reversal strategies. Previous programs that you may have missed will be available as DVDs or on-line (unedited). Coming programs can be seen at UAMS or a site near where you work by the interactive television network, but programs are also now available through Blackboard Collaborative, a web-streaming option; this means you can stay at your computer and receive the program in real time and...

[more information »](#)



>IN THIS ISSUE

Idarucizumab: The New Dabigatran Reversal Agent

Nick Grunewald, PharmD candidate and Lisa C. Hutchison, PharmD, MPH
University of Arkansas for Medical Sciences (UAMS)

>UPCOMING EVENTS

**FREE 2-HOUR VIDEO
TELECONFERENCE!!**

October 26, 2016

Trauma and the Geriatric Patient & Anticoagulant Reversal Strategies (FR

Dabigatran is a twice a day oral anticoagulant indicated for stroke prevention in patients having atrial fibrillation and deep vein thrombosis/pulmonary embolism treatment and prevention. These conditions are more prevalent in older and frail adults. Dosage ranges from 110mg twice a day to 150mg twice a day, with 150mg doses noted as having a higher incidence of bleeding. Dabigatran becomes therapeutic within 24 hours of administration with continuation of therapy. Studies show that dabigatran is an acceptable alternative to warfarin and has a similar adverse effect profile. Dabigatran acts as a direct thrombin inhibitor, and in comparison to warfarin, it does not require frequent monitoring, has a more rapid effect, and fewer drug-drug interactions.

Until now, if a patient on dabigatran had a major bleed there was no way to quickly reverse its effects. Clinicians (and patients) had to wait until the drug was eliminated from the body for its effect on bleeding to dissipate or, sometimes in extreme bleeding situations, clinicians might try prothrombin complex concentrate to reverse dabigatran effects. Not having a reversal agent was considered a...

[Read more ...](#)

Use of Technology and Home Exercise Compliance in Older Adults

Chad Lairamore, PhD, PT, GCS, NCS, and Sarah Walker, DPT
University of Central Arkansas

Patient compliance has been a consistent challenge to ensuring appropriate treatment within all fields of healthcare.(1-3) Not only is compliance crucial to decreasing healthcare costs by minimizing wasted healthcare dollars on repeated services where benefits are not fully realized; compliance by patients may become a factor in provider viability, with reimbursement impacted by the outcomes that clients achieve.(1,4,5) As healthcare continues to move toward value and outcome-based models of reimbursement, this old problem takes on a new perspective as reimbursements may soon be incentivized by, or even directly linked with, patient outcomes.(6-8) Additionally, for patients to receive appropriate medical treatment they must have a partnership with the care provider and be engaged in managing their own health care. The choices they make every day have the greatest impact on their wellbeing.(1,5) In fact the World Health Organization states that “Increasing the effectiveness of adherence interventions may have a far greater impact on the health of the population than any improvement in specific medical treatments.”(5) Non-compliance is of particular importance in the older adult population, as data indicate that

CEUs)

Please join the Arkansas Geriatric Education Collaborative (AGEC) for a **FREE video teleconference (VTC) on Oct. 26, from 11 a.m. to 1 p.m.** Each year at least **250,000 older people are hospitalized for hip fracture due to trauma – usually from falling and suffer injuries like hip fractures and head injuries. Many older trauma patients are on anticoagulants for such co-morbidities as atrial fibrillation and will require anticoagulant reversal for treatment. Anticoagulants pose special risks to older trauma patients and management is controversial.**

Speakers are Kelly Urban, MEd, BSN, RN, CCRN-K, TCRN, Trauma Program Education, Outreach, and Injury Prevention Coordinator at UAMS, and Gavin Jones, PhD, PharmD, BCPS, Assistant Professor of Pharmacy Practice at UAMS.

The detailed announcement regarding this VTC may be found on our website at www.agec.org/events.

Save the Date for Geriatric Grand Rounds hosted by AGEC (FREE CEUs)

Geriatric Grand Rounds on November 2, 2016, 8 a.m. Speaker is Dr, Richard Zraick, Professor and Chair in the Department of Communication Sciences and Disorders at the University of Central Florida (UCF). Dr.

those over the age of 65 are less likely to...

[Read more ...](#)

Anesthesia and Postoperative Cognitive Decline (PCOD) in Elderly Patients

Jill S. Detty Oswaks, DNSc, CRNA, Lorena Thompson, DNP, CRNA
Arkansas State University

Over the years, anesthesia care and safety has improved, expanding anesthesia delivery to all age groups with a wide range of health needs. Parallel to the increased safety using newer anesthetic agents and technology, scientific knowledge is emerging on the effects of stress and anesthesia on long term health. The baby boom generation will enter retirement with a greater projected lifespan than their parents and with greater health issues.(4) Anesthesia providers and patients, aged 60 and older, must be aware of the potential effects of anesthesia on long term health.

Age, which affects almost every organ system, is strongly correlated with diseases, need for hospitalization and length of stay, injuries, and adverse reactions to medications (1). The associated risks for increased morbidity and mortality parallel an increase in surgeries in the aging population.

A major public health concern is post-operative cognitive decline (POCD) in the elderly. The study of POCD is to determine if a link between perioperative care and POCD exists and strategies to prevent its development. Postoperative cognitive decline is defined as a drop in cognitive performance on neuropsychological tests postoperatively as compared to preoperative performance (2). Unfortunately, diagnosis can only occur in individuals who have undergone preoperative neuropsychological testing. The implications of POCD are greater than just cognitive decline and include increased morbidity and mortality...

[Read more ...](#)

Zraick will speak on
**"Communication Impairment
in Persons
with Alzheimer's Disease."**

**Geriatric Grand Rounds on
November 9, 2016,
8a.m.** Speaker is John A. Schall, Chief Executive Officer of the Caregiver Action Network. Mr. Schall is a public policy and communications professional with noted expertise in a wide range of fields, including healthcare, labor, education, economic development, taxation, and budget policy. He will be speaking on **"How the Caregiver Experience can positively impact the Patient Experience."**

Arkansas Geriatric Mentors and Scholars (AR-GEMS) Program

AR-GEMS is a 60-hour self study program for all health professionals across disciplines who work with older patients and want to learn more about the aging process and to improve the care they provide. The self-study program is nine months in duration and begins upon enrollment.

Except for a one-day Coaching and Mentoring Workshop, attendance at two AGEC video teleconferences, and the Annual Geriatric Long Term Care Update in Little Rock, all coursework is online. If interested, please call

Flu Season and Older Adults: Vaccination and Creating a Layer of Protection Around Our Most Vulnerable Patients

Kerry Krell, MPH, CHES, CDP, Outreach Coordinator
UAMS Arkansas Geriatric Education Collaborative

Fall is here and that means cooler weather, the holidays, and flu season are around the corner. People over the age of 65 are considered high risk for serious complications from the flu, such as pneumonia, bronchitis, sinus infections and ear infections that can quickly lead to hospitalization and sometimes death. Certain medical conditions, such as diabetes, heart disease, chronic lung disease, and people who have a weakened immune system due to chemotherapy or other immune-suppressing medications, put seniors at an even greater risk for flu and flu-related complications.

Fortunately, the flu vaccine is widely available and is the number one tool that health care providers can use to help keep their senior patients healthy. However, the best protection against flu requires a multi-faceted approach. The CDC offers some tips below to maximize older adults' protection against the flu:

1. Strongly encourage patients over the age of 65 to get a flu shot. There are two vaccines designed specifically for people 65 and older.
 - The [high dose vaccine](#) contains 4 times the amount of antigen as the regular flu shot
 - The [adjuvanted flu vaccine](#) is designed to help create a stronger immune response to vaccination. This vaccine is available for the first time in the United States during the 2016-2017 flu season
2. Encourage your older patient's family and caregivers to also get vaccinated against the flu. By vaccinating the family and caregivers of your patient, you're...

[Read more ...](#)

501.603.1969 or email
rvgibson@uams.edu for
an application.

AGEC programs are supported by
a grant
from the U.S. Health Resources
Services
Administration (HRSA).

Upcoming Arkansas Geriatric Education Collaborative (AGEC) & Centers on Aging (COA) Co-Sponsored Events

South Arkansas Center on Aging, El Dorado
(For more information on events happening here, call 870.639.1744):

10/27/16: Alzheimer's/Dementia Experience: Take a Walk in Their Shoes [1:00 pm to 4:00 pm] Chapel Woods Health and Rehab, Warren, AR

11/29/16: Family Caregiver Workshop on Dementia [10:00 am to 4:00 pm]

Oaklawn Center on Aging, Hot Springs
(For more information on events occurring here, call 501.276.0945:

10/19/16, 11/17/16, 01/19/17: Alzheimer's/Dementia Experience: Take a Walk in Their Shoes, [8:30 am to 5:00 pm] Schmieding Home Caregiver Training Program

10/31/16; 11/07/16: Family Caregiver Workshops [9:00 am to 2:00 pm] Garland County Library

Center on Aging Northeast, Jonesboro
(For more information on events occurring here, call 870.207.7600:

01/11/17 and 01/12/17: Family Caregiver Workshop [noon to 4 pm each day], Schmieding Home Caregiver Training Program

11/03/17: Direct Care Worker In-

10 Interesting Facts About Senior Citizens

Regina V. Gibson, MALS, RN, CHES, CDP, CADDCT, CFRDT
Program Coordinator, UAMS Arkansas Geriatric Education
Collaborative

1. Senior Citizens are Still Active in the Workforce

There are currently over 5 million senior citizens who are active in the work force. That means that 5 million older people are still sharing their skills and expertise to help make the world and their industry a better place.

2. Senior Citizens Are More Likely to Vote

Senior citizens make up the majority of registered voters. That means that they are also good citizens with a strong sense of civic pride and commitment to their country.

3. Senior Citizens Have a Day of Recognition

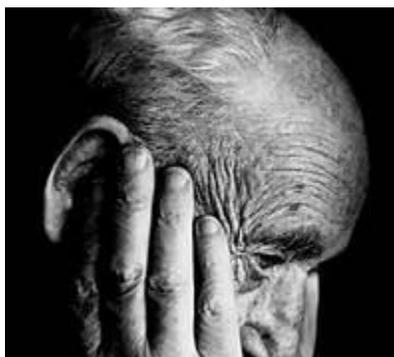
May is the designated month for appreciating and recognizing senior citizens. August 21st, however, is official Senior Citizens Day. Its purpose is to bring awareness about social and economic issues regarding the well-being of seniors, as well as to honor them for their contributions.

4. Senior Citizens are More Likely to Commit Suicide

The media may lead us to believe that younger people are more inclined to take their own lives. However, the truth is that people 65 and older are more likely to commit suicide than any other age group.

Men are more likely to commit suicide than women. According to the CDC, the suicide probability for women...

[Read more ...](#)



Service, High Blood Pressure, [2:30 to 3:30 pm]

Little Rock

(For more information on events occurring here, call 501.526.6500)

11/16/16: Family Caregiver Workshop [10:0 am to 4:00 pm]

UAMS Institute on Aging

12/08/16: Family Caregiver Workshop-Physical Skills [10 am to 4 pm]

Texarkana Regional Center on Aging - Texarkana

(For more information on events occurring here, call 870.770.2030)

10/21/16: Alzheimer's/Dementia Experience: Take a Walk in Their Shoes [1:00 pm to 2:00 pm]

11/28/16 and 11/29/16: Family Caregiver Workshops [1:00 pm to 4:00 pm]

01/09/17 through 01/13/17: Family Caregiver Workshops [9:30 am to 11:30 am] Dierks Community Center

Springdale Schmieding Center

(For more information on events occurring here, call 479.750.1989)

11/30/16: Family Caregiver Workshop, [9am to 1 pm], Schmieding Center

12/09/16: Alzheimer's/Dementia Experience Take a Walk in Their Shoes [9:00 am to 3:00 pm]

South Central Center on Aging-Pine Bluff

(For more information on events occurring here, call 870.879.1440)

11/10/16: Family Caregiver Workshop, [8:30 am to 4 pm]

Direct Care Worker In-Services Across the State

10/26/16: Cooking 101 [1:00 to 3:00 pm] Schmieding Center Springdale

11/03/17: High Blood Pressure, [2:30 to 3:30 pm] Jonesboro Schmieding Home Caregiver

Training Program

11/15/16: Alzheimer's Disease [1:00

Advice on Caring for Alzheimer's Patients

by Joy Glenner

Dear family and friends; Please try to understand
What I am now, not to think of me as I was.
I am alone, shut in, with my fears
My frustration, my forgetfulness.

Forgive me if I strike out at you.
Why do I do that?
What has happened to me?
I cannot cope in this alien world.

I feel threatened, I am frightened.
Speak slowly, approach slowly.
Repeat again and again what you want of me.
Those twisted tangles in my brain
Have messed up my world.

Be patient, for I do love you.
And I need your help and love
So very, very much.

Your Alzheimer's Patient.

If you are interested in Alzheimer's and Dementia Care Training regardless of whether you are a direct care worker, family caregiver, health professional or other who is directly or indirectly involved in the care of persons with Alzheimer's disease, email us at agec@uams.edu. Classes are taking place across the state. We would like to help you provide the best care possible for your patients and loved ones. That best care possible begins with understanding what they are up against and how to communicate and care for them. Call us today, we want to help!

to 2:00 pm] Texarkana Center on Aging
12/07/16: Stress Management for Caregivers, Schmieding Center Springdale [1:00 pm to 2:00 pm]
12/12/16: Nutrition in Older Adults [2:00 pm to 3:00 pm] Texarkana Center on Aging

Did you know

that...? 

If you are finding it difficult to attend a live event, now through UAMS Blackboard Collaborate, you can attend our VTC programming via live streaming from your computer. This option allows you to watch and interact with our speaker during the program's question and answer segment. The applicable link is provided on our website at www.agec.org/vtc. Forms to complete for continuing education credit are included within the event page for each program. We hope this delivery method provides you with an easy and convenient way to receive our educational programming!

If you encounter any difficulties with streaming, contact Sajni Kumpuris at agec@uams.edu. [>more information](#)

>PEARLS OF WISDOM

Quote...

**"The epidemic is upon us.
It's a very difficult thing to say
to a patient
that there's nothing we have
for you,
but that is the honest response.
There are no disease-
modifying therapies
for Alzheimer's."**

by

*Dr. John Trojanowski
Director of the Institute on Aging
University of Pennsylvania
School of Medicine*

[Our Website](#) | [Events](#) | [Contact Us](#)

Arkansas Geriatric Education Collaborative
University of Arkansas for Medical Sciences
4301 West Markham, #798
Little Rock, AR 72205
Website: www.agec.org

Copyright ©
[Arkansas Geriatric Education Collaborative](#)