

A.T. STILL UNIVERSITY

AGING STUDIES PROJECT (ASP)

**REPORT TO THE PRESIDENT
AND TO THE UNIVERSITY**

APRIL 2011 - FEBRUARY 2013

A.T. STILL UNIVERSITY | ATSU

April 22, 2013

Michael A. Creedon, D.S.W.
8214 Bucknell Drive
Vienna, VA 22180

Dr. Craig Phelps
President, A.T. Still University
800 West Jefferson Street
Kirksville, MO 63501

RE: ATSU AGING STUDIES PROJECT REPORT, 2011-2013

Dear President Phelps,

Please accept with this letter a Report on the Aging Studies Project (ASP), covering the period from April 2011 to March 2013.

The Report was developed with collaboration from the ASP Management Team. Dr. Janet Head, Director of ASP Kirksville Campus, and Prof. Elton Bordenave, Director of ASP Mesa Campus, partnered with me in the writing of the Report. (The Report makes clear the tremendous dedication that each of them has given to ASP development). We also had assistance from Vice-President John Heard, to whom we report on financial matters. Dr. Heard has attended all meetings of our Management Team and he provides much sound advice to us. Dr. Jeff Alexander and Dr. Rick Fleschner accepted the role of Campus Committee Chair on their respective campuses in 2012, and both serve on the Management Team. They also contributed to the Report, and they bring great leadership skills to the ASP effort.

I believe that this Report chronicles the substantial development of ASP programs and activities during the past two years. We have increased the range of educational modules on aging related issues. They are available to all faculty and to all students of ATSU. A number of courses have incorporated modules in their requirements. In addition we have made a number of modules available to partner organizations.

We have increased the outreach service by ATSU students to elders in both Missouri and Arizona: initiating a Discharged Congestive Heart Patient Outreach Program, in partnership with Banner in Mesa and the Valley and collaborating in initiation of a "Pathways to Nutritional Health" program in Kirksville. Several departments of ATSU are now requiring student participation in ASP outreach projects, and recognizing their value with academic credit. You will note that we have received our first grants from community organizations to aid our outreach activity. We consider these grants an important community recognition of the value of ATSU/ASP student outreach. We hope to build further such support from the community in the years ahead.

We have been energized by the invitations from our medical school deans to target some of our educational support to off-campus medical students, and we hope to bring some of the current discussions to fruition in 2013-2014.

You will also note our hope for further support from ATSU, particularly in the form of expanded support for our personnel. We believe that we have achieved a good deal with very small means, and we are eager to further support ATSU's response to our surging population of elders.

With sincere regards and gratitude for your personal support,

Michael A. Creedon, D.S.W.
Chairman, ATSU Aging Studies Project
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Respectfully submitted by:

Michael A. Creedon, Chairman, ASP
Janet Head, ASP Director, Kirksville Campus
Elton Bordenave, ASP Director, Mesa Campus
with assistance from
John Heard, Rick Fleschner, Jeff Alexander

Aging Studies Project (ASP) Report

April 2011 – February 2013

PROGRAM REVIEW

The ATSU Aging Studies Project (ASP) has been in existence since 2003, when the Board of ATSU accepted a Report from a University Task Force on Aging that recommended the creation of such an initiative. It was intended to be a catalyst for the ATSU response to the aging of America.

The initial structure established a Chairman and Committee on Aging at each campus with an overall Chairperson. That structure was changed in the sixth year of the ASP when the increasing volume of activities necessitated the appointment of a part-time Campus Director of Aging Programs at each Campus. Two faculty members, who had served as Chairpersons of the Campus Committees on Aging, were appointed to these positions: Prof. Elton Bordenave for the Mesa Campus and Dr. Janet Head for the Kirksville Campus. In subsequent years two part-time staff associates were hired as campus coordinators of aging programs, to assist the Director on each Campus.

An ASP Management Team was established from the outset, which reports to the President on policy matters and to Dr. John Heard on financial matters. It is currently composed of Dr. Michael Creedon, ASP Project Chairman; Dr. Head and Professor Bordenave, and Dr. John Heard, Vice President for Research, Grants and Information Systems. Dr. Jeff Alexander and Dr. Rick Fleschner, recently appointed as Chairs of the Campus Committees on Aging, joined the Management Team in 2012. The Staff Associates/Campus Coordinators also attend Team Meetings (which occur on a monthly basis by videoconference) to review past activities and plan future developments. (See Appendices A and B.)

These leadership and structural developments have been necessitated by the growing activity level in the field of aging studies on each campus.

HIGHLIGHTS OF 2011-2012

The present Report to the President and to the University Board of ATSU occurs in the middle of the second Five Year Plan for the Aging Studies

Project. Significant developments and accomplishments have occurred in the past year.

- The 7th, 8th, and 9th Annual ATSU All-University Lectures on Aging:
The 2011 Lecture (from Mesa Campus) focused on Alzheimer's Care. The 2012 Lecture (from Kirksville Campus) focused on Interprofessional Care of the Aged and enhancement of Elder Care Facilities. Several hundred faculty, students, and community leaders near both campuses, attended these events. The 9th Annual Lecture (Mesa Campus) is entitled "Creativity: The Critical Link in Person-Centered Care." It will be delivered in Mesa on April 12. (See Appendix C.)
- There has been an increase of more than 40% in the number of educational modules on aging topics made available by ASP for use by faculty and students throughout ATSU (currently 15 modules available, several on-line). Modules on Nutrition and Aging and on Individualizing Drug Therapy for Geriatric Patients, developed respectively by Dr. Jim Cox and Dr. Julia Ousterhout (KCOM) will be available this spring. (Educational Modules are listed in Appendix D.)
- By 2013 more than 1400 older adults in the Mesa/Phoenix region have been trained in Falls Prevention by ATSU students. To date 186 students have been trained as Coaches in Matter of Balance, an evidence-based Falls Prevention Program. The ATSU Program will be featured in the 2013 CDC National Implementation Guide for Falls Prevention, and has been recognized by the National Council on the Aging for our innovative partnerships and use of graduate health professions students to deliver falls prevention education in the community. This winter students delivered 23 classes at 21 sites in Maricopa County (including classes delivered in Spanish and American Sign Language). (See Appendix E.)
- ASP has received its first grants through the good offices of Prof. Bordenave. The first grants from community organizations (some \$30,000) have been received by ASP from the Area Agency on Aging Region 1, and from GVAHEC, Arizona. This included a \$25,000.00 grant from The Greater Valley Area Health Education Center in support of community outreach programs.
- An Aging Studies research grant program was established in 2012, because of inquiries from faculty, to provide annually seed money (a maximum of \$1,000 per project) for two research projects on aging topics.

The first research grant has been provided to Sarah Johnston, PhD, an ASHS faculty member at Mesa campus.

- Students on both campuses are participating in ASP-sponsored outreach service to elders. The PT, PA and Audiology departments offer varying types of credit for such participation. This indicates the value academic programs are placing on our activities. In another landmark decision, the PA Department now requires that all first year students participate in our outreach partnership with Banner Health Care, the Heart Failure Project.
- In 2012, the Deans of Medicine on both campuses invited ASP to provide gerontological/geriatrics support to students during their clinical off-campus education. This invitation has initiated an ASP focus on the off-campus students. Discussions regarding geriatrics educational support are underway with Unity Health Care, DC (SOMA) and KCOM clinical training sites in Missouri (KCOM).
- Several research projects based on ASP outreach activities are underway. Most recently, two projects, each involving several faculty members, have been approved in 2012 by the Mesa Campus IRB. A research paper is also presently being prepared for publication by several faculty members on that campus.
- The strong interprofessional focus of ASP's outreach activities was recognized in the A.T. Still Magazine in 2012. The Summer 2012 issue, highlighted the interprofessional education and practice benefits of the ASP community outreach programs, in an article focused on interprofessional education.
- ASP has given its first contract for services to an outside body, Northeast Missouri AHEC. This contract, begun in 2011-2012, has already strengthened the ties between ATSU and community services organizations serving the elderly in North Missouri (described in detail later).
- A partnership of the Northeast Regional Medical Center (NRMC) in Kirksville, Truman State University, the ATSU Aging Studies Program and a number of service agencies, the NRMC Pathways Program is a three part initiative developed over the past two years to assist elderly persons to remain independent. ASP has completed training of the first team of six students for the Pathway on Nutritional Independence. They will carry out home and small group nutritional training of discharged CHF patients.

A second team is about to commence training. (A further description of PATHWAYS is offered in Appendix E in the Report).

- We are proud of our association (since ASP inception) with the KCOM House Calls Program. Since 2003, it has trained more than 826 students (290 teams) for interprofessional home calls with the elderly (more information on House Calls is provided in Appendix E of this Report).
- The ASP Leadership Team was enhanced in 2012.
 - First, by the acceptance of Chairmanship of the Campus Committees on Aging by two distinguished members of the ATSU faculty:
 - Dr. Jeff Alexander, Associate Professor, DHS Program, Department of Interdisciplinary Health Sciences, ASHS, and
 - Dr. Rick Fleschner, Professor and Chairman of Biochemistry, KCOM.
 - Second, by the selection of our Kirksville campus director, Dr. Janet Head, from a large panel of applicants, as a Scholar in the national Geriatrics Faculty Development Program, sponsored by a multi-university Geriatric Education Centers (GEC) Collaborative. Participants will share and enhance collective knowledge and skills in interprofessional teaching, leadership, project and program development in geriatrics. (Program funded by DHHS, and other federal resources.)
- ASP involvement with outside organizations continues to increase. Banner Health Care, the City of Phoenix Department of Human Services, East Valley Adult Resources, the Area Agency on Aging Region 1, Grand Canyon University Nursing Program, Greater Valley Area Health Education Center, Truman State University's health professions programs (School of Nursing and Communication Disorders and Health Science Departments), Northeast Regional Medical Center (NRMC) and the Northeast Missouri AHEC have engaged in collaborative activities with ASP. This outreach has brought representatives of several of these bodies to our Campus Committees on Aging. It has led to the establishment of a community organizations advisory committee at the Kirksville Campus (Community Alliance: Resources for Elders). It has brought TSU students onto our home visit teams as well, thus strengthening their interprofessional nature. (See Appendix F.)

RECOMMENDATIONS FOR FUTURE DEVELOPMENT

The Aging Studies Project now has a strong level of faculty and student involvement on both campuses. It has also developed strong ties to institutions and agencies in both Arizona and Missouri. ASP was a purely voluntary program on both campuses, with a Chair and Committee, for most of its existence. Only in the past two years has there been a part-time (33%) ASP Campus Director, and a part-time staff assistant on each campus. Much has been accomplished in the past two years, as delineated in this Report, with less than one FT faculty position.

To move forward to the next level of service to A.T. Still we wish to:

- Begin serving medical students off-campus;
- Expand the research activities related to our projects;
- Strengthen our educational support to faculty and students;
- Increase grants and other investments from community organizations, foundations, and other resources;

To achieve these purposes ASP needs to increase the time commitment of its personnel resources, and strengthen its outreach capability and its educational resources. Thus, we will request, in our next budget:

- Expanded time for our Campus Directors (from 33% to 50% time commitment).
- Additional time availability (above the current 50%) for our administrative associates on each campus.
- More financial support for program activities and for faculty who wish to develop their geriatrics/gerontology expertise through fellowships, etc.

APPENDIX A: ASP Leadership, Staffing, and Campus Projects

ASP Leadership Team:

The Aging Studies Leadership Team meets monthly. Led by Dr. Michael Creedon, ASP Program Chairman, it includes Campus Committee Chairs (Drs. Fleschner and Alexander), and Campus Directors (Dr. Head and Professor Bordenave). Dr. John Heard, Vice President of Research, Grants and Information Systems, attends all meetings. The campus coordinators (part-time staff associates) also attend all meetings.

Campus Advisory Groups and Staffing:

ASP is further strengthened by the Kirksville and Mesa Campus Committees on Aging, with faculty from all departments and student representation. These bodies meet a number of times per year and address a wide range of topics relevant to Health Care in an Aging Society (See Appendix F).

MESA CAMPUS

Currently the Mesa Campus Committee is focusing a good deal of its energy and attention on the 2013 ATSU Annual Lecture on Aging, scheduled to be broadcast from the Mesa Campus on April 12.

Several committee members recently reviewed Dr. Julia Ousterhout's draft module on Pharmacology and the Elderly and provided critiques for the final edition. Dr. Jim Farris, Chairman of Physical Therapy, ASHS, likewise assisted Dr. Jim Cox, KCOM, in completing the final draft of the Nutrition and the Elderly module. Inter-campus faculty collaboration has been very helpful in this process. These modules are due for completion and dissemination this summer.

The Falls Prevention Program is serving at least 200 elders per year in Phoenix and Mesa through senior centers, retirement communities, and other bodies.

As noted previously, all PA students will be required in 2013 to participate in the ASP Heart Failure Project. This program for Banner CHF patients was begun in 2011.

It might also be noted that Professor Elton Bordenave, Director of Aging Programs at Mesa, serves on Advisory Board for the Area Agency on Aging, Region One and on the Banner Heart Hospital's Heart Failure Leadership

Committee. He formerly served on the executive committee of the board of directors of East Valley Adult Resources and still serves on various committees for that organization. He also serves on the Governor's Advisory Committee on Aging's Social, Health and Alzheimer's Committee. These roles strengthen our ties with community leadership and with health professionals in the region.

KIRKSVILLE CAMPUS

Throughout 2011 and 2012, the following groups met to discuss and make plans/recommendations for ASP on the Kirksville Campus and for events associated with this campus.

- Campus Committee on Aging – Meets five times a year; 23 members; chaired by Dr. Rick Fleschner.
- Community Agency Advisory Group – Meets two times a year; over thirty members; includes representatives from elder serving agencies across north Missouri. This advisory group requested and is preparing to co-sponsor a Veterans Mental Health conference with NEMO AHEC.
- Elders Advisory Group – meets at least annually in conjunction with the Annual Lecture on Aging. Members are also invited/assigned to other advisory groups to provide input on program planning.
- Aging Studies Student Advisory Group – Meets four times a year; over 25 members; includes Truman and KCOM students and faculty
 - Initiated an IHI (Institute for Healthcare Improvement) Open School chapter for KCOM
 - Sponsored Patient Safety virtual conference March/April 2013
 - Reviewing aging related modules
 - Preparing for community service projects with local independent living sites and nursing homes

Contract for AHEC services -- Kirksville Campus ASP contracts with the NEMO AHEC for assistance with coordinating community linkages and student experiences as well as assisting with events. NEMO AHEC and the ASP staff meet monthly to assure program progress.

Dr. Head, ASP Director for Kirksville Campus, serves on the Missouri Center for Patient Safety Statewide Advisory Committee, the Truman State University

Nursing Program Community Advisory Committee, the Northeast Regional Medical Center Chronic Disease Management and Community Wellness Committee and is an ex-officio member of NEMO, SEMO, and SWMO AHEC Boards.

Upcoming Programs and Events in Kirksville:

- Virtual Patient Safety Conference: ASP Kirksville subscribed to the virtual conference presented by the Center for Patient Safety here in Missouri. With a series of five “live & interactive” virtual conference sessions, each centered on important safety topics and presented by national speakers, the conference allowed us to share these important topics with students, faculty and our partner agencies. Collaborators for the event include the KCOM student government association, the ASP Student Advisory Group, the KCOM IHI Open School Chapter, and ATSU-KCOM AHEC Program Office and NEMO AHEC.
- Annual Lecture on Aging: April 12, 2013 – Andrea Sherman, PhD, will be speaking on “Creativity: The Critical Link in Person-Centered Care.” Several other aging-related events are planned in conjunction with the annual lecture.
- Veterans Mental Health Program: The health, mental health, and health care access of veterans has been identified by the ASP/CARE committee as a major concern. As requested and using resources available through the Missouri and National AHEC network, NEMO AHEC and the ATSU AHEC Program Office will be collaborating to provide training on Veteran’s Mental Health issues this spring/summer. As a CE offering through the HRSA funded National AHEC Organization Behavioral/ Mental Health of Veterans/Service Members & Families (VMH), the program will be planned and implemented by AHEC staff, local/regional health professionals and military personnel. The VMH goal is to provide continuing education events for health professionals on the needs of veterans, National Guard, Reservists, and their families who may be coping with post deployment mental and behavioral health issues and seeking health care in the civilian sector.

APPENDIX B: ATSU ASP CAMPUS COMMITTEES ON AGING

Mesa Campus Advisory Committee Members (AASPAC)		
Last	First	Representing/Location
Bordenave (Director)	Elton	ASHS
Alexander, Dr. (Chair)	Jeff	ASHS
Rust	Bartley	PA
Glaubenslee	Carolyn	SOMA
Griffin	Chris	OT
Davis	Lora	PT
Busch	Mary	ASDOH
Johnston	Sarah	HM
Hale	Troy	Audiology
Voytek	Mary	OT

Aging Studies Project- Kirksville Faculty Advisory Committee		
Name	Representing/Location	
Cox, Dr. Carol	Truman State	Health & Exercise Science
Cox, Dr. James	ATSU	Biochemistry
Dawson, Becky	NEMO AHEC	Executive Director
Earhart, Chad	NE Regional Med Cntr	Chaplain
Edgar, Dr. Julia	Truman State	Communication Disorders
Fleschner, Dr. C."Rick" (Chair)	ATSU/KCOM	Biochemistry
French, Michael	ATSU/KCOM	KCOM-AHEC Office Director
Head, Dr. Janet (Director)	ATSU/KCOM	AHEC Project Director
Heard, Dr. John	ATSU	Research, Grants, Info Services
Johnson, Dr. Judy	Truman State	Communication Disorders
Kriegshauser, Tammy (alt)	ATSU/KCOM	Clinical Educational Affairs
McManis, Dr. Michael	ATSU/KCOM	Interim SR VP Academic Affairs
Ousterhout, Dr. Julia	ATSU	Department of Pharmacology
Powelson, Dr. Stephanie	Truman State	Nursing
Rickelman, Dr. John	NRMC	Critical Care Medicine
Rudd, Elsie	ATSU	School of Health Management
Sargentini, Neil	ATSU	Microbiology/Immunology
Simmons, Dr. Sherri	NRMC	Anesthesia Resident
Stone, Barbara	ATSU	Regional Arthritis Center/Health Ed
Suzewits, Dr. Jeff	ATSU/KCOM	Assoc. Dean, Clinical Educ. Affairs
Visker, Dr. Joseph	Truman State	Health Science
Wayne, Dr. David	ATSU	Special Assist to SVP-AA
Wheeler, Brenda	Truman State	Nursing

APPENDIX C: Annual Lectures on Aging

Seventh Lecture on Aging – April 2011:

The 7th Annual Lecture on Aging was held on April 1, 2011, at A.T. Still University in Mesa and viewed by students, staff, and the community on the Kirksville campus. The lecture covered the most common form of dementia, Alzheimer's disease, both clinically and socially. With an interdisciplinary outlook, the lecture featured professionals from two disciplines discussing the disease:

- Dr. Roy Yaari, MD, Associate Director, Memory Disorders Clinic with the Banner Alzheimer's Institute. Dr. Yaari is actively engaged in multiple clinical trials testing new drugs for the treatment of Alzheimer's disease.
- Helle Brand, PA. Ms. Brand is a Physician Assistant at the Banner Alzheimer's Institute, where she works with patients and families setting the standard of care for treatment of Alzheimer's patients. Both speakers presented some clinical aspects regarding how to identify, diagnose and treat, and also new information about the future of Alzheimer's disease.

On the Kirksville campus, 103 students, staff, and community members attended the 7th Annual Lecture on Aging lecture via interactive video. Out of the 103 attendees, 65 filled out an evaluation. Of the evaluations submitted, 27 were completed by KCOM students, 7 staff, 3 community members, and 28 unidentified.

When asked how valuable the information was, all marked some form of value, with 66 percent indicating that the lecture content was "extremely valuable" and no participants indicating that the lecture was "not valuable at all". Below are attendees' comments on what they liked best about the lecture.

- *"Variety of having two different speakers with two different backgrounds."* - Student
- *"Learning the identifiers of the disease."* - Student
- *"Discussion on labs, MRIs, treatment, and stages."* - Student
- *"New information not heard of or available before."* - Elder
- *"Practical advice and clear ideas about diagnosis."* - Student
- *"It was an informative session- great to learn about a topic we have not yet covered in our medical school curriculum."* - Student

- *“Seeing the tests, hearing about care, question and answer session was great!” - Student*
- *“Excellence and experience of speakers.” – Agency Representative*

After attending the lecture, 89% reported that they felt confident that they knew more about the subject than they had previously. Approximately 50% would like to attend another event on Alzheimer’s disease and 55% know where to find more information regarding the issue.

Eighth Lecture on Aging – April 10, 2012

The 8th Annual Lecture on Aging was held on April 10, 2012, at A.T. Still University in Kirksville and viewed by students, staff, and community members on the Mesa campus. The lecture topic covered interprofessional care of the aging and how elder living centers can maximize health for their residents. The speaker, Dr. Christa Hojlo, is director of both the VA Community Living Centers and the State Veterans Home Clinical and Survey Oversight Program.

On the Kirksville campus, 152 students, staff, and community members attended the 8th Annual Lecture on Aging. On the Mesa campus, 78 students and staff attended the lecture via interactive video.



Drs. Creedon and Hojlo in action at the 8th Annual Lecture on Aging

In Kirksville, 95 evaluations were completed by 67 students from KCOM and Truman State University, 8 KCOM staff and faculty, 8 community members, and 12 unspecified. When asked how valuable the lecture information was, all marked some form of value, with 53 percent indicating that the lecture content was “extremely valuable” and no participants indicating that the lecture was “not valuable at all”. When rating the speakers manner of presentation, i.e., well prepared, encouraged questions, respectful, 75

percent marked “extremely”. Kirksville campus attendees’ shared the following comments regarding the lecture:

- *“The speaker did a good job presenting the difference between aging and illness and how we should approach that as we become physicians.” - Student*
- *“Concept of new model of care and whole patient perspective.” – Unknown*
- *“I enjoyed the information regarding the current issues and movements in the nursing home industry from an expert in the field.” - Student*
- *“Stressing to students to treat the person, not the disease.” – Community Member*
- *“I liked how Dr. Hojlo focused on the patient/resident centered approach.” - Student*
- *“Interdisciplinary focus and encouragement.” – Agency Representative*
- *“I appreciate that the speaker gave us a different perspective on how we can care for the aging and what they may really want.” - Student*
- *“The speaker was energetic and enthusiastic. The info covered tied in with our education, very well.” – Student*
- *“Specific applications for professionals and how they can go about seeking out resources for our future patients.” - Student*
- *“The speakers’ personal experiences made those portions of her speech touch my heart. AMAZING speaker!” - Student*
- *“Dr. Hojlo’s focus on educating the future providers on the paradigm shift.” – Community Member*
- *“Awareness that aging is not a disease, but natural. Interdisciplinary approach.” - Unknown*
- *“I liked the fact that she emphasized what we as future physicians could do.” – Student*
- *“Informative, interesting, useful information.” – Unknown*

Mesa Campus

On the Mesa campus 78 students, staff and community members attended. Of the 78, 54 completed an evaluation, 34 of those who completed an evaluation being students, 5 staff and faculty, and 13 unspecified. Mesa campus attendees’ shared the following comments about the lecture:

- *“Addressed changes that are necessary in our aging population regarding medical care.” - Unknown*
- *“Speaker’s approach at creating awareness of how to approach these patients with patient centered care.” - Student*
- *“Focus on importance of assessment of function and how diagnosis affects patient living.” - Unknown*
- *“The up-to-date information about current changes and the future of geriatric care.” – Student*
- *“How to approach an older patient.” - Unknown*
- *“The push on interdisciplinary and to have everyone realizing it.” - Faculty*
- *“New terminology and paradigm shift was great for personalization of patients.” - Student*

APPENDIX D: Educational Modules

The Modules focus on topics that will increase student knowledge and understanding related to caring for elders. Aging related modules have been developed¹ or acquired for use² by all ATSU schools, departments, and some are also available to partner organizations³. Modules focus on topics that will strengthen student knowledge when caring for elders. Currently there are 15 modules with new topics under development.

- Introduction to Concepts of Aging^{1,3} provides information on social and biological factors related to the aging process.
- Geriatric Finance and Health Policy^{1,3} introduces students to issues and resources in policy and finance through online content and assignments.
- TeamSTEPPS™ Online^{1,3} is an evidence-based teamwork system for health care professionals, adapted for distance learning. The course offers strategies to improve patient safety through better communication and team work skills.
- Individualizing Drug Therapy for Geriatric Patients^{1,3} provides an overview of age-related changes in drugs and human responses, and raises awareness of inappropriate medication use in older adults. (Pharmacology Module developed by Dr. Ousterhout--KCOM)
- Nutrition and Aging^{1,3} provides information on vitamins, minerals, and other nutrients. The module focuses on recent findings concerning linkages between nutrition and aging with highlights from recent literature. (Nutrition Module developed by Dr. Jim Cox (KCOM))

Additional Modules now accessible to ATSU students:

- Caring for the Dying Patient²
- Heart Medications: Heart Failure Medications and Cholesterol-lowering Agents²
- How the Body Ages (Part 1)²
- Preventing Bloodborne Infections (Parts 1, 2, and 3)²
- HIPAA for Healthcare Workers (Parts 1, 2, and 3)²
- Detecting and Preventing Elder Abuse²

APPENDIX E: OUTREACH PROGRAMS

Interprofessional (IP) and Inter-university Activity

The Still Standing Falls Prevention Outreach and the Heart Failure Project at Mesa, the IP House Calls Program at KCOM, and the pilot Pathways Program at Kirksville are interdisciplinary programs involving the teaming of students from different disciplines. In addition, students from other health professions programs around the states of Arizona and Missouri are able to participate and partner with our students. Students from Grand Canyon University's Nursing School and Arizona State University's Nursing Program are involved in the Heart Failure Project and will soon participate in the Falls Prevention Project. Truman State University has been working closely with ASP for a number of years, and so have other professional service bodies in northern Missouri.

Still Standing Falls Prevention Program (Mesa)

The Still Standing Fall Prevention Outreach program involves the delivery of the University of Maine's evidence-based program, "A Matter of Balance: Manage Concerns About Falls" (MOB). It is offered by occupational therapy, physical therapy, audiology, and athletic training students at ASHS, to older adults throughout the Phoenix metro area. The program, initiated in 2009, is in its fifth year. Students are currently delivering the MOB program in City of Phoenix Senior Centers, six area Banner hospitals, Apache Trail ASL Apartments (a deaf community), the Native American Community Health Center and other locations Valley wide.



MOB enables students to work with peers from other disciplines and to encounter elders in a community setting. It helps students to gain insight into activity limitations experienced as a result of normal aging. MOB allows students to hear directly from older adults the psychological and emotional aspects of changing function, and to gain confidence and skill in teaching and communicating with older adults.

In 2012 the Still Standing Falls Prevention Program ran 9 months out of the year for the first time, with three outreach start dates. Students in the Audiology program are now required to participate as part of their first clinical experiences. Students in the PT program get service learning credit for participating. Our students' performance over the past 4 years has led to a significant expansion in the program and recognition at the local and national level. The 2013 winter program offered 23 classes at 21 sites including classes in Spanish and American Sign Language.



ATSU student/teachers and some Falls Prevention graduates

Since the inception of the outreach, 186 students have been trained as Coaches and approximately 1400 older adults (including current participants) have been exposed to the eight week long Matter of Balance (MOB) Curriculum. A dozen faculty members from four disciplines are involved in training and supervising the student Coaches. Our partnerships expanded this year to include Banner Health. Our students are delivering the program in six of the Banner hospitals around the Valley. ATSU is the sole provider of falls prevention education for the 17 City of Phoenix senior centers. ATSU is also the largest provider of falls prevention education in Arizona.

ATSU Faculty members (including our new Mesa Campus Committee on Aging Chairman, Dr. Jeff Alexander) were trained as Master Trainers in the “Matter of Balance” leadership methods and content. These faculty members provided training to volunteer students. ATSU is now recognized as a leading provider of Falls Prevention Training for Elders. In 2012 Profs Bordenave and Alexander were invited to present a paper on the ATSU program at the American Society on Aging Conference.

ASP/Banner Hospital Heart Failure Project: Post-Acute Nutrition Education Program. (Mesa)

After three years of engagement between Prof. Elton Bordenave (ASP Director, Mesa Campus), and staff of the Banner Heart Hospital, a pilot project, the Heart Failure Project (HFP), was initiated in 2011 to bring ATSU and other students into the homes of recently discharged Banner HF patients. The Heart Failure Project is an ATSU collaboration with Banner Heart Hospital, East Valley Adult Resources Agency, and the Greater Valley Area Health Education Center. Interdisciplinary student teams from A.T. Still University, Grand Canyon University Nursing Program, and Arizona State University School of Social Work, conduct home visits to patients with a primary diagnosis of congestive heart failure, to educate them on the recommended dietary and nutritional guidelines.

HFP aims to educate patients with heart failure in proper dietary and nutritional guidelines for their condition. It seeks to empower patients to better manage their condition, improve quality of life, and reduce re-hospitalization. ATSU students become part of the transitional care team at Banner Heart Hospital and report weekly on patient adherence and progress. The successful 2012 pilot project led to the implementation of the

HFP program in 2013. A training program to orient students to the task of nutrition education of discharged HFP patients was developed jointly with Banner. ASP is in negotiation with SCAN Healthcare Arizona and Arizona Priority Care Plus regarding participation in the project.

KCOM Interprofessional House Calls (Kirksville)

The House Calls Program with community elders was founded by KCOM Department of Family Medicine in 1998. Designed to help students develop skills interacting with patients, learn about the range of issues and conditions encountered by elders, and connect students with members of the community, the potential for inclusion of other disciplines was evident. The Interprofessional House Calls (IPHC) option was developed and piloted in 2002 in collaboration with TSU's health professions program. Shortly after its inception in 2003, ASP began to collaborate with the IPHC. Participation in House Calls is required of all first and second year KCOM students. Interprofessional teams are composed of a KCOM medical student, a Truman State University (TSU) nursing student, and either a communication disorders or health science student. Each team of two to three students is assigned to a community elder, the team completes four required visits in a year, and reports on each patient visit. Beginning with 7 teams in 2002, the program now fields forty plus teams annually.



On January 23, the 2013 Interprofessional House Calls (IPHC) cohort was launched.

Pathways (Kirksville)

Pathways is a pilot nutrition education program in collaboration with the Northeast Regional Medical Center, Chronic Disease Management and Community Wellness Committee. KCOM students will be providing nutrition

education to congestive heart failure patients to help them reduce the likelihood of recurrent or related health issues and readmission to the hospital. The Pathways program is a collaboration of the Medical Center and numerous community agencies (nursing homes, home health agencies, etc.) with the Aging Studies Project. Students will be providing in-home or small group sessions for recently discharged CHF patients or those referred by their physician.

TeamSTEPPS™ Honors Projects (Kirksville)

Third year KCOM students completing the TeamSTEPPS™ course have the option to complete a high pass or honors project. Two projects from the class of 2014 focused on aging related topics.

- As his honors project, Ben Cook 3rd year KCOM student, worked with NRMCC Chronic Disease Management and Community Wellness Committee, Quality Improvement Director Lisa Archer, BSN, and Dr. Janet Head to assess the CHF incidence in the NEMO area specifically looking at local hospital readmissions. Using hospital data, Ben prepared a poster and presented a summary of his findings at the February Committee meeting. Additional presentations are anticipated.
- BJC Christian Hospital Director of Student Medical Education (DSME), Dr. Kim Perry, is providing oversight for KCOM students implementing year 2 of an honors project in the St. Louis area. The project has evolved considerably since inception, but focuses on enhancing healthy behaviors through patient education and preventing hospital readmissions. Students participating in this initiative will present their project report to other Missouri region students on March 22, 2013 via ITV as part of the Missouri Region Lecture Series.

APPENDIX F: ASP SPONSORED EVENTS (KIRKSVILLE)

Community Alliance: Resources for Elders – April 2011: Following the 7th Annual Lecture on Aging, the inaugural meeting of the Community Alliance: Resources for Elders or “C.A.R.E. committee” was held, with 28 in attendance. Composed of numerous Northeast Missouri leaders of aging related health/social service agencies, the committee met to discuss ideas and strategies for improving elder care in the region. The C.A.R.E. group meets 2 to 3 times a year, around other aging related activities hosted by the Aging Studies Project leadership team.

Elder Reception - April 2011: April of 2011, the Area Health Education Center (AHEC) and ASP hosted a reception for all House Call program volunteers. A total of 27 Elders and 20 students attended. Of the 20 students, 13 were from KCOM and 7 from Truman State.

National Primary Care Week (NPCW) – Hospice Day – November 7, 2011: November of 2011, the Area Health Education Center (AHEC) program office hosted National Primary Care Week. On Monday of that week, ASP co-sponsored a presentation on Hospice care. Members of Northeast Missouri Hospice came to speak to ATSU students, faculty and staff on the interprofessional collaboration it takes to meet the needs of the Hospice patient and family (86 attendees).

Community Alliance: Resources for Elders, November 7, 2011: Following the National Primary Care Week Hospice panel, AHEC and the Aging Studies Project hosted another Community Alliance: Resources for Elders, (CARE) meeting. There were 11 in attendance on November 7, 2011.

Presentation to Truman State University Nursing Association Meeting (April 10, 2012): In keeping with the interprofessionalism focus of the Aging Studies Project, the 8th Annual Lecture on Aging guest speaker, Christa Hojlo, PhD, also spoke with nursing students at Truman State University. In an evening session, Dr. Hojlo shared her journey as a nurse to a career in geriatric care with 69 Truman State University Nursing students.

Lecture on Aging Week – Disaster Preparedness for Elders -- April 13, 2012: In addition to the campus wide Annual Lecture on Aging that took place on Tuesday, April 10, 2012, Kirksville campus ASP hosted a noon lecture on Disaster Preparedness for Elders the following Friday, April 13, 2012. Guest speaker for Friday’s lecture was Nina Tumosa, PhD, Associate Director for

Education, St. Louis VAMC GRECC, Professor of Internal Medicine, Saint Louis University, and Co-Director, Gateway Geriatric Education Center. (56 attendees: elders (10), KCOM students (12), faculty/staff (3), others (31).

Elder Reception - April 2012: Following the Disaster Preparedness presentation, a reception and focus group session was held to express appreciation to community elders for their contributions to the education of KCOM students. The event also gathered their ideas on important aging-related topics for inclusion in curricula for health professions students.

National Primary Care Week (NPCW) 2012: On Friday November 9, 2012, as part of the ATSU National Primary Care Week lecture series, Psychiatrist Andrew Lovy, DO, FACN spoke with KCOM faculty/staff/students regarding Post Traumatic Stress Disorder.



Dr. Andrew Lovy's NPCW presentation: *"The Demons are Back: PTSD in Older Adults"*