

H-GEC

Houston Geriatric Education Center

The Houston Geriatric Education Center is funded by a grant from the Health Resources and Services Administration (HRSA) of the Department of Health and Human Services.

This grant was initially funded in 2007 with renewed funding for five years beginning in 2010 (Grant #UB4HP19058)

Welcome to the Issue

Special points of interest:

- Demystifying Dementia for Certified Nursing Assistants
- Brag and Publication Corner
- Updates on the Demystifying Dementia Series for LBJ and Ben Taub
- Check out our calendar for upcoming H-GEC, educational, community, and charity events.

Pumpkins, gourds, changing leaves and cool weather are here! Who can believe we just wrapped up the first quarter of our grant's fifth year? There are so many wonderful programs and projects happening at the same time-it is hard to keep up!!! Let me share just a few of our successes! Baby Boomer Imperative, the seventh cycle of our 40 hour certificate program, is well underway. We have over 30 participants from all different types of backgrounds; for example, we have a Metro train driver, adult protective service employees, United Way employees, nurse practitioners, faculty visitors from China, a speech and language pathologist, physical therapists and physical therapy assistant, and the list goes on. The learning environment is fun, collaborative and the discussions are incredibly fruitful! Audio and visual production has commenced for our 40 hour Baby Boomer Imperative Online Video Education Library. You will see several new postings of Baby Boomer Imperative lectures for your review. Lectures will be posted through March, 2015 when production is slated to be completed. Let us know what you think! Faculty planners are working hard to launch our first Demystifying Dementia conference for Certified Nursing Assistants. The planning committee has put together four hours of morning didactic classes in the UTHealth School of Nursing Simulation laboratory. Several community organizations have donated money to make the certified nursing assistants know how special they are to the care of our older adults. These organizations are sponsoring breakfast and lunch as well as parking for participants. But that is not all, we are also now working with local, state and federal officials in developing our plan for emergency preparedness for older adults diagnosed with dementia and their caregivers, and we are hitting a record number of geriatric lectures after only three months of the new grant year. Needless to say, we are grateful to HRSA for allowing us this wonderful opportunity to educate about geriatric and palliative care. Please let us know if you have questions or would like to sign up for any of our programs. Enjoy the cold weather and all the beauty that Fall brings.

~Kathleen

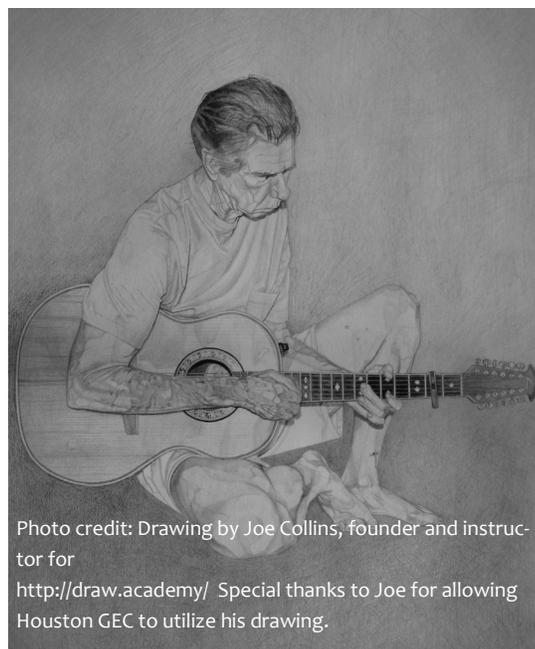


Photo credit: Drawing by Joe Collins, founder and instructor for <http://draw.academy/> Special thanks to Joe for allowing Houston GEC to utilize his drawing.

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Demystifying Dementia for Certified Nursing Assistants

In January 2015, the Houston Geriatric Education Center will offer a new program in its Demystifying Dementia educational series – Demystifying Dementia for Certified Nursing Assistants. Through its outreach into the community to provide both formal and informal caregivers with the resources necessary to better care for our aging population, the Houston GEC identified a need for an affordable, specialized educational workshop for Certified Nursing Assistants (CNAs). CNAs are frequently the first responders to the geriatric person and are major contributors to geriatric care in all healthcare settings. With supplemental funding from HRSA to the GEC grant and in partnership with H-GEC faculty from The University of Texas Health Science Center, Texas Woman’s University, and University of Houston and members of The University of Texas at Houston Retirees Organization (UTHRO), Demystifying Dementia for Certified Nursing Assistants, a day-long workshop, will be offered twice – Tuesday, January 6 and Friday, January 9, 2015. The workshop will include traditionally formatted presentations by H-GEC faculty experts as well as hands-on experiential training in the UTHealth School of Nursing Clinical Simulation Laboratories. Certified nursing assistants will have the opportunity to understand and learn new techniques for managing patients with Alzheimer’s disease and other dementias and cognitive challenges.

Thanks to HRSA funding and the generous support of UTHRO, participants will be able to attend the workshop at no cost. Parking and food will be provided. If you are a CNA or know a CNA who would like to attend this workshop, please see the registration details below.

How to Register for the Free Course

Although this course is free, you must register to hold your place in the class. There are a limited number of spaces, and registrants are placed on a first-come-first-serve basis. To register, please go to www.houstongec.org and click on the “courses” tab, then click “Demystifying Dementia for CNAs and follow the instructions for registration. You will receive a confirmation e-mail from Jess Hunt within a week of registering. If you do not receive confirmation, you may contact Jess Hunt at Jessica.E.Hunt@uth.tmc.edu

Brag Corner

Publications, Awards, and Honors

Our faculty are constantly working to broaden horizons and obtain and share new knowledge. This is the spot in our newsletter where we recognize publications, grants, and other honors our faculty receives.

Lisa Boss, PhD RN, ACNS-BC, CEN:

Award: Lisa Boss, PhD RN, ACNS-BC, CEN and Sandra M. Branson, PhD, RN were awarded a \$45,000 collaborative research grant from the International Society of Anthrozoology (ISAZ) for their study entitled *Biobehavioral profiles of attachment to cats in community-dwelling elderly*. The award was announced at the ISAZ annual meeting in Vienna earlier this quarter.

Carolyn Da Silva PT, DSc, NCS:

Award: Dr. Carolyn Da Silva of Texas Woman's University, School of Physical Therapy was awarded a \$25,000 grant as principal investigator from Post-Polio Health International (PHI) for her study, *Effects of Whole Body Vibration on People with Post-Polio Syndrome*. Dr. Da Silva many years of experience caring for those with post-polio syndrome.

Publication: Da Silva, CP, Carlegis M, Suchma K, Ostwald, SK. Falling, balance confidence, and fear of falling after chronic stroke. *Physical & Occupational Therapy in Geriatrics*, early online: 1-15, 2014. DOI: 10.3109/02703181.2014.9466.39

Donna Warren-Morris, RDH, MEd

Publication: Morris DW, Goldschmidt M, Keene HJ, Cron SG: Microbial contamination of power toothbrushes: A comparison of solid-head versus hollow-head designs. *Journal of Dental Hygiene* 2014; 88(4): 237-42

Congratulations to Dr. Boss, Dr. Da Silva, and Professor Warren-Morris, the H-GEC is proud of you!

Baby Boomer Imperative Course– Final Semester and Looking to the Future

The final cycle of the Baby Boomer Imperative 40 hour Geriatric Certification Course kicked off Friday September 12 at St. Dominic Village with 30 participants in attendance. Judging from the enthusiastic participation, Cycle 7 is sure to be a success. If you're sad about the conclusion of the Baby Boomer Imperative Course, you're in luck.

The Houston Geriatric Education Center, funded by the HRSA grant, is developing an on-line equivalent of the Baby Boomer Imperative Course. The on-line course will consist of audio-visual power point lectures professionally recorded and edited at UTHealth's School of Dentistry. The course videos are already making their way onto the Houston GEC web page under the Online Video Education Library tab and is expected to be completed in March 2015. If you would like to be involved with beta testing currently posted videos in the library, please contact Jess Hunt. Jess's contact information can be found on the back of this issue or by visiting www.houstonge.org



Lisa Boss
PhD, RN, ACNS-BC, CEN



Carolyn Da Silva
PT, DSc, NCS



Donna Warren-Morris
RDH, MEd

UPDATE: Demystifying Dementia for **LBJ Hospital** Nurses and **Ben Taub** Hospital Nurses

Kathleen Murphy, PhD, MS, Assistant Professor at the UTHealth Medical School and Co-Investigator of the Houston Geriatric Education Center, recently provided two 3-hour continuing education credit workshops for nurses, one at Ben Taub Hospital in Houston and the other at LBJ Hospital. The workshops focused on understanding, differentiating between, recognizing the symptoms of, and treating dementia, depression, and delirium (the three Ds) in older adults. Nurses learned about tools and resources for symptom recognition and medication safety and also learned various techniques for non-pharmacologic management of persons with cognitive impairment and behavioral problems. They participated in case studies in which they assessed signs and symptoms and then determined which of the three Ds the patient was presenting with.

A total of 45 health care professionals attended the workshops.

Dr. Murphy has been invited to be a keynote speaker in the upcoming Harris Health Quality Week in which she will deliver two presentations on geriatric health.



Calendar Details

see below for details regarding
calendar events.



September:

- * **Sep. 10**– Geriatric Resource Nurse Conference
- * **Sep. 12**– Baby Boomer Imperative Class 1 Cycle 7 St. Dominic Village Charlotte Hall Classroom 2401 Holcombe Blvd.
- * **Sep. 23**– Academy for Life Long Learning Houston Community College Katy Campus– Hazards of Hospitalization Lecture

October:

- * **Oct. 10** : Baby Boomer Class 2 Cycle 7 8:30am St. Dominic Village Charlotte Hall Classroom 2401 Holcombe Blvd.
- * **Oct. 17**: 2nd Elder Financial Exploitation Summit 8:30-3:30 @ United way
- * **Oct. 21**: Kathleen Murphy-Keynote speaker at Harris Health Quality Week 12pm-3pm

November:

- * **Nov. 3**– Aging Summit: Care for Elders and United Way of Greater Houston. Dr. Kathleen Murphy 8:00am-12:00pm
- * **Nov. 13**– Dr. Daniel Mendelson– Grand Rounds at 12pm, division lecture at 4pm
- * **Nov. 14** : Baby Boomer Class 3 Cycle 7 8:30am St. Dominic Village Charlotte Hall Classroom 2401 Holcombe Blvd.

December:

- * **Dec. 2**– Caregiving and the caregiver, Dr. Murphy, Alzheimer’s Support Group
- * **Dec. 5**– Baby Boomer Class 4 Cycle 7 8:30am St. Dominic Village Charlotte Hall Classroom 2401 Holcombe Blvd.

January:

- * **January 6**: – Demystifying Dementia for Certified Nursing Assistants @ UTHealth School of Nursing 7:30am-4:00pm
- * **January 9**: – Demystifying Dementia for Certified Nursing

Special Announcement- 2nd Texas Summit on Elder Financial Exploitation

Sponsored by the Better Business Beureau Education Foundation

The 2nd Texas Summit on Elder Financial Exploitation will be held on

Friday, October 17, 2014 8:30am-3:30pm at United Way, 50 Waugh Drive, 77007.

The summit will focus on new research on why older persons may be more

susceptible to financial abuse and learn about programs on how to prevent abuse, prosecute perpetrators and protect victims.

Program schedule and flyer can be viewed at www.houstongec.org on the home page under the “announcements” section.



Houston Geriatric Education Center
UTHealth

If you would like to contribute a story,
publication or an event to the H-GEC Newsletter,
contact Jess Hunt by any method below.

Phone: 713-873-4773
Fax: 713-873-4693

Visit our website at:

<http://www.houstongec.org/>

*The goal of the H-GEC is to provide
faculty, students, and practicing
healthcare providers with the
knowledge and skill to sustain and
create healthier communities for
vulnerable older people.*

*Thank you to HRSA and the Department of Health and Human Services
for Funding our Houston Geriatric Education Center.
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The interdisciplinary faculty designs and develops curriculum and educates healthcare students, providers, and faculty and community service providers, such as adult protection staff, local police and sheriff departments, financial planners, elder law attorneys, and voluntary ombudsmen on the care of vulnerable elders.

Through various methods of education and training opportunities, including certificate programs, short courses, and trainings, participants are further educated in many areas of specified geriatric care. Participants have access to knowledge from the areas of basic care of frail elders, memory issues, dementia, mental health and behavior management, caregiver issues, oral health, medical management, ethics, elder abuse and mistreatment, and disaster preparedness.