Community Based Geriatric Education Models: Exploring Opportunities Beyond the Classroom

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Objectives

• Describe novel models and activities to integrate geriatric education throughout the Pharm.D. curriculum
• Evaluate the advantages and disadvantages of using non-traditional settings to enhance geriatric education beyond the classroom
• Identify potential partnerships to engage students in geriatric learning
• Discuss appropriate assessment strategies
State of Current Affairs

• January 1, 2011, the first of the Baby Boomers turned 65 years old.
• Higher incidence of multiple chronic diseases and conditions
• 40 million adults aged 65 and older in the United States; by 2030, that number will rise to 72 million.

Current Affairs, cont.

• Older adults are at a greater risk for medication-related problems
  • Physiological changes of aging
  • Increased consumption of prescription & over-the-counter medications

Non Specific Standards & Guidelines

• ACPE
  • Standard 12
  • Appendix B
• CAPE
  • Pharmaceutical Care
    - Provide patient-centered care
    - Provide population-based care
  • Systems Management
  • Public Health
ASCP Geriatric Pharmacy Curriculum Guide

• Second edition released in 2007

• Developed to assist SOPs & COPs in assessment and creation of geriatric competencies

Geriatric Education

• Center for the Advancement of Pharmaceutical Education (CAPE) Outcomes Revision Request
  • Letter To AACP
    • Specific geriatric pharmacy educational outcomes

How to Accomplish the Goals

• Integration

• Partnership/Collaboration
Chicago State University
College of Pharmacy

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CSU-College of Pharmacy

• Geriatric Focused Program
  – Care of the older adult integrated in most required courses
    • Experiential Education
    • DAST
    • DMTM
    • Patient Assessment
  • Elective course established to focus on care of the older adult population with emphasis on the psychosocial aspects of aging

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Geriatric Elective-Care of the Geriatric Patient
• Spring Semester-2nd Professional Year
• Partnerships to improve and vary the geriatric learning environment
  • Abbot Park Senior Satellite Center
  • Alzheimer’s Association
CSU-College Of Pharmacy
Abbot Park-Senior Buddy Program

- Required student visits to Senior Center
- Students partnered with older adults as an intergenerational experience to:
  - Improve student communication
    - "My Life Review" project
    - Conversational interview- obtaining information without using typical interview format
    - "My Buddy's Concerns" Research Project/Presentation
    - Medication Counseling

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Abbot Park-Senior Buddy Program

- Improve Patient Care Skills
  - Conducting medication regimen reviews & basic diagnostic assessments
  - Charting Buddy Visit data in E-medical record
    - BPs
    - SOAP Notes
  - Students only-Final patient presentations

Symbiotic Programming
Students practiced with and learned skills from their Senior Buddies while also educating and serving them

Buddy Feedback
- If you stay focused and [continue to] administer the program as you are doing, I believe that students and us seniors will far greatly benefit, as we did.
- The students were dedicated, motivated, and interested in knowing the seniors.
- I encourage the administration to make this course mandatory at all schools of pharmacy in the state of Illinois
- I was not aware of the depth and girth of their pharmacy education and what they can offer seniors
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Alzheimer’s Association-Community Representatives Training
• To advocate wellness and health promotion initiatives targeting older adult populations
  • Required 3hr training on Alzheimer’s Disease and other related dementias
  • Student presentations (individual or groups of 2) to at risk communities

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College of Pharmacy
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IPPE Geriatric Experience
The Ohio State University, College of Pharmacy
First Year Professional Pharmacy Students
• Established about 12 years ago by Professor Jerry Cable
• Required experience as of 2003-2004 academic year
• Entire P1 class divided into groups of 3-5 students (one student serves as group leader) and placed at Independent Living or Senior Community Centers in the Columbus area
Goals of the IPPE Geriatric Experience
• Develop questioning and listening communication skills that are foundational for:
  1) Gathering information and problem solving
  2) Understanding patients and their environments
• Engage in group and individual service-learning activities that:
  1) Promote health improvement, wellness/disease prevention in cooperation with patients, communities, at-risk populations
  2) Expand students understanding of the aging process and related geriatric issues

Required Components
• 4 hours of Medicare Part D training
  – 1 hour basic lecture
  – 2 hours standardized cases assignment utilizing medicare.gov website
  – 1 hour review of standardized cases
• 1 hour of Older Adult Sensitivity Training

Time at the Site
• 20 hours of direct contact time at the assigned sites
  – Participate along side older adults in various activities
    • Wii Bowling
    • Line Dancing
    • Chair Volleyball
    • Chair exercise class
    • Arts and Crafts
    • Various board and card games
    • Computer instruction
Specific Activities at the Site

- Biographical sketch from interview with an older adult
- Group health presentation
  - OTC “Drug Facts” Label
  - “Operation Heart” – Heart Health
  - Generation Rx: Getting the Best from Your Medications
    go.osu.edu/generationrx

Other Activities

- Posting of reflections after each visit
- End of the year presentation on the experience to classmates
- Medication Therapy Management – Comprehensive Medication Review

MTM - Comprehensive Medication Review

- Group leader works with site director or service coordinator to schedule event
- Faculty member recruits P4 students to help perform the reviews
- P1 students assist and listen to the medication review
- Personal Medication Record and Medication Action Plan provided to the older adult
A Positive Relationship

- URI College of Pharmacy: Kingston, RI
- South Bay Manor Retirement Living: Wakefield, RI

One Site, Many Opportunities

Opportunities at South Bay Retirement Living

- Didactic curriculum
  - Geriatric Elective: Assessment, Adopt a Patient, Book club
  - Physical Assessment Workshop - Required course
- Experiential Learning
  - Introductory and Advanced Pharmacy Practice Experiences
- Outreach Projects
  - Presentations, wellness fairs, communication
- Student Organizations
  - ASCP: American Society of Consultant Pharmacists
  - Fundraisers, Intergenerational Events, SENIOR Prom
“It took me a few months but I finally realized that, in order to accomplish anything worthwhile, I had to take a step back and first know the patient, not just his medical history.”

—P3 pharmacy student, Fall 2012

**Adopt a Patient Project**

- Patient “volunteers”
- Components:
  - Interview (Assessment)
  - SOAP note
  - Counseling points
  - Opportunity for discussion
  - Final case presentation
  - Themed “social event” for students and volunteers

Now...
Integration of MTM
"Assessments and MTM are things we learn about in school, but here we apply them. The people we speak to when we are counseling are not just customers or patients, but exactly that: people. They trust us as health professionals and in return we must treat them with respect. To do so, we need to step out from behind the counter, speak to them at eye level, and make sure they understand. **Our role as pharmacists is not just about the diseases and medications, but about the people we reach out and touch.**"

-P4 student, Fall 2012

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**You are going to live... where??**

URI Pharmacy student moves in to South Bay Retirement Living for 8 days to “see what it is like”...

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The right roommate means **EVERYTHING**...
Future Pharmacist:
Lessons Learned

• Treat everyone as a friend
• Consider potential support system weaknesses, not just individual limitations
• Don’t focus on the current situation; discuss things they are proud of
• “Health, wellbeing, and happiness are affected by the medicines we take, but not nearly as much as by the people around us.”
• What happens when they LEAVE the pharmacy?

In the News…

• http://www.youtube.com/watch?v=xRE5acsTUaf
• http://www.uri.edu/quadangles/web/web-extra/dance-pop-goes-intergenerational/
• WJAR Channel 10 News, March 14
• South County Independent, March 14
• Providence Journal, March 15
• Barrington Times, March 28

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Roundtable Session
Instructions

• Rotate through small groups for a discussion about the models presented
• Discuss opportunities, challenges and how these might be reproduced at other institutions
• Develop tools and resources to apply in different settings
• Identify strategies for assessing these tools through group discussion
  – Integration
  – Partnerships/Collaboration