

# Gerontology Resources for Faculty and APRNs in Post-Acute Care and Long-Term Care Settings



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## **Preface**

The goal of Gerontology Resources for Faculty and APRNs in Post-Acute Care and Long Term Care Settings is to provide healthcare providers and academia faculty, particularly those new to the care of older adults living in post-acute or other senior living care facilities, with comprehensive resources and guidance on critical topics related to the care of older adults in a variety of settings including Post Acute Care (PAC), Skilled Nursing Facility (SNF), Long Term Care (LTC), Assisted Living Facility (ALF), Continuing Care Retirement Community (CCRC) care facilities. As the population of older adults continues to grow, there is an increasing need for well-informed and prepared health-care professionals who can address this demographic's unique challenges and needs. This toolkit is to equip providers with essential knowledge, practical strategies, and resources, to improve the quality of care, enhance patient outcomes, and ensure that older adults receive compassionate and effective care in various settings. By addressing topics such as older adult syndromes, chronic disease management, communication strategies, and ethical considerations, this resource will support the development of a competent and confident workforce dedicated to the well-being of older adults.

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## Overview/Scale

\* Resources from the GAPNA.Preceptor Toolkit 9th Edition

! Resources from the Gerontology Resources for APRNs in Acute and Emergent Care Settings

\$ Resources indicate cost may be or is required

**M** Resources addressing the Geriatric 5Ms (**Multicomplexity-MU, Mind-MI, Mobility-MO, Medications-ME, What Matters Most-MA**)

# Gerontology Resources for Faculty and APRNs in Post-Acute Care and Long-Term Care Settings

## 1. Clinical Assessment and Management

### Shared Decision Making

[Agency for Healthcare Research and Quality \(AHRQ\) Shared Decision Making](#)

SHARE approach is a model for shared decision making \* AHRQ's SHARE Approach is a five step process. Professional education contents include: a collection of reference guides, posters, and other resources that include a workshop curriculum with Modules to support the training of the health care professionals on how to engage patients in their health care decision making. Each module includes a facilitator training guide and slides (all ready to download, print and use); a series of questions to assess your readiness for use of the guide **MA**

[Minnesota Shared Decision-Making Collaborative](#)

This site has resources for shared decision making. The site offers a free online training module developed by Stratis Health and the Minnesota Department of Health Care Homes Program. Online module is approximately 1 hour. Must create a user profile to access the. [Shared Decision-Making E-Learning Course](#) **MA**

[National Institute of Health and Care Excellence \(NICE\)](#)

The NICE [Shared Decision Making webpage](#) offers guidelines and information for those providing care and those receiving care. NICE guidelines provide recommendations for health care in England & Wales. **MA**

[La Trobe University](#) provides links to a variety of tools and resources related to shared decision making **MA**

### Caring with Dignity

The [Bathing Without a Battle \\$](#) program offers practical, research-based strategies to improve the bathing experience for individuals with dementia. It promotes dignity, comfort, and person-centered care by teaching caregivers alternative bathing techniques that reduce distress and resistance. The site includes training materials, videos, and guidance to support more compassionate and effective hygiene care. **MU, MI, MA, MO**

The [Geriatric Nursing Education Consortium \(GNEC\) video series](#) by Hartford Institute for Geriatric Nursing (HIGN) at New York University (NYU) Meyers offers concise, evidence-based training for nurses on the specialized care of older adults. It covers key topics like geriatric assessment, chronic disease management, and age-related health changes. Designed for nursing education, the series promotes best practices in elder care through engaging, expert-led content. **MU, MI, MO, ME, MA**

### General and Specialty Assessments

#### Geriatric Specialty Assessments

The [Try This®](#) series from the Hartford Institute for Geriatric Nursing provides practical, evidence-based tools to help healthcare professionals assess and care for older adults. Each resource offers concise guidance on common geriatric issues, promoting best practices in clinical settings. **MU, MI, MO, ME, MA**

Functional Assessment Include: [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. **MU, MO, MA**

#### Cognitive Assessment

The [Alzheimer's Association](#) provides guidelines for initial and annual [Cognitive Screening and Assessment](#). \* Offers information on when to begin performing regular cognitive assessments and recommended tools to use. Links are available to assessments that providers can use in practice and for assessments that family members/caregivers can perform. Example videos are also available to see the assessments in practice **MI**

[Alzheimer's Association Cognitive Assessment Tools](#) \* Resources are available for providers to give to patients and caregivers. This site provides links for screening tools like the GPCOG, Mini-COG, and other cognitive questionnaires. **MI**

[Cognitive Assessment Toolkit](#). \* This pdf from the Alzheimer's Association provides multiple screening tools for cognitive assessment and dementia diagnosis, like the Mini-cog, and various questionnaires. An article listed at the end of the toolkit is geared towards the outpatient primary care setting, but it also contains useful information including a chart that compares the advantages and limitations of multiple cognitive assessments. **MI**

[Medicare Annual Wellness Visit](#) \* The Medicare Learning Network site provides information on the components of the annual wellness visit, FAQs, and insurance coverage. There is also a link for an AWV video to help inform the provider on the exams, rationale, and requirements for submitting claims. **MU, MI, MO, ME, MA**

[National Institute on Aging](#) \* This site is geared primarily for patient and family use. The information is presented in an accessible manner that is educational for patients. It offers recommendations for health screenings, chronic disease management, lifestyle choices, fall risk, and potential medications for dementia. **MU, MI, MO, ME, MA**

[Alzheimer's Association: Dementia and Driving](#) \* Gives info about evaluating unsafe driving, how to plan ahead for how to deal with the inevitability before the problem occurs, and how to have the conversation when it is time to urge the individual not to drive anymore. (May not be quite as relevant for LTC, but there are a handful of ALF residents that may still drive, so this information may be useful to include). **MI**

[Cognitive Impairment Care Planning Toolkit](#) \* Gives info about comprehensive care planning, associated CPT code, and when it can be applied. Tools are suggested to help guide care planning. ICD codes are listed that can be associated with comprehensive care planning. The last ¶ of the document has attached tools that can be used for cognitive assessment. Links to the Alzheimer's Association site. **MI**

[National Task Group \(NTG\) on Intellectual Disabilities and Dementia Practices](#) The NTG's overall mission is to advocate for services and support for people with intellectual disability and their families who are affected by Alzheimer's disease and dementia. **MI**

The [NTG Early Detection and Screen for Dementia](#) (NTG-EDSD), an administrative screening tool, is useful as part of the information collected in conjunction with the Affordable Care Act's annual wellness visit and cognitive impairment assessment. The NTG-EDSD has been recognized as a useful dementia symptoms or indicators screening tool in the guidelines issued by the Medical Care Guidelines for Adults with Down Syndrome Workgroup. **MI**

## **Acute and Chronic Conditions**

### **Acute and Emergent Care Issues**

[The Geriatric Emergency Department Collaborative. \(2020\). Tools and Resources.](#) ! This website provides several tools and resources that can be utilized for the care of geriatric patients in the emergency department. **MU, MI, MO, ME, MA**

The [Geriatric Emergency Department Guidelines](#) ! by the American College of Emergency Physicians (ACEP) provide a comprehensive framework to enhance emergency care for older adults. Developed through a collaborative effort among major medical organizations, the guidelines focus on improving staffing, training, equipment, and care processes tailored to the unique needs of geriatric patients. These standards aim to ensure safer, more effective, and patient-centered emergency care for the aging population. **MU, MI, MO, ME, MA**

### **Acute Kidney Injury**

Acute Kidney Injury (AKI) ! is a sudden decline in kidney function, typically identified by a rapid rise in serum creatinine or reduced urine output. It is categorized into prerenal, intrarenal, and postrenal causes, each with distinct underlying mechanisms and treatment considerations. For a detailed clinical overview, visit the [5-Minute Clinical Consult on AKI](#) \$ **MU, MI, ME, MA**

[Acute Kidney Injury: Internet Book of Critical Care](#). ! Overview of AKI, highlights key points, includes a podcast, and is based on peer review **MU, MI, ME, MA**

### **Sepsis and Urosepsis**

[About Sepsis](#) \* CDC Website that discusses what is sepsis, risk factors, prevention and managing recovery from sepsis **MU**

[Sepsis Alliance](#) \* The Sepsis Alliance website with information/resources for patients and families/caregivers **MU**

### **Trauma: Falls and Hip Fractures**

[Emergency department pain management following implementation of a geriatric hip fracture program](#). ! Implementation of a geriatric fracture program was associated with improved emergency department pain management for geriatric patients with fragility hip fractures. **MU, MI, MO, ME, MA**

American Family Physician [Hip Fractures Diagnosis and Management](#) article includes key recommendations for practice **MU, MI, MO, ME, MA**

American Academy of Orthopedic Surgeons [Clinical Practice Guideline Summary: Management of Hip Fractures in Older Adults](#) provides a summary of the 2022 recommendations **MU, MI, MO, ME, MA**

### **Osteoarthritis of the knee**

American Academy of Orthopedic Surgeons [Clinical Practice Guideline Summary: Management of Osteoarthritis of the Knee \(Nonarthroplasty\), Third Edition](#) provides guidance on management options for patients other than knee replacement **MU, MI, MO, ME, MA**

### **Oncologic Emergencies**

[Diagnosis and management of oncologic emergencies](#). ! Published in the The Western Journal of Emergency Medicine: Integrating Emergency Care with Population Health provides a review of commonly encountered oncologic emergencies that can be seen in the emergency room. The diagnosis and management of each is included (neutropenic fever, tumor lysis syndrome, hypercalcemia of malignancy, and hyperviscosity syndrome). **MU, MI, ME, MA**

[Oncologic emergencies: Recognition and initial management](#). ! Classifies several different oncologic emergency types (metabolic, hematologic, structural, or treatment related) and provide a short review of each (tumor lysis syndrome, hypercalcemia of malignancy, syndrome of inappropriate antidiuretic hormone, febrile neutropenia, hyperviscosity syndrome, superior vena cava syndrome, malignant epidural spinal cord compression, malignant pericardial effusion, extravasation, GI issues, radiation complications, immunotherapy complications). **MU, MI, MO, ME, MA**

[Cancer-associated thrombosis: Risk factors, molecular mechanisms, future management](#). ! Discuss the risk factors for cancer-associated thrombosis and the mechanisms for increased risk of clotting and actual clotting. Treatment options are described. **MU, MI, MO, ME, MA**

### **Infectious Disease**

[The Revised McGeer Criteria for Infection Surveillance Checklist](#) \* The fillable pdf checklist can be used for suspected urinary tract infection, respiratory tract infection, skin and soft tissue infection, gastrointestinal tract infection Your facility logo can be added to the document. **MU, MI, ME, MA**

The Centers for Disease Control (CDC) \* maintains a [Nursing Home Data Dashboard](#) which tracks vaccinations, cases and hospitalizations for COVID-19, influenza, and respiratory syncytial virus (RSV) which is updated weekly. **MU, ME, MA**



The National Healthcare Safety Network has a [Prevention Process Measures Surveillance Protocol for Long-Term Care Facilities](#). It covers hand hygiene and contact precautions and is available through a link on the CDC website. **MU, MA**

### **Cardiovascular/Stroke**

Cardiology resources \* Medline Plus provides an overview of [Aging Changes in the Heart and Blood Vessels](#) which also includes a video on bloodflow. **MU, ME, MA**

American College of Cardiology \* \$ online resource [Geriatric Cardiology](#) which includes a searchable repository as well as guidelines and other resources. Some areas require membership for access. There is also [ACCs Clinical Guideline app](#) available. **MU, ME, MA**

### **Heart Failure**

[Management of Heart Failure in Older People](#) provides a review of pharmacological and other therapies for managing heart failure

2022 AHA/ACC/HFSA [Guideline for the Management of Heart Failure](#): A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines **MU, ME, MA**

### **Hypertension**

2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA [Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines](#) provides recommendations **MU, ME, MA**

2020 International Society of Hypertension [Global Hypertension Practice Guidelines](#) discusses the management of hypertension in adults. **MU, ME, MA**

[Blood Pressure Targets in Adults with Hypertension: A Clinical Practice Guideline from the AAFP](#) provides recommendations based on systematic review of the literature **MU, ME, MA**

[Older Adults and Hypertension: Beyond the 2017 Guideline for Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults](#) This article reviews epidemiology and guidelines **ME, MU**

[Managing Hypertension in Older Adults](#) Focuses on benefits and considerations for shared decision making in managing hypertension in this population **ME, MU**

[Hypertension and orthostatic hypotension in the elderly: a challenging balance](#) reviews pathophysiology, guidelines and evidence **ME, MU, MO**

### **Stroke and Transient Ischemic Attack (TIA)**

[Guidelines for the Early Management of Patients With Acute Ischemic Stroke: 2019 Update](#) Up to date comprehensive practice guidelines for adults w/ acute ischemic stroke, no additional material, this is up to date. This is also available as a [pdf](#) from the American Stroke Association **MU**

[NIH Stroke Scale/Score MD Calc](#) NIH Stroke scale can be completed online **MU, ME, MO, MI**

National Institute of Neurological Disorders and Stroke provides an online [glossary of neurological terms](#) **MU, ME, MO, MI**

### **Endocrine and Metabolic**

#### **Diabetes Mellitus**

[Standard of medical care in diabetes - 2025](#). These clinical practice recommendations from the American Diabetes Association (ADA) provide guidance on diabetes care and treatment goals as well as tools that can be used to evaluate quality of care for older adults. **MU, ME, MA**



[Treatment of diabetes in older adults: An Endocrine Society clinical practice guideline.](#) ! Clinical recommendations on health and quality-of-life issues for older adults with diabetes **MU, ME, MA**

[ADA Older Adults: Standards of Care in Diabetes—2025 \\*](#) ADA recommendations for OA with Type 1 and Type 2 DM. Pertinent topics: neurocognitive function, hypoglycemia, treatment goals, lifestyle management, special considerations for Older Adults with Type 2 diabetes, treatment in skilled nursing facilities and nursing home, end of life care and references **MU, MI, MO, ME, MA**

### **Malnutrition/Nutrition**

The American Associations of Retired Person provides a [Family Caregiving How-To Video Series \\*](#) for families and caregivers on topics ranging from Incontinence to Mobility, Pain management, Managing Medications, Operating Equipment, Preparing for Hospital Stay and Wound Care. **MU, MI, MO, ME, MA**

The [Mini Nutritional Assessment \(MNA\)](#) ! is a 6 question screening assessment which aids in the identification of patients who are malnourished and at risk for malnourishment. **MU, MA**

The 2014 [American Geriatrics Society Feeding Tubes In Advanced Dementia Position Statement \\*](#) discusses recommendations regarding advanced nutrition in patients with dementia. While this has not been updated since 2014, it is still relevant to the management of patients with feeding difficulties in advanced dementia. **MU, MA**

The Hartford Institute for Geriatric Nursing (HIGN) released two resources regarding nutrition in the aging population. The first entitled [Nutrition and Aging \\*](#) provides discussion on nutrition and aging including protocols related to aging and nutrition related symptoms. The second is a series on [Assessing Nutrition in Older Adults \\*](#) which provides discussion of the MNA-SF screening tool in addition to a discussion of nutrition in older adults and protocols to symptom management. **MU,MA**

Melissa Batchelor released an article entitled [Tips for Eating and Drinking at Home \\*](#) to help older adults and their supportive caregivers with eating and drinking at home despite limitations. **MU,MA**

The National Council on Aging's article [Diet & Nutrition for Older Adults \\*](#) provides educational resources for older adults and their caregivers regarding nutrition in older adults. Topics include weight management, meal planning and food assistance. **MU, MI, MO, ME, MA**

The National Institute on Aging article [Healthy Meal Planning Tips for Older Adults \\*](#) provides health meal planning tips for older adults including meal planning and recipes. **MU, MI, MO, ME, MA**

[Enhancement of Geriatric Training for All: Nutrition for the Older Adult \\*](#) provides free continuing education regarding nutrition in the older adult with focus on recognition, management and education of patients. **MU, MI, MO,ME,MA**

### **Obesity**

[Obesity Among Older Adults- Article](#) ! Discusses what chronic conditions are linked to obesity **MU, ME, MA**

[AANP Resources on Obesity Management \\*](#) One of the AANP resources is a thorough guide, although not focused on the older adult **MU, MO, ME, MA**

The Gerontological Society of America [KAER Toolkit for management of Obesity in Older Adults \\*](#) Updated resource that would benefit providers in SNF, ALF, and could be LTC if patient able to understand and make nutrition decisions **MU, MI, MO, ME, MA**

### **Oral Health**

[ADA Aging and Dental Health](#) Key points outlined regarding oral health in aging adults. It includes potential comorbidities and physiology of aging, medication considerations, oral health and dental considerations, cognitive limitations, physical and sensory limitations. References included 2012-2023. **MU, MI,ME,MA**

[Interprofessional oral health faculty tool kits](#) \* The Oral Health Nursing Education and Practice (OHNEP) website has numerous toolkits for faculty that include 1) undergraduate interprofessional oral health faculty tool kit, 2) Adult Gerontology Acute Care Nurse Practitioner Program, 3) Adult Gerontology Primary Care Nurse Practitioner Program, 4) Psychiatric Mental Health NP program, 5) and Family Nurse Practitioner program. The tools in the kits are excellent along with other links. The toolkit mentions the “Smiles for Life mobile app” to see a photo gallery of oral abnormalities. **MU, MI, ME, MA**

## Musculoskeletal and Mobility

### Frailty

[Clinical Frailty Scale \(CFS\)](#) ! Great resource quick link to online calculator on MD+Calc  
Mobility Impairments **MU, MI, MO**

John Hopkins Medicine [Common Mobility and Language Guide and Toolkit](#) . ! This is a free resource you must request but has multiple scales and calculators to access the mobility and ADLS ability of patients. Not fully specific to Older Adults. This could include a cost if further resources are requested. **MU, MI, MO, ME, MA**

CDC [About Older Adult Fall Prevention](#) \* Global education on fall prevention and education focused on older adults not specific to LTC. **MU, MI, MO, MA**

The CDC and Stopping Elderly Accidents Deaths and Injuries (STEADI) \* have an [Algorithm for Fall Risk Screening, Assessment and Intervention](#) that maybe helpful to identify those at risk for fall **MU, MI, MO, ME, MA**

The S+CDC aNd STEADI have brochure on [Postural Hypotension](#) **MU, MI, MO, ME, MA**

## Hematology and Oncology

### Anemia

[How I treat anemia in older adults](#) Great article with further information published in Geriatric Hematology **MU, MI, MO, ME, MA**

[Anemia and Older Adults](#) from the American Society of Hematology Website **MU, MI, MO, ME, MA**

## Pulmonary Disorders

### Chronic Obstructive Pulmonary Disease (COPD)

[A New approach for identifying patients with undiagnosed chronic obstructive pulmonary disease](#) ! Utilizing two scales, CAT (COPD Assessment Test) and mMRC (modified medical research council dyspnea scale) to assess presence of respiratory symptoms. **MU, MI, MO, ME, MA**

[Global Initiative for Chronic Obstructive Lung Disease](#) !site offers the opportunity to download the 2025 Global Strategy for Prevention, Diagnosis and Management Report, a pocket guide and teaching slide deck. **MU, MI, MO, ME, MA**

### Pneumonia

[Comprehensive management of pneumonia in older patients](#) Great reference article **MU, MI, ME, MA**

[Bacterial Pneumonia Guidelines - Medscape](#) Great reference of The Infectious Diseases Society of America (IDSA) and American Thoracic Society (ATS) issued updated clinical practice guidelines for community-acquired pneumonia (CAP) in October 2019. **MU, ME, MA**

## Gastrointestinal and Renal Health

### Chronic Kidney Disease

The [KDIGO 2024 Clinical Practice Guideline](#) offers updated, evidence-based recommendations for evaluating and managing chronic kidney disease (CKD), building on the 2012 version. It emphasizes personalized care, improved risk prediction, and updated guidance on glomerular filtration rate and albuminuria measurements. The full guideline is available here **MU, MI, MO, ME, MA**

[American Nephrology Resources](#) \$ Need to join the association. There are specialty education packages <https://library.annanurse.org/store/1/index/15> (Advanced Practice; Chronic Kidney disease - nursing care of patients in a CKD setting; hemodialysis; and home therapies that relate to nursing care utilizing peritoneal dialysis; Peritoneal Dialysis; and Transplant. Continuing education units are offered. The organization has several archived videos on [Nursing Care of the Patient with CKD in any setting](#). **MU, MI, ME, MA**

[National Kidney Foundation](#) There are numerous (175) patient education tools; also in Spanish (23) Also include Family and Caregiver Resources and website offers other links e.g. Administration on Aging, AARP

The National Institute of Health's National Institute of Diabetes, Digestive and Kidney Diseases provides access to the [US Renal Data System](#) for potential research **MU, MI, MO, ME, MA**

### **Head, Eyes, Ears, Nose, Oral cavity, Throat-HEENOT**

The Hearing Loss Association of America has a [Guide for Effective Communication in Health Care for Providers](#) It includes a one page Communication Action Plan that can be completed by the patient to note the necessary communication aids and services.

The American Speech-Language-Hearing Association has [Tips for Communicating With Someone Who Has Hearing Loss](#)

The Centers for Medicare and Medicaid Services has [Improving Communication Access for Individuals who are deaf or hard of hearing](#) **MU, MI, MA**

### **Pressure Injuries, Wounds, and Skin Management**

#### **Pressure Injuries, Wound and Skin Management**

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 Prevention Points](#) summarizes the “must-have” highlights of a pressure injury prevention program **MU, MI, MO, ME, MA**

[WoundSource](#) A great online resource covering pressure injury prevention to treatment. Product information and continuing education can also be found at this website. Some of the CE is free. Wound Con is an online educational conference held 3 three times/year offering up to 15 CE's in wound assessment and management – free to registrants. **MU, MI, MO, ME, MA**

#### **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. **MU, MI, MO, MA**

[Implementation of skin tone assessment in pressure ulcer prevention](#) Inaccurate skin assessment in patients with darker skin tones often leads underestimating pressure damage. As such, higher-category pressure ulcers and poor outcomes occur. This article reviews strategies to incorporate skin tone awareness into aSSKING bundle assessments and PURPOSE T pressure ulcer risk assessments, using the skin tone tool. **MU**

#### **Pressure injury Risk Scoring Tools**

[Pressure Injury Risk Assessment Tools A Literature Review](#) provides an overview of a variety of scales for adult and pediatric use. **MU, MI, MO, ME, MA**

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### **Overview/Scale**

\* Resources from the GAPNA.Preceptor Toolkit 9th Edition

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## Wound Management -All types

While many facilities may have an in-house expert, have contracted with wound management specialists, or have standardized wound protocols, it is still good to know some advanced basics. Here are some good sites:

[WoundReference.com](#) – an online clinical decision support tool and app with both free and paid subscription features too numerous to name including management algorithms, dressing selection and patient education tools **MU, MO, ME, MA**

[Implementing TIMERS: the race against hard-to-heal wounds](#) A step by step framework listing the 10-step approach to wound management early in the document. The detail and evidence based supporting the methods follows a logical progression with practical key tips intermittently dispersed throughout the document. **MU, ME, MA**

[How do you select a wound dressing?](#) gives categories and indications for use from WoundSource A quick guide

## Skin Tears

The [International Skin Tear Advisory Panel \(ISTAP™\)](#) includes a plethora of information including prevention and treatment of skin tears **MU, MA**

## At-Risk Skin

Coalition for At-Risk Skin (CARS) [consensus statements](#) for identifying those who are at-risk for skin alteration, measures to maintain skin health and best practices for moisturization and its role in prevention. **MU, MI, MO, ME, MA**

## Neurology

[Abnormal Involuntary Movement Scale \(AIMS\) for dyskinesia](#) Medscape website: AIMS is one of the most widely used assessment tools for dyskinesias. The online AIMS can be readily administered in a few minutes, by an experienced clinician. It is ideal for patients receiving medications that may cause Tardive Dyskinesias. A rating of two or higher is evidence of tardive dyskinesia. **MU, MI, MO, ME, MA**

American Parkinson Disease Association (APDA) has [patient information on drug induced parkinsonism](#). The APDA provides support, education and research for those with Parkinson's Disease. APDA has a Living with Parkinson's post regarding medication-induced parkinsonism. The Parkinson's Foundation has a podcast episode dedicated to medication-induced parkinsonism **MU, MI, MO, ME, MA**

[Akathisia Alliance for Education and Research](#) Akathisia is an extremely distressing neurological disorder characterized by severe agitation, an inability to remain still, and an overwhelming sense of terror. It primarily occurs as a medication side effect or withdrawal syndrome. Akathisia Alliance for Education and Research has an online guide for clinicians and a guide for family and friends. **MU, MI, MO, ME, MA**

## Geriatric Mental Health

### Behavioral Health and Behavioral Management in Older Adults Delirium

[Delirium in older patients with COVID-19 presenting to the emergency department.](#) ! Outlines the importance of screening and identifying COVID-19 in older adults presenting with delirium to the ED as this may be their only sign/symptom. **MU, MI, MO, ME, MA**

[Managing delirium and agitation in older emergency department patient: The ADEPT tool.](#) ! Assess, Diagnose, Evaluate, Prevent, and Treat (ADEPT) tool, approach to screen, diagnose, and treat patients with delirium and agitation. **MU, MI, MO, ME, MA**

[The American Geriatrics Society \(AGS\) CoCare HELP](#) ! An innovative model of hospital care designed to prevent delirium and functional decline. **MU, MI, MO, ME, MA**

The Critical Illness, Brain Dysfunction, and Survivorship (CIBS) Center has a [series of Patient Testimonials Post-ICU.](#) ! Testimonials from patients who experienced delirium in the ICU.

[Hypoactive delirium](#). ! provides an overview of hypoactive delirium and epidemiologic data, guidance on how to identify hypoactive delirium, potential differential diagnoses, how to diagnose, and how to treat hypoactive delirium. Infographic is available. **MU, MI, MO, ME, MA**

## Dementia

University of Wisconsin Madison School of Nursing Center for Aging Research and Education [Dementia-Friendly Toolkit](#). ! CARE's dementia friendly training materials including videos. **MU, MI, MO, ME, MA**

[ENGAGE-IL - Geriatric Training for Psychosocial Needs of Older Adults](#) \* Enhancement of Geriatric Care for All. Comprehensive resource of evidence-based training and education materials designed to meet the psychosocial needs of the older adults. Free modules 0.5CEU credit. Dementia, Depression and Delirium, Drug Therapy, Elder abuse, End of Life, Managing multiple chronic conditions, medication management, nutrition, optimizing physical activity, oral health, pain management, palliative care, providing culturally appropriate care for LGBTQ, sexuality, sleep quality, the dying process, older adult with visual, hearing, and cognitive impairment, process of aging, transitions in care. **MU, MI, MO, ME, MA**

[NIH National Institute for Aging Alzheimer's and Dementia](#) \* A landing page for Alzheimer's and dementia resources - patient resources, general definitions, and fact sheets. A link for Alzheimer's Disease Education and Referral Center ADEAR is also present-ADEAR offers services and specialists to educate patients about Alzheimer's Disease. Resources are available in English and Spanish. Links to local research centers are also available. **MU, MI, MO, ME, MA**

[Alzheimer's Foundation of America](#) \* A foundation site that has links to caregiver resources and events, helplines, and webinars. **MU, MI, MA**

[National Memory Screening Program](#) \* This screening program can connect providers with sites for Alzheimer's disease screenings in person, but virtual screenings can also be scheduled if the locations are not close enough to feasibly visit. The program is free and there are no insurance or age requirements. It is confidential. **MU, MI, MA**

[The American Psychiatric Association Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients With Dementia](#) \* \$ Purchase for \$65. This guideline focuses on the appropriate use of antipsychotics when agitation or psychosis presents in the patient with dementia **MU, MI, ME, MA**

[Caregiver Action Network](#) \* Provides videos and info sheets for caregivers. It has multiple options depending on the family situation (long-distance caregiver, new caregiver, long-time caregiver for example), so it can provide information that fits best. **MU, MI, MO, ME, MA**

[Glorious Opportunity](#) \* A resource for videos and modules for individuals with dementia, their families, and their caregivers. The website was created by a general practitioner with early onset Alzheimer's disease in an effort to help support others. **MU, MI, MO, ME, MA**

[National Council of Certified Dementia Practitioners](#) \* \$ Developed to educate providers and caregivers on the national standards for dementia care. The site offers certifications, seminars, and CE - all are paid resources. There are blogs accessible for free information. **MU, MI, MO, ME, MA**

National Nursing Home Quality Improvement Campaign \* [Advancing HealthCare](#) Free EBP resources for LTC providers, with emphasis on patient preferences, staff inclusion and empowerment, leadership, and quality improvement. Articles and news are easily accessible on the website.

[Nursing Home Toolkit: Promoting Positive Behavioral Health](#) \*A resource specifically for LTC, provides free publications, research and webinars on patient-centered care in facilities. The focus of the interventions on this site is on nonpharmacologic behavioral health strategies for this patient population. **MU, MI, MO, MA**



[The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias](#) \*\$ A helpful book for family caregivers of dementia patients. It provides definitions for the disease and what to expect as dementia progresses. It emphasizes a compassionate approach to caring for this patient population. (Published in 2021) **MU, MI, MO, ME, MA**

The World Health Organization: [Risk Reduction of Cognitive Decline and Dementia WHO Guidelines](#) \* Offers a free document with extensive guidelines for reducing risk of cognitive decline and dementia. Includes interventions, lifestyle modification, and management of common chronic conditions like HTN, DM, HLD, depression, and hearing loss. Published in 2019 **MU, MI, MO, ME, MA**

[Alzheimer's Association Research](#) page \* Offers access to current research and articles for diagnosis and treatment of Alzheimer's. There are also options for older adults to participate in clinical trials. **MU, MI, MO, ME, MA**

Alzheimer's Association \* [Types of Dementia](#) Provides definitions on the different types of dementia using easy to understand verbiage so the information is accessible to patients, family, and providers. **MU, MI, MO, ME, MA**

The National Institute on Aging and UC San Diego School of Medicine [Alzheimer's Disease Cooperative Study](#) \* Has resources for participating in clinical trials, links for different Alzheimer's organizations, information on lifestyle management (in English and Spanish), and publications for providers to review. **MU, MI, MO, ME, MA**

National Institutes on Aging: [What is Alzheimer's Disease](#) \* Educational information about Alzheimer's Disease and infographics described in an accessible manner. Also links a video defining the pathophysiology of Alzheimer's. Also a great resource for general information for older adults **MU, MI, MO, ME, MA**

[The Association for Frontotemporal Degeneration](#) \* Helps those who are trying to manage their diagnosis (or a loved one's diagnosis) of frontotemporal degeneration. It has resources for support and to help those who are newly diagnosed or have an ongoing diagnosis. Information for news/events related to treatment breakthroughs are on the site. Information also is accessible on the site for providers for webinars, diagnosis, and treatment. **MU, MI, MO, ME, MA**

National Institutes of Health: [What Are Frontotemporal Disorders?](#) \* Easy-to-understand information about FTD and infographics. Provides information for clinical trials. Personal stories are available on the webpage. **MU, MI, MO, ME, MA**

[Lewy Body Dementia Association](#) \* An organization to raise awareness about LBD, advance research, and offer support resources. Free educational courses are available for on-demand learning on the site. **MU, MI, MO, ME, MA**

[The Lewy Body Composite Risk Score](#) \* (LBCRS) A screening tool for providers to determine if the patient likely has Lewy bodies contributing to the decline in their cognition. Can also link to full article **MU, MI, MO, ME, MA**

National Institute of Health: [Lewy Body Dementia Causes, Symptoms and Diagnosis](#) \* An article with information, an infographic, and a video to help define the condition for providers, patients, and families. Information on diagnosis and treatment is available. There are also links for clinical trials and studies. Links to other sources on LBD are also available. **MU, MI, MO, ME, MA**

National Institute on Aging: [Vascular Dementia](#) \* Has accessible information on the condition, risk factors, causes, symptoms, and treatment **MU, MI, MO, ME, MA**

The American College of Cardiology on [Vascular Cognitive Impairment and Dementia](#) \* Published in 2019, free article by clinical experts discussing the epidemiology, pathophysiology, diagnosis, and therapies for vascular dementia. Management options are discussed extensively. **MU, MI, MO, ME, MA**

## Depression

Depression Late in Life: Not a Normal Part of Aging. ! The National Institute on Aging describes [4 things to know about depression and aging](#) and the National Council on Aging [How Common is Depression in Older Adults?](#) provide information on causes and effects of depression and resources for patients and families **MU, MI, MO, ME, MA**

[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: **MU, MI, ME, MA**

American Psychological Association – [Psychotherapy & Older Adults: Resource Guide](#). Provides resources and current information on psychotherapy in

The Institute on Aging sponsors a [Friendship Line](#). It is based in California and 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. **MU, MI, ME, MA**

**Suicide Prevention**\* The SAMHSA [Promoting Emotional Health and Preventing Suicide](#) toolkit for senior centers includes resources, fact sheets, and other useful information for senior center staff. **MU, MI, ME, MA**

## Anxiety

[Anxiety and Older Adults: A Guide to Getting the Relief You Need](#) This website from the National Council on Aging provides information about causes and effects of anxiety and resources for patients and families **MU, MI, ME, MA**

The American Association of Geriatric Psychiatry provides information on [Anxiety and Older Adults: Overcoming Worry and Fear](#). **MU, MI, ME**

## Sleep

The Hartford Institute for Geriatric Nursing offers an instrument, [The Epworth Sleepiness Scale \(ESS\)](#), which can be used to measure average daytime sleepiness. Furthermore, it can be utilized for both initial assessment and ongoing comparative evaluations of sleepiness in older adults across the healthcare continuum. However, it is not an appropriate tool for measuring short-term changes in sleepiness over a period of hours, as it is designed to assess average daytime sleepiness over a longer time frame. **MU, MI, ME, MA**

The National Sleep Foundation (NSF) has long advocated that sleep is a critical component of health across all age groups, including older adults. NSF emphasizes that sleep health should be considered a vital sign, reflecting its essential role in overall physical, mental, and emotional well-being. A report titled [Promoting Healthy Sleep for Older Adults](#) is tailored to health and public health professionals working in the field of aging. It outlines key findings and offers actionable insights from the 2022 NSF's workshop to support improved sleep health among older adults. **MU, MI, ME, MA**

The University of Arizona Center on Aging offers the Elder Care educational series, designed for interprofessional healthcare providers and covering a range of geriatric topics. Among these are two resources focused on sleep: [Sleep in Older Adults](#) and [Steps to a Good Night's Sleep](#) both of which provide practical, evidence-based guidance for assessing and managing sleep concerns in the older adult population. **MU, MI, MO, ME, MA**

[The National Council on Aging](#) provides a summary and description of the different times of sleep found in older adults. **MU, MI, MA**

An article titled [Common Sleep Disorders Affecting Older Adults](#) discusses definitions, different causes of sleep disorders, epidemiology, and the management of various sleep disorders.



## Sexual Assessment

Healthcare providers often fall short in eliciting and documenting a comprehensive sexual history, particularly among older adults. [Sexuality Assessment for Older Adults](#) describes one framework that supports the assessment of sexuality in this population is the PLISSIT Model. Recognized by the Hartford Institute of Geriatric Nursing, this model provides structured guidance and sample questions to help initiate and facilitate discussions about sexual health with older adults. While the PLISSIT Model is not a diagnostic tool, it serves as a valuable resource for determining the need for further evaluation or referral. **MU, MI, MO, ME, MA**

The National League for Nursing (2021) provides additional resources at enhancing gerontological nursing education through its Advancing Care Excellence for Seniors (ACES) initiative. These resources include teaching strategies designed to raise nursing students' awareness of sexuality-related issues in older adults. One such strategy, [Sexuality and the Older Adult Teaching Strategy](#), focuses on increasing students' comfort with discussing sexual health and promoting the integration of sexuality assessments into the comprehensive plan of care for older adults. This approach not only improves communication skills but also supports more holistic and person-centered care. **MU, MI, MO, ME, MA**

An additional resource developed by Glenn and colleagues at the University of Arizona College of Medicine - Center on Aging offers practical guidance for interprofessional healthcare providers. The resource is titled [Sexual Health: Tips for Taking Sexual Health History in Older Adults](#) which provides concise, evidence-based strategies to support clinicians in initiating and conducting sensitive, age-appropriate sexual health discussions with older adults. **MU, MI, MO, ME, MA**

## Urinary Incontinence (UI)

The Hartford Institute for Geriatric Nursing provides a two-part resource on UI assessment in older adults, offering practical tools and mnemonics to guide clinical evaluation and management. [Part I \(Transient Urinary Incontinence\)](#) highlights the need for evidenced based assessment and focuses on the initial evaluation for identifying transient, reversible causes of UI and [Part II \(Established Urinary Incontinence\)](#) focuses on diagnosing established types of incontinence and measuring their impact on quality of life. **MU, MI, ME, MA**

The National Institute on Aging (NIA) leads scientific efforts to understand aging and to extend the healthy, active years of life for older adults. Key objectives of the NIA include but are not limited to promoting interventions to prevent or treat conditions common in aging. [Urinary Incontinence in Older Adults](#) is one health topic discussed by the NIA which offers patient-centered education on UI, with the goal of increasing awareness, reducing stigma, and encouraging older adults to seek appropriate care. **MU, MI, MO, ME, MA**

[National Association for Continence](#) - Great site for patients with incontinence and resource for patient education for providers **MU, MI, MO, ME, MA**

The Alzheimer's Society has a site focused on [Toilet Problems, continence, and dementia](#) which is a good resource for patients, families and caregivers **MU, MI, MO, ME, MA**

## Preventive Care

### Vaccinations for Older Adults

The CDC (Centers for Disease Control and Prevention) website is a vital resource for healthcare professionals seeking vaccination guidelines. It offers current, evidence-based recommendations for immunizations across various populations, including children, adolescents, adults, and specialized groups such as older adults. [Recommended Immunizations for Adults Aged 19 Years and Older, United States, 2025](#) has a visual format for the vaccine schedule **ME, MA**

The CDC regularly updates its official immunization schedules to align with the latest research and [Advisory Committee on Immunization Practices \(ACIP\) recommendations](#). Additionally, specific schedules are available for catch-up immunizations and high-risk individuals. **ME, MA**

The CDC provides comprehensive clinical guidelines for assessing patient eligibility, contraindications, and vaccine precautions to support healthcare providers. See [the Adult Immunization Schedule Notes](#) page. They also offer resources on best vaccine storage, handling and administration practices to ensure optimal effectiveness in the [Vaccine Storage and Handling Toolkit](#). [Adult immunization schedule by medical condition and other indications](#) **ME, MA**

### Caregiver Health

The Alzheimer's Association \* has a section on [caregiver health](#). This may be worthwhile to include since providers are also caregivers. Topics include "Be a Healthy Caregiver"; Caregiver stress; Caregiver Stress Check; Caregiver depression. **MU, MI, MO, ME, MA**

### Older Adult Abuse/Neglect

[Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements](#) \* Elder mistreatment can take many forms from overt abuse to neglect to financial exploitation from the Centers for Disease Control and Prevention (CDC). 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. (2016 but still good) **MU, MI, MO, ME, MA**

[Hartford Institute for Geriatric Nursing - Try This® Series - Elder - Mistreatment](#) \* The Elder Assessment Instrument (EAI), a 41-item assessment instrument, has been in the literature since 1984 (Fulmer, Street, & Carr, 1984; Fulmer, & Wetle, 1986; Fulmer, Paveza, Abraham, & Fairchild, 2000). This instrument is comprised of seven sections that reviews signs, symptoms and subjective complaints of elder abuse, neglect, exploitation, and abandonment. There is no actual score. A person should be referred to social services if there is any evidence of mistreatment (abuse, neglect, exploitation, abandonment), whenever there is a subjective complaint by the older adult of EM, or whenever the clinician believes there is high risk for probable abuse, neglect, exploitation, abandonment. **MU, MI, MO, ME, MA**

[Department of Health and Human Services website on National Center on Elder Abuse](#) \* Directed by the U.S. Administration on Aging, NCEA (National Center on Elder Abuse) is a resource for policymakers, social service and healthcare practitioners, the justice system, researchers, advocates, and families. **MU, MI, MO, ME, MA**

[National Institute of Aging on Elder Abuse](#) \* 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. Websites and phone numbers for agencies to help with Elder abuse, i.e., National Adult Protective Services, etc. **MU, MI, MO, ME, MA**

### Disaster Preparedness

[Emergency Planning for CMS-Regulated Agencies](#) \* Generalized information in this section. Nursing homes are required to have two drills annually. This website has videos, training and offerings for CMS regulated agencies on preparedness for nursing homes. **MU, MI, MO, ME, MA**

[CMS Emergency Preparedness Rule](#) provides guidance for surveyors, providers and suppliers. **MU, ME, MA**

[Disaster Preparedness Guide for Older Adults](#) Great guide to share with patients **MU, MI, MO, ME, MA**

[Administration for Community Living - Emergency Preparedness](#) Great guide for providers and patients and caregivers **MU, MI, MO, ME, MA**

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## Overview/Scale

\* Resources from the GAPNA Preceptor Toolkit 9th Edition

! Resources from the Gerontology Resources for APRNs in Acute and Emergent Care Settings

\$ Resources indicate cost may be or is required

M Resources addressing the Geriatric 5Ms (**Multicomplexity-MU, Mind-MI, Mobility-MO, Medications-ME, What Matters Most-MA**)

## 2. Pharmacology and Medication Optimization

### Gerontological Pharmacology Prescribing Facts and Questions

#### Antibiotic Stewardship

CDC Core Elements of Antibiotic Stewardship for Nursing Homes **MU, ME, MA**

Polypharmacy overview from StatPearls Medication Optimization

American College of Clinical Pharmacy has an infographic for medication optimization

Deprescribing.org is a great resource site to learn more about polypharmacy and deprescribing \* **MU, MI, MO, ME, MA**

U.S. Deprescribing Research Network Comprehensive site with educational materials (providers and patients), links to Open Access research articles, and live/archived webinar series

Medstopper.com \* Online, public-facing, evidence based tool tool for providers and the general public. Assists the user in understanding medication risk and prioritizing deprescribing (after a user's current medication list is entered). Provides specific deprescribing protocols for all medications the user has entered. **MU, MI, MO, ME, MA**

The Agency for Healthcare Research and Quality STOPP/START criteria for potentially inappropriate prescribing in older people: version 3 **MU, MI, MO, ME, MA**

STOPP-START v.3 Actual screening tool to address potentially inappropriate prescribing in older adults

#### Anticholinergic Burden Scale

Anticholinergic Burden Calculator is an online tool- used to calculate the anticholinergic burden of a patient's current medications. **MU, MI, MO, ME, MA**

#### Beer's List

AGS Beers Criteria Post - Get access to the publications and more resources

AGS Beer Criteria Pocket Card \* \$

## 3. End-of-Life Issues

### End of Life Care, Palliative Care, Advanced Care Planning

Evaluating medical decision-making capacity in practice ! 2019. Clinical guidelines to evaluate patients' medical decision-making along with case scenarios and discussions **MU, MI, MO, ME, MA**

Voices that matter: End-of-life care in two acute hospitals from the perspective of bereaved relatives. ! This study provides a description of good end-of-life care and where can be improved **MU, MI, MO, ME, MA**

Community Tools: Aid to Capacity Evaluation (ACE). ! Downloadable Aid to Capacity Evaluation (ACE) package. **MU, MI, MO, ME, MA**

How to Engage Patients and Families About End-of Life Care. ! Links to online basic skills for conversations about end-of-life, toolkit, advance care planning policies, cultural and ethical considerations, resources for engaging patients, and family and research on end-of-life conversation. It is required to create an account with no charge to take free Institute for Healthcare Improvement online courses ("open school"). **MU, MI, MO, ME, MA**

[How I conduct the family meeting to discuss the limitation of life-sustaining interventions: a recipe for success !](#)  
Pointers on how to address and make the conversation with patient and family regarding palliative care

[Pointers on how to address and make the conversation with patient and family regarding palliative care !](#) Great review of what palliative care is and the different core components of palliative care

### **Signing of POLST/MOST/Death Certificates**

It is important to know your state's requirements regarding signing POLST/MOLST/MOST and initiating hospice orders. Also many states have Mental Health Directives too. [Directory of POLST Programs](#) **MU, MI, MO, ME, MA**

## **4. Spiritual Care**

### **Assessment**

Screening: [Try This ® Assessment of Spirituality in Older Adults: FICA Spiritual History Tool](#) FICA is the Faith and Belief (F), Importance (I), Community (C) and Address in Care (A) Tool to assess spirituality and can be downloaded from the [The GW Institute for Spirituality and Health](#) website. The FICA was designed by Dr. Christian Puchalski, a geriatrician, Founder and Executive Director of GWish. GWish is an acronym for the George Washington Institute for Spirituality and Health. The [GWish Project](#) is a global initiative to integrate Spiritual Care into clinical assessments and provides training in spiritual care. **MA**

[Spiritual Eldercare](#) is a website that provides free resources for the spiritual care of older adults, especially persons living with dementia. The website offers dementia friendly worship agendas, large-print resources, hymns, and videos designed for persons living with dementia and their caregivers. **MI, MA**

The article [Spiritual Needs of Older Adults Living with Dementia: An Integrative Review](#) discusses the needs, impact, and promotion of holistic care for persons living with dementia. **MI, MA**

[Inspiration for Warriors](#) is a podcast hosted by Jeffery Nash a minister and advanced practice registered nurse. Inspiration for Warriors supports spiritual care for Veterans. **MI, MA**

## **5. Legal, Ethical, and Professional Practice**

### **Legal Issues**

[Code of Federal Regulations - Requirements for States and Long Term Care Facilities](#) \* Detailed information about federal and state regulations that govern long term care facilities including definitions of terms, resident rights, guidelines for quality of life and quality of care, description of services that must be provided, requirements for environment, quality improvements and infection control. **MA**

[INTERACT: Interventions to Reduce Acute Care Transfers](#) \* \$ Comprehensive quality improvement program to help identify, evaluate and communicate changes in nursing home residents' health and prevent them being transferred to the hospital. Includes tools focused on quality improvement, communication tools, decision support tools (for providers), advanced care planning tools **MU, MI, MA**

### **Provider Billing**

#### **Selection of Evaluation/Management (E/M) Services**

[Fiscal Year 2026 Skilled Nursing Facility Prospective Payment System Proposed Rule CMS 1827-P Fact Sheet](#)  
**MU**

[Evaluation & Management Visits | CMS](#) **MU**

#### **Level of Medical Decision Making**

[CMS SNF Billing Reference](#) **MU**

## CMS Payment for Non-Physician Practitioners

[Advanced Practice Nonphysician Practitioners](#) [Advanced Practice Nonphysician Practitioners](#) | CMS Information

Medicare Learning Network [Evaluation and Management Services](#) Guide CMS

[Explanation of Nonphysician Practitioner Payment](#) \* [Medicare Benefit Policy Manual - Chapter 15 Covered Medical and Other Health Services](#)

The Society for Post-Acute and Long-Term Care Medicine AMDA-PALTC [Guide to Post-Acute and Long-Term Care coding, reimbursement, and documentation](#) \*

## 6. Social, Cultural, and Technological Considerations

### Social Health

#### Social Determinants of Health

[Social Determinants of Health and Older Adults](#) \* SDOH has an impact on the lives of older adults. Healthy People 2030 provides actionable scenarios highlighting how health care professionals can support the health and wellbeing of older adults. **MU, MI, MO, ME, MA**

[Your Healthiest Self: Wellness Toolkits](#): Each area can impact your overall health.

The Public Health Center of Excellence on Dementia Risk Reduction is made possible by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services [Addressing Social Determinants of Health and Dementia Risk: A Toolkit for Public Health Agencies](#) will guide you through the key steps to address these dementia-related SDOH and empower you to make lasting changes to improve the overall well-being of your community.

To better assess unmet health-related social needs in the clinical setting the Center for Medicare and Medicaid (CMS) Center for Medicare and Medicaid Innovation developed the [Accountable Health Communities Health-Related Social Needs screening tool](#). This 10-item tool is designed to improve health outcomes via treatment and resource referrals for patients aligning with the Accountable Health Communities model. **MU, MI, MO, ME, MA**

#### Health Literacy

[Center for Disease Control and Prevention \(CDC\). \(2020\). Health Literacy. Older Adults.](#) Provides information about effective communication while considering health literacy of older adults. It includes a link to a podcast by Dr. Linda Anderson, former director of CDC's Healthy Aging Program, who discusses the importance of addressing health literacy issues for older adults. **MU, MI, MA**

[Clinical Advisor: Health Literacy and Older Adults.](#) \* Provides basic information about how low health literacy in older adults affects their health status and often poor medical outcomes. It emphasizes using recommended strategies in practice to potentially improve patient outcomes and decrease cost of healthcare through better communication. **MU, MI, MA**

[Health Literacy: Learning is the Best Medicine.](#) \* This 9-minute video describes literacy and its importance in health determinants. **MU, MI, MA**

[Health Literacy Umbrella.](#) \* This 4-minute video reviews key concepts for improving health literacy. **MU, MI, MA**

#### Cultural Competence

US Department of Health and Human Services Office of Minority Health [Think Cultural Health A Physician's Practical Guide to Culturally Competent Care](#) (a program developed in 2013). **MU, MI, MO, ME, MA**



[Ethnogeriatrics Stanford 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. **MU, MI, MO, ME, MA**

The American Geriatrics Society has position statements on [policies that discriminate against LGBTQ+ individuals](#) and on the [care of lesbian, gay, bisexual, and transgender older adults](#). **MU, MA**

## Technology in Care

### Telehealth

[Medicare and Telehealth Services](#) \* References and resources about use of telehealth in practice and billing coverage **MU, MI, MO, ME, MA**

[Introduction to Telehealth for Older Adults](#) \* Telehealth resources for providers/practices for the needs of older adults **MU, MI, MO, ME, MA**

[Center for Telehealth-Innovation-Education-Research National Telehealth Toolkit for Faculty](#) \* Telehealth education toolkit to provide faculty with content and exemplars needed to integrate telehealth in curriculum. Appears to be free. **MU, MI, MO, ME, MA**

[National Consortium of Telehealth Resource Centers](#) Resources shared for continuing telehealth programs **MU, MA**

[Telehealth Competencies for Nursing Education and Practice](#) \* Article outlining the telehealth competencies for education and practice 2021 **MU, MI, MO, ME, MA**

[ODU C-TIER Telehealth Physical Exams Playlist](#) \* Great resource to reference different body systems physical exams via Telehealth **MU, MI, MO, ME, MA**

## 7. Care Settings and Transitions

### Senior Living and Long-Term Care

[CMS Welcome to Medicare - Get Started with Medicare](#) \* A federal government website managed and paid for by the U.S. Centers for Medicare & Medicaid Services provides introductory information for Medicare participants. **MU, ME, MA**

[Penn State College of Nursing](#). The school's website includes professional development and training that includes: 1) Simulation Webinar Series (\$20.00); 2) Leadership and Management (12 contact hours); 3) [Collaborative Seminar Series](#) webinar that includes Huddle Implementation in a LTC: A Quality Improvement Project. The College of Nursing's [Nursing Home Toolkit](#) contains resources to support staff in senior living communities to promote non pharmacological behavioral health strategies to address behavioral and psychological symptoms of distress that frequently occur in long-term care residential settings, especially among residents living with dementia. **MU, MI, MO, ME, MA**

### Post-Acute and Long-Term Care Services

[Nursing Facilities | Medicaid](#). \* Information about covered nursing home services for Medicaid beneficiaries. **MU, ME, MA**

[List of definitions](#) of residential care facilities produced by the National Association of County and City Health Officials (NACCHO) **MU, ME, MA**

### Post-Acute Care

[SNF Nursing Facility Care](#). CMS site with specific information about qualifying for SNF care and Medicare coverage for services.

[Nursing Home Compare](#). This CMS site allows users to find nursing homes and skilled nursing facilities in indicated zip code(s) and provides quality ratings. **MU, ME, MA**

Long-Term care (nursing home, assisted living, home health)  
[Does Medicare Cover Nursing Homes? What Older Adults and Caregivers Should Know](#) NCOA article on payment for different long term care services

Other Care Services (Independent Living, Continuing Care Retirement Community (CCRC) **MU, MI, MO, ME, MA**

### Transitions of Care

[Lost in Transition: Missed Opportunities for the 4 Ms to Support Post-Acute Care Transitions](#) highlights use of the 4 Ms framework **MU, MI, MO, ME, MA**

### Hospital Care - Transition of Care

[The INTERACT \(Interventions to Reduce Acute Care Transfers\) toolkit \\*](#) is a quality improvement program designed to improve identification, evaluation, and communication about changes in residents status. There are numerous resources to help prevent hospital readmissions. You must register for an account (free) to gain access to the INTERACT library of tools and resources.. **MU, MI, MO, ME, MA**

[Successful care transitions for older people: A systematic review and metaanalysis of the effects of interventions that support medication continuity](#) An Open Access article that reviews post-hospitalization interventions that promote medication continuity. **MU, MI, MO, ME, MA**

[National Transition of Care Coalition \(NTOCC\)](#). NTOCC's vision is to improve transitions of care by increasing quality of care and patient safety while controlling cost **MU, MI, MO, ME, MA**

## 8. Interprofessional and Team-Based Care

### Definitions of the Healthcare Team in PAC/LTC

National Council on Aging [Nursing Homes A Comprehensive Guide](#) provides definitions:

The National Institute on Aging [Long-Term Care Facilities: Assisted Living, Nursing Homes, and Other Residential Care \\*](#) provides descriptions of the different types of care. Includes a video.

The Pathway Health [INTERACT](#) program \* has capability lists for many of these sites of care outlining what they can and cannot do

This [Questions to Ask When You Visit a Nursing Home](#) tool is what the consumer can use to evaluate a nursing home \*

### The Interprofessional Team

[The Different Roles within Nursing Home Staff \\*](#)

### Understanding Minimum Data Set (MDS)

[Minimum Data Set \(MDS\) 3.0 Resident Assessment Instrument \(RAI\) Manual](#)

### Ombudsman

More information about Ombudsman with CMS [Beneficiary Counseling & Ombudsman Programs](#)



## 9. Faculty Development

### Faculty Resources and Links

[National Council on Aging](#) site includes articles on “Does Medicare cover NH?; Does Medicaid pay for NH?; What are my rights in a NH?; Does Long term care insurance cover nursing homes ( a comprehensive guide) - These articles could be beneficial to students.

AGS resource [Geriatrics at your Fingertips](#) \$ Annual updated reference guide for providers caring for older adults

The National League for Nursing (NLN) Advancing Care Excellence for Seniors ([ACE.S](#)) Framework is a teaching model designed to help nursing students and educators provide high-quality, individualized care to older adults. It focuses on essential nursing actions and knowledge areas like aging, complex care needs, and life transitions. Through tools like simulations and case studies, it promotes relationship-centered, competent, and compassionate care for seniors.

The [UNTHSC Geriatric Continuing Education Modules](#) offer free, online training for healthcare professionals to improve care for older adults. These modules cover topics like depression, advance care planning, elder mistreatment, and age-friendly systems, using evidence-based approaches. They are designed to support interprofessional teamwork and enhance skills in geriatric care.

The [Hartford Institute for Geriatric Nursing](#), currently referred to as HIGN, at NYU Meyers is a national leader in advancing geriatric nursing through education, research, and practice. Their mission is transforming the lives of older people with innovative approaches to healthy aging through research, practice, and policy. They have been known to improve the care of older adults by equipping nurses with the knowledge and tools needed for excellence in aging care.

The Association of Directors of Geriatric Academic Programs (ADGAP) [Educational Tools](#) page offers a curated collection of learning resources designed to support geriatric education for healthcare professionals. These tools include case studies, teaching guides, and interactive modules aimed at improving care for older adults.

#### Implementation of Evidence-Based Practice in Long-Term Care:

This article discusses the importance of education, training, and collaboration in implementing evidence-based practices in long-term care facilities. It highlights the challenges and strategies for overcoming them, which can be crucial for new providers and instructors. Good description of the staffing at LTC facilities, helpful for understanding the practice environment. This would be helpful for guiding students who are doing their DNP project at LTC facilities

### Gerontological Advanced Practice Nurses Association (GAPNA)

Educational Opportunities: [GAPNA offers a variety of educational resources](#), including annual conferences, webinars, and an online learning library focused on gerontological education. These resources are designed to support the professional development of advanced practice nurses in long-term care

Certification: [Gerontology Nursing Certification Commission](#) (GNCC) is the certification arm of GAPNA. To distinguish advanced practice nurses who possess expert knowledge, experience, and skill in managing the complex health needs of older adults, the GNCC offers an APRN specialty certification in gerontology, the Gerontological Specialist-Certified (GS-C). Certification information may be found on the website:

### The Society for Post-Acute and Long-Term Care Medicine (PALTC)

Clinical Education: \$ PALTC offers extensive [educational resources](#), including clinical practice guidelines, webinars, and an annual conference. These resources cover a wide range of topics relevant to long-term care, such as pain management, psychiatric medication deprescribing, and diagnostic stewardship. Treatment guidelines, toolkits and clinical practice guidelines but there is a cost

**Professional Development:** \$ PALTC provides opportunities for professional development through its Futures Program, which exposes new providers to various career opportunities in post-acute and long-term care medicine. APPs can apply for a year-long learning experience; includes admission to their three-day conference (attendance expected), association membership and access to an online learning platform for a year

AHCA/NCAL (American Health Care Association/National Center for Assisted Living (AHCA/NCAL) **\$ Training Materials:** AHCA/NCAL offers a range of training materials for long-term care professionals, including courses on infection prevention, quality assurance, and performance improvement. These resources are designed to enhance the skills and knowledge of new providers. Some free resources and others requiring payment

American Association of Colleges of Nursing (AACN) **Teaching Resources:** AACN provides a variety of teaching resources, including toolkits and guidelines for academic nursing faculty. [These resources are designed to assist in implementing the 2021 Essentials and preparing highly qualified nurses for a continually changing health system](#)

### **Nursing faculty focused materials**

[From Expert RN to Novice Clinical Instructor: Tips for Success:](#)

This article offers practical advice for experienced RNs transitioning to the role of clinical instructor. It includes tips on preparing for the role, managing classroom dynamics, and effectively teaching nurse practitioner students. Good article for preceptors and faculty alike

[Nursing Home Toolkit](#)

A Toolkit for providers, caregivers in senior living communities to help promote nonpharmacologic behavioral health

[Open Educational Resources for Nursing - CASN](#)

The Canadian Association of Schools of Nursing (CASN) offers open educational resources for nursing, including multimedia educational resources for learning and online teaching.

### **American Association of Nurse Practitioners (AANP)**

[Clinical Resources for NPs:](#) AANP offers a variety of clinical resources, including point-of-care tools, clinical practice briefs, and access to journals like the Journal of the American Association of Nurse Practitioners (JAANP) and The Journal for Nurse Practitioners (JNP). These resources help NPs stay updated with the latest clinical guidelines and evidence-based practices.

### **Practicing Clinicians Exchange (PCE)**

[Free CE/CME Courses:](#) PCE provides free continuing education courses specifically designed for nurse practitioners and physician associates. These courses cover a wide range of medical specialties and are tailored to the educational needs of advanced practice providers.

### **myCME**

[Free CME/CE Courses:](#) myCME offers free online continuing education courses for nurse practitioners and physicians. These courses provide relevant, engaging, and actionable education to improve clinical performance and patient outcomes. There may be a cost for other CME items \$

[Yale School of Medicine Geriatrics Education Page](#) Multiple resources for those looking for educational resources, articles, website, etc.

[C-TIER Telehealth Education Toolkit](#) Telehealth Toolkit for Educators for content and exemplars to integrate telehealth into the curriculum

University of North Carolina at Greensboro School of Nursing: [Clinical Video Simulation Series](#). May be used individually or together to enhance nurse practitioner education. Educational materials developed include video simulations and faculty guides that align the AACN The Essentials: Core Competencies for Professional Nursing Education (AACN, 2021) Advanced-Level Domain Competencies and Concepts with the videos and the assignments presented in the faculty guides and incorporate evidence-based guidelines in the development of the clinical cases.

## 10. Ongoing Resources

### Toolkits

#### GAPNA

[Gerontology Resources for APRN Preceptors and Students](#) This toolkit provides comprehensive resources for APRN students, preceptors, and educators, focusing on geriatric and gerontological content. It includes links to websites and mobile apps covering topics such as geriatric assessment, mental health, dementia management, and end-of-life issues.

#### [Gerontology Resources for APRNs in Acute and Emergency Care Settings - GAPNA](#)

This toolkit provides resources for APRNs that work in the higher acute care settings focusing on older adult care.

[Gerontology Resources for APRNs in Acute and Emergent Care Settings](#)

#### PALTC

[2023 PALTC toolkit on COVID-19 Vaccination and Therapeutics](#)

### Guidelines and Tools Resources

American Geriatrics Society lists a number of online resources in the [GeriatricsCareOnline.org store](#) \$

[Merck Manual](#) \* online includes topics: Approach to Geriatric Patient, Aging and quality of life, drug therapy in older adults, elder abuse, falls in older adults, prevention of disease and disability in older adults, providing care and social issues (religion and spirituality, effects of life transition on older adults)

CDC\* has resources on older adults and [Healthy Aging, Alzheimer's Disease Program](#) and [Dementia](#);

[HIGN eLearning series](#) \$ A continuing education portal with courses for APRN Case Study: These include COPD and Weight Loss, Dizziness and Falls, Evaluation of Memory Impairment for the NP, Management of Urinary Incontinence, Unexplained weight loss. There are numerous other e-learning series for RNs, HHA/CNA that include: Primary Care of Older Adults for RNNs; Integrating the Geriatric Surgery Verification Program with the 4Ms series; Behavioral Health in Primary Care; Gerontological Certification Review Course; Leadership Series; Primary Care of Older Adults for Primary Care Provider; Geropsychiatric Nursing Initiative; case studies, webinars and other resources.

[University of Arizona](#) Topics included in the elder care interprofessional provider sheets include: Akathisia, Delirium, Dementia, Depression, Depression in older adults - Pharmacotherapy; Diarrhea and Fecal Incontinence, Falls Assessment, Frailty, Frailty in those undergoing elective and emergency surgery, Urinary Incontinence. Sensory/mobility deficits and communication include: Canes, communication with patients with dementia, communication with those with hearing loss, Improving communication with older patients, Conduct family meetings, Hearing Aids, Low Vision aids, walkers -selecting the right one. Common geriatric conditions and diseases (comprehensive list that includes Pneumonia in Nursing Home patients; Considerations in Care (comprehensive list that includes LGBT Older Adults in LTC; LGTB Older Adults: What you should know; UTI in LTC). Care Partner Information sheets (comprehensive list that includes choosing LTC) Spanish version available.

University of Arizona & Arizona Center on Aging [CARES Toolkit End-of-Life Cases and Resources](#): An Interprofessional Toolkit for Health Science Students - Interprofessional and discipline specific curriculum that include cases, facilitator notes and PowerPoints. Instructors are welcome to modify the facilitator notes and PowerPoints to better suit their individual courses. All materials are free and easily downloadable.

[University of Iowa - Iowa Geriatric Education Center](#) GeriaLearning resources: Geriacasts (video presentation on 4M Framework); IA-Adapt - evidence based approaches to help manage BPSD; Partnership to Improve Care - Instruct LTC staff about how best interact with family members in developing partnerships and goals of care; Geriatric Oral health training; SBIRT+ - learn about how to provide screening, brief intervention, and referral to treatment for alcohol and drug use; Measuring Cognitive Vital Signs to Identify in Delirium - learn how to use Delirium Triage Screen (DTS) and Brief Confusion Assessment Method (bCAM). [Additional section](#): Long-Term Care- training on What Matters Most and Meaningful Activities.

[University of Washington Core Gerontological Resources](#) \$ - Multiple resources shared

[Yale School of Medicine Clinical Resources](#) Resources for Cognitive and Mobility Screening, Goals of Care Discussion, and Geriatric Assessment Forms.

### Assessment Tools

The [AANP Point-of-Care Tools](#) are quick-reference resources designed to help nurse practitioners deliver high-quality, evidence-based care. These tools cover a range of health conditions and include current clinical guidelines, patient education materials, and links to additional resources. They're accessible via the AANP website and mobile app, making them convenient for use in various clinical settings.

[Geriatric Assessment Tools](#) "Health care professionals who treat older adults may find the following geriatric assessment tools helpful in their practice."

[Screening and assessment tools for older people \(NSW government\)](#) Includes 55 screening and assessment tools relating to behavior, cognition, delirium, dementia, depression, disability, multicultural tools and Aboriginal tools.

[Healthcare Providers – OAC Toolkit Items: Clinical Assessment of Older Adults](#) Provided by the UCSF Geriatrics Workforce Enhancement Program. Registration needed

[Geriatric Examination Toolkit](#) Provides links to instruments to evaluate basic activities of daily living, instrumental activities of daily living and functional mobility

[Interprofessional Comprehensive Geriatric Toolkit](#) Free modules for health professionals providing care to older adults.

[HIGN-Hartford Institute of Geriatric Nursing](#) Resource site for toolkits, protocols, etc.

[Neurocrine Biosciences](#) site has multiple resources outlining the key differences between tardive dyskinesia and drug-induced movement disorders as well as a screening tool [MIND-TD](#) for tardive dyskinesia (TD)

### Clinical Practice Guidelines

[Post-Acute and Long-Term Care Medical Association \(PALTmed\) Resources](#) \$ Includes clinical practice guidelines, searchable clinical topics, screening tools and resources for billing and coding. Requires membership with PALTC/AMDA

The American College of Physicians [Clinical Guidelines & Recommendations](#) app is available on Google Play and the Apple App store.

## The 4Ms

### Age Friendly Health Systems

Institute for Healthcare Improvement (IHI) [Age-Friendly Health Systems: A Workbook for Nursing Home Teams](#). An overview manual of providing the IHI 4Ms framework care for nursing home teams

Institute for Healthcare Improvement (IHI) [Age-Friendly Health Systems](#) This site offers a variety of resources starting with defining an age-friendly health system and includes the ability to connect with others and steps to become a recognized age-friendly health system.

[What is an Age-Friendly Health System?](#) Video defines age-friendly health systems.

[Age-Friendly Health Systems: Guide to Using the 4Ms in the Care of Older Adults](#)

### Resources for Mobile Device Applications

[Geriatrics at your fingertips app](#) \$ Provides current evaluation and management strategies for care of older adults. Links through the AGS site

[US Prevention Services Task Force \(USPSTF\) Mobile app](#) Provides current guidelines

[Guideline Central App](#) Includes a free library and filtering capabilities

[MD+ Calc website](#) Source for clinical calculations, tools, and guidelines. Can be organized by type, alphabetically, most popular, or newest and you can tag favorites.

[Epocrates app](#) \$ Drug checker is free but other parts of the app could incur a cost

[Medito app](#) Great selfcare meditation app

[Bling - Business Card QR code](#) Great app to have your business card always available

[PESI app](#) \$ Great app for CE and certifications etc.

[Dementia Guide Expert app](#) Provides a useful guide for important information

[Global Initiative for Chronic Obstructive Lung Disease - GOLD guidelines - English and Spanish](#)

[American College of Cardiology Apps Site](#) A useful site for apps related to cardiac information for the busy professional

[UptoDate](#) \$ There is a cost but it is still a great resource for evidence-based practice information - Toolkits - Drug Checker, Calculators, Diagnosing, etc. Some healthcare systems and malpractice insurance companies provide for providers

[iGeriatrics-Mobile App](#) \$ iGeriatrics combines 7 American Geriatrics Society clinical tools for healthcare providers into one easy to use application. Links through the AGS site

[AGS Beers Criteria app](#) \$ Easy to use and very thorough. Links through the AGS site

[STI Treatment Guide Mobile App - CDC](#) This is a great resource for current treatment recommendations

[American Diabetes Association Standards of Care App](#) Provides current standards of care for patients with diabetes

[5-Minute Clinical Consult App](#) \$ This app requires a subscription but also has a free trial period. It includes a variety of clinical topics, algorithms, immunization schedules, US Preventive Services Task Force (USPSTF) recommendations, ICD and SNOMED codes.

[Doctot.com App](#) Clinical Diagnosis App is Free - Lots of access to different calculators, assessment tools and scales

[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. Available on the [Apple App Store](#) and [Google Play](#)

## Team Thoughts

- Capability? The inclusion/exclusion and admit/discharge criteria of the community. Protocol of those who must be sent to the hospital following a e.g. fall (with or without head strike; witnessed or unwitnessed; on an anticoagulant or antiplatelet)
- Frequency of bed checks?
- How are EOL wishes documented e.g. Advance Directive, POLST, Code status form? If the resident is a DNR/DNI how is that communicated to prevent unwanted resuscitation?
- Care team posted schedule (who is working that day and who is assigned to what resident)
- Daily routine of the care team - time of ADLs with residents bath/shower); do they have a shift huddle? What time?
- Phone numbers e.g. nurse's station, Executive Director, DON, Environmental; Dietary
- Do staff wear name badges?
- Shift Times?
- The number of staff each shift e.g. CNAs, LPNs, RNs, SW/CM, DON, ADON, Administrator, Staff Development, Infection Prevention
- EMR they use and do you have access?
- Do they keep paper chart binder on each resident? Location/ What is in the binder? What is kept in EMR?
- Pharmacy phone number - Long-Term Care Pharmacy? Community Pharmacy? What are hours of pharmacy to use when? Working hours? After hours? Contact pharmacist available?
- What is the turnaround time for medications to be delivered? Are deliveries of medications received on weekends? Holidays? How soon is a stat medication sent?
- Is there an emergency box of medications? What is in this box and where is it stored
- What hospital do they transfer their patients to? What is that number? What is the ER department # to call a report or check on resident status? What EMS agency generally comes to the community?
- Communication: How do staff communicate with each other - EMR - secure chat; Walkie/talkie; overhead page; personal phones; facility phone? How do I reach the staff?
- Names of other key care team members e.g. Hospice Agency, Palliative Care Team; PT/OT/SLP; Home care agency; SW/CM; Mental Health
- Codes - for locked unit; med room; entry into building; conference room; family conference room
- Map of buildings to help locate location of resident rooms, elevator, stairs, kitchen, hair salon etc
- Fire alarm and fire extinguisher locations?
- Emergency Preparedness procedures e.g. fire, active shooter, inclement weather



- Limitations of items e.g. we don't stock prune juice; urine specimen cups?
- Who is to be notified when a resident is sent out as far as staff/leadership?
- Staff knowledge: CPR?, How to perform orthostatic VS?; how do they acknowledge the residents goals of care, priorities and preferences? ; wound care knowledge and scope of practice around wound management; non-pharma behavioral interventions?; dementia training? SIRs criteria? STOP and WATCH Tool?
- Med management - who passes out medications - ? CNAs, Medication Aides, Medication Techs - what is their training? Location of MAR?
- Can staff do Telehealth?
- Resident typical day/activities: Mealtime? Snacks time of day? Where do you find the calendar of activities posted? Medication passes time? Resident counsel day and time?
- Orders - Turn around time for labs, imaging, urinalysis, doppler, US?
- Do they have a bladder US?
- Supplies: Wound care, DME (walkers, canes, wheelchair); POCT testing e.g. glucose, INR
- Procedure for hypoglycemia - glucagon vial, GVOKE?
- Restriction to VS frequency e.g. not more than once daily or once weekly?
- Restrictions to daily weights?
- Transition of Care - what is the home process? ER/Hospital process when they return? Who is responsible to ensure D/C instructions to follow up with providers e.g. neuro, cardiologist. Is the family responsible? Do they have a van for transportation?
- What do you send with the resident to the ER? Do you use a transfer checklist?
- Is there a time cut off for a resident to return back to the community from the ED or a hospital stay? Can the resident return to the community on the weekend or do they have to wait until Monday?
- If the patient has a guardian, how accessible are they?
- How often are labs routinely done in the facility and days that lab technician comes to take labs?
- Are staff trained to get lab work? (blood draws, cultures, urine samples)
- Are there mobile companies that come to draw labs, perform xrays, radiology, dopplers, etc? What are the company names and contact information?
- How are results of lab/radiology, etc received back to the facility?
- How often are resident memory and recall evaluated by SW or MDS?

## What I Wish I Knew

### Do Learn About On-Site Services Early

- *What I Wish I Knew:* Many facilities can provide in-facilities like X-rays, EKGs, lab draws, and even ultrasounds. This can drastically reduce unnecessary hospital transfers and improve patient comfort.
- *Tip:* Build relationships with mobile diagnostic vendors and understand the facility's capabilities from day one.

### Do Build Relationships with Nursing Staff

- *What I Wish I Knew:* Nurses are your eyes and ears. Their insights are invaluable for early detection of changes in condition.
- *Tip:* Round with them when possible and always listen to their concerns.



**Do Understand the Regulatory Landscape**

- *What I Wish I Knew:* Documentation and compliance requirements in LTC are different from acute care. Survey readiness is a constant.
- *Tip:* Familiarize yourself with CMS guidelines and the facility's policies early on.

**Do Prioritize Advance Care Planning**

- *What I Wish I Knew:* Conversations about goals of care are essential and often overlooked until a crisis.
- *Tip:* Initiate these discussions early and revisit them regularly.

**Do Embrace Interdisciplinary Collaboration**

- *What I Wish I Knew:* Social workers, therapists, dietitians, and activities staff all play key roles in resident care.
- *Tip:* Attend care plan meetings and value each team member's input.

**Do learn the trade name** – learn the generic category the dressing is in – that way you can “match the dressing to the wound” characteristics.

**Don't Assume All Facilities Operate the Same**

- *What I Wish I Knew:* Each facility has its own culture, workflows, and resources.
- *Tip:* Take time to learn the unique dynamics of each building you work in.

**Don't Overlook the Importance of Communication**

- *What I Wish I Knew:* Miscommunication is a common root cause of issues in LTC.
- *Tip:* Use SBAR (Situation, Background, Assessment, Recommendation) and document clearly.

**Don't Rely Solely on the EMR**

- *What I Wish I Knew:* Not everything is documented in real time. Verbal updates from staff are often more current.
- *Tip:* Always supplement chart reviews with direct communication.

**Don't Underestimate the Emotional Toll**

- *What I Wish I Knew:* LTC can be emotionally demanding, especially when dealing with chronic decline and end-of-life care.
- *Tip:* Practice self-care and seek peer support when needed.

**Don't Forget to Educate Families**

- *What I Wish I Knew:* Families often don't understand the limitations and goals of LTC.
- *Tip:* Set expectations early and involve them in care planning.

**Don't Use “Stat” Unless You Truly Mean It**