

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)



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Hello from the Arkansas Geriatric Education Collaborative. As summer of 2021 ends and we begin to enjoy the cooler nights and days, we are beginning one of the busiest times of the year here at the AGECE. I know by this time we had all hoped that we would be on the "other side" of the pandemic, but we still seem to be simmering in the middle...

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Social Connection and Isolation in Older Arkansans during the COVID-19 pandemic: A survey report from AGECE and Hendrix collaboration



*By Dr. Jennifer Peszka, Professor, Psychology and Dr. Anne Goldberg, Professor, Anthropology
Students: Lauren Allen (Anthropology), Noura Musallam (Psychology), and Chloe Cunningham (Anthropology)
Hendrix College*

Prior research has shown the importance of social networks in healthy aging. And yet, one of the hallmarks of the COVID-19 pandemic has been calls for limiting social interactions (lockdowns and social distancing). During Spring 2020, Hendrix College and AGECE conducted a telephone survey to examine social connection and isolation in older Arkansans...

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to Enrich the Lives of Community-Dwelling Older Adults Experiencing Loneliness and Disengagement

By Rebekah Csonka, OTS

Occupational Therapy Student, University of Central Arkansas

Faculty Mentor: Lorrie A. George-Paschal, Ph.D., OTR/L, ATP



The life changes that older adults experience as they age such as loss of a spouse, and changes in housing, health status, and income, can cause many older adults to be at an increased risk for loneliness. Research shows that loneliness is a risk factor for mortality and is comparable with other behaviors that promote negative health outcomes such as...

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AGEC Article Summary - "Caregiver Burden: Caregiving Workshops Have a Positive Impact on Those Caring for Individuals with Dementia in Arkansas"

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*Summarized by the original authors: Robin E. McAtee, PhD, RN; Laura Spradley, MS; Leah Tobey, PT, DPT, MBA; Whitney Thomasson, MAP; Gohar Azhar, MD; Cynthia Mercado, EMBA
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Article published in the Journal of Patient Experience: May 19, 2021.

Millions of Americans live with dementia. Caregivers of this population provide countless hours of multifaceted, complex care that frequently cause unrelenting stress which can result in immense burden. However...

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Falling Matters: What you need to know about home fall prevention for your patients

By Kylie Murphy, OTS, BS

Occupational Therapy Student, College of Nursing & Health Professions

Arkansas State University

Edited by Jessica Camp, DNP, APRN, AGCNS-BC, NE-BC,



According to the Centers for Disease Control and Prevention (CDC) (2020, p. 1), “around 36 million older adults fall each year, resulting in more than 32,000 deaths.” Falls in the older adult population can result in broken bones and head injuries. Falling is not a normal part of aging. Falls are a result of physical changes or poor home environmental setup. There are...

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Antipsychotic Continuation after ICU and Hospital Discharge



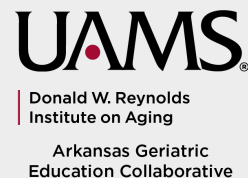
By Abigail Dunn, Doctor of Pharmacy Candidate, and Lisa C Hutchison, PharmD, MPH
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Delirium occurs in 7-80% of patients who are admitted into intensive care units (ICUs) and is associated with worse outcomes including a 2-4 fold increased risk of death.¹ When non-pharmacological measures are not effective for hyperactive delirium, patients are typically treated with antipsychotics...

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Tai Chi for Arthritis and Fall Prevention

By Laura Stilwell, MEd
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Tai chi, an ancient Chinese form of exercise, is one of the activities offered by the Arkansas Geriatric Education Collaborative (AGEC). Tai Chi for Arthritis and Fall Prevention meets the criteria of exercise for older adults by providing improvement in strength, balance, endurance and flexibility (Grabiner, et al., 2014). The program used by AGEC is...

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