



**All seminars will be held
Tuesdays 3:00-4:30pm Alaska Time**

- Jan 6 Dementia**
Stephen Thielke, MD, MSPH
Assistant Professor, Psychiatry and Behavioral Sciences
- Jan 13 Pharmacotherapy for Dementia**
Stephen Thielke, MD, MSPH
Assistant Professor, Psychiatry and Behavioral Sciences
- Jan 20 Frontline Tools for the Differential Diagnosis of Depression, Delirium, and Dementia**
Emily Trittschuh, PhD
Assistant Professor, Psychiatry and Behavioral Sciences
- Jan 27 After the Diagnosis: Maintaining Quality of Life and Coping with Early Stage Issues**
Rebecca Logsdon, PhD
Research Professor, Psychosocial and Community Health
- Feb 3 Middle and Later Stages: Supporting Caregivers and Coping with Challenging Behaviors**
David La Fazia, PhD, MSW
Research Scientist, Psychosocial and Community Health
- Feb 10 Dementia: End of Life Symptom Management**
Wayne McCormick, MD, MPH
Professor, Gerontology and Geriatric Medicine
- Feb 17 Sleep and Dementia**
Susan McCurry, PhD
Research Professor, Psychosocial and Community Health
- Feb 24 Building on Family Dynamics in Coping with Dementia**
Marty Richards, MSW, LICSW
Affiliate Assistant Professor, Social Work
- Mar 3 Caring for the Alzheimer's Caregiver**
Lianne Hirano, MD
Acting Instructor, Gerontology and Geriatric Medicine
- Mar 10 Ethical Dilemmas in the Care of Older Patients with Cognitive Impairment**
Elizabeth Vig, MD, MPH
Associate Professor, Gerontology and Geriatric Medicine


Costs in Alaska: \$10 per session or \$60 for entire series.
(Optional CEU's available for additional \$40*) *The UW School of Nursing requires an additional \$40 processing fee for a contact hour certificate payable at the end of the series.




Geriatric Health
Promotion for Health Care Providers
2015 NWGEC Geriatric Healthcare Series
January 6 – March 10, 2015
Online via
University of Washington
Interactive Virtual Classroom




CONTINUING NURSING EDUCATION
UNIVERSITY of WASHINGTON
School of Nursing



deTornyay
CENTER FOR HEALTHY AGING



AlaskaAHEC
Area Health Education Centers



GRECC

Sponsored in Alaska by the Trust Training Cooperative,
UAA Office of Health Programs Development, Alaska AHEC, & HRSA U77HP23073

This series will be online weekly on Tuesdays from **3:00-4:30pm Alaska Time** via the University of Washington Interactive Virtual Classroom to Western Washington regional hospitals and sites in Montana, Alaska and Wyoming. (see listing of available Alaska sites on www.akcache.org or contact glheiner@uaa.alaska.edu for an up to date list)

About the Series:

The University of Washington Northwest Geriatric Education Center (NWGEC), the School of Nursing and the Seattle Veterans Health Administration Geriatric Research Education and Clinical Center (GRECC) are partnering to bring a series of continuing education programs on geriatric health to health professionals in Washington, Montana, Wyoming and Alaska.

Nationally and regionally recognized NWGEC faculty will present each topic and facilitate discussion. The series will assist providers in developing and enhancing health promotion interventions to prevent disease and postpone further disability for the older adults they serve. This series will give community-based providers working in the field of aging the opportunity to access valuable information without having to travel a great distance.

Register online at the **Alaska CACHE**
(Clearinghouse for Alaska's Continuing Health Education)
www.akcache.org

Series Objectives

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

- Define the key findings in dementia
- Articulate the brain changes that occur in dementia, and how these are related to medication effect
- Characterize dementia, delirium and depression
- Define and describe the ways in which a diagnosis of dementia affects quality of life and psychological wellbeing of the diagnosed person and his or her caregiver and family
- Identify changes in mood, health, and psychosocial function commonly experienced by caregivers of persons with dementia
- Identify end-of-life characteristics of patients with dementia
- Discuss the most common kinds of sleep and nocturnal disturbances in dementia
- List three ways that family dynamics affect care of those with Alzheimer's disease
- Discuss practical ways of supporting caregivers of Alzheimer's patients throughout the course of the disease and even after the death of a patient, with a focus on addressing grief and loss
- Describe a systematic approach to thinking about ethical dilemmas

Professional Credit (optional fee payable to UW School of Nursing)

Successful completion requires sign-in and completion of evaluation form for sessions attended. The UW School of Nursing requires a \$40 processing fee for a contact hour certificate. The fee covers the entire series and is payable at the end of the series.

Physicians: This live series activity, Geriatric Healthcare for Healthcare Providers, from January 6 – March 10, 2015, has been reviewed and is acceptable for up to 15 prescribed credit(s) by the American Academy of Family Physicians. Physician should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: 15 contact hours (1.5 per session)

*Continuing Education at the University of Washington School of Nursing (UWCNE) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

*UWCNE is approved as a clock hour provider by the Washington State Board of Education. *Provider approved by the California Board of Registered Nursing, Provider #07128, for 15. (1.5 per session) contact hours.

Psychologists: UWCNE qualifies as a Washington State CE program sponsor under WAC 246-810-610

Social Workers and Counselors: UWCNE qualifies as a Washington State CE program sponsor under WAC 246-924-240(1)

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

Target Audience

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

Location

All programs will originate from the University of Washington (HSB Room #T653) and will be broadcast over the University of Washington Telehealth Network.

Planning Committee Members:

Barbara Cochrane, PhD, RN, FAAN
Professor, Family and Child Nursing
de Tornyay Endowed Professor for Healthy Aging and
Director of the de Tornyay Center for Healthy Aging
University of Washington School of Nursing

Christine Espinosa, DPN, RN
Continuing Education Specialist and Nurse Planner
Continuing Nursing Education
University of Washington School of Nursing

Shannon Summers, MEd, MCHES
Continuing Education Specialist
Continuing Nursing Education
University of Washington School of Nursing

Michael Vitiello, PhD
Professor, Psychiatry and Behavioral Sciences
University of Washington School of Medicine

For more information contact Heather Wicklein Sanchez e-mail: wicklein@uw.edu, or phone at 206-616-4276.

Registration: online at www.akcache.org or fax form to 786-6573, or e-mail to glheiner@uaa.alaska.edu or mail with check to address below.

Registration Fees & Deadlines

All participants must register. Registration is available online at www.akcache.org. Participants can register for individual sessions at a cost of \$10 per session or pay \$60 for the entire series and attend as many sessions as they like. (Optional CEU's available for additional \$40 through UW School of Nursing) **Please register at least one week prior to attending. Registration may be cancelled up to December 22' 2014 to receive a refund.**

Payment information: Pay online with credit card during registration at www.akcache.org or make check for registration only payable to UAA Alaska Center for Rural Health and mail along with a copy of your registration to:

UAA Alaska Center for Rural Health-Alaska AHEC
3211 Providence Drive DPL 401,
Anchorage, Alaska 99508-4614
Attention: Geri Heiner

Winter REGISTRATION FORM (PLEASE PRINT LEGIBLY)

Name _____
 Home Address _____
 City _____ State _____ Zip _____
 Credentials/Degree _____ Position _____
 Organization / Employer _____
 Work Address _____
 City _____ State _____ Zip _____
 Which address would you prefer we use? Home Work
 Work Phone _____ Work Fax _____
 E-mail _____

I am attending the entire series.

I am attending the following dates:

- Jan 6 Jan 20 Feb 3 Feb 17 Mar 3
 Jan 13 Jan 27 Feb 10 Feb 24 Mar 10

I would like to attend at the following Host site:

Alaska (site): _____

The following information is requested for funding and follow-up purposes

What is your gender?

- Male Female

What is your Birthdate?

Birthdate or Year of Birth: _____

Are you Hispanic/Latino?

- Yes No

What is your race? (Please check all that apply)

- American Indian Alaska Native Asian (specify) _____
 Black or African American Native Hawaiian/Other Pacific Islander
 White Unknown

Do you consider yourself to have **EVER** come from a disadvantaged background?*

- Yes No

**Means an individual who comes from either: (1) an educational environment that has inhibited them from obtaining the knowledge, skills & abilities required to enroll in and graduate from a health professions school. Or (2) a family with annual income below a level based on low income thresholds according to family size published by the US Bureau of the Census.*

In which of the following areas did you grow up? (the area in which you spent the most time before age 18):

- Rural Urban Frontier Suburban

Do you work in a Primary Care Setting?

- Yes No

Do you work in a Medically Underserved Community?

- Yes No

Do you work in a Rural Area?

- Yes No

What is your profession?

Behavioral Health

- Clinical Psychology
 Clinical Social Worker
 Other Social Work / Substance Abuse / Addictions Counseling
 Pastoral/Spiritual Care
 Other, specify _____

Dentistry

- Dental Assistant
 Dental Hygiene
 General Dentistry
 Other, specify _____

Medicine

- Allopathic Medicine
 Osteopathic Medicine

Specialty

- Family Medicine
 Geriatric Medicine
 Geriatric Psychiatry
 Internal Medicine
 Neurology
 Psychiatry
 Other, specify _____

Nursing /Advanced Practice

- Home Health Aide
 Nursing Assistant (CNA / NA)
 Licensed Practical (LPN/LVN)

- Registered Nurse (RN)
 Nurse Educator
 Nurse Administrator
 Nursing Research/Scientist
 CNS - Adult Gerontology
 CNS - Family
 CNS - Geropsychiatric
 CNS - Psychiatric/Mental Health
 NP - Adult
 NP - Adult Gerontology
 NP - Family
 NP - Geropsychiatric
 NP - Psychiatric/Mental Health
 Physician Assistant
 Other, specify _____

Public Health

- Biostatistics
 Disease Prev / Health Promo
 Environmental Health
 Epidemiology
 Health Policy & Mgmt
 Infectious Disease Control
 Injury Control & Prevention
 Social & Behavioral

Other

- Allied Health
 Community Health Worker
 Dietician
 Direct Service Worker
 Facilities Administrator

- Family Caregiver
 Health Education Specialist
 Occupational Therapy
 Optometry
 Pharmacy
 Physical Therapy
 Podiatry
 Respiratory Therapy
 Speech Therapy
 Student, specify _____
 Other, profession not listed, specify _____