

## **Presentation Descriptions**

**Gerontological Nursing Conference June 6 & 7, 2022**

### **Brenda Bergman-Evans -**

#### **Successful Aging is A Balancing Act: Literally and Figuratively**

Successful aging in a youth-oriented society is a challenge. Nurses may be unaware of the impact agism has on the process both in the medical and general community. At the conclusion of this activity, participants will be able to discuss the influence agism and unconscious bias have on the aging process, health care, or public policy.

#### **An Important Piece of the Healthcare Puzzle: Better Care of Older Adults**

The healthcare needs of older adults are complex. Increased knowledge and skills related to caring efficiently and effectively with the growing aging population are needed. At the conclusion of this activity, participants will be able to discuss the leading role nursing can assume in the healthcare of older adults across the continuum using knowledge on functional models/ACGME's 5 Ms/Hartford's 4 Ms.

### **Teri Bradford -**

#### **Caring for the Caregiver**

This presentation is for nurse educators/ nursing students/nurses to recognize the important role of the family caregiver. This includes recognizing the impact caring for someone with chronic illnesses has on the caregiver. Health care professionals do not always recognize the needs of the family caregiver and may not be aware of the valuable resources available to the family caregiver. Finally, nurses need to recognize, they too are caregivers, and need to monitor their own stress, carve out time for self-care as they continue providing quality care to their patients.

### **Sarah Davis -**

#### **Specific Nutritional and Herbal Supplements that Seniors are Commonly Taking, Benefits and Potential Dangers**

With polypharmacy being so common among the elderly, it is imperative for nurses to understand the potential benefits and side effects/drug interactions when mixed with common supplements. Many nurses do not have full understanding of the benefits and dangers of the supplements that their patients are taking. During this session, participants will gain information regarding nutritional supplements for elderly patients.

### **Holly Duquaine -**

#### **Dementia Live**

As the population of those living with and caring for someone with dementia rapidly expands, we must learn new ways to understand and respond to the needs of those with dementia and those living with and caring for individuals with dementia. This session will allow participants (either by participating or observing) to temporarily and safely be immersed in the life of dementia. Everyone takes part in an empowerment session to discuss their existing attitudes about dementia with the goal of deepening their understanding of dementia and improving their actions of care.

## **Barbara King -**

### **Placement of Gero Content in the Curriculum**

Few nursing students receive adequate information about geriatrics in their nursing curriculum, leading to poor preparation for care delivery to older adults once they graduate. Only 1-4% of nurses had specialized training in geriatrics. Where is the best placement of Gerontological Nursing Content in Nursing Curriculum? This session will include large group discussion of barriers and facilitators to including geriatric content in the nursing curriculum.

## **Megan Liebrecht & Ruth Rodda -**

### **Enhancing Gerontological Concepts Through Nursing Simulation**

We will discuss how the implementation of geriatric simulation in undergraduate nursing, both as a classroom activity and clinical replacement, can be used as an active learning strategy. The use of simulation-based education (SBE) in nursing is widely practiced and is currently growing in response to limited clinical offerings during the recent pandemic and a National Council of State Boards of Nursing (NCSBN) study indicating that up to 50% of clinical time could safely be replaced by simulation. Participants will be given examples of geriatric nursing simulation scenarios implemented in theory and clinical courses.

## **Sara McCumber -**

### **Effective Dementia Care Management: Essential Strategies for Nurses**

With increasing number of older adults at risk for dementia, nurses need to have increased knowledge and skills about effective care coordination for patients and families with dementia. This session will provide this information. Participants will go over a case study to help put into practice the knowledge learned.

## **Amethyst Messer -**

### **Vestibular Disturbances and Falls in Older Adults**

Non-specific dizziness ranks as the most frequent health concern reported to PCPs (8 million visits/year) and the incidence of dizziness and vestibular dysfunction increases with age. 65% of individuals over the age of 60 experience dizziness or loss of balance, often daily. It is important for nurses to be able to differentiate between the causes of dizziness and vertigo as well as the appropriate treatment recommendations and referrals for older adults with potential or probable vestibular dysfunction to reduce the risk and frequency of falls.

## **Michelle Moccia -**

### **Disaster Preparedness**

Disasters change things. When an emergency happens, one must decide what to do very quickly. Older adults have unique vulnerabilities that can predispose them to greater risk of illness and death during different kinds of emergencies. This session will share how you can develop a disaster preparedness program for your community through cross-sector planning between public health, aging services, emergency management and response, social services, community organizations, home health care, and your local hospital.

### **Older Adults in the Emergency Department**

Adults aged 65 and greater have the highest emergency department use rates in the United States and worldwide. This population is faced with a higher incidence of polypharmacy, functional and mental decline, and multiple co-morbid diseases. This session will focus on their unique needs and share how geriatric emergency departments are addressing the challenges of older adults. The clinical framework of the Age-Friendly Health System Initiative 4M Framework will also be highlighted.

### **Sarah O'Connell & Al Miller -**

#### **Dementia/Delirium: Re-educating a New Generation**

Delirium is a common incidence upon seniors with dementia in an acute care setting. This session will also discuss how we can best teach nursing students about this ailment to result in the best care for the geriatric patient.

### **Sarah O'Connell & Luke Swanson -**

#### **The Impact of Covid on the Mental Health of Older Adults**

The COVID-19 pandemic brought on hardships for people everywhere. Perhaps the most affected population have been residents living in long-term care facilities. What are the effects of isolation on the mental health on the population living in long-term care facilities? Delirium is a common incidence upon seniors with dementia in an acute care setting. This session will also discuss how we can best teach nursing students about this ailment to result in the best care for the geriatric patient.

### **Jill Renken -**

#### **Healthy Aging/Chronic Disease Management**

Many people and professionals are not aware of the effective evidence-based strategies and programs available and used in community settings designed to complement clinical care for adults managing chronic conditions. This session will provide education and awareness of overall healthy aging strategies to implement while managing chronic conditions.