



QUARTERLY REVIEW

Arkansas Geriatric Education Collaborative

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From the Director's Desk

We are coming to the end of the first year of the Arkansas Geriatric Education Collaborative, a Geriatric Workforce Enhancement Program. It is an appropriate time to look back on our first year and recap some of the continuing and new achievements. We continue to be 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 are proud of the new, updated Arkansas Geriatric Education Mentors and Scholars (AR-GEMS) self-study, and our successful Summer Institute for Faculty training programs.

We continue to offer video teleconferences four times/year but now, not only can you attend in person at a receiver site near where you live and work or by the interactive television network, but programs are now available through...

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>IN THIS ISSUE

Hope in the Midst of Disaster

Deborah J. Persell, PhD, RN, APN
Arkansas State University

Hope has long been seen as essential for health and well-being. When present, it helps individuals cope, be at peace, and increase the quality of their lives. Unfortunately, hope is often forged in stress, loss, despair and threats to life. As we age, we naturally experience circumstances that can threaten hope: loss of friends and loved ones, financial instability, loneliness, failing health, and loss of independence. Disasters of any type can amplify already difficult circumstances and/or personal strengths. Years of life experience prepare seniors to survive difficult circumstances and be agents of hope.

Many disaster response organizations, particularly faith-based ones, endeavor to promote activities that foster hope. In times of disaster, seniors both contribute as volunteers or receive services of faith-based organizations (FBOs), providing disaster response. In one study of faith-based disaster response, located in New Orleans two years after Hurricane Katrina...

>UPCOMING EVENTS

Arkansas Geriatric Mentors & 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 AGE C video teleconferences, and the Annual Geriatric Long Term Care

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2015 Beers Criteria Nitrofurantoin Recommendation

Brooklyn Pruett, PharmD and Lisa C. Hutchison, PharmD, MPH

Nitrofurantoin (Macrobid®) is a broad-spectrum antibiotic with gram-positive and gram-negative activity commonly used for treatment and prevention of urinary tract infections (UTIs).¹ Nitrofurantoin is excreted into the urine by the kidneys where it achieves therapeutic concentrations. Once in the urine, nitrofurantoin inhibits bacterial protein synthesis, aerobic energy metabolism, DNA synthesis, RNA synthesis, and cell wall synthesis. Adverse effects of nitrofurantoin include pulmonary toxicity, hepatic dysfunction, peripheral neuropathy, hemolytic anemia, and Clostridium difficile-associated diarrhea.

Previously, nitrofurantoin was on the American Geriatrics Society (AGS) Beers Criteria of medications potentially inappropriate for use in older adults. The guideline recommended to avoid nitrofurantoin in geriatric patients with a creatinine clearance less than 60mL/min due to lack of efficacy.² The recommendation also stated to avoid use for...

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UCA Occupational Therapy Expands Driving and Community Mobility Education, Research, and Services

Letha J. Mosley, PhD, OTR/L, FAOTA
Associate Professor, Department of Occupational Therapy
University of Central Arkansas

Update in Little Rock, all coursework is online. If interested, please call 501.603.1969 or email rvgibson@uams.edu for an application.

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AGEC to Host Fall Geriatric Grand Rounds



Dr. Richard Zraick will present at Geriatric Grand Rounds (GGR) on November 2, 2016 on "Communication Impairment in Persons with Alzheimer's Disease". GGR is held in the Jo Ellen Ford Auditorium at the UAMS Donald W. Reynolds Institute on Aging at 629 Jack Stephens Drive in Little Rock, Arkansas. Since 2014 Dr. Zraick has been Professor and Chair in the Department of Communication Sciences and Disorders at the University of Central Florida (UCF). It is the largest program in the United States. Prior to joining the faculty at UCF, Dr. Zraick was a faculty member at the University of Arkansas for Medical Sciences (UAMS) and the University of Arkansas at Little Rock (UALR) for 17 years with a primary appointment in the Department of Audiology and Speech Pathology, and secondary appointments in the Department of Otolaryngology, Head and Neck Surgery, and the Department of Geriatrics.



AGEC Family Caregiver Workshops on Dementia to be Held

Coming soon are family caregiver workshops on dementia care. This 8-hour FREE course provides an overview of information on dementia and caregiving for anyone helping to provide unpaid care for an older adult with dementia at home.

Time is allotted for lecture, demonstrations, and individual questions. To reserve a spot near you, call the following numbers:

Jonesboro = 870.207.7600

Walnut Ridge = 870.207.7600

Like us on facebook at

<https://www.facebook.com/arcaregiving/>

Alzheimer's Experience: Take a Walk in their Shoes

The "Alzheimer's/Dementia Experience: Take a Walk in their Shoes" is a FREE, hands-on program that allows you to step inside the world of someone with dementia. It is a valuable learning tool for professionals, friends, and family members of those with dementia. The experience lasts about 30 minutes. To schedule, call 479.751.3043.

Oaklawn Center on Aging Diabetes Empowerment Education Program (DEEP)

DEEP is a six-week class that promotes diabetes awareness and teaches adults how to manage their diabetes. Learn how diabetes affects the body; blood sugar levels and what they mean; how to use a glucometer; meal planning; setting goals for proper nutrition; physical activity; importance

In 2012 there were over 36 million individuals age 65 years or older who were licensed drivers in the United States (Centers for Disease Control, n.d.). While some older adults tend to avoid driving due to a decline in physical, cognitive, or perceptual skills others may continue to drive with impairments rather than give up their keys and feel dependent on others. For individual and societal safety, it is extremely important for older adults to have accurate knowledge of their driving skills, confidence in driving ability, safe driving performance, and/or use of community resources to be able to engage in daily occupations and activities necessary for independence or a high quality of life (Stav & Lieberman, 2008). However, there are a limited number of programs that provide the scope of services that can assess their skills and provide avenues for sustaining some level of control and independence in their ability to navigate within their communities. To address this problem, the UCA Department of Occupational Therapy is working to strengthen education, research, direct services, and networking related to driving and community mobility within Arkansas.

Driving and community mobility is defined as "planning and moving around in the community and using public or private transportation, such as driving, walking, bicycling, or accessing and riding in buses, taxi cabs, or other transportation systems" (AOTA, 2014, p. S19). Occupational therapists (OTs) have a primary role in...

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Easing the Burden of Caries in Frail Patients Gretchen Gibson, DDS, MPH Veterans Health System of the Ozarks (VHSO) Dental (160)

Dentistry still does not have a silver bullet that will cure all cavities for our patients...but we have not given up. In the meantime, silver diamine fluoride (SDF) was approved for use to prevent cavities and began being marketed in the United States in 2015. For those of us treating frail older patients where more

extensive dental care is difficult for many reasons, this material may prove to be a needed help.

SDF was FDA-approved to treat dentin or tooth sensitivity. However, much like fluoride varnish, which was also approved to treat tooth sensitivity, this material has a large body of evidence behind it regarding the arrest of existing cavities and the prevention of new cavities. SDF has been in use to treat cavities in other countries throughout the world for over 75 years.

The product currently available in the US is 38% Ag(NH₃)₂F. It is a colorless liquid with a pH of 10. When the material is placed on a cavity, a matrix of silver/protein forms and then fluoride and other minerals will form a matrix on top. All of this forms a hardened surface to the lesion and decreases the depth of the lesion, leading to remineralization of the lesion. Though this remineralization may not be to the depth of the lesion, it seals it and "arrests" the carious lesion, negating its continued growth. In addition...

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Angela Norman, DNP, ACNP-BC, GNP-BC, CDP, CADDCT, CRFDT Receives NCCDP Distinguished Educator of The Year Award



Dr. Angela Norman was one of 15 recipients who recently received the "***Distinguished Educator of The Year Award***" from The National Council of Certified Dementia Practitioners (NCCDP); a worldwide leader in dementia education and certification for healthcare professionals. The NCCDP honors trainers for their achievement, hard work and whose outstanding efforts have enabled trainers to meet challenging standards for dementia education. Dr. Norman is Associate Director of the Arkansas Aging Initiative and Assistant Professor in the College of Nursing

When asked, how receipt of the award made her feel, she replied,

"I was very humbled because there are many talented educators and providers out there working tirelessly. I have been in nursing now for 26 years and I have always enjoyed providing care for those living with dementia, but my passion grew 16 years ago when my grandmother was diagnosed with Alzheimer's disease.

As a family, we struggled to provide the best care for her. I want health care

of regular check-ups with physician; and consistent medication use. This workshop includes attendee activities and sharing information with the group. To register for the June and July classes, call 501.623.0020.

Upcoming Events!

Stay tuned for announcements about upcoming programs with the Arkansas Chapter of AARP. Details will be posted on the AGECE Events Calendar at www.agece.org/events.

Did you know...?



May is Older Americans Month. Aging is an inevitable part of living, and can be fascinating for people of any age. Lives change, minds and bodies change, and time goes on. Below are some interesting facts about aging in honor of Older Americans Month.

The over age 65 population should reach 86.7 millions by 2050

Life expectancy has increased by 3.5 years since 1960

Minorities make up almost half of the older population

There are more people over the age of 60 than under age 15

Older Americans made up 2.8% of the workforce in 1998

The elderly vote more than any other age group

Nursing home care costs more than \$60,000 per year

Unpaid caregivers often have high stress, reduced immunity and heart disease

A quarter of households are involved in caregiving

Most elderly live with relatives

Most elderly will need some type of long

providers, students, families, and patients to know there is a better way, and I enjoy every opportunity I have to get in front of a group of people to encourage them, support them and show them a way to create their own moments of joy while living with, or taking care of someone with dementia."

term care

Alzheimer's disease affects millions

**20% of older Americans suffer from depression
but treatment for depression is low (3%)**

**Every 70 seconds, a person in America develops
Alzheimer's disease and women are more likely to
develop it because they tend to live longer**

**Staying in school can save your brain - the longer
you remain a student, the better you'll be to
fight dementia**

**Your brain never stops growing - we grow new
neurons with time, and the brain is constantly
reshaping itself in response to learning**

Seniors need just as much sleep as others

Every breath ages you from the inside

18.2% of elderly adults have diabetes

66% of individuals 78 or older are in good health

Exercise is key to successful aging

Working past retirement can keep you alive

Conscientious people live longer

Elderly drivers often have fewer accidents

Chronic inflammation accelerates aging

**Negative thinking can cause problems - Elderly
people who worry about falling over tend to fall
over more often than those who don't**

Being cautiously optimistic is healthy

As you get older, you get happier

<http://mastersinhealthcare.com/blog/2011/50-fascinating-aging-facts-for-older-americans-month/>

> [more information](#)

> PEARLS OF WISDOM

Quote...

"Preparation for old age should begin not later than one's teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement."

Dwight L. Moody

As the oldest person to board a U.S. Space Shuttle at age 77, Senator John Glenn exemplified the view that we shouldn't let age define us. The calendar is a useful way to let you know the date, but if you let yourself be hemmed in by your chronological age, you may lock yourself out of potentially valuable opportunities.

Quote...

*"Too many people, when they get old,
think that they have to live by a
calendar".*

John Glenn (1921-)

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