



QUARTERLY REVIEW

Arkansas Geriatric Education Collaborative

Volume XVI, No 1 Winter 2016

From the Director's Desk

As we transition from an old year to a new one, it is always good to reflect on what we accomplished during 2015 and what our goals are for the New Year. Our Geriatric Education Center had an awesome 18 years of developing, producing, and evaluating programs on issues related to aging, and we are so proud of what we contributed to the education and training of health professionals, faculty and students who are looking forward to careers in one of the many health care disciplines in Arkansas. We hope to continue our connection and friendships with many of you while we forge ahead with the Geriatric Workforce Education Program (GWEP), the Arkansas Geriatric Education Collaborative, and meet new people interested in geriatric topics and...

[more information »](#)



>IN THIS ISSUE

Alzheimer's Disease and Dementia

Kathy Packard, M.Ed., MS, LPC, CDP, CADDCT
Education Director, Oaklawn Center on Aging
University of Arkansas for Medical Sciences

In 2013, five million Americans were living with Alzheimer's disease and by 2050 this number is projected to rise to 14 million according to the Centers for Disease Control and Prevention (CDCP). Alzheimer's is the sixth leading cause of death for all ages and fifth leading cause of death for people 65 years of age and older. Alzheimer's disease does not discriminate; it affects, women, men, and all ethnic groups, and begins at various ages. Someone will develop Alzheimer's every 65 seconds with an annual cost of more than \$203 billion.

The need to increase knowledge and to assist families and those affected by Alzheimer's disease is growing. In the United States, there are over 15 million unpaid caregivers. Although in recent years much attention has been given to Alzheimer's disease and there is more awareness of the devastation of the disease, more education and information is needed on how to best care for

>UPCOMING EVENTS

**APRN Geriatric Pharmacology
Conference** **Convenes
Soon!**

April 08, 2016

**Mark your calendars to attend the annual
APRN Geriatric Pharmacology Conference
scheduled for Friday, April 8, 2016 at the
UAMS Donald W. Reynolds Institute on
Aging. The conference will be held live in the
Jo Ellen Ford Auditorium and broadcasted
to the Regional Centers on Aging.**

**Date: April 08, 2016
Time: 8:45 am to 3:45 pm
Location: Jo Ellen Ford Auditorium at 629
Jack Stephens Drive, LR, AR 72205
Target Audiences: APRNs and PharmDs**

**This program is designed to meet the CE
requirement for APRNs with prescriptive
authority.**

Highlights:

Pathophysiology of Newer Insulins

those who have been diagnosed.

The Arkansas Geriatric Education Collaborative is funded to train...

[Read more ...](#)

The Importance of Nutrition Assistance in Older Adulthood

Alicia S. Landry, PhD, RD, LDN, SNS, Assistant Professor
University of Central Arkansas (UCA)

After age fifty, there are many metabolic and physiologic changes impacting the nutritional needs of an individual. A slower metabolic rate with age is due to a decrease in muscle mass; this results in lower calorie needs. Many older people experience difficulty obtaining sufficient nutrients to support or achieve optimal health. These challenges may be related to inadequate dentition or swallowing issues, cognitive and psychosocial changes, as well as insufficient income. Inadequate energy intake can eventually lead to chronic fatigue, depression, and a weakened immune system.(1)

As health practitioners, it is critical that we encourage older adults to consume nutrient-dense diets. The significance of this was noted in 2006 when the inclusion of separate nutrition recommendations for individuals 70 and over was made. Meeting daily protein requirements is essential for the aging adult because...

[Read more ...](#)

Proton-Pump Inhibitors as Potentially Inappropriate Medications in Older Adults

Janna Hawthorne, PharmD.
University of Arkansas for Medical Sciences

In October 2015 the American Geriatrics Society (AGS) released updates to the 2012 version of the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. A new class of drugs was added to the 2015 AGS Beers Criteria as potentially inappropriate in older adults, the proton-pump inhibitors (PPIs).(1) PPIs are clinically indicated for use in acute ulcers, gastroesophageal reflux disease, erosive esophagitis, hypersecretory conditions, prevention of

Timothy R. Gilbert, M.D., FACP

Pain Management and Palliative Care
Leasa L. Roach, RN, MNsc, GNP-BC,
ACHPN

Beers Criteria - What's New?
Leslie J. Warford, PharmD

Behavior Control in Dementia Patients
Lewis P. Krain, M.D.

Vaccines: When, Where, and Why?
Jennifer A. Dillaha, M.D.

Registration is \$80.00 on or before April 06, 2016.

Register
at: <https://www.eventbrite.com/e/uams-aprngeriatricpharmacology-conference-2016-tickets-19909482799>

Note: Registration increases to \$100.00 after April 6th at which time all payments are nonrefundable.

Lunch is included with registration.

Video teleconference is available at the Centers on Aging (COAs) at: Jonesboro, El Dorado, Springdale, Texarkana, Hot Springs, Fort Smith, and Pine Bluff (See www.aged.org/events for contact information at these sites).

Applications have been made for up to 5.0 nursing and pharmacology contact hours. Determination is pending.

For more information,
visit www.aged.org/events

FREE 2-hour Video Teleconference

May 05, 2016
"Common Dental Issues of Older Adults and Nutritional Implications"

SPEAKERS:

Gretchen Gibson, DDS, MPH - Director of the Dental Field Coordinator Oral Health Group at the VA Central Office (Office of Dentistry) and Staff Dentist, VA Health Care System of the Ozarks, Fayetteville, AR

Cayla-Marie Jackson, RDN, LD - Outpatient Liver Transplant Dietitian, University of Arkansas for Medical Sciences.

FREE CEUS available!!

Watch for the detailed announcement on our website at www.aged.org/events.

nonsteroidal anti-inflammatory drug (NSAID)-induced ulcers, and treatment of Helicobacter pylori infections.(2)

Commonly prescribed, and also available over-the counter PPIs include omeprazole (Prilosec), esomeprazole (Nexium), and pantoprazole (Protonix). In 2015, it was reported that esomeprazole (Nexium) was the 4th highest prescribed medication in the United States, ranking with 15.2 million prescriptions annually.(3 The warning with PPIs in the 2015 AGS Beers Criteria is based upon studies which indicate that PPI use longer than 8 weeks in the elderly population can put them at increased risk for developing Clostridium difficile infection (CDI) and can lead to bone loss and fractures.(1) In this update, the evidence suggesting potential for inappropriate use of PPIs in older adults is...

[Read more ...](#)

Does the use of hearing aids improve balance: Fact or Fiction?

D. Mike McDaniel, MD, Professor of Communication Disorders
Arkansas State University (ASU)

Recently, a team of researchers from a prestigious medical school published the results of a study in which they reported that hearing aid use apparently resulted in improved balance within an elderly sample of hearing impaired individuals (Rumalla, Karim, and Hullar, 2015). These findings were subsequently summarized in a second tier publication favored by, and directed at, those who dispense hearing aids. A recent internet search using "hearing aids" and "improved balance" as key words resulted in an alarming number of sites across the country that dispense hearing aids citing the article and its claims as a marketing tool. Given the fact that the elderly have the greatest risks for falls which are the leading cause of injury and death in the elderly, and the elderly exhibit the largest incidence for hearing impairment; if the use of hearing aids does improve balance then...

[Read more ...](#)

Arkansas Geriatric Education Collaborative (AGEC) Announces Geriatric Junior Fellowship Awardees

Regina V. Gibson, MALS, RN, CHES, CRS, CDP, CADDCT

AGEC 2016 Summer Institute for Faculty

It is still time to plan to attend the AGEC Summer Institute (SI) for faculty. The SI is a 5-day program of lectures given by various experts on timely topics in geriatrics combined with clinical observation experiences. This faculty-enrichment program was developed to train faculty who are teaching the next generation of health professionals with geriatrics at the core of training. The class is limited to 10 faculty. Travel by auto, lodging and meal expenses may be covered by the grant if you live an hour or more outside of the Little Rock area. If interested, please call 501.603.1969 or email rvgibson@uams.edu for an application.

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 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).

Spring Geriatric Grand Rounds to be Hosted by AGEC

AGEC is sponsoring Geriatric Grand Rounds this spring (date TBD) at the Donald W. Reynolds Institute on Aging. Please join us for "Women, Hormones, and Alzheimer's disease" presented by **James W. Simpkins, PhD**. Dr. Simpkins is Director of the Center for Basic & Translational Stroke Research in Morgantown, West Virginia. His educational background includes physiology, pharmacology and neuroscience. Dr. Simpkins is group leader for lab studies on the causes and potential treatment for Alzheimer's disease and stroke in animal models and in human subjects.

Program Coordinator, AGECE
University of Arkansas for Medical Sciences

Ronni Chernoff, PhD, FAND, FASPEN, AGECE Director, and Robin McAtee, PhD, RN, FACE, Associate Director, are pleased to announce awardees for the 2016 Junior Faculty Fellowships in geriatrics at the Donald W. Reynolds Institute on Aging at UAMS. Elvin T. Price, PharmD, PhD and Jennifer Vincenzo, PT, MPH, PhD, CHES, GCS, were notified of the decision in November, 2015. The fellowship program objective is to support the career development of professionals who want to specialize in academic and clinical geriatrics. The award includes \$40,000 in salary support and will support attendance for each at (1) national geriatric conference. Their fellowships began January 01, 2016.



Dr. Price is Assistant Professor, Pharmaceutical Sciences (Pharmacogenomics) in the College of Pharmacy and Assistant Professor, Genetic Counseling in the College of Health Related Professions at the University of Arkansas for Medical Sciences. In addition, Dr. Price is Intermittent Pharmacist at the John L. McCellan Memorial VA Health System in Little Rock, AR. He received his PharmD degree from the Florida Agricultural and Mechanical University in Tallahassee and his PhD in Clinical Pharmaceutical Sciences from the University of Florida in Gainesville.



Dr. Vincenzo is Assistant Professor in the Department of Physical Therapy at the University of Arkansas for Medical Sciences Northwest Campus. She completed her PhD at the University of Arkansas at Fayetteville in Kinesiology with a graduate certificate in Educational Statistics and Research Design. She also earned a Master of Public Health from Southern Connecticut State University and a Physical Therapy degree from Quinnipiac College in Hamden, Connecticut. She is a board-certified Geriatric Clinical Specialist. Dr. Vincenzo has extensive experience in physical therapy for older adults.

Congratulations to both awardees!

[Read more ...](#)

Please watch for the program announcement on our website at www.agec.org/events.

Did you know...?

According to the Alzheimer's Association, in 1997 just 19% of family caregivers were men while in 2012 that number jumped to 40%. Researchers and advocates for seniors and caregivers are beginning to pay more attention to the increasing number of men who are caregivers. For example, niche websites for caregiving men, such as MaleCaregiverCommunity.com, have sprouted online.

<http://www.aplaceformom.com/blog/facts-about-aging-men06-11-2013/>

Caregivers Need a Break!

What is Respite Care?

Respite care is substitute care given so that the regular caregiver can take a break and get some relief from the burden of caregiving. The respite care can be for a weekend or a day or even an hour, on a regular basis or just one time.

Who Gives Respite Care?

Sometimes, respite care is given by family or friends who want to relieve the regular caregiver of his/her burden. Or, it can be provided by paid caregivers.

Why is Respite Care Necessary?

Caregivers are at increased risk of depression and other health problems as a result of the stress of being a caregiver. Having respite care can enable the caregiver to keep providing care rather than burning out or becoming ill him/herself.

What Can One Do to Avoid Burn Out?

Join a support group, get adequate sleep, eat nutritious meals and exercise daily -- all these things will help your energy level and ability to respond to crises. Plus, always take advantage of offers of help. Providing constant care is a demanding job. It is crucial for caregivers to take a break periodically. This need is a normal part of the life-cycle of care.

<https://www.care.com/a/respice-care-giving-caregivers-a-break-12191222>

>PEARLS OF WISDOM

Quote...

*"Those who think they have no time for
bodily exercise will sooner or later have to
find time for illness."*

By Edward Stanley (1826-1893)

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