



**AGEC/ GWEP Quarterly Newsletter -
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From the Director's Desk

*By Robin McAtee, PhD, RN,
FACHE, Director, Arkansas
Geriatric Education Collaborative
(AGEC), a Geriatric Workforce
Enhancement Program (GWEP) at
the University of Arkansas for
Medical Sciences (UAMS) Donald
W. Reynolds Institute on Aging
(DWR IOA)*

Hello from the Arkansas Geriatric Education Collaborative (AGEC), the Geriatric Workforce Enhancement Program for Arkansas. Spring time was very busy for the AGEC with a lot of programs happening all across the state. We had a webinar in April about the latest Shingles Vaccine and other needed adult vaccines by Dr. Bob Hopkins and Kara Jones, and one in March "Improving the Quality of Life of Senior Cancer Survivors" by Lisa VanHoose, PhD, one of our AGEC Geriatric Fellows from last year. Our academic partners, ASU and UCA, were also busy reaching thousands of students with geriatric content during the spring semester! We were also busy with Family Caregiver Workshops, Dementia Experiences, and Dementia Practitioner and First Responder Dementia trainings. We had wonderful audiences at these events and look forward to expanding these programs in year four.

As we currently swelter in the middle of an Arkansas summer, we are continuing to...

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Food Insecurity Among Seniors In Arkansas

*By Jacquie Rainey, DrPH, MCHES
Department of Health Sciences
University of Central Arkansas*

Students from the Nutritional Services Administration class in the Department of Family and Consumer Sciences at the University of Central Arkansas are learning how to plan and serve a meal for clients at the Faulkner County Senior Center. The Faulkner County Senior Center is part of the Faulkner County council on Aging, Inc. Its mission is to meet the social, nutrition and transportation needs of seniors. The partnership between the senior center and UCA students is a win for both groups. The students get real world practice in meal preparation and delivery, the seniors are fed a nutritious meal, and everyone has a good time. Any food that is not eaten the night of the theme meal is portioned for use the next day to serve to home delivered meal participants throughout Faulkner County. The event in April was centered on the theme of a 1950's diner and included bingo and '50's attire.

The Faulkner County Senior Center is one of the many organizations in the state that is working to combat food insecurity among older adults. Food insecurity is when someone is unable to acquire nutritionally adequate food in sufficient quantities and...

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Interdisciplinary Collaboration in Simulation Education

*By Dr. Patricia Guy-Walls, LMSW;
Dr. Evi Taylor, LCSW and Sarah
Eberwein, BSW
Arkansas State University*

Simulation, particularly in healthcare, is becoming a popular modality for clinical education and training (Davies & Alinier, 2011). Through the creation of realistic scenarios and the use of innovative equipment, students are able to practice skills in real life like-settings until they are mastered (Green, Tariq, & Green, 2016). Simulation education enables students to gain the necessary skill sets needed for successful careers that cannot be acquired solely from textbooks and lectures. Simulation creates an opportunity for orientation to new procedures, exposure to rare clinical situations, assessment of knowledge, and evaluation of skills (Green et al., 2016). When providing optimal care, healthcare providers must be able to communicate with patients, their families, and other treatment team members. Therefore, interdisciplinary collaboration is an important factor in simulation education as it allows students to experience teamwork with students from other professions (Manning, Skiff, Santiago, & Irish, 2016). The Department of Social Work's Simulation Training and Research (STAR) House is a new innovative approach in the College of Nursing and Health Professions at Arkansas State University. The STAR house was developed to "mimic" the conditions and tasks...

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The Importance of Socialization As We Age

*By Kathy Packard, MS, M.Ed.,
LPC, and Valerie Claar, MSN, RN,
CNE
Oaklawn Center on Aging*

Loneliness is defined as a feeling of sadness or distress about being by yourself or without friends. Loneliness can be either a response to, or an effect of, isolation. Loneliness can lead to isolation, which is defined as being separated from other people and your environment. Loneliness can also lead to depression and numerous health issues. As we grow older we experience losses. Family and friends may become ill and or die. We might find it easier to look for companionship through social media, or to order our groceries, clothing, etc. online, avoiding any and all human contact. As health care professionals who focus on best practices for the older adult population, we are capable of taking care of the medical, physical, and mental health needs but find we are at a loss as to...

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Andexanet Alfa: Newly Approved Reversal Agent for Oral Anticoagulants

*By Karah Bogoslavsky, PharmD
candidate and Lisa C Hutchison,
PharmD, MPH
Donald W. Reynolds Institute on
Aging at the University of
Arkansas for Medical Sciences*

Bleeding is a serious complication of treatment with oral anticoagulants or blood thinners. Andexanet alfa (AndexXa) has recently been approved for the reversal of life-threatening or uncontrolled bleeding in patients treated with apixaban (Eliquis) and rivaroxaban (Xarelto).¹ It joins idarucizumab (Praxbind) which is marketed for bleeding with dabigatran (Pradaxa). Similar to idarucizumab, andexanet alfa binds free rivaroxaban or apixaban in the blood so they are no longer able to work. There were two major trials that were used to test the efficacy of andexanet alfa, the ANNEXA-A/ANNEXA-R trial and the ANNEXA-4 trial.^{2,3}

The ANNEXA-A/ANNEXA-R study tested andexanet alfa bleeding reversal activity in healthy volunteers 50 to 75 years old, with an average age of 58 years old.² Bleeding activity was rapidly reduced within 2 to 5 minutes as compared to placebo. After administration of andexanet alfa was completed, the reversal of bleeding activity persisted for 2 hours. This finding is consistent with the half-life of the drug...

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Community Programs

At the start of our new grant year, we wanted to give a reminder of all the FREE community programs we offer statewide. Please visit our website at agec.uams.edu/communityprograms/ to check our calendar of upcoming events.

- Ageless Grace
- A Matter of Balance
- Diabetes Empowerment Education Program (DEEP)
- Tai Chi

- Alzheimer's Experience: Take a Walk in Their Shoes
- Family Caregiver Workshop: Dementia or Physical Skills

If you are interested in scheduling an Alzheimer's Experience or Family Caregiver Workshop program in your community, please email Laura Spradley, Outreach Coordinator, at lspradley@uams.edu.

Educational Opportunity!

Are you working with older adults and want to learn more about the disease conditions and illnesses that affect this population? We have just the program for you --- **Arkansas Geriatric Mentors and Scholars Program**, also called **AR-GEMS**. AR-GEMS is a 60-hour self-study program for all health professionals across disciplines who work with older adults and want to learn more about the aging process as well as improving the delivery of care. For more information on AR-GEMS, visit us at www.agec.org/argems.

Arkansas Geriatric Education Collaborative (AGEC)/Geriatric Workforce Enhancement Program (GWEP)
University of Arkansas for Medical Sciences
4301 West Markham, #798
Little Rock, AR 72205
Website: www.agec.uams.edu

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