



**AGEC/ GWEP Quarterly Newsletter - Volume XXIV, No.2, Spring 2019**

## 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)*

As the days become long and warm, the AGEC is busy with programs and activities. We completed the new Geriatric Workforce Enhancement Program Grant Proposal (which supports all of the AGEC activities) in February and submitted it to Health Resources and Services Administration (HRSA) on time! We are all glad that is over and now the waiting game is on to hear if the AGEC grant is refunded!

During the first three months of 2019, we continued to be very busy. We sponsored Geriatric Grand Rounds at the end of January with Dr. Brody, from Brain Matters Research where we had over 120 attendees in person and online. He discussed the latest research with Alzheimer's medications and how that could impact care. In March we hosted...

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## Melatonin Prophylaxis for Delirium

*By Sathyanand Kumaran, MFSc, MS, PharmD and Lisa Hutchison, PharmD, FCCP, MPH, BCPS, BCGP  
University of Arkansas for Medical Sciences (UAMS) College of Pharmacy*

Delirium is a common clinical syndrome characterized by inattention and acute cognitive dysfunction and manifests clinically with a wide range of neuropsychiatric abnormalities. It can occur at any age, but it occurs more commonly in patients who are elderly and have a previously compromised mental status. One of the common features associated with delirium is disturbances of sleep. Disturbances in the sleep-wake cycle observed in delirium include daytime sleepiness, nighttime agitation, and disturbances in sleep continuity. In some cases, complete reversal of the night-day sleep-wake cycle or fragmentation of the circadian sleep-wake pattern can occur. Pharmacological treatment for delirium...

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## Behavioral Problems in Dementia

*By Priya Priyambada, MD  
AGEC Geriatric Fellow  
Assistant Professor, College of Medicine  
Geriatrics  
University of Arkansas for Medical Sciences*

The elderly population is the fastest growing cohort of people in the United States. The number of Americans 65 and older is approximately 46 million presently but this number is projected to double by 2060, comprising 24% of the U.S. population. As dementia is a disease of elderly people, prevalence of dementia continues to rise with this shift in the population dynamics. According to the Alzheimer's Association, there were 5.7 million people with dementia in...

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## Chronic Pain Self-Management Program: A Community Approach to Build Self-Efficacy in Pain Management

*By Theresa Horton, MNSc, CNP, GNP-BC  
Donald W. Reynolds Institute on Aging at the  
University of Arkansas for Medical Sciences*

Chronic pain can be caused by multiple problems including disease processes, muscle tension, muscle deconditioning, lack of or poor quality sleep, stress, anxiety or other difficult emotions and even certain medications. For many a "pain cycle" appears with one symptom leading to another. Individuals dealing with chronic pain often suffer complications of limited movement, increased weakening of muscles, heightened emotions such as anxiety, anger, frustration, etc. These all too often lead to an increase in perceived pain, increased dependence on medications and, in many cases, addiction.

The Chronic Pain Self-Management Program (CPSMP) is a community-based program covering several topics over the course of the workshop to motivate participants and manage their pain. It is based on these assumptions...

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## Communicating with patients:

### What is the best strategy?

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

Effective communication with patients is integral to a patient and family-centered approach to care. Effective communication contains elements such as establishing rapport, gaining trust, determining readiness to learn (change), considering the patient's perspective and asking the right questions. The question is: How we do this in the limited amount of time we have to see a patient? Techniques talked about often involve paying attention to the patient's concerns, asking them about their motivations, talking about their fears, and listening carefully to their concerns and core beliefs. Two approaches to communication that have gained popularity are...

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## Suicide Prevention in the Older Adult Population

*By Alex Henry, BS-CD & Hannah Speer, OTD/S  
College of Nursing and Health Professions  
Arkansas State University*

Every day 10,000 people turn 65 years old (Heimlich & Heimlich, 2014). Because of this, the elderly adult population is increasing rapidly. Of this elderly population, 40% will need some form of long term care whether it be an assisted living facility or a nursing home (Mezuk, Lohman, Leslie, & Powell, 2015). The rapid growth of this cohort makes one percent of elderly adults who commit suicide extremely alarming (Mills, Gallimore, Watts, & Hemphill, 2016). Adults 65 years and older, specifically men, have a suicide rate...

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## Upcoming

## FREE CE

## Event

*Traumatic Loss and the Family: Strategies for Intervention*

- **May 22, 2019**
- **Jonesboro - AR State University**

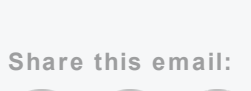
- **Up to 4.5 Contact Hours Available**

Click [HERE](#) for more information on the event page.

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**register by May 15, 2019.**

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