Gerontology Resources for
APRN Preceptors and Students
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Preface

The goal of this Gerontological Advanced Practice Nursing (APRN) toolkit is to make geriatric and gerontological content accessible to those caring for older adults. It is designed with APRN students, preceptors, and educators in mind, 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) in the public domain. The toolkit is developed by a group of gerontological APRNs, to provide an open access toolkit as a practice resource for integration of geriatric knowledge for APRN clinical education, with the goal of improving the quality of healthcare provided to older adults.

The toolkit has two (2) sections:
1. Gerontological Resources for Healthcare Management
2. Preceptor Resources

The toolkit was first developed in 2012 after a national discussion on the need for all 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 American Association of Colleges of Nursing (AACN).

This is the fourth edition of the toolkit. It focuses on established gerontological and geriatric guidelines, algorithms and content that has 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.

The 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 pre-determined priority. Assessment resources are listed first because it is the foundation for quality care with older adults. Specialty topics are listed in alphabetical order.

In conclusion, the GAPNA toolkit is a free resource for all healthcare clinicians and educators who are educating and precepting students about the care of older adults. This toolkit has been a collaborative effort by GAPNA members who are passionate about older adult health care.
For best viewing and weblink function, open the toolkit using the Web browsers Sakai, Internet Explorer or Google Chrome.

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Resources for Gerontological Health Care Education

1. Gerontological and Geriatric Assessment Resources

**National Organizations**

**American Geriatrics Society (AGS)**
The American Geriatrics Society (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. App options for Smart Phones:


**Gerontological Advanced Practice Nurses Association (GAPNA)**

GAPNA is the organization of advanced practice nurses whose goal is to advocate quality care for older adults in a wide variety of practice settings. See Clinical Research Corner.

[https://www.gapna.org/resources/clinical-research-corner](https://www.gapna.org/resources/clinical-research-corner)

GAPNA has many practice links found at: [https://www.gapna.org/resources/practice-links](https://www.gapna.org/resources/practice-links)

The online and most updated version of this toolkit can be found at:

[https://www.gapna.org/resources/adultgero-aprn-preceptor-toolkit](https://www.gapna.org/resources/adultgero-aprn-preceptor-toolkit)

**Hartford Institute for Geriatric Nursing (HIGN)**

Based at New York University College of Nursing, the Hartford Institute for Geriatric Nursing houses a clinical website that contains valuable geriatric assessment and educational tools designed to help interprofessional healthcare practitioners improve the quality of care of older adults. The Hartford Institute for Geriatric Nursing develops and maintains ConsultGeri.org and the *Try This:*® Series. Home page: [http://www.hartfordign.org/](http://www.hartfordign.org/)

ConsultGeri.org: Evidence-based geriatric clinical nursing website of The Hartford Institute for Geriatric Nursing, at New York University's College of Nursing with protocols for 30+ common geriatric syndromes and conditions. [http://consultgeri.org/](http://consultgeri.org/)

*Try This:*® Series: Best Practices in Nursing Care to Older Adults: Evidence-based assessment tools and best practice approaches to care of older adults. [http://consultgeri.org/tools/try-this-series](http://consultgeri.org/tools/try-this-series)

General Assessment Series; Specialty Practice Series (co-sponsored with Nursing Specialty Organizations); Quality Improvement Series; Dementia Series (mostly co-sponsored with the Alzheimer’s Association)
Portal of Geriatric Online Education (POGOe)
A repository of geriatric educational materials in various e-learning formats; new materials are added monthly and a monthly newsletter is available:
http://www.pogoe.org/
There is also a free monthly newsletter for which APRNs can sign up.

Society of Hospital Medicine - Institute for Healthcare Improvement (IHI)
Designed for hospitalists, the Clinical Toolbox for Geriatric Care, provides hospitalists with a compendium of resources to facilitate and improve inpatient care of the elderly. Resources were developed by the Hospital Medicine Geriatric Task Force and include practice guidelines; assessment tests for mental status, mobility, and pain; tools for predicting and preventing pressure ulcers; and more.
http://www.ihi.org/resources/Pages/OtherWebsites/ClinicalToolboxforGeriatricCare.aspx

University Resources

Duke University resources for Primary Care
Multiple links to geriatric assessment tools and guidelines are listed. Assessment tools include: Guidelines for Medicare Annual Wellness Visit, Prognosis Calculator, and Checklist of Activities of Daily Living.
http://guides.mclibrary.duke.edu/content.php?pid=335199&sid=2742321

Hartford Institute for Geriatric Nursing at New York University College of Nursing
Contains valuable geriatric initiatives and tools designed to help healthcare practitioners improve the quality of care of older adults. Home page: http://www.hartfordign.org/
Try This:* Series: Best Practices in Nursing Care to Older Adults: Evidence-based assessment tools and best practice approaches to care of older adults. http://consultgeri.org/tools/try-this-series
  General Assessment Series; Specialty Practice Series (co-sponsored with Nursing Specialty Organizations); Quality Improvement Series; Dementia Series (mostly co-sponsored with the Alzheimer’s Association)
e-Learning Resources: The Hartford Institute for Geriatric Nursing training and education center is a portal to courses, podcasts, webinars, tools and other resources related to care of older adults. Resources are available for nurses, physicians, social workers and other members of the interprofessional healthcare team. Contains APRN Resources and Primary Care of Older Adults (PCOA) Initiative and Modules: http://consultgeri.org/education-training/e-learning-resources
Michigan Aging Education Collaborative (MAEC) at Michigan State University
This website is from the Geriatric Education Center of Michigan, HRSA funded from 1987 - 2015. Web based resources are listed on over 100 aging topics such as housing, financial, and federal agencies.
http://geomc.msu.edu/index.php

Tufts University Comprehensive Geriatric Assessment
Guides for performing directed geriatric assessments and an excellent concise tutorial on comprehensive geriatric assessment are available on the Tufts University’s TUTFSOPENCOURSEWARE site.
http://ocw.tufts.edu/Course/42/Supplementarymaterial

University of Alabama – Birmingham (UAB) Division of Gerontology, Geriatrics, and Palliative Care provides interprofessional CME modules on care of older adults. The Deep South CME Network is located at http://www.alabamacme.uab.edu/geriatrics.aspx

University of Iowa, Iowa Geriatric Education Center (IGEC)
This website provides diverse and excellent resources for educators and health professionals in multiple health disciplines.
http://www.healthcare.uiowa.edu/igec/
Assessment tools are found at:
http://www.healthcare.uiowa.edu/igec/tools/
Interactive "virtual patient" simulations, called GeriaSims are a free resources on assessment and decision making in primary care of older adults.
http://www.healthcare.uiowa.edu/igec/resources-educators-professionals/geriasims/

University of Maryland
The Geri-Ed Programs at the University of Maryland Baltimore web site provides geriatric web based educational materials including Medication management in assisted living facilities, delirium: a sudden change in mental status, Video Press geriatric education film productions and valuable resources on clinical interventions. University of Maryland Geriatric Education.
https://www.umaryland.edu/gerontology/education-and-training/online-modules-through-geri-ed/

University of Missouri Geriatric Assessment.
Geriatric Examination Toolkit University of Missouri, School of Health Professions,
Department of Physical Therapy contains numerous links to multiple assessment scales with scoring interpretations. [http://geriatrictoolkit.missouri.edu/](http://geriatrictoolkit.missouri.edu/)

School of Health Professions. The Virtual Health Care Team® contains a variety of cases of interest to health professionals, including Interdisciplinary Geriatric Assessment. [http://shp.missouri.edu/vhct/studies.htm](http://shp.missouri.edu/vhct/studies.htm)

2. Geriatric Specialty Assessments

**Cardiology**
American College of Cardiology
An excellent resource on cardiology care of older adults with case studies included: [http://www.cardiosource.org/ACC/ACC-Membership/Sections-Segments-Councils/Cardiovascular-Care-for-Older-Adults.aspx#ECCOA](http://www.cardiosource.org/ACC/ACC-Membership/Sections-Segments-Councils/Cardiovascular-Care-for-Older-Adults.aspx#ECCOA)

**Diabetes**
The National Diabetes Education Initiative
Diabetes Management Guidelines in the Older Adult

American Diabetes Association
Recommendations and Guidelines for Management of Diabetes in the Older Adult.
[http://care.diabetesjournals.org/content/38/Supplement_1/S67.full](http://care.diabetesjournals.org/content/38/Supplement_1/S67.full)

American Diabetes Association
Standards of Medical Care in Diabetes- 2016

Another link:

American Association of Clinical Endocrinologists and American College of Endocrinology
2016 Clinical Practice Guidelines for developing a Diabetes Mellitus Comprehensive Care Plan-
[https://aace.com/files/dm-guidelines-ccp.pdf](https://aace.com/files/dm-guidelines-ccp.pdf) and
2015 Comprehensive Diabetes Management Algorithm
2016 Comprehensive Type 2 Diabetes Management Algorithm
https://aace.com/publications/algorithm

Ethnogeriatrics
A Stanford University website with curriculum modules covering ethno-geriatric topics:
http://www.stanford.edu/group/ethnoger/

Functional Assessment
Competency Development and Evaluation for Health Professionals and Others who Work with
Older Adults by Linda Felver and Catherine Van Son 2011
http://www.olderadultfocus.org/Assess/function.htm
http://www.olderadultfocus.org/Assess/aslearn.htm#Function

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

Katz Index of Independent in Activities of Daily Living (ADL)
Commonly referred to as the Katz ADL, is the most appropriate instrument to assess functional
status as a measurement of a person’s ability to perform activities of daily living independently. The
Index ranks performance in the six functions of bathing, dressing, toileting, transferring, continence,
and feeding.
Try This:® Issue: http://consultgeri.org/try-this/general-assessment/issue-2
Medtool App for Ipad/Iphone – Free. Includes KATZ ADL, Barthel Index of ADL

Lesbian, Gay, Bisexual, Transgender (LGBT)

American Geriatrics Society Ethics Committee. (2015). American Geriatrics Society care of lesbian,
gay, bisexual, and transgender older adults position statement. Journal of the American Geriatrics
Society, 63(3), 423-426 . doi:10.1111/jgs.13297

National Resource Center on LGBT Aging:
The country's first and only resource center aimed at improving the quality of services and supports
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. http://www.lgbtagingcenter.org/resources/resources.cfm?s=7
Mobility 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.
Evidence in Motion app. Fall prevention, includes Timed Get Up and Go. $4.99

The Berg Balance Scale (BBS) was 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.

Mobility and Falls Assessment
STEADI Tool Kit for Fall Prevention (Stopping Elderly Accidents, Deaths & Injuries) 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 video clips demonstrating the 30 second chair stand, 4 Stage Balance Test, and other assessments.
www.cdc.gov/injury/STEADI

Centers for Disease Control and Prevention (CDC). This site includes articles and booklets on fall prevention and education. (2010). Falls among older adults: an overview.
http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html#5
Preventing Falls: How to Develop Community-based Fall Prevention Programs for older Adults
http://www.cdc.gov/HomeandRecreationalSafety/Falls/community_preventfalls.html

Hartford Institute for Geriatric Nursing. This website has a Fall Risk Assessment for Older Adults: The Hendrich II Fall Risk factors assessment is a useful guideline for practitioners.
Try This:* Issue: http://consultgeri.org/try-this/general-assessment/issue-8
Description of fall risk factors, assessment, fall prevention interventions, guidelines:
http://consultgeri.org/geriatric-topics/falls

Nutrition Assessment and Standards
Hartford Institute for Geriatric Nursing Standards and protocol for nutrition in older adults
Mini-Nutritional Assessment:

Try This: http://consultgeri.org/try-this/general-assessment/issue-9

Academy of Nutrition and Dietetics. Nutrition for older adults
http://www.eatright.org/Public/list.aspx?TaxID=6442452015

American Geriatric Society position statement on use of feeding tubes for persons with dementia.

Obesity

http://international.aanp.org/Content/docs/ObesityWhitePaper.pdf

Obesity Medicine Association’s release of the 2016 Obesity Algorithm for patient care.
http://obesitymedicine.org/obesity-algorithm/obesity-algorithm-download/ (Power point)

Obesity Society release of the 2013 “New Obesity Treatment Guidelines”

Oral Health

Oral Health Nursing Education and Practice (OHNEP): http://www.ohnep.org/
A national initiative led by New York University College of Nursing in partnership with the National Interprofessional Initiative on Oral Health: (http://www.niioh.org/).
National Interprofessional Initiative on Oral Health Resources: http://www.niioh.org/resources

A faculty toolkit is also available, the OHNEP Interprofessional Oral Health Faculty Toolkit specific for Adult-Gerontology Nurse Practitioner Program:
http://www.ohnep.org/sites/default/files/AGNP%202%203%2015%20w%20links%20FINAL.pdf

Developed by Society of Teachers of Family Medicine Group on Oral Health and designed to enhance the promotion of oral health for all age groups. Module 8 covers Geriatric Oral Health

Pressure Ulcers
National Pressure Ulcer Advisory Panel has guidelines for prevention and treatment of pressure ulcers [http://www.npuap.org/]

Sleep
National Sleep Foundation
A resource on Aging and Sleep that includes information on sleep architecture and bio patterns. [http://sleepfoundation.org/sleep-topics/aging-and-sleep]

NIH Senior Health-Sleep and Aging
The National Institute of Health has consumer oriented resources on sleep and aging [http://nihseniorhealth.gov/sleepandaging/aboutsleep/01.html]

The Pittsburgh Sleep Quality Index
The Pittsburgh Sleep Quality Index (PSQI) is useful to screen for sleep problems in the home environment and to monitor changes in sleep quality. It differentiates “poor” from “good” sleep by measuring 7 domains.
Try This: Issue: [http://consultgeri.org/try-this/general-assessment/issue-6.1]

Urinary Incontinence


3. Geriatric Mental Health

Alcohol and Substance Abuse in Older Adults
Delirium
Created by Hartford Institute for Geriatric Nursing, this website has a protocol on Delirium: Prevention, Early Recognition, and Treatment. [http://consultgeri.org/geriatric-topics/delirium](http://consultgeri.org/geriatric-topics/delirium)

Delirium Information for VA Health Care Professionals
The U.S. Department of Veteran Affairs (VA) website offers information for healthcare providers on Geriatrics and Extended Care, including a section on delirium in the long term care setting. [http://www.va.gov/GERIATRICS/Guide/LongTermCare/Delirium_professionals.asp#](http://www.va.gov/GERIATRICS/Guide/LongTermCare/Delirium_professionals.asp#)

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](http://www.hospitalelderlifeprogram.org/delirium-instruments/) and her colleagues at Yale University School of Medicine originally designed HELP to prevent delirium among hospitalized older persons. [http://www.hospitalelderlifeprogram.org/delirium-instruments/](http://www.hospitalelderlifeprogram.org/delirium-instruments/)

Depression and Anxiety: Screening and Intervention
Through a collaboration between the Substance Abuse and Mental Health Services Administration (SAMHSA) and Administration on Aging (AoA), Issue Briefs and archived webinars in the areas of suicide, anxiety, depression, and alcohol and prescription drug use and misuse among older adults have been developed. This Issue Brief is intended to help health care and social service organizations develop strategies to serve older adults with depression and anxiety. [http://www.aoa.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%20Depression%20and%20Anxiety.pdf](http://www.aoa.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%20Depression%20and%20Anxiety.pdf)

Depression and Suicide in Older Adults
These websites by the American Psychological Association review the latest criteria for management of depression and prevention of suicide in this vulnerable population. Depression and Suicide in Older Adults Resource Guide, [http://www.apa.org/pi/aging/resources/guides/depression.aspx#](http://www.apa.org/pi/aging/resources/guides/depression.aspx#)

Friendship Line (1-800-971-0016)
Sponsored by 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
SAMHSA has a toolkit with 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. [http://store.samhsa.gov/shin/content/SMA15-4416/SMA15-4416.pdf](http://store.samhsa.gov/shin/content/SMA15-4416/SMA15-4416.pdf)
4. Cognitive Assessment

**Alzheimer’s Association - Cognitive Assessment for Primary Care Provider**
This website from the Alzheimer’s Association offers three free downloaded pdf with guidelines for initial and annual assessment of cognitive function in the older adult.
PDF of cognitive assessment:
PDF of annual wellness visit:
PDF of algorithm for visit:

**American Bar Association - Cognitive Assessment in Older Adults**

**Older driver assessment**
5. Dementia Assessment and Management

**Diagnostic Criteria for Dementia, Alzheimer’s Disease, and Other Cognitive Disorders**
Diagnostic Criteria and Guidelines for Alzheimer's Disease (2011) established by the National Institute on Aging/Alzheimer’s Association for Alzheimer’s Disease. This site includes access to articles on new approaches for diagnosis and treatments of cognitive disorders in older adults: [http://www.alz.org/research/diagnostic_criteria](http://www.alz.org/research/diagnostic_criteria)  

**Lewy Body Dementia**
Research clinicians at The Florida Atlantic University developed a screening tool for Lewy Body dementias which is composed of two related disorders: Dementia with Lewy bodies (DLB) and Parkinson’s disease dementia (PDD).  
[http://med.fau.edu/research/Lewy%20Body%20Composite%20Risk%20Score%20Form%20and%20Instructions.pdf](http://med.fau.edu/research/Lewy%20Body%20Composite%20Risk%20Score%20Form%20and%20Instructions.pdf)

**Hartford Institute for Geriatric Nursing-Dementia Practice Protocols**
Nursing standards of practice on recognition and management of dementia  
[http://consultgeri.org/geriatric-topics/dementia](http://consultgeri.org/geriatric-topics/dementia)

**Dementia Behaviors**
A toolkit of non-pharmacological interventions for promoting positive dementia behaviors, prepared with the Commonwealth Fund in collaboration with the Hartford Foundation and developed by an expert panel.  

**University of Illinois - Chicago Evidence-Based Treatment of Behavioral Symptoms of Dementia**
This program was developed as a collaborative effort of a multidisciplinary team in dementia care. Relevant research findings were used to identify and support the steps in the assessment and treatment of behavioral symptoms associated with dementia, providing an evidence-based treatment algorithm.  
[www.uic.edu/nursing/bsd](http://www.uic.edu/nursing/bsd)
The website includes a link for Android and iOS application for Apple mobile devices.

**Centers for Medicare and Medicaid Services (CMS)**
CMS launched a National Partnership with the mission to improve quality of care for nursing home residents living with dementia. This Partnership, that includes federal and state agencies, nursing
homes, other providers, advocacy groups and caregivers, continues to focus on the delivery of health care that is person-centered, comprehensive and interdisciplinary. The website resources for professionals. [https://www.nhqualitycampaign.org/professionalDementia.aspx](https://www.nhqualitycampaign.org/professionalDementia.aspx)

**National Council of Certified Dementia Practitioners**
The Council is open to all health care professionals who are interested in comprehensive dementia education. The Council was formed to promote standards of excellence in dementia and Alzheimer's Disease education to professionals who provide services to person with dementia. This website provides training for all members of the health care team. [http://www.nccdp.org/](http://www.nccdp.org/)

6. **Gerontological - Pharmacology**

**The American Geriatrics Society (AGS) Updated Beers Criteria**
The AGS Updated Beers Criteria was updated in 2015 by the American Geriatrics Society (AGS) to identify medications that may be harmful to older adults due to a higher incidence of complications, such as falls, confusion, and constipation:

**Epocrates**
Epocrates provides accessible and reliable clinical information. The free drug reference include brand, generic, and OTC medicines, drug interaction check and pill identification (Basic - free): [https://www.epocrates.com](https://www.epocrates.com)

**iGeriatrics**
iGeriatrics combines all of the American Geriatrics Society's free clinical information offerings into one easy to use application. Aimed at healthcare providers and covering a wide range of topics relating to older adults, from medication safety to cross-cultural assistance ($2.99): [https://itunes.apple.com/us/app/igeriatrics/id365560773?mt=8](https://itunes.apple.com/us/app/igeriatrics/id365560773?mt=8)

**Medscape Drug Interaction Checker**
The Drug Interaction Checker is an online tool used to search medications or OTC drugs and herbal supplements for potential drug-drug interactions (free): [http://reference.medscape.com/drug-interactionchecker](http://reference.medscape.com/drug-interactionchecker)
STOPP/START tool
This tool, arranged by physiological systems, assists in the review older adult's 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. http://www.cumbria.nhs.uk/ProfessionalZone/MedicinesManagement/Guidelines/StopstartToolkit2011.pdf

7. End of Life Issues

Advance Directives
This site allows individuals to download and print state specific advance directives documents and instructions: Advance Directives State by State Index http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289

Caring Connections
This site, created by the National Hospice and Palliative Care Organization, provides free information on topics related to end of life. http://www.nhpco.org/learn-about-end-life-care

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, staff development educators so they can teach this essential information to practicing nurses or nursing students. http://www.aacn.nche.edu/elnec

Five Wishes Online
This interactive site enables users to create and customize their advance directive online. When done the document can be saved, printed, or emailed. https://fivewishesonline.agingwithdignity.org/

National Institute of Health -Bioethics Resources
This Bioethics Resources website provides a compilation of web links to information that interest health care professionals. The website provides resources to many issues in bioethics: http://bioethics.od.nih.gov/endoflife.html

Physician Orders for Life Sustaining Treatment (POLST)
National website of the POLST Paradigm, an approach to end-of-life planning based on conversations between patients, loved ones, and medical providers. The POLST Paradigm is
designed to ensure that seriously ill patients choose the treatments they want and that their wishes
are honored by medical providers:  http://www.polst.org

8. Nursing Home Issues and Processes

Advancing Excellence in Long Term Care
The Advancing Excellence in America’s Nursing Homes Campaign is a major initiative of the
Advancing Excellence in Long Term Care Collaborative. The Collaborative assists all stakeholders
of long term care supports and services to achieve the highest practicable level of physical, mental,
and psychosocial well-being for all individuals receiving long term care services.
https://www.nhqualitycampaign.org/star_index.aspx?controls=dementiaCare
https://www.nhqualitycampaign.org/default.aspx

American Medical Directors Association (AMDA)
AMDA is an organization for medical directors and others employed in Long-Term Care facilities,
who are dedicated to excellence in patient care and provides education, advocacy, information, and
professional development to promote the delivery of quality long-term care medicine.
http://www.amda.com

Federal and State Regulations Affecting Nursing Homes
Nursing homes are strictly regulated and surveyed annually (or when there are complaints) to
maintain their licensure. Regulations are both federal and state specific. Primary care providers to
need to be familiar with these regulations.
Locate state specific regulation at:  Kane, R & Cutler, L. (2011) Comparing State Regulations
Affecting Nursing Homes: Implications for culture change and Resident Autonomy. University of
Minnesota:  http://www.hpm.umn.edu/nhregsplus/
http://www.sph.umn.edu/hpm/nhregsPlus/NHRegs_by_State/By%20State%20Main.html

Interact (Interventions to Reduce Acute Care Transfers)
A quality improvement program that focuses on the management of acute change in nursing home
residents’ condition. 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
Minimum Data Set (MDS)
The MDS is a comprehensive, interdisciplinary 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 (OBRA) in 1987, the MDS assessment continues to evolve according to CMS guidelines.
The Centers for Medicare and Medicaid Services provides the official training for MDS

Reducing Use of Antipsychotic Medications
Nursing home toolkit that focuses on promoting positive behavioral health in dementia patients. The toolkit was supported by Commonwealth Fund and Hartford Foundation. The toolkit is located at
http://www.nursinghometoolkit.com

9. Role Issues

Basic Medicare Resources for Health Care Professionals, Suppliers, and Providers  This section is designed to provide Medicare enrollment information for APRNs and other suppliers. Please review the downloadable fact sheets to learn about Medicare provider enrollment.
http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/MedicareProviderSupEnroll/

Medicare Learning Network
A 49 page booklet with information for APRNs to establish a Medicare reimbursement/NPI.

Rural Health Care
This page provides basic information about being certified as a Medicare participating rural health clinic (RHC) supplier and includes links to laws, regulations, and compliance information.
http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/CertificationandCompliance/RHCs.html
10. Legal Issues

**American Bar Association (ABA)**
Resources for Capacity Assessment in Older Adults Created by the ABA, Commission on Law and Aging, in conjunction with the American Psychological Association (APA), this appendix describes psychological and neuropsychological tests to measure cognition in older adults. http://www.americanbar.org/groups/law_aging/resources/capacity_assessment.html

**American Bar Association** (ABA). Also contains many helpful resources on topics such as elder abuse, ethics and counseling older adults, Guardianship law, health care decision making, and longterm services.  http://www.americanbar.org/groups/law_aging.html

**National Academy of Elder Law Attorneys, Inc. (NAELA)**
A professional association of attorneys who are dedicated to improving the quality of legal services provided to people as they age, their website provides educational resources with free resources available through the NAELA Community library. National Center on Elder Abuse(NCEA) Directed by the U.S. Administration on Aging, NCEA is a resource for policy makers, social service and health care practitioners, the justice system, researchers, advocates, and families. http://www.ncea.aoa.gov

**Rush University Medical Center (RUMC) and the Commission on Law and Aging (CLA)**
Created by collaboration, RUMC and CLA have released 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 aimed at physicians but valuable for all health care clinicians.

**National Center on Elder Abuse (NCEA).** Directed by the U.S. Administration on Aging. NCEA is a resource for policy makers, social service and health care practitioners, the justice system, researchers, advocates and families. http://www.ncea.aoa.gov

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 their first clinical rotation or one nearing graduation?
- Determine the criteria for student evaluations (or use those attached).
- 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 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 exam rooms large enough to accommodate the patient, family, you, and a student?
- Are there enough exam 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 comp, OSHA, TB skin test, etc.?
- Will the student have access to electronic health records (EHR) and be documenting in EHR?
- Will the student be required to attend an orientation session?
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’ health care problems with the student’s level of competence.
• Establish a collaborative learning environment and provide on-going 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 nonthreatening 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 that students do not progress at the same pace in clinical practice.

These guidelines may be useful when addressing concerns about a student’s clinical performance:

• First, ask the student about their 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?
• Does the student need exposure to different types of patients?
• Is there a problem between student and staff that is impacting the situation?
• Contact the APRN faculty and request a telephone call, review of care, or site visit.
• If problems persist, document observations, corrective measures, and send to faculty.
• Document concerns in writing if a student is unsafe, not progressing, or unprofessional in practice.

These are suggestions for recognizing excellent student performance:

• For a student who demonstrates exemplary clinical practice, document their 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 them to apply for student awards in GAPNA, regional or state APRN group.
3. Suggested Readings for Clinical Preceptors

American Association of Nurse Practitioners (AANP)
AANP has developed tools and resources designed to keep NPs informed on important health issues and to assist them in educating their patients. http://www.aanp.org/education/education-toolkits
AANP offers this toolkit to support preceptors. http://www.aanp.org/component/content/article/51-education/education-toolkits/255-preceptor


**Hartford Institute for Geriatric Nursing (HIGN) e-Learning Resources Center**

The APRN Faculty Resource Center was created to “house” the resources developed for this project. All the materials are free of charge. Some resources will require users to create a user ID and password to access materials. The HIGN training and education center is a portal to courses, podcasts, webinars, tools and other resources related to care of older patients. Resources are available for nurses, physicians, social workers and other members of the interprofessional healthcare team. Contains APRN Resources and Primary Care of Older Adults (PCOA) Initiative and Modules: [http://consultgeri.org/education-training/e-learning-resources](http://consultgeri.org/education-training/e-learning-resources)

**List of Mobile Device Applications**

**Geriatrics at your fingertips App- options for Smart Phones:**
http://www.americangeriatrics.org/publications/shop_publications/smartphone_product

**Doctot Geriatric App -Tools of the trade.** Free, $.99 for some tools
http://www.doctot.com/doctot-apps/geriatric-app

**Evidence in Motion App** - Fall prevention, includes Timed Get Up and Go. $4.99
http://www.evidenceinmotion.com

**Evidence-Based Treatment of Behavioral Symptoms of Dementia App** - Navigate to www.uic.edu/nursing/bsd (includes a link for Android and iOS devices)

**Hartford Institute for Geriatric Nursing. ConsultGeri.org** – Assist with decision making in providing quality care to older adults - for Ipad, Iphone - $1.
4. National Standards for APRN Competencies

The American Association of Colleges of Nursing (AACN), in collaboration with The Hartford Institute for Geriatric Nursing at New York University College of Nursing, and the National Organization of Nurse Practitioner Faculties (NONPF), released the following competencies for APRN programs:

**Adult-Gerontology Primary Care Nurse Practitioner Competencies:**

**Adult-Gerontology Acute Care Nurse Practitioner Competencies:**

**Adult-Gerontology Clinical Nurse Specialist Competencies:**

**Family Nurse Practitioner Competencies:**
http://www.nonpf.org/resource/resmgr/competencies/populationfocusnpcomps2013.pdf?hhSearchTerms=%22competencies%22

Consensus Statement on Proficiencies for the APRN Gerontological Specialist

A White Paper developed by GAPNA leaders describes twelve 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/carers with multifaceted, multilayered health care needs.

5. Suggested Student Geriatric Clinical Sites

**Primary Adult/Gero NP Program**

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

Specialty Care
- Geriatric Psychiatry
- Geriatric Neurology
- Memory Disorder Clinic
- Continence Clinic
- Fall Prevention Clinic
- Geriatric Heart Failure Clinic
- Osteoporosis Clinic

**Acute Care Adult/Gero NP Program**

- Geriatric Consult Service
- Palliative Care/Hospice
- ACE (Acute Care for Elders)
- Subacute Long Term Care Facilities or Internal Medicine Service