

All lectures are broadcast live on Tuesdays 4:00-5:30pm PST

- > 1/7 **Nutrition** – Marissa A. Black, MD Fellow
UW Division of Gerontology & Geriatric Medicine
- > 1/14 **Functional Assessment** – Barbara B. Cochrane, PhD, RN Professor, UW School of Nursing
- > 1/21 **Frailty** – Jose M. Garcia, MD, PhD
Associate Professor, Department of Medicine
Clinician Investigator, GRECC, VA Puget Sound
Health Care System
- > 1/28 **Osteoporosis** – Susan M. Ott, MD UW
Professor of Medicine and Metabolism,
Endocrinology and Nutrition
- > 2/4 **BEERS Criteria** – Zachary Marcum,
PharmD, MS, PhD Assistant Professor Assistant
Director for Research, Plein Center for Geriatric
Pharmacy Research, Education and Outreach
- > 2/11 **Non-pharmacologic pain control** – John
(Drew) Sturgeon, PhD Acting Assistant Professor in
the Department of Anesthesiology and Pain
Medicine
- > 2/18 **The Aging Eye: Understanding Vision Loss
in Geriatric Populations** – Thellea K. Leveque, MD,
MPH Associate Professor of Ophthalmology
- > 2/25 **Foot Care** – Kim L. Felder, DPM VA Puget
Sound Health Care System
- > 3/3 **Women's Health** – Barbara B. Cochrane,
PhD, RN Professor, UW School of Nursing
- > 3/10 **Age Friendly Healthcare** – Katherine A.
Bennett, MD Assistant Professor, UW Division of
Gerontology and Geriatric Medicine

QUICK FACTS

- > Weekly lectures broadcast live Tuesdays from 4:00-5:30 pm PST via the University of Washington Interactive Virtual Classroom sites in Washington, Montana, Alaska and Wyoming.
- > Rx = 1.5 contact hours in pharmacology at the advanced practice level
- > Lectures archived online (past and present) at nwgwec.org

2020 Winter Geriatric Healthcare Series

January 7 – March 10, 2020

Broadcast Live via University of
Washington Interactive Virtual Classroom



W CONTINUING NURSING EDUCATION
UNIVERSITY of WASHINGTON
School of Nursing



ABOUT THE SERIES

The University of Washington Northwest Geriatrics Workforce Enhancement Center (NW GWEC), the School of Nursing and the VA Puget Sound Healthcare System Geriatric Research Education and Clinical Center (GRECC) are partnering to bring a series of continuing education programs on geriatric health to health professionals in Washington, Montana, Wyoming and Alaska.

Nationally and regionally recognized NW GWEC faculty will present each lecture and facilitate discussion. The series will assist providers in developing and enhancing health promotion interventions to prevent disease and postpone further disability for the older adults they serve. This series will give primary care providers the opportunity to access valuable information without traveling a great distance.

Learning Objectives

After completing this course, you will be better able to:

- > Discuss factors affecting nutritional and health status of older adults.
- > Explain the differences between activities of daily living, instrumental activities of daily living, and physical performance.
- > Describe the impact frailty can have on the well-being of the older adult, and how frailty can be prevented.
- > Evaluate calcium and vitamin D intake.
- > Describe the factors that increase the risk of medication non-adherence in older adults.
- > Review research regarding evidence-based psychological approaches for pain management in older adults.
- > Provide information to patients in order to help patients better comply with therapeutic agents.
- > Identify common conditions of the feet.
- > Describe the contexts of older women's lives that influence their health
- > Identify the four essential elements that comprise the "4Ms" framework of an Age-Friendly Health System.

Geriatric Healthcare Online Lecture Series

UW School of Nursing Continuing Nursing Education

Previous year's lectures are available online. Earn up to 15.0 contact hours per series including select topics from 2017, 2018 and 2019.

Register Online: uwcne.org/geriatric-health

Professional Credit (optional)

Successful completion requires sign-in and completion of evaluation form for sessions attended. The UW School of Nursing requires a \$45 processing fee for a contact hour certificate. The fee covers the entire series. Directions for registering on-line for credit will be provided by your site coordinator.

Nurses: 15 contact hours (1.5 per session; 3.0 hours Rx)

- > Continuing Nursing Education at the University of Washington School of Nursing (UWCNE) is accredited as

a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

- > UWCNE is approved as a clock hour provider by the Washington State Board of Education.
- > Provider approved by the California Board of Registered Nursing, Provider #7128, for 15 contact hours (1.5 per session).

Physicians: This live series activity, Geriatric Healthcare for Healthcare Providers, from January 7 – March 10, 2020, has been reviewed and is acceptable for up to 15 prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: UWCNE qualifies as a Washington State CE program sponsor under WAC 246-924-240

Social Workers and Counselors: UWCNE qualifies as a Washington State CE program sponsor under WAC 246-809-601

All Other Disciplines: A UWCNE certificate for up to 15 contact hours (1.5 per session) will be awarded for documenting completion of this offering.

Target Audience

The series is designed for healthcare providers including physicians, nurses, physician assistants, advanced practice nurses, physical and occupational therapists, psychologists, social workers, pharmacists, and other interested professionals.

Location

All programs will originate from the University of Washington (Health Sciences Building, Room #T-661) and will be broadcast live to participating sites.

Planning Committee Members

- > Barbara B. Cochrane, PhD, RN, FAAN, FGSA, Professor; Child, Family, and Population Health Nursing; The de Tornyay Endowed Professor for Healthy Aging; Director, Academic-Practice Partnerships, University of Washington School of Nursing
- > Michael Vitiello, PhD, Professor, Psychiatry and Behavioral Sciences, University of Washington School of Medicine
- > Aimee Verrall, MPH, NW GWEC Program Manager

For more information contact Aimee Verrall
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