Gerontology Resources for
APRN Preceptors and Students

8th Edition

care • continuity • connection

GAPNA

Gerontological Advanced
Practice Nurses Association

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Box 56 East Holly Avenue, Pitman, New Jersey 08071-0056

866-355-1392 | GAPNA@ajj.com | gapna.org

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Preface

The goal of this latest edition of the *Gerontology Resources for APRN Preceptors and Students* toolkit is to make geriatric and gerontological content accessible to those caring for older adults. It is designed for advanced practice registered nurse (APRN) students, preceptors, and educators, and it provides a single portal to comprehensive resources. The toolkit is organized by primary care topics and includes links to websites and mobile device applications (apps) mostly in the public domain. The toolkit was developed by gerontological APRNs to provide an open access practice resource for integration of geriatric knowledge for APRN clinical education, with the goal of improving the quality of health care provided to older adults.

The toolkit has two sections:
1. Gerontological Resources for Primary Care
2. Preceptor Resources

The toolkit was first developed in 2012 after a national discussion on the need for APRN educators to be prepared to deliver didactic and clinical gerontological content to all APRN students, not just adult gerontology-focused students. Family, women's health, and other APRN specialties are required to include gerontological content according to national graduate program curriculum standards set by the American Association of Colleges of Nursing.

This is the eighth edition of the toolkit. The toolkit focuses on established gerontological and geriatric guidelines, algorithms, and content that have been successfully integrated into didactic and clinical education. The resources are primarily from open sources, organizations, and universities with a mission to improve care for older adults. The toolkit does not attempt to provide resources on every possible clinical topic; instead it focuses on common clinical problems. Readers are referred to specific as well as broad resources that cover gerontological content.

Toolkit development has been a collaborative effort among members of the GAPNA Education Committee which represents a diverse group of APRNs involved in gerontological education and practice. It is organized by an assumed hierarchy of student learning needs (beginning with physical health, moving to specialty care, and then role issues) but the order does not represent any predetermined priority. Assessment resources are listed first because they are the foundation for quality care for older adults. Specialty topics are listed in alphabetical order.

In conclusion, the GAPNA *Gerontology Resources for APRN Preceptors and Students* toolkit is a free resource for all healthcare clinicians and educators who are educating students about the care of older adults. It has been a collaborative effort by GAPNA members who are passionate about excellent care for older adults.

For best viewing and functionality on the Web, open the toolkit using the Web browsers Google Chrome, Firefox, Safari, or the latest version of Internet Explorer.

Toolkit Taskforce

Melissa Kramps, DNP, NP-C, GNP-BC

Natalie Baker, DNP, ANP-BC, GNP-BC, CNE, GS-C, FAANP, FAAN

Kala K. Blakely, DNP, CRNP, NP-C, CNE, FAANP

Jeanne Burnkrant, DNP, MSHS, AGNP-BC

Mary DiGiulio, DNP, APN-BC, GNP-BC, NHDP-BC, FAANP

Vaunette Payton Fay, PhD, RN, FNP, GNP

Sherry A. Greenberg, PhD, RN, GNP-BC, FGSA, FAANP, FAAN

Melodee Harris, PhD, RN, FAAN

MJ Henderson MS, RN, GNP-BC

Autumn Henson, DNP, NP-C, GNP-BC, WCC

Linda J. Keilman, DNP, MSN, GNP-BC, FAANP

Catharine A Kopac, PhD, DMin, GNP-BC

Kanah Lewallen, DNP, AGPCNP-BC, GNP-BC

Nanette Lavoie-Vaughan, CGCP, APCNP-C, DNP

Cheryl A. Maes, PhD, APRN, FNP-BC

Sara McCumber, DNP, APRN, CNP, CNS

Karen Devereaux Melillo, PhD, A-GNP-C, FAANP, FGSA

Joanne Miller, PhD, GNP-BC

Renee Mirovsky, DNP, ANP-BC

Laura Schipper, DNP, AGPCNP-BC

Laura A. Steadman, EdD, MSN, CRNP, FNP-B

Tomika Williams, PhD, AGNP-C, CDP

Joshua S. Zucker, DNP, FNP-BC, GNP-C

Gerontological Resources for Primary Care and Community Settings

1. Gerontological and Geriatric Assessment

National Organizations

Agency for Healthcare Research & Quality (AHRQ)

AHRQ is a federal agency with the mission of improving the safety and quality of the American health care system. AHRQ's SHARE Approach is a five-step process for shared decision making that includes exploring and comparing options available to patients and guides the decision process based on what matters most to the patient.

American Association of Retired Persons (AARP)

AARP is a nonprofit organization for the purpose of providing resources and tools to help empower adults as they age. The Home Alone Alliance^{SM} is a partnership of organizations working collaboratively to create guidance for healthcare professionals who engage with family caregivers and tools for family caregivers providing complex care.

American Geriatrics Society (AGS)

AGS is a not-for-profit organization of health professionals devoted to improving the health, independence, and quality of life of all older people. Their website offers many free and low-cost assessment resources. AGS also publishes *Geriatrics at Your Fingertips* yearly in both print and mobile device application.

Enhancement of Geriatric Care for All (ENGAGE-IL)

An interprofessional community aimed at disseminating geriatric values and skills across professions to provide patient and family centered care to meet the holistic needs of older adults. Includes a variety of evidence-based training and educational material.

Gerontological Advanced Practice Nurses Association (GAPNA)

GAPNA is the premier professional organization that represents the interests of advanced practice nurses, other clinicians, educators, and researchers involved in the practice or advancement of caring for older adults. Organizational goals include promoting members' personal and professional growth, increasing the influence of APRNs caring for older adults, and modeling organizational vibrancy. The site has a Clinical Topics area with valuable information on a variety of topics pertaining to older adults. This toolkit is published by the Education Committee and is very useful as a resource for students and faculty.

Hartford Institute for Geriatric Nursing (HIGN)

Based at the New York University Rory Meyers College of Nursing, the Hartford Institute for Geriatric Nursing (HIGN) is a non-profit organization with an embedded clinical website that contains valuable geriatric assessment and educational tools designed to help interprofessional health care practitioners improve the quality of care of older adults. The HIGN develops and maintains ConsultGeri Resources that include eLearning, Guides & Competencies, the *Try This®: Series*, and Geriatric Nursing Protocols.

ConsultGeri: Dementia Phone app of evidence-based dementia protocols. Step-by-step app for diagnosis and management of cognitively impaired older adults (free).

Try This®: Series: Evidence-based assessment tools and best practice approaches to care for older adults. Topics include general assessment, specialty practice, quality improvement, and dementia (co-sponsored with the Alzheimer's Association).

Hospice and Palliative Nurses Association

This national professional organization is dedicated to advancing expert care across the continuum of illness and across the lifespan through education, leadership development, advocacy, and research on behalf of its hospice and palliative care nurse members.

Institute for Healthcare Improvement (IHI)

The goal of IHI is that everyone has the best care and health possible by improving health and health care worldwide. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and IHI in partnership with the American Hospital Association and the Catholic Health Association of the United States. Age-Friendly Health Systems is a movement so that all care with older adults is age-friendly; follows an essential set of evidence-based practices; causes no harm; and aligns with what matters to the older adult and their family caregivers. Four evidence-based elements of high-quality care, known as the 4Ms include: What Matters, Medication, Mentation, and Mobility and are encouraged to be incorporated into daily care of older adults.

National Council on Aging (NCOA)

This organizing sheds light on challenges older adults face through programs, services, and advocacy. There is also an area to submit potential programs for future listing.

National Hartford Center of Gerontological Nursing Excellence (NHCGNE)

NHCGNE is a 501(c)3 organization dedicated to optimal health and quality of life for older adults through faculty development, advancing gerontological nursing science, facilitating adoption of best practices, fostering leadership, and designing and shaping policy.

Society of Hospital Medicine

This website, designed for hospitalists, provides a "Clinical Toolbox for Geriatric Care," a compendium of resources to facilitate and improve inpatient care of the elderly. Resources include practice guidelines; assessment tests for mental status, mobility, and pain; tools for predicting and preventing pressure ulcers; and more.

AMDA - The Society for Post-Acute and Long-Term Care Medicine

This organization provides resources for medical directors, physicians, nurse practitioners, physician assistants, and other professions working in various post-acute and long-term care (PA/LTC) settings. The organization provides continuing education for professions caring for clients in the PA/LTC settings and promotes the importance of interprofessional care.

University Resources

New York University Rory Meyers College of Nursing

Hartford Institute for Geriatric Nursing (HIGN)

The website contains valuable geriatric initiatives and tools designed to help healthcare practitioners improve the quality of care of older adults.

ConsultGeri Resources: Evidence-based geriatric e-learning resources related to care of older patients.

ConsultGeri Dementia App: free smart phone and iPad app of evidence-based dementia protocols.

Try This® Series: Best Practices in Nursing Care for Older Adults: Evidence-based assessment tools and best practice approaches to care for older adults.

e-Learning Resources: Education center with a portal to courses, podcasts, webinars, tools, and other resources related to care of older adults. Resources are available for the interprofessional healthcare team (nurses, physicians, social workers, and other members).

APRN Case Studies: APRN case studies on primary care of older adults.

Oregon Health & Science University (OHSU)

OHSU, in collaboration with the Hartford Center for Gerontological Nursing Excellence, provides learning materials and resources to help educate preceptors and learners to better care for older adults.

The Pennsylvania State University

Center for Geriatric Nursing Excellence: Provides multiple tools to assist professionals and family members to care for older adults.

Nursing Home Toolkit: Provides nonpharmacological approaches on how to care for those with behavioral and psychological symptoms of distress related to dementia.

Collaborative Seminar Series: Various seminar topics related to care and quality of life for older adults.

University of Alabama at Birmingham

Integrative Center for Aging Research: A university-wide interdisciplinary center that provides evidence-based educational experiences to promote the care of complex older adults and their families through interprofessional CME modules on care of older adults.

University of Arizona

Arizona Center of Aging's mission is to promote healthy and functional lives for older adults through comprehensive programs in research, education, training, and clinical care. "Elder Care Interprofessional Provider Sheets" are single-page resources on core geriatric syndromes, conditions, and considerations in care. "Care Partner Information Sheets" are information and tip handouts on a variety of daily living topics for older adults and their care partners (also available in Spanish).

University of Iowa

Iowa Geriatric Education Center: Provides diverse and excellent resources for educators and health professionals in multiple health disciplines. The website includes free tools and resources, including "GeriaLearning" resources on assessment and decision making in primary care of older adults.

University of Maryland - Baltimore

Geri-Ed Programs: Provide geriatric web-based educational materials including medication management in assisted living facilities, delirium, Video Press geriatric education film productions, and valuable resources on clinical interventions. An Age-Friendly Specialist Certificate of Achievement Program is available through the university for those interested in expanding their knowledge on aging and older adults.

University of Missouri

A "Geriatric Examination Toolkit" from the Department of Physical Therapy that contains numerous links to instruments used in assessing topics from head-to-toe along with the scale/instrument scoring details.

University of Washington

Health Sciences Library - *Gerontology:* This website provides educational materials through a central location including books, databases, evidence-based practice, toolkits, statistics and technology, all focused on care for the aging.

Yale School of Medicine

Geriatric Medicine Clinical Resources: Provide multiple mobility and cognitive screening tools along with useful video tutorials and examples of the assessment tools. Also provide videos on communication techniques and it has geriatric assessment and geriatric consultation materials in English and Spanish.

2. Geriatric Specialty Assessments

Cardiology

Transforming cardiovascular health and improving heart health is a mission of the American College of Cardiology (ACC). This online resource provides evidence-based practice information regarding topics including but not limited to "GeriatricCardiology". In addition, the ACC has a free online case based curriculum covering key features of aging impacting cardiovascular disease including but not limited to heart failure and syncope titled the "Essentials of Cardiovascular Care of Older Adults (ECCOA)."

The *Merck Manual Professional Version* is a free online resource providing up-to-date medical information not only on cardiovascular disorders but also geriatrics.

The *Centers for Disease Control and Prevention* (CDC) maintains a variety of resources which focus on preventing heart disease with inclusion of clinical practice guidelines.

The *American Heart Association* includes up-to-date evidence based treatment guidelines for healthcare professionals in the management of atrial fibrillation and heart failure to name a few.

Caregiver Stress

The Alzheimer's Association has a portion of their website dedicated to caregiver health. It recognizes caregiver stress as a risk for burnout. It lists 10 symptoms of caregiver stress and tips to manage stress. Respite care and care coordination calendars such as Lotsa Helping Hands are two resources recommended to alleviate some of the strain on caregivers.

ARCH National Respite Network and Resource Center is a national respite locator.

Assessment of caregiver burden is important. The Zarit Burden Interview is a widely used instrument used to assess caregiver burden. It originated as a 29 item questionnaire and has been revised to several shorter forms. Answers are on a 5-point scale. This article indicates the essential 6 items.

The National Institute on Aging's page on Caregiving encourages people to be effective caregivers while still taking care of themselves. There are articles on planning for long term care, advance directives, long distance caregiving and frequently asked questions about caregiving. There is also a page explaining the role of a Geriatric Care Manager.

Cultural Competence

Cultural competence is the ability for healthcare professionals to demonstrate cultural humility, cultural intelligence, and cultural awareness in providing quality care of patients. Despite years of work in this area, there still remains a huge divide related to disparities and inequities in health care. The Centers for Disease Control and Prevention has a section on Cultural Competence in Health and Human Services which is very informational.

Components of culturally competent care include: awareness, attitude, knowledge, and skills. The American Association of Colleges of Nursing (AACN) has cultural competence tool kits available on its website.

In 2017, the American Nurses Association (ANA) published Standard 8 of the Scope and Standards of Practice which is culturally congruent practice.

Diabetes

Diabetes is an important health condition for the aging population. There are special considerations that apply to this growing segment of the population.

American Diabetes Association (ADA)

The ADA has published "Older Adults: Standard of Medical Care in Diabetes-2021" includes the ADA's current clinical practice recommendations and is intended to provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care.

"Management of Diabetes in Long-term Care and Skilled Nursing Facilities: A Position Statement of the American Diabetes Association" provides a classification system for older adults in long-term care (LTC) settings, describes how diabetes goals and management should be tailored based on comorbidities, delineates key issues to consider when using glucose-lowering agents in this population, and provides recommendations on how to replace sliding scale insulin in LTC facilities.

Joslin Diabetes Center

"Joslin Clinic Guideline for the Care of the Older Adult with Diabetes" is designed to assist primary care physicians, spe-

cialists, and other healthcare providers address the unique challenges and issues of the older adult with diabetes.

National Institute on Aging

"Diabetes in Older People" is a great quick resource for patient and caregiver information that providers can share.

Elder Abuse/Mistreatment

Elder mistreatment can take many forms from overt abuse to neglect to financial exploitation

Centers for Disease Control and Prevention (CDC)

"Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements." Definitions of elder abuse have varied across states, making it difficult to reliably measure its presence. This document establishes uniform definitions for all forms of elder abuse.

Hartford Institute for Geriatric Nursing

Try This®: Series on Elder Mistreatment Assessment provides statistics on elder mistreatment and describes the best tool for assessment, the Elder Assessment Instrument.

National Center on Elder Abuse (NCEA)

Directed by the U.S. Administration on Aging, NCEA is a resource for policymakers, social service and healthcare practitioners, the justice system, researchers, advocates, and families.

National Institute on Aging (NIA)

The NIA's page on Elder Abuse provides an overview of the types of abuse, signs of abuse and information about where to get help.

Ethnogeriatrics

Stanford School of Medicine

Ethnogeriatrics: Modules provide information to increase awareness of specific cultural, racial, ethnic, and tribal influences on health and health care of minority and marginalized older adults.
- African Americans
- Alaska Native Americans
- American Indians (Native Americans)
- Asian Indian Americans (South Asians)
- Chinese Americans
- Filipino Americans
- Hawaiian & Pacific Islander Americans
- Hispanic/Latinx Americans
- Hmong Americans
- Japanese Americans
- Korean Americans
- Pakistani Americans
- Vietnamese Americans

The Hartford Institute for Geriatric Nursing (HIGN)

"Ethnogeriatrics and Cultural Competence for Nursing Practice" covers key concepts in ethnogeriatrics, assessment, nursing care and health promotion strategies, and expected outcomes. Evidence-based screening tools are also available.

Disaster Preparedness

The National Organization of Nurse Practitioner Faculties (NONPF) provides information pertinent to nurse practitioner curriculum. Their APRN Education for Emergency Preparedness and All Hazards Response: Resources and Suggested Content provides a framework that reviews the roles and opportunities for APRNs in all phases of disaster response.

The Federal Emergency Management Agency (FEMA) provides a variety of resources regarding preparing for and responding to disasters. Patients, healthcare workers and healthcare students may have specific concerns during disasters. The site has information for supporting patients and healthcare workers.

Infectious Disease

Asymptomatic Bacteriuria

Asymptomatic Bacteriuria (ASB) is the presence of bacteria in a patient's urine or a positive culture without signs or symptoms of a urinary tract infection such as dysuria, frequency, urgency, fever, or flank pain. This is a frequently occurring health condition in older adults noted in up 15-50% of long term care residents.

AHRQ has a Toolkit for Assessment and Management of the Resident With a Suspected Urinary Tract Infection. This is built on the work of Development of Minimum Criteria for the Initiation of Antibiotics in Residents of Long-Term–Care Facilities: Results of a Consensus Conference

Clinical Practice Guideline for the Management of Asymptomatic Bacteriuria: 2019 Update by the Infectious Diseases Society of America outlines recommendations for management of this condition,

Patients and families often have questions about management of ASB. Ask the Geriatrician: Urinary Tract Infections And Asymptomatic Bacteriuria from Healthy Aging provides a good explanation of this management of ASB. Choosing Wisely also provides guidelines for Tests & Treatments for Urinary Tract Infections in Older People and Antimicrobials to treat bacteriuria in older adults.

The Use of Clinical Decision Support in Reducing Diagnosis of and Treatment of Asymptomatic Bacteriuria describes a successful program to address ASB.

COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus and was declared a global pandemic by the World Health Organization (WHO) on March 11, 2020. At the WHO site there is advice for the public, myth busters, information on the COVID-19 break-out, and questions and answers.

The Centers for Disease Control and Prevention (CDC) has information for older adults related to risks, vaccine information and other important facts. The CDC also has up-to-date information on recommendations for older adults and other specific populations regarding COVID-19.

Functional Assessment

Barthel Activities of Daily Living (ADL) Rating Scale: This index provides information using a standardized validated scale for assessment of ability to perform tasks relating to personal care. The scale has good validity and reliability.

Doctot® Geriatric App: Tools of the Trade. Offers the medical practitioner efficient and easy-to-use electronic tools that measure important functions of geriatric patients. Free.

Katz Index of Independence in Activities of Daily Living (ADL): Commonly referred to as the Katz ADL, it is the most appropriate instrument to assess functional status as a measurement of a person's ability to perform ADLs independently. The index ranks performance in the six functions of bathing, dressing, toileting, transferring, continence, and feeding.

Lawton Instrumental Activities of Daily Living (IADL) Scale: This instrument is used to assess independent living skills among community-dwelling older adults. Eight domains of function are assessed such as housekeeping, meal preparation, ability to handle finances, and manage medications.

"Functional Assessment of the Elderly Patient" provides an overview of the steps to perform an office evaluation of an elder and includes links to assessment tools and explanations on how to perform each element of the assessment.

GeriKit App: This application is a tool to help medical professionals facilitate a geriatric examination. The app includes tests for eight indicators to diagnose a patient's geriatric health - Cognition, Depression, Function, Strength, Fall Risk, Nutrition, Medications, and Advanced Care. Includes Katz ADL and Lawton IADL Scales among others.

Intellectual and Developmental Disorders (I/DD)

The Alzheimer's Association's "Down Syndrome and Alzheimer's Disease" resource assists in understanding how those diagnosed with Down syndrome age. These individuals have a higher risk of developing a type of dementia that is similar to Alzheimer's disease.

American Association on Intellectual and Developmental Disabilities (AAIDD): Publishes a number of resources, including information on care and end-of-life planning. AAIDD promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities.

National Down Syndrome Society (NDSS). Advocates for the value, acceptance, and inclusion of people with Down syndrome. NDSS has published a book, "*Aging and Down Syndrome: A Health & Well-Being Guidebook.*"

National Task Group on Intellectual Disabilities and Dementia Practices: The American Academy of Developmental Medicine & Dentistry disseminates information and training related to screening, health care, family/community-based support, and long-term care related to I/DD

The Arc: A national community-based organization advocating for and serving people with I/DD and their families.

Lesbian, Gay, Bisexual, Transgender, Queer + (LGBTQ+) Persons

American Geriatrics Society (AGS) Ethics Committee (2015) published the "American Geriatrics Society Care of Lesbian,Gay, Bisexual, and Transgender Older Adults Position Statement." AGS acknowledges this population is at risk for discrimination in the healthcare setting, outlines its vision for the treatment of LGBT elders, and cites specific steps that can be taken to ensure they receive needed and appropriate care.

National Resource Center on LGBT Aging: Resource center aimed at improving the quality of services and support offered to LGBT older adults. The Center on LGBT Aging provides training, technical assistance, and educational resources to healthcare providers on end-of-life decision making and other health issues.

Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE): National organization dedicated to improving the lives of LGBT older adults. Offers supportive services and consumer resources for LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations, largely through its National Resource Center on LGBT Aging.

"Lesbian, Gay, Bisexual, and Transgender Health:" *Healthy People 2020* provides information that is related to the *Healthy People* goals for this population. Very good, basic information as well as statistics are provided.

"LGBT Aging Project:" Non-profit organization under the direction of Fenway Health dedicated to ensuring that lesbian, gay, bisexual, and transgender older adults have equal access to the life-prolonging benefits, protections, services, and institutions that their heterosexual neighbors enjoy.

Mobility & Fall Risk Assessment

The "Timed Up-and-Go" (TUG) test measures the overall time to complete a series of functionally important mobility tasks, such as standing from a sitting position, walking, turning, stopping, and sitting down, which are all tasks needed for independent mobility. This video created by the CDC demonstrates how to perform the test.

Berg Balance Scale: Developed to measure balance among older people with impairment in balance function by assessing the performance of functional tasks. It is a valid instrument used for descriptions of function in clinical practice and research.

Doctot® Geriatric App: Tools of the Trade. Offers the medical practitioner efficient and easy-to-use electronic tools that measure important functions of geriatric patients. Free.

A fall risk assessment for older adults, "The Hendrich II Fall Risk Model," is a useful guideline for practitioners.

American Geriatrics Society

2010 AGS/BGS Clinical Practice Guideline: Prevention of Falls in Older Persons: A joint endeavor of the American Geriatrics Society (AGS), British Geriatrics Society (BGS), and American Academy of Orthopaedic Surgeons. The goal of the guideline is to assist healthcare professionals in their assessment of fall risk and in their management of older adults who have fallen or are at risk of falling.

iGeriatrics. This app contains many free resources at your fingertips via the app. The AGS Guideline for Prevention of Falls in Older Persons aims to assist healthcare professionals in their assessment of fall risk and in their management of older adults who have fallen or are at risk of falling. Full access to iGeriatrics tools is available for $9.99 for a 1-year subscription.

Centers for Disease Control and Prevention (CDC)

"Important Facts about Falls" includes articles and booklets on fall prevention and education.

"Older Adult Fall Prevention" Most up-to-date statistics and facts about fall prevention. This site links to "Preventing Falls: A Guide to Implementing Effective Community-Based Fall Prevention Programs."

"STEADI (Stopping Elderly Accidents, Deaths & Injuries)" toolkit for fall prevention has multiple provider resources for fall risk assessment and prevention such as patient checklist for risks, guide to integrating fall prevention in practice, triage tool, algorithm for fall risk assessment and interventions, and validated tests to assess patient fall risk. Also includes short videos demonstrating the 30-second chair stand, 4 Stage Balance Test, and other assessments.

Hartford Institute for Geriatric Nursing

Clinical website that includes evidence-based content, tools, and relevant practice guidelines. *Geriatric Nursing Clinical Practice Protocol: Fall Prevention* provides an overview, link to falls assessment tool, and relevant practice guidelines.

National Council on Aging (NCOA)

The NCOA provides information on "Preventing Falls: Tips for Older Adults and Caregivers". Includes listing of evidence- based community fall prevention programs.

Nutrition

AARP

Caregiver video series on "Special Diets" and managing nutrition.

American Geriatrics Society

"American Geriatrics Society Feeding Tubes in Advanced Dementia Position Statement"

Hartford Institute for Geriatric Nursing

"Assessing Nutrition in Older Adults" highlights the Mini-Nutritional Assessment

Short-Form, a screening tool used to identify older adults at risk for malnutrition.

"Nutrition in Aging:" Clinical Practice Protocol: Nutrition in Aging

Melissa Batchelor, PhD, RN, FNP, FAAN

Tips for Eating and Drinking at Home This site contains modules that provide instruction in managing persons with dementia at mealtimes and guidance in feeding techniques.

National Council on Aging

"Healthy Eating Tips for Seniors" gives information on ways to eat well as you get older and contains videos on topics such as how to eat healthy on a budget and making healthy food choices. Also includes links to specific topics on Diet and Nutrition for Older Adults.

Nestle Nutrition Institute

Mini Nutritional Assessment Forms: Nutrition assessment forms for healthcare professionals and self-assessment by older adults available in multiple languages.

Interprofessional Geriatrics Training Program

Nutrition for the Older Adult pdf or video for professional credit provides healthcare professionals with knowledge on nutritional needs of older adults, weight loss parameters to assess nutritional status, and strategies to manage nutrition in the older adult.

Obesity

American Association of Nurse Practitioners

Multiple resources available on the AANP website for free: "Obesity and Weight Management"

One of the AANP resources is a thorough guide, although not focused on the older adult, "Obesity Management Fundamentals: Essential Clinical Tools" This free booklet provides essential information for clinicians who manage patients who are overweight or who are diagnosed with obesity. It covers topics such as conducting a weight history, eating and meal plans, weight-related complications and medications. It also provides the Binge Eating Disorder Screener-7 (BEDS-7) and a description of physical assessment tools for use in clinical practice, in addition to a patient handout.

Gerontological Society of America (GSA)

GSA has a guide that is focused on obesity in older adults: "Obesity in Older Adults: Succeeding in a Complex Clinical Situation"

Obesity Medicine Association

"Obesity Algorithm®: Clinical Guidelines for Obesity Treatment" is a set of obesity treatment guidelines available for purchase in digital or print format. The PowerPoint of the algorithm is free.

Oral Health

American Dental Association

Useful information and tips on oral health and older adults. Also has publications and resource links for additional reading.

Oral Health Nursing Education and Practice (OHNEP) A national initiative led by New York University Rory Meyers College of Nursing in partnership with the National Interprofessional Initiative on Oral Health. The website serves as a knowledge center and portal for best practices. OHNEP's "National Interprofessional Initiative on Oral Health Resources" provides videos, presentations, reports, and case studies. A faculty toolkit is also available: "The OHNEP Interprofessional Oral Health Faculty Toolkit" specific for Adult-Gerontology Nurse Practitioner Programs.
Interprofessional "Oral Health Faculty Toolkits" are organized by program and describe how to integrate evidence-based oral-systemic health content, teaching-learning strategies, and clinical experiences into undergraduate, nurse practitioner, and midwifery programs.

"Smiles for Life: A National Oral Health Curriculum"

Developed by the Society of Teachers of Family Medicine Group on Oral Health and designed to enhance the promotion of oral health for all age groups.

National Institute for Health and Care Excellence

Recommendations on "Oral Health for Older Adults in Care Homes."

Pressure Injuries

National Pressure Injury Advisory Panel (NPIAP) Educational and clinical resources such as an image library, continuing education programs, and slide sets developed by NPIAP, the authoritative voice for improved patient outcomes in pressure injury prevention and treatment.

Pressure Injury Risk Assessment

Ten top tips: honing your pressure injury risk assessment This article discusses 10 different populations in which the current formal risk assessment scales are often not sensitive enough to accurately determine the patient's risk for developing pressure injuries and what the additional risk factor(s) is/are.

The Braden Scale for Predicting Pressure Sore Risk

Use this tool in conjunction with clinical assessment to determine if a patient is at risk for pressure injury. (Many EMR systems in the US have Braden Scale incorporated in their systems.)

Other scales available are the Norton Scale and Waterlow Scale.

Documentation tips for all wound care documentation - A great resource to make your wound documentation capture all that is needed in the note.

Cross-Setting Pressure Ulcer Measurement & Quality Improvement. A CMS resource with links for quality improvement concerning pressure injuries.

Woundsource

A great online resource covering pressure injury prevention to treatment. Product information and Continuing Education. Some of the CE is free. Woundsource Resources: is a list of associations and organizations to support wound care clinicians.

Sexual Assessment

Healthcare providers often do a poor job eliciting and documenting a sexual history; including older adults. A framework which offers assessment of sexuality among older adults is the PLISSIT Model. This model, recognized by the Hartford Institute for Geriatric Nursing, offers questions which can be used to initiate and discuss sexuality among older adults. Overall, this model provides guidance for further work-up or referral. It is not a diagnostic tool.

The National League for Nursing (2021) offers additional resources. They offer teaching resources specific for Advancing Care Excellence for Seniors which integrates gerontological nursing education. They note a need to raise student awareness of sexuality issues among older adults and offer a teaching strategy titled Sexuality and the Older Adult. Furthermore, this teaching strategy may increase a student's comfort level of discussing this topic, in addition to increasing awareness of integrating sexuality assessment in an older adults' plan of care.

There is an additional resource available from the University of Arizona College of Medicine Center on Aging titled Sexual health: Tips for taking a geriatric sexual history.

Sleep

Hartford Institute for Geriatric Nursing

The Epworth Sleepiness Scale (ESS) is an instrument used to assess daytime sleepiness.

National Institute on Aging

"A Good Night's Sleep." A consumer-oriented resource on a variety of topics on sleep including sleep and aging, insomnia, diagnoses affecting sleep, safe sleep, and tips on falling asleep.

National Sleep Foundation

This resource on aging and sleep includes information on sleep architecture and bio patterns.

University of Arizona Center on Aging

Elder Care series geared toward interprofessional providers on various topics, two of which are on sleep: "Sleep in OlderAdults" and "Sleep in Older Adults-Pharmacotherapy."

Urinary Incontinence

Hartford Institute for Geriatric Nursing

"Urinary Incontinence Assessment in Older Adults Part I: Transient Urinary Incontinence" highlights the Bladder Diary as a tool to collect information during the assessment and treatment of urinary incontinence (UI) and outlines possible causes of transient UI in helpful mnemonics.

"Urinary Incontinence Assessment in Older Adults Part II: Established Urinary Incontinence" highlights two scales to discern the type of UI and assess the impact of UI on quality of life.

National Institute on Aging

"Urinary Incontinence in Older Adults" provides helpful information on UI geared toward the patient and also has videos on age-related changes affecting the bladder and seeking help for bladder problems.

3. Geriatric Mental Health

The Geropsychiatric Nursing Initiative (GPNI) is a partnership between the Hartford Institute for Geriatric Nursing, American Association of Colleges of Nursing, and National Hartford Center of Gerontological Nursing Excellence. For a nominal fee, the GPNI provides online resources on geriatric mental health for advanced practice registered nurses and other graduate nurses and nursing students. The GPNI online learning includes continuing education that is specific to older adults. The continuing education topics include an overview of geropsychiatric nursing, delirium, depression, serious and persistent mental illnesses, post-traumatic stress disorder, bipolar disorder, mental health disparities, and cultural competency. Classroom licensing is available.

The Geropsychiatric Nursing Competency Enhancements were developed in 2012 by the Geropsychiatric Nursing Collaborative to enhance existing undergraduate and graduate nursing competencies.

The GAPNA Geropsychiatric Nursing Position Statement is a position statement that supports evidence for geropsychiatric nursing as a subspecialty. The position statement is supported by geriatric/gerontological organizations.

Alcohol and Substance Abuse in Older Adults

Resources addressing substance abuse issues among older adults are included in multiple publications available from the Substance Abuse and Mental Health Services Administration (SAMHSA). These include: "Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health—2019 Edition;" "Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health" (2016); "Growing Older: Providing Integrated Care for an Aging Population"(2016); and "In Brief: Substance Use and Suicide: A Nexus Requiring A Public Health Approach" (2016).

The National Institute on Alcohol Abuse and Alcoholism based at the National Institutes of Health has many resources available for older adults including drinking guidelines for adults and interactions with medications.

Hartford Institute for Geriatric Nursing

"Alcohol Use Screening and Assessment for Older Adults" is a reference that contains two screening tools, AUDIT-C and Short Michigan Alcoholism Screening Test – Geriatric Version (S- MAST-G)

Delirium

The American Delirium Society is a community of professionals dedicated to improving delirium care. The goals are to foster research, education, quality improvement, advocacy, and implementation science to minimize the impact of delirium on short and long-term health and well-being of patients. The online resource is for healthcare professionals, patients, and families.

The ICU Delirium website is an online resource that is housed at Vanderbilt University Medical Center. The website includes assessment tools, videos, handouts, testimonials, the latest research, and other resources on delirium for healthcare professionals, patients, and families.

Network for Investigating Delirium: Unifying Scientists, **NIDUS** is an interprofessional network that is funded by the National Institutes on Aging to connect scientists and advance the science of delirium. The site includes a blog, newsletters, delirium tools, information about grant opportunities, research studies and resources.

Delirium Information for VA Healthcare Professional

The U.S. Department of Veteran Affairs website offers information on delirium for healthcare providers in geriatrics and extended care.

Delirium Tools The Hospital Elder Life Program (HELP) is a comprehensive, evidence-based, patient-care program that provides optimal care for older persons in the hospital. Dr. Sharon K. Inouye and her colleagues at Yale University School of Medicine originally designed HELP to prevent delirium among hospitalized older persons. This site requires establishing an account to access the materials. Tools include:

- Confusion Assessment Method (long & short CAM)
- CAM-S Delirium Severity Scoring
- FAM-CAM (Family assessment of delirium)
- 3D-CAM (3 minute diagnostic assessment)
- UB-CAM (Ultra Brief CAM)
- Delirium Burden Instruments (DEL-B)
- CHART-DEL

Hartford Institute for Geriatric Nursing

"Clinical Practice Protocol: Delirium" is an in-depth look at delirium from background to assessment to nursing care strategies.

A Train Education

This is a continuing education website providing content on a myriad of topics for healthcare professionals. An in-depth learning module titled "Dementia Special: Delirium, Alzheimer's, Dementia Care, and Supporting Caregivers"is

available at no cost. It is a 15 hour course that can be completed for free and contact hours awarded for a fee. The course covers understanding delirium along with causes, risk factors, screening tools, differential diagnosis, and strategies for addressing delirium.

Depression

Depression and Anxiety: Screening and Intervention

Depression in the older adult can be assessed using the Geriatric Depression Scale. The short form consists of 15 questions highly correlated with depressive symptoms.

Depression and Suicide in Older Adults

The American Psychological Association reviewed the latest criteria for management of depression and prevention of suicide in this vulnerable population: "Depression and Suicide in Older Adults Resource Guide."

Friendship Line (1-800-971-0016) is sponsored by the Institute on Aging. It is the only 24-hour toll-free hotline specifically for older and disabled adults who are either in crisis or just in need of a friend.

Suicide Prevention

The SAMHSA toolkit "Promoting Emotional Health and Preventing Suicide" includes resources and a list of mental health apps for senior center staff. Resources for primary care (pages 30-32) include a fact sheet, risk factors, and responses. Also Available in Spanish.

Loneliness

Loneliness has been recognized as a problem among older adults that leads to numerous mental and physical health consequences. The Campaign to End Loneliness based out of the United Kingdom provides screening tools and other resources to assist healthcare professionals recognize loneliness. CareMore Health provides a free presentation on Senior Loneliness and CareMore's Togetherness Program. The UCLA Loneliness Scale was developed in 1978 and has been widely tested for validity and reliability over the years. It can be used in its full 20 question capacity or broken down into fewer questions.

4. Cognitive Assessment

Cognitive Assessment

Alzheimer's Association - Cognitive Assessment for Primary Care Providers

This website from the Alzheimer's Association offers multiple free downloadable pdf files with guidelines for initial and annual assessment of cognitive function in the older adult: "Cognitive Assessment Toolkit" for annual wellness visits

and an algorithm for the annual wellness visit. There are also videos demonstrating screenings for cognitive impairment.

American Bar Association - Cognitive Assessment in Older Adults

The American Bar Association Commission on Law and Aging, in conjunction with the American Psychological Association has created handbooks for psychologists, lawyers and judges that review assessment and legal aspects regarding older adults with diminished capacity. Appendix C of the handbook for psychologists includes a chart on cognitive assessment tests.

National Institute on Aging (NIA)

The NIA provides clinical practice tools, training materials, and more resources for assessment, treatment, and management of older adults with cognitive impairment.

Older Driver Assessment

The American Geriatric Society, through a cooperative agreement with the National Highway Traffic Safety Administration, published *The Clinician's Guide to Assessing and Counseling Older Drivers,* a free online guide on assessment and counseling of older drivers for healthcare professionals (app also available). The website contains comprehensive information for identifying older adults at increased risk for unsafe driving and provides practical tips for management and an "Am I a Safe Driver?" Checklist.

The Alzheimer's Association has resources for family members and individuals with cognitive impairment that address dementia and driving. The resources include information on having the conversation, planning ahead, signs of unsafe driving, and videos showing examples of family members dealing with issues related to dementia and driving.

5. Dementia Assessment and Management

The Alzheimer's Association offers a "Cognitive Assessment Toolkit" and a "Cognitive Impairment Care Planning Toolkit" which can aid in the assessment of individuals with dementia.

The Handbook of Alzheimer's Disease and Other Dementias edited by Andrew E. Budson & Neil W. Kowal (2014, WileyBlackwell) is an excellent resource for scientific foundations of dementia.

Glorious Opportunity is inspired by a general practitioner from the United Kingdom who has been diagnosed with dementia. This Website includes videos, modules, information for caregivers and children, and other resources.

The American Psychological Association Handbook of Dementia (Glenn E. Smith & Sara Tomaszewski Farias, editors 2018) provides a comprehensive discussion of diagnosis, epidemiology, neurobiology, assessment, and most importantly interventions (primary, secondary, and tertiary prevention strategies). It is available through the American Psychological Association, Washington, DC.

Alzheimer's Disease

Alzheimer's Association

The Alzheimer's Association mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Alzheimer's Association Research Center provides resources such as access to articles on new approaches for diagnosis and treatments of cognitive disorders in older adults including clinical trials. The Alzheimer's Association also offers education on the different types of dementia.

The Alzheimer's Disease Cooperative Study was developed to advance research in the development of drugs that might be useful for treating patients with Alzheimer's disease, particularly drugs that might not be developed by industry.

Frontotemporal Degeneration

The Association for Frontotemporal Degeneration works to improve the quality of life of people affected by frontotemporal degeneration and drive research to a cure.

The National Institutes of Health provides information on frontotemporal disorders for patients, families, and caregivers.

Lewy Body Dementia

Lewy Body Dementia Association is dedicated to raising awareness of Lewy body dementia (LBD); supporting people living with LBD, their families, and caregivers; and promoting scientific advances. The association's purposes are charitable, educational, and scientific.

The Lewy Body Composite Risk Score (LBCRS) is an instrument designed by James E. Galvin that helps guide clinicians as to whether Lewy bodies may be a contributing factor in a person's cognitive decline.

"What Is Lewy Body Dementia?" by the National Institute on Aging contains information for patients, families, and professionals.

Generalized Dementia Information

Boltz, M. (2021). Dementia: Assessment and Care Strategies. In M. Boltz., E. Capezuti, D. Zwicker, & T. Fulmer

(Eds.), *Evidence-based geriatric nursing protocols for best practice* (6th ed.) (pp. 331-352). Springer Publishing Company.

National Council of Certified Dementia Practitioners (NCCDP) was formed to promote standards of excellence in dementia and Alzheimer's disease education to professionals and other caregivers who provide services to clients with dementia. The goal of the NCCDP is to promote national standards for comprehensive and extensive Alzheimer's disease and dementia care education.

National Nursing Home Quality Improvement (NNHQI) Campaign exists to provide long-term care providers, consumers and their advocates, and quality improvement professionals with free, easy access to evidence-based and model-practice resources to support continuous quality improvement. The Campaign promotes focus on individuals' preferences, staff empowerment, and involving all staff, consumers, and leadership in creating a culture of continuous quality improvement.

"Nursing Home Toolkit: Promoting Positive Behavioral Health" is a toolkit of non-pharmacological interventions for promoting positive dementia behaviors.

Dementia Friendly America includes tools and resources to help communities work toward dementia friendliness.

6. Gerontological Pharmacology

The American Geriatrics Society (AGS) Beers Criteria® for Inappropriate Medication Use in Older Patients-2019

The AGS updated the *Beers Criteria® in 2019* to identify medications that may be inappropriate or harmful to older adults due to a higher incidence of complications, such as falls, confusion, and constipation. There is also a Pocket Guide available.

Deprescribing

The Canadian website *Deprescribing* provides algorithms and other information on deprescribing.

Principles of deprescribing for older adults and suggestions for specific medications to consider for deprescribing are reviewed in "Tips for Deprescribing in Nursing Homes."

A tool to assist deprescribing is *medstoppper.com*. This tool helps determine if a medication can be stopped or needs to be tapered. The tool uses the Beers Criteria, START/STOPP, and other resources to assist in deprescribing decisions.

The overuse of medication for older adults is described in the Lown Institute's materials on medication overload and older Americans. It includes resources to address this problem.

Medication Prescription Resources

Epocrates provides reliable clinical information. The free drug reference includes brand, generic, and over-the-counter(OTC) medicines; drug interaction check; and pill identification.

iGeriatrics combines all the American Geriatrics Society's clinical information offerings into one easy-to-use application. It is aimed at healthcare providers and covers a wide range of topics relating to older adults, from medication safety to cross-cultural assistance. This app is designed for both iPhone and iPad.

The Medscape Drug Interaction Checker is an online tool used to search medications or OTC drugs and herbal supplements for potential drug-drug interactions (free).

Opioid prescription guidelines: Chronic pain is common, multidimensional, and individualized, and treatment can be challenging for healthcare providers as well as older adults. The CDC released the *Guideline for Prescribing Opioids for Chronic Pain*. This site includes resources for providers and patients.

The STOPP/START Toolkit Supporting Medication Review, arranged by physiological systems, assists in the review of older adults' prescriptions (STOPP) and includes guidelines to alert the practitioner to the right treatment (START). It also has references to drug class duplication, drug-drug, and drug-disease interactions. The START tool highlights under-prescription or omission of clinically indicated, evidence-based medications. The Supplementary Material file has the full set of STOPP/START guidelines. They are also listed in table format in Appendix 5 of England's NHS *Toolkit for GeneralPractice in Supporting Older People Living With Frailty.*

7. End-of-Life Issues

National Hospice and Palliative Care Organization

Provides downloadable and printable state-specific advance directives documents and instructions: Advance Directives State by State Index. CaringInfo, created by the National Hospice and Palliative Care Organization, provides free information on topics related to end of life in both English and Spanish.

National Institute on Aging

On this site, the National Institute on Aging provides information for caregivers and loved ones related to the end of life.The articles assist individuals in understanding what to expect prior to, during, and after the death of a loved one. It explains the difference between hospice and palliative care.

American Psychological Association

On this site the **American Psychological Association** provides resources for professionals and the public on palliative care and end of life issues. Information provided includes policy statements and resources for individuals with serious or life-limiting illness and their care partners

End-of-Life Nursing Education Consortium (ELNEC)

The ELNEC project is a national education initiative to improve palliative care. The project provides training in palliative care to nurses, faculty, CE providers, and staff development educators so they can teach this essential information to practicing nurses or nursing students.

Five Wishes Online

This Aging with Dignity interactive site enables users to create and customize their advance directive online. The document can be saved, printed, or emailed. $5.00 purchase fee.

Physician Orders for Life Sustaining Treatment (POLST)

The POLST Paradigm is an approach to end-of-life planning based on conversations between patients, loved ones, and medical providers. The POLST Paradigm is designed to ensure seriously ill patients choose the treatments they want and that their wishes are honored by medical providers.

8. Nursing Home Information and Regulation

The Society for Post-Acute and Long-Term Care Medicine [formerly American Medical Directors Association (AMDA)]

This organization's website provides resources for the community of medical directors, physicians, nurse practitioners, and physician assistants working in the post-acute and long-term care (PA/LTC) settings. Members work in skilled nursing facilities, long-term care and assisted living communities, continuing care retirement communities, home care, hospice, PACE programs, and other settings.

Federal and State Regulations Affecting Nursing Homes

Nursing homes are strictly regulated and surveyed annually, or when concerns arise, to maintain their licensure. Regulations are both federal and state specific. Care providers in this setting need to be familiar with these regulations. The "Electronic Code of Federal Regulations" provides the details of these regulations.

Medicare and Medicaid Programs; Reform of Requirements for Long-Term Care Facilities. - A list of the requirements for long-term care facilities to participate in Medicare and Medicaid programs.

Centers for Medicare & Medicaid Services (CMS)

Information about being certified as a Medicare and/or Medicaid nursing home provider is provided and includes links to applicable laws, regulations, and compliance information as well as the Quality Indicator Survey, Nursing Home Action Plan, and Data Compendium.

INTERACT® (Interventions to Reduce Acute Care Transfers)

A quality improvement program that focuses on management of acute change in nursing home residents' conditions and is designed to improve the early identification, assessment, documentation, and communication about changes in the status of residents. The goal of INTERACT® is to improve care and reduce the frequency of potentially avoidable transfers to the acute hospital. It includes clinical and educational tools and strategies for use in APRN practice in long-term care.

Adverse Events in Nursing Homes

The CMS has compiled information and resources related to adverse events in nursing homes to assist providers to identify, track, and systematically investigate adverse events that have occurred, as well as develop and implement systemic interventions that will help prevent adverse events. Topics include Quality Prescribing and Office of Inspector General Reports. Assessment forms/tools are available for adverse drug events, infection control, and tracking infections.

Initiative to Reduce Avoidable Hospitalizations among Nursing Facility Residents (NFI) - CMS has compiled further information/resources about reducing unavoidable hospitalizations.

Promoting Nonpharmacologic Strategies to Address Behavioral and Psychological Symptoms of Distress(BPSD)/Reducing Use of Antipsychotic Medications

Nursing home toolkit that focuses on promoting positive behavioral health in patients with dementia. The toolkit was supported by Commonwealth Fund and Hartford Foundation.

Nursing Home Compare

This site has detailed information for comparing data on every Medicare and Medicaid-certified nursing home in the United States.

Minimum Data Set (MDS)

The MDS is a comprehensive, interprofessional assessment based on patient and staff interviews, physical examination, and chart review. It identifies actual and potential

diagnoses and serves as a roadmap for formation of care plans. For skilled residents, the MDS also determines Medicare payment. Established by the Omnibus Budget Reconciliation Act in 1987, the MDS assessment continues to evolve according to CMS guidelines. CMS provides official training materials for MDS. There are several resources available at this link to support and educate.

Quality Improvement Organizations - A resource if you or your organization are interested in further information about improving quality of health and reduction of cost for people with Medicare.

Quality Improvement Organizations

The National Nursing Home Quality Improvement (NNHQI) Campaign (formerly, Advancing Excellence in America's Nursing Homes Campaign) is a major initiative operating under CMS. The NHHQI Campaign provides free evidence-based and model practice resources to support continuous quality improvement.

9. Role Issues

ABCDs of Medicare

This resource published by the Arizona Center on Aging distinguishes between "original Medicare" and "Medicare Advantage Plans" and outlines services covered by Plans A, B, C, and D.

Basic Medicare Resources for Healthcare Professionals, Suppliers, and Providers

This resource is designed to provide Medicare enrollment information for APRNs and other suppliers. Review the downloadable fact sheets to learn about Medicare provider enrollment. Free educational materials for healthcare professionals on CMS programs, policies, and initiatives can be found at CMS Services Medicare Learning Network.

US Department of Justice, Drug Enforcement Administration Diversion Control Division

Controlled Substance Schedules

Drugs and other substances that are considered controlled substances under the Controlled Substances Act (CSA) are divided into five schedules. An updated and complete list of the schedules is published annually in Title 21Code of Federal Regulations (C.F.R.) §§1308.11 through 1308.15. Substances are placed in their respective schedules based on whether they have a currently accepted medical use in treatment in the United States, their relative abuse potential, and likelihood of causing dependence when abused. The schedules and examples of the drugs in each schedule are listed here.

Drug Enforcement Agency (DEA)

Pursuant to Title 21, Code of Federal Regulations, a midlevel practitioner who is licensed, registered, or otherwise permitted by the United States or the jurisdiction in which he/she practices, may dispense a controlled substance in the course of professional practice. Authorization to dispense controlled substances based on Schedule Categories is determined by the state practice regulations. Application for registration is done online.

National Provider Identifier (NPI)

The NPI is a unique identification number required for healthcare providers delivering Medicare services. This document provides information about the NPI, including the application process.

Rural Health Care (RHC)

This page provides basic information about being certified as a Medicare participating RHC supplier and includes links to laws, regulations, and compliance information. The curriculum is open to all healthcare professionals and disciplines.

AANP Advocacy Center- Removal of Barriers to Practice NP Legislation: Advocating to Remove Federal Barriers

This page provides information on advocacy efforts AANP Advocacy Center

10. Legal Issues

American Bar Association (ABA)

"Assessment of Older Adults with Diminished Capacity" was created by the ABA Commission on Law and Aging, in conjunction with the American Psychological Association. Appendix 3 describes psychological and neuropsychological tests to measure cognition in older adults.

ABA Commission on Law and Aging: Resources on topics such as elder abuse, ethics and counseling older adults, guardianship law, healthcare decision making, and long-term care services.

Assessing Decisional Capacity

Created by the Rush University Medical Center and the Commission on Law and Aging, Assessment of Capacity of Older Adults: A Growing Challenge for Health Care Professionals, is an interactive online education curriculum on assessing the capacity of older adults, funded by The Retirement Research Foundation. The course ($25 fee) is timely because more health professionals are making capacity assessment in an aging population. The curriculum

is open to all healthcare professionals and disciplines.

National Academy of Elder Law Attorneys, Inc. (NAELA)

This organization is a professional association of attorneys dedicated to improving the quality of legal services provided to people as they age. NAELA provides free educational resources through the NAELA Consumer Library.

11. Social Determinants of Health

The Social Determinants of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Resources listed here available are from international and national organizations and universities.

International Organizations

World Health Organization

WHO Health Equity

Link to the WHO document *World Health Day 2021: It's time to build a fairer, healthier world for everyone, everywhere.*

National Organizations

American Academy of Home Care Medicine

AAHCM Learning Management System

The Educator's toolkit contains links to screening tools that can be used to assess the SDOH. A learning module on the Social Drivers of Health is available to complete for a certificate of participation. If not a member of the American Academy of Home Care Medicine, the user will need to register for free access to information on this website

Center for Disease Control

CDC Social Determinants of Health

Overview with definition and approaches to social determinants of health.

Social Determinants of Health: Know What Affects Health

CDC resources for SDOH data, research, tools for action, programs, and policy

Strategies for Reducing Health Disparities

Examples of successful strategies and interventions to promote health equity.

Center for Health Care Strategies

Screening for Social Determinants of Health in Populations with Complex Needs: Implementation Considerations

This resource examines how organizations participating in Transforming Complex Care (TCC), a multi-site national initiative funded by the Robert Wood Johnson Foundation, are assessing, and addressing social determinants of health for populations with complex needs. Included in this link is the downloadable brief *Screening for Social Determinants of Health in Populations with Complex Needs: Implementation Considerations*

Center for Medicare and Medicaid Services

Centers for Medicare and Medicaid Services: Toolkit for Making Written Material Clear and Effective

Guidelines for creating written material including readability, graphics, and design. The Toolkit is a health literacy resource

U.S. Department of Health and Human Services

Healthy People 2030: Social Determinants of Health

Linkages to targets set forth in Healthy People 2030 that pertain directly to the social determinants of health delineated in five domains: Economic stability, education access and quality, health care access and quality, neighborhood built and environments, and social and community context

Health Disparity and Minority Health Resources

Minority health and disparity definitions with visual data and interactive graphics.

Office of Minority Health: Knowledge Center

Collection of journal articles, media, and books related to health of minority populations.

University Resources

University of Kansas provides a community toolkit including "Addressing Social Determinants of Health and Development", an overview of SDOH with a checklist, video examples, and a power point summary.

Social Determinants of Health Assessment Tools

Find Help

A repository of resources listed by zip code financial assistance, food pantries, medical care, and other free or reduced-cost help

The Clear Toolkit

Helps health care providers address social factors that cause barriers to care and delineates strategies for professionals to provide more equitable care. It is available in over 10 languages.

The EveryONE project

Tool used to assess and address a patient's social needs to identify helpful resources in the community.

THRIVE

An assessment that is used to understand the social determinants of health within a given community, and ways in which those determinants can be addressed to provide safety, and more equitable health care.

Preceptor Resources

1. Suggested Preceptor Preparation for Role

Before making the commitment to serve as a preceptor for an APRN student, the following information will be useful in planning student learning experiences.

Information on the APRN Program and Course

Obtain a copy of course objectives and clinical practice guidelines so that you clearly understand preceptor expectations for clinical practice with older adults.

- Determine the current level of the student's clinical expertise. Is this experience his/her first clinical rotation or one nearing graduation?
- Determine the criteria for student evaluations.
- Ask about the frequency, methods, and length of faculty clinical visits to evaluate the student's performance.
- Know the name of the faculty responsible for the student, how to contact him/her, and decide how faculty is to contact you.
- Determine the time commitment; with specific start and end dates and number of hours weekly.
- Clarify the patient population/characteristics for which the student is expected to do clinical visits and in what amount of time. For example, is the student expected to have experience with approximately 50% adults and 50% older adults, or other characteristics such as "underserved"?

Practice Site Questions and Factors to Consider

Before Precepting APRN Students

- Will your patient population be receptive to an APRN student?
- Can you realistically provide students the type of patients needed to meet course objectives?
- Do you have a collaborating physician or supervisor who needs to be included in the decision to precept an APRN student?
- Will a student impact your productivity or clinical site productivity?
- Are the examination rooms large enough to accommodate the patient, family, you, and a student?
- Are there enough examination rooms to provide extra time for a student to spend with a patient?
- Is a contract required between clinical site and school of nursing?

- Are there issues relevant to malpractice, worker's compensation, OSHA, TB skin test, etc.?
- Will the student have access to and be documenting in electronic health records?
- Will the student be required to attend an orientation session?
- Is there enough office or clinic space to accommodate the student?
- What clinical resources are available for student use?

2. Suggested Teaching Guidelines for Preceptors

When Precepting an APRN Student, These Guidelines Will Be Useful in Planning Student Experiences

- Establish your expectations with the student at the outset of the clinical experience and as needed.
- Attempt to match patients' healthcare problems with the student's level of competence.
- Establish a collaborative learning environment and provide ongoing feedback.
- Clearly explain how the student is to contact you to discuss difficult patients throughout the day.
- If possible, set a predetermined time for case discussions.
- Ask direct and critical questions in a non-threatening manner and away from patients.
- Adjust your expectations based on patients' complexity.
- Identify student's weaknesses and seek opportunities to assist student in mastery of skills.
- Be willing to assign outside readings relative to clinical experiences.
- Be flexible in your teaching style as the student progresses through the rotation.
- Recognize students do not progress at the same pace in clinical practice.
- Ask the student for a commitment to diagnosis/problem, probe for supporting evidence/rationale, teach general principles, reinforce what was right, and correct mistakes.

These Guidelines May Be Useful When Addressing Concerns About a Student's Clinical Performance

- Clarify expectations of student performance (is the student beginning, intermediate, or advanced?).
- First, ask the student about his/her perception of the identified problem.
- Be as specific as possible, including examples of your concerns.
- Ask the student if there are competence issues or barriers preventing satisfactory performance.
- Try different teaching strategies. Does the student need more time shadowing you?
- Assign the student only specific portions of the history, physical examination, or management plan to complete until skill level increases.
- Does the student need exposure to different types of patients?
- Is there a problem between student and staff that is impacting the situation?
- Have the student set daily objectives to work on and mutually evaluate progress toward objectives.
- Review the upcoming schedule and assign student additional background reading to prepare for specific cases.
- Contact APRN faculty and request a telephone call, review of care, or site visit.
- f problems persist, document observations, corrective measures, and send to faculty.
- Document concerns in writing if a student is unsafe, not progressing, or unprofessional.

These Are Suggestions for Recognizing Excellent Student Performance

- For a student who demonstrates exemplary clinical practice, document his/her performance, and ask faculty if there are any awards for which such behaviors can be recognized.
- Consider writing a letter of recommendation for the student's portfolio.
- Consider inviting him/her to apply for student awards in GAPNA, regional, or state APRN groups.
- Consider inviting the student to participate in developing a professional presentation or developing a manuscript for publication.

3. Suggested Readings and Resources for Clinical Preceptors

American Association of Nurse Practitioners (AANP). AANP has developed Clinical Resources by Therapeutic Area designed to keep NPs informed on important health issues and to assist them in educating their patients. AANP offers this toolkit.

Babcock, P., Rosebrock, R., & Snow, B. (2014). Tips for mentoring advanced practice nursing students. *AACN Advanced Critical Care, 25*(4), 322-225. doi:10.1097/ NCI.0000000 000000055 [available to journal subscribers or for a fee]

Barker, E.R., & Pittman, O. (2010). Becoming a super preceptor: A practical guide to preceptorship in today's clinical climate.*Journal of American Academy of Nurse Practitioners, 22*(3), 144-149. [available to journal subscribers or institutional access]

Bott, G., Mohide, A., & Lawlor, Y. (2011). A clinical teaching technique for nurse preceptors: The five minute preceptor. *Journal of Professional Nursing, 27*(1), 35-42. [available with institutional access or purchase, see Neher article for similar content]

Brooks, M.V., & Niederhauser, V.P. (2010). Preceptor expectations and issues with nurse practitioner clinical rotations. *Journal of American Academy of Nurse Practitioners, 22*(11), 573- 579. [available with journal subscription or institutional access]

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Reynolds, L., Attenborough, J., & Halse, J. (2020). Nurses as educators: creating teachable moments in practice. *Nursing Times [online], 116(2)*, 25-28.

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Hartford Institute for Geriatric Nursing (HIGN) eLearning Resources

The HIGN eLearning Catalog is a continuing education portal to courses, case studies, webinars, and other resources related to care of older adults. It contains: APRN case studies; Primary Care of Older Adults (PCOA) modules for interprofessionals, primary care providers, and nurses; Interprofessional Education and Practice (IPEP) case studies; a Nursing Home Series including care of older adults in long-term care; Care of Older Adults in Home Care Series for interprofessionals and registered nurses; and Behavioral Health in Primary Care Series. Some resources will require users to create a user ID and password to access materials.

Portal of Geriatric Online Education (POGOe)

This website is a repository of free geriatric and gerontology educational materials from many educational institutions in various e-learning formats; new materials are added regularly.

4. Mobile Device Applications

The American Geriatrics Society

Offers mobile apps including Geriatrics at Your Fingertips (Cost $19.99). Some of the tools are free.

Care4 Dementia

App from the University of New South Wales that includes resources for symptoms of dementia. Information and support for caregivers in their role of caring for persons with behavioral changes that can occur in dementia (free).

HIGN ConsultGeri Dementia App

Phone app of evidence-based dementia protocols. Step-by-step app for diagnosis and management of cognitively impaired older adults (free).

Dementia Guide Expert for Families

Resource and guide for persons with dementia, families, and caregivers. Offers helpful advice and support for each stage. Available for iOS devices (free).

Doctot

Assessment tools like Geriatric Depression Scale and Berg Balance Scale (free).

Epocrates

Provides reliable clinical information. The drug reference includes brand, generic, and over-the-counter (OTC) medicines, drug interaction check, and pill identification (free).

Medscape

The Drug Interaction Checker is an online tool used to search medications or OTC drugs and herbal supplements for potential drug-drug interactions. There are also calculators, laboratory tests, disease and procedure databases (free).

5. National Standards for Nurse Practitioner Competencies

The American Association of Colleges of Nursing (AACN), in collaboration with the National Organization of Nurse Practitioner Faculties, released the 2016 Adult-Gerontology Acute Care, and Primary Care NP Competencies. Acute Care and Primary Care Adult-Gerontology competencies are listed and paired with curriculum content to support each competency.

A draft Report of the National Task Force on Quality Nurse Practitioner Education (2021). *Standards for quality nurse practitioner education* (6th ed.) addresses four standards, including Standard III – which "focuses on the curriculum necessary to prepare students for the NP role, mandating the necessity of meeting national standards and outlining the depth and breadth of requisite knowledge and skills . . ." (p. 3). In Standard III, the competencies required for advanced level nursing education, NP role preparation and population focus preparation are described.

AACN, in collaboration with The Hartford Institute for Geriatric Nursing at New York University Rory Meyers College of Nursing, and the National Association of Clinical Nurse Specialists, released the Adult-Gerontology Clinical Nurse Specialist Competencies in 2010. To date, no revised CNS competencies have been published.

The GAPNA Consensus Statement on Proficiencies for the APRN Gerontological Specialist (2015) describes 12 clinical proficiencies of an APRN gerontological specialty practice. The APRN Gerontological Specialist acquires ongoing education and clinical experience, distinctive expertise, fluency, and advanced clinical decision-making proficiencies for managing the complexities of older adults and their families/caregivers with multifaceted, multilayered healthcare needs.

6. Suggested Student Geriatric Clinical Sites

Adult-Gerontology Primary Care NP Program

Primary Care
Interprofessional Geriatric Clinic
Internal Medicine Clinic
Family Medicine Clinic
Outpatient Palliative Care/Hospice Services
Long-Term Care Facilities/Skilled Rehabilitation Centers
Assisted-Living Facilities
Home-Based Primary Care
PACE (Program of All-Inclusive Care for the Elderly)

Specialty Care
Geriatric Psychiatry Clinic
Neurology/Memory Disorder Clinic
Urology/Continence Clinic
Fall Prevention Clinic
Cardiology/Heart Failure Clinic
Rheumatology/Osteoporosis Clinic Orthopedic Clinic
Endocrinology Clinic

Adult-Gerontology Acute Care NP Program
Geriatric Consult Service

Palliative Care/Hospice

ACE (Acute Care for Elders) Subacute
Long-Term Care Facilities
Internal Medicine Service
Orthopedics Service

Surgical and Medical ICU Services Geriatric
Cardiology Service Geriatric
Neurology Service Geriatric
Emergency Department