

Aging

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Congratulations to the Saint Louis University Division of Geriatric Medicine physicians who were recognized as Best Doctors of 2018. The Best Doctors list includes 1,357 physicians, as chosen by their peers. SLU Geriatricians honored include:

# Geriatric Workforce Enhancement Program: Four Years of Innovations

In July 2015, the Gateway Geriatric Education Center (GEC) was one of forty-four awardees of funding from the Health Resources and Services Administration to implement the Geriatric Workforce Enhancement Program (GWEP) to provide interprofessional education and training for students, faculty, and practitioners in caring for older

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## Four Years of Innovations

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the RGA is presented here. Through screening events held in the community and in residential facilities, home visits to older adults unable to easily leave their homes, and integration into the electronic health records systems in acute care and outpatient settings, the RGA has enabled students and health care providers to gain competency in identifying often overlooked geriatric syndromes that can be treated and/or managed using up-to-date evidence. Our health system partners who have formally added the RGA to the care of older patients include SSM SLU Hospital, SLUCare system, Perry County Memorial Hospital, CareSTL Health, and Kansas City Care Health System.

RGA training for students and throughout the state and beyond. At Saint Louis University, students from medicine, nursing, occupation, physical, and speech therapies, social work, medical family therapy, and interprofessional education receive training on the RGA along with the opportunity to administer the assessment in a clinical setting. Other universities that have welcomed the training include Washington University School of Social Work, A.T. Still University, University of Missouri—Kansas City and St. Louis, Maryville University, Missouri State University, and Southeast Missouri State University. In total, 3,489 students have been trained, far exceeding our original goal of 1,100! To learn more about the RGA, visit the GEC website at: <https://www.slu.edu/medicine/internal-medicine/geriatric-medicine/aging-successfully/>. For more information on scheduling a training or a screening, send an email to [aging@slu.edu](mailto:aging@slu.edu).

Training students and practitioners to assess older adults, providing students with an opportunity to apply the training and to work in an interprofessional environment has been a priority for the GWEP team. To enable students to experience interprofessional geriatric assessment in action, the Interprofessional Geriatric Assessment Clinic (GAC), was launched in 2017 with students and faculty from medicine, occupation, physical, and speech therapies,

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Tebb (School of Social Work) and Dan Stewart, social work doctoral student, have studied the impact of incorporating body movement with CST groups and the provision of iCST by family caregivers. To read about CST in rural communities, see the story on p. 19 and to learn more about CST and review publications, visit our CST page at <https://www.slu.edu/medicine/internal-medicine/geriatric-medicine/aging-successfully/>. To inquire about training, email [aging@slu.edu](mailto:aging@slu.edu).

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## 2. Exercise and Strengthening

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also developed an exercise and strengthening program.

A.T. Still University (ATSU) and Missouri Area Health Education Centers (MAHEC)—bringing new geriatric-focused initiatives to every corner of Missouri, ATSU and the MAHEC have provided

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nering with Northside Youth & Senior Services Center, older patients participate in a weekly exercise and strengthening program developed by SLU GWEP faculty, Doctors Hawthorne and FitzGerald.

Northside Youth and Senior Services Center is a multi-service social service agency located in St. Louis that includes an Area Agency on Aging congregate meal center and home-delivered meals. They have welcomed SLU students from social work and physical therapy and family medicine residents who visit older adults in their homes where they complete rapid geriatric and falls assessments and medication reconciliation. St. Louis Senior Fund recipient David Lakine, Senior & HQWHU 'LUHFWRU CST for older adults with dementia from the area. In partnership with Mission St. Louis, he has

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# Four Years of Innovations

(continued from page 10)

Memory Care Home Solutions (MCHS)—This St. Louis-based organization provides services for individuals with memory impairment and their families. Memory Care Home Solutions has partnered with the GWEP on a range of initiatives to support families of persons with dementia. These initiatives include: the first which trained family caregivers to facilitate Individual Cognitive State (iCST) and the second which introduced the use of 3-D printed objects within a reminiscence therapy intervention for persons with cognitive impairment; a hospital-based initiative that enabled the RGA to be integrated into the electronic health record system of a rural health system with the data then used to prompt referrals for persons with dementia to receive services from MCHS; and a multi-site federally funded project based in St. Louis and Perry County Missouri in which family caregivers of persons with dementia were trained in the C.O.P.E. model to provide support.

Veterans Administration Medical Center integrated the RGA into the electronic health record at the John Cochran Health Center, St. Louis, in 2017.

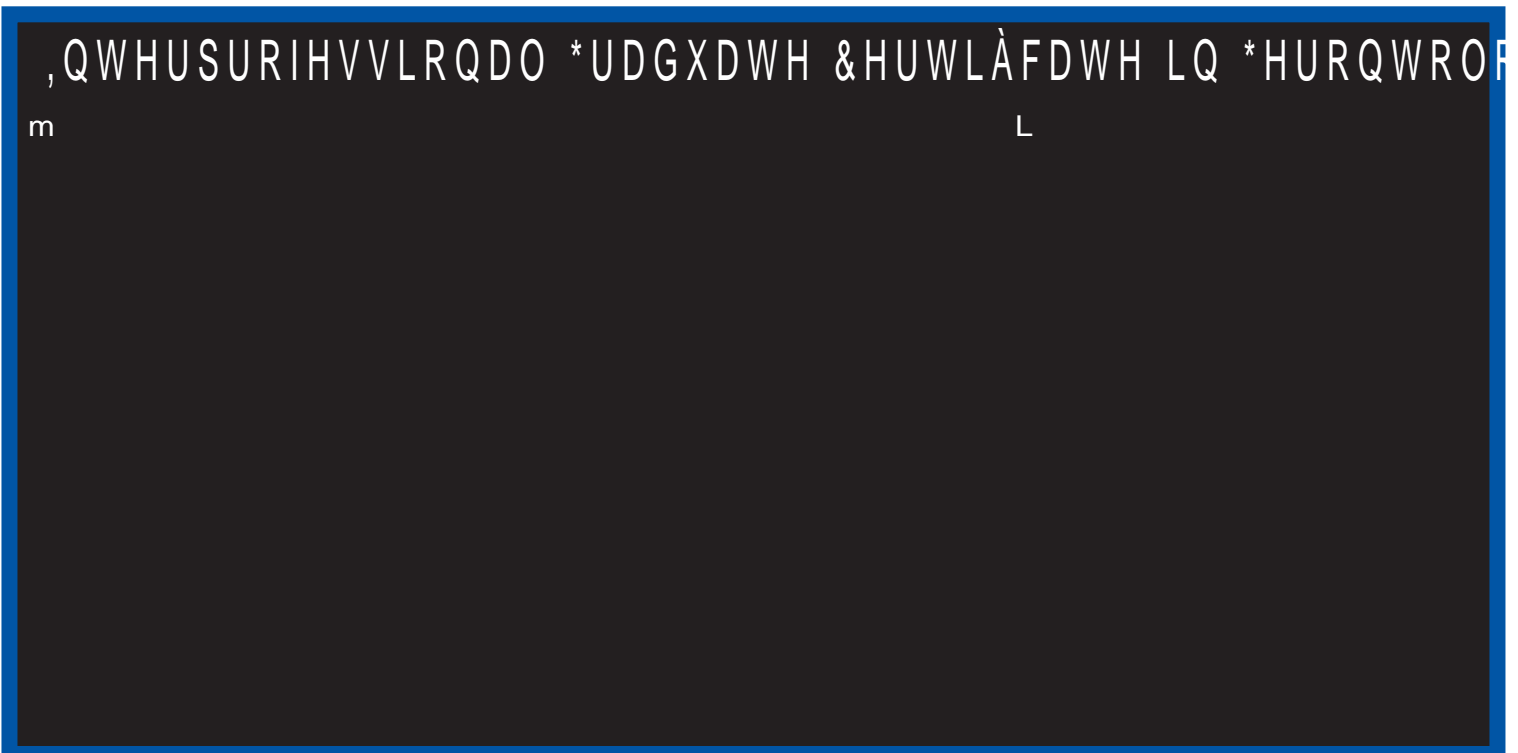
To stay connected with our ongoing GWEP activities, visit us at [aging.slu.edu](http://aging.slu.edu) and also check us out on:

Facebook: <https://www.facebook.com/GatewayGEC/>

YouTube: <http://www.youtube.com/c/GatewayGeriatricEducationCenterstl>

Twitter: @GatewayGEC, @drjohnmorley, and @meddocslu

LinkedIn: Search for Dr. John E. Morley







# Geriatric Workforce Enhancement Program Announces 2018-2019 Geriatric Leadership Scholars

For the fourth year, the Geriatric Workforce Enhancement Program (GWEP) selected three early to mid-stage career faculty from colleges and universities across Missouri to participate in the Geriatric Leadership Scholars Program. The Geriatric Leadership Scholars initiative is aimed at developing faculty who have the skills to teach and assess students and conduct research key to improving future care for older adults. To develop faculty with expertise in geriatrics and gerontology, the Geriatric Leadership Scholars Program provides support for three GWEP health care faculty to enhance their geriatric knowledge and skills. Scholars participate in and lead GWEP education events. Each of the Scholars is paired with a Gateway GEC Faculty Mentor who works with the Scholar throughout the year to address teaching, research, and program development issues.

## THE 2018-2019 GERIATRIC LEADERSHIP SCHOLARS INCLUDE:

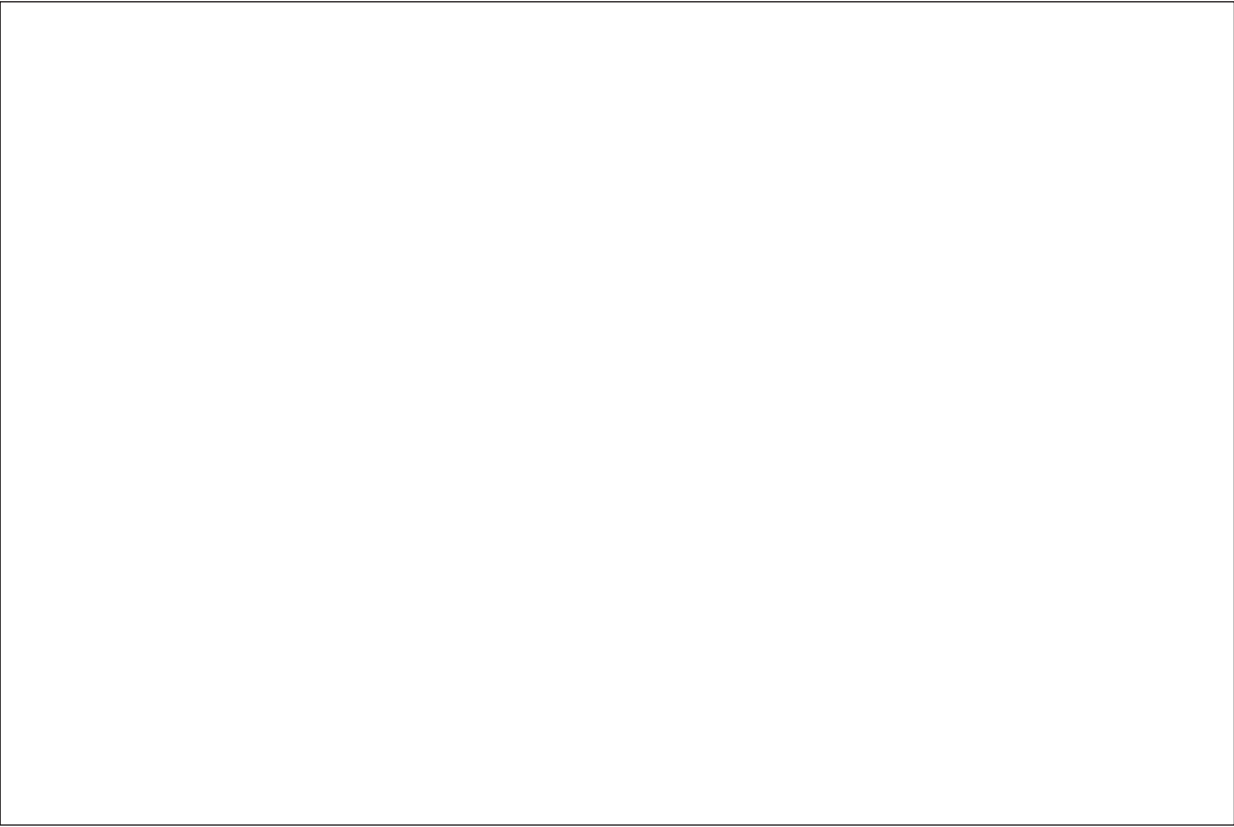
Selena Washington, Ph.D., MSPH, OTR/L, Saint Louis University Doisy College of Health Sciences, Department of Occupational Science and Occupational



Dr. Selena Washington

Therapy. Dr. Washington joined the faculty as an Assistant Professor in 2017. Her areas of interest include community and home safety education for older adults and their families. Working with her faculty mentor, Dr. Helen Lach, School of Nursing, Dr. Washington will conduct research and work with students to develop a model that incorporates community and home safety education, fall prevention training, and caregiver education in a primary care setting.

Whitney Postman, Ph.D., CCC-SLP, Saint Louis University Doisy College of Health Sciences, Department of Communication Sciences and Disorders, is an A4 (e)634 Bn set setnt

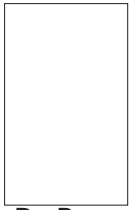


# Building Narrative Competency for Healthcare Communication Practices

By Cara L. Wallace, PhD, LMSW

With clinicians reporting on-going barriers to quality communication about goals of care and end-of-life care (EOL) choices,<sup>1-3</sup> patients continue to face death with delayed, or no, access to hospice and palliative care (PC). Without specialized care, patients often receive unnecessary, aggressive care at the end of life<sup>4</sup> and experience considerable pain.<sup>5</sup> PC improves EOL quality, as patients receive less aggressive treatments, have fewer hospital visits, admissions and hospital deaths.<sup>6</sup> Patients who complete advance care planning (ACP) are





Dr. Berg-Weger

Marla Berg-Weger, PhD., LCSW, Professor, School of Social Work, and Executive Director, Gateway Geriatric Education Center, was elected to the Board of Directors of the National Association of Geriatric Education. In April, she received the 2019 Harvey A. and Dorismae Hacker Friedman Award for Excellence in Service to Older Adults at Washington University Harvey A. Friedman Center for Aging.



Dr. Morley at the podium at AMDA

At the American Medical Director's Association's 2018 annual conference, **John E. Morley, MB, BCh**, was named the inaugural recipient of the John E. Morley Award. Honored for his decades of service to AMDA, the award

has been established to recognize contributions to the organization. **Dr. Morley** also was appointed to serve on the Advisory Committee on Interdisciplinary, Community-Based Linkages (ACICBL). Overseen by the Department of Health and Human Services, the ACICBL advises and provides recommendation on policy and program development in the areas of geriatrics, Area Health Education Centers, allied health, chiropractic and podiatric medicine, social work, psychology, and rural health.



Dr. Simmons

Cameron Simmons, MD, joino. 85.8 (n)-17.1(r A)8.36 (r)93.7 (t)-16.4 (i)9 (e)D,



Dr. Bonilla



# Interprofessional Geriatric Team Care: GWEP Initiatives Promote Learning

Interprofessional geriatric care is an important goal, especially for older adults with complex conditions. Historically, health professions students were educated in silos, leading to lack of comfort and familiarity with others in the health care environment. Universities are increasingly fostering interprofessional education (IPE)<sup>1</sup> experiences for students, so that once they get to the practice setting, they know how to work together to improve patient safety and quality of care. Because of the need for health professionals in geriatrics, we encourage use of older populations for IPE activities. Studies of IPE activities consistently show positive outcomes from most IPE learning activities.<sup>2</sup> In our experience, older adults provide rich stories and examples that engage students, and we can show them positive examples of

geriatric care. IPE options range from required courses, to individual activities, to games. In this article, we present IPE approaches that can be used to teach geriatric team work. Faculty at the Gateway Geriatric Education Center have been involved in several of these activities, others we found in the literature.

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the literature include shorter times, such as a one-time

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monthly, the Geriatric Assessment Clinic brings together

students and faculty from seven disciplines to conduct a

comprehensive assessment. We found some other ideas

for team experiences, often used in conjunction with Ca-

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# Individual Cognitive Stimulation Therapy (iCST): Connecting Students with Persons Living With Cognitive Impairment





# iCST

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individual and team performance  
to improve outcomes. One student



To register or for more information, visit <https://slu.cloud-cme.com/APH.aspx?EID=10675&P=5>

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This newsletter is a publication of:

Division of Geriatric Medicine

Department of Internal Medicine

Saint Louis University School of Medicine

Gateway Geriatric Education Center of Missouri  
(Gateway GEC)

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28716 Geriatrics Workforce Enhancement Program for \$843,079. This information or content and conclusions are those of the authors and should not be construed as the

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