

2019

30TH ANNUAL

Gerontology

CLINICAL UPDATE

December 5-6, 2019

**Peachtree Banquet Center
Columbia, MO**

Keynote Speakers



DAY 1 — DECEMBER 5
Martin (Marty) Schreiber,
Former Governor, Wisconsin

In what the *Milwaukee Journal Sentinel* describes as his Last Campaign, former Governor Martin (Marty) Schreiber spends countless hours as a

tireless advocate on issues related to Alzheimer's disease and dementia.

At 80 years of age, Marty has given over 300 talks on caregiving for a loved one with Alzheimer's disease, the passage he has been navigating with his wife, Elaine, these last 14 years and counting. Marty has seen his beloved wife, Elaine, gradually transform from the woman who had gracefully entertained in the Executive Residence to one who sometimes no longer recognizes him as her husband.

Yet, Marty and Elaine still find moments of joy through activities such as music and simply holding hands. He lovingly tells their story in the acclaimed *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*.

In its 3rd edition, over 30,000 copies of his book have been sold or distributed. Net proceeds from the sales of *My Two Elaines* are used to promote Alzheimer's caregiver support programs.



DAY 2 — DECEMBER 6
Gerda Saunders, PhD,
Salt Lake City, UT

Gerda writes: When I turned 61 in 2011, I was diagnosed with cerebral microvascular disease, a precursor of dementia. I

retired from my job as the associate director of Gender Studies at the University of Utah. Since I have always processed my life stages by writing about them, I started keeping a journal about the effect of my brain's unraveling on my identity. Five years later, I completed a book-length memoir, *Memory's Last Breath: Field Notes on My Dementia*, published in 2017.

But dementia does not hold still. Like anyone with a degenerative brain disease, I continue to dement every day, never done until I die. Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining "self." There will come a time when I don't care or don't know who I am. Until then, though, I hope to maintain . . . with the help of my saintly and tech-savvy husband, Peter.



Target Audience

Health care professionals involved in the care of the elderly, regardless of setting - hospital, long-term care (LTC), rehabilitation, hospice, home, and community. Staff nurses, advanced practice registered nurses, nurse managers, staff development specialists, nurse educators, licensed nursing home administrators, social workers, regulatory personnel and others are encouraged to attend.



Conference Description

This gerontology conference is two days of evidence-based and application-oriented educational programming built on current literature, suggestions from past participants and hot topics suggested by the conference planning committee. The topics for the conference were determined by experienced gerontology nurses from hospitals, LTC, rehabilitation, home and community health, as well as gerontology nursing faculty, a nursing home administrator, social worker and LTC facility surveyors. Every effort was made to translate the latest evidence into practical and useful knowledge for the gerontology professional.



Purpose

The purpose of this conference is to provide a forum for gerontology health care providers, administrators, educators, regulatory personnel and others to discuss complex care issues common to all who care for the elderly, regardless of setting. The focus is on promoting excellence in gerontology health care by keeping abreast of the latest evidence regarding strategies that result in improved clinical and administrative outcomes.



CE Credit

- Registered Nurses
- Advanced Practice Registered Nurses
- Social Workers
- Nursing Home Administrators

Agenda

Day 1 – December 5, 2019

A.M.

- 7:30 Check-in and Light Breakfast**
Please visit our Exhibitors and express your appreciation of their support of this conference.
- 8:15 Welcome and Introductions**
Shirley J. Farrah, PhD, RN-BC, *Assistant Dean, Nursing Outreach and Teaching Professor, MU Sinclair School of Nursing*
Marshall Stewart, EdD, *Vice-Chancellor, Extension and Engagement, University of Missouri System*
- 8:30 My Two Elaines: Learning, Coping, and Surviving as an Alzheimer’s Caregiver**
Martin J. Schreiber, *Alzheimer’s Caregiver, Ambassador, Former Governor of Wisconsin*
Soon after Martin Schreiber’s wife, Elaine, moved into a memory care facility because he could no longer care for her, Marty decided to write a book he had long been thinking about. The kind of book he wished someone had given him back when Elaine was first diagnosed. He did not want the book to be a memoir or a medical text on Alzheimer’s. Those books already exist. The book would be honest. He would admit mistakes. The focus of his book would help caregivers do three things: learn, cope and survive. In this session, Marty will share lessons he has learned along the way, as a caregiver of a loved one with progressive dementia.
- 9:30 Beverage Break**
Visit Exhibitors; Book Signing, “My Two Elaines” by Martin Schreiber
- 9:55 Polypharmacy and Deprescribing**
Charles Crecelius, MD
Elderly patients are often on multiple medications with limited evidence as to actual risks, benefits and potential adverse effects at their age and status. This session will look at common medications, their utility, and the opportunity to “deprescribe”. The Updated 2019 Beers Criteria will be referenced as appropriate.

- 11:00 Reframing Hospice & Palliative Care for Patients and Families**
Cara L. Wallace, PhD, LMSW, APHSW-C, *Assistant Professor, Gerontology Certificate Coordinator, School of Social Work, College for Public & Social Justice, Saint Louis University, St. Louis*
Older adults often face barriers accessing appropriate care towards the end of life, resulting in pain and poor symptom management. With limited public understanding of palliative and hospice care, clinicians hold great responsibility in introducing care options in a sensitive and timely manner. Drawing on findings from Dr. Wallace’s own interprofessional team experiences, her research, and those of the broader literature, this session will focus on reframing hospice and palliative care as part of advance care planning discussions with older adults and their families.
- 12:15 Hosted Luncheon (Visit Exhibitors)**
- 1:15 Advancing Research and Dementia Care Practices within Health care & Families**
Adrienne Holden, MSW, MPH, LMSW, ACSW, *Regional Health Systems Account Director; Research Champion, Region 6 (AK, KS, MO, OK), Alzheimer’s Association. St. Louis*
Updates in research are exciting and caregiver stress is very real and can lead to physical and emotional problems for both a caregiver and the individual with Alzheimer’s Disease. This presentation will introduce the health care provider to available resources along with tips for working with caregivers. Ways to implement billing Medicare for care planning services also will be addressed.
- 2:00 Medical Marijuana in the Elderly**
Lucas Buffaloe, MD
With the passage of Amendment 2, it is now legal for Missourians with qualifying medical conditions to use cannabis for medical purposes. Dr. Lucas Buffaloe will review evidence on the benefits and risks of cannabis, recommendations and best practices for certifying patients to use cannabis, and special considerations for older patients using cannabis. Dr. Buffaloe also will include the latest information regarding the implementation of Amendment 2 in Missouri.
- 3:00 Refreshment Break**

3:15 Antibiotic Stewardship in the Elderly
Cynthia Hadfield, PharmD, Long-Term Care Consultant, Pharmacy & Retail Pharmacy Clinical Manager, Citizens Memorial Hospital & Health Care Foundation, Bolivar, MO
In this session you will learn how antibiotic misuse contributes to microbial resistance, increased healthcare costs and poor patient outcomes. Top antimicrobial resistance threats in the US and current treatment guidelines will be briefly reviewed. Innovative ideas and tools for implementing antimicrobial stewardship in long-term care and office practice will be highlighted. Special considerations in the elderly such as diagnosing and treating C. Difficile Infection, the overuse of antibiotics in treating confusion and the buy in of physicians and frontline staff, also will be included.

4:15 Adjourn



Day 2 – December 6, 2019

7:30 Check-in and Light Breakfast Visit Exhibits

8:15 Welcome and Introductions
Shirley J. Farrah, PhD, RN-BC, Assistant Dean, Nursing Outreach and Teaching Professor, MU Sinclair School of Nursing

Greetings from the 2019 District 7 Ms. Nursing Home Queen Alice Wehrle, Resident, Oak Tree Villas, Jefferson City

8:30 The Disappearing Self
Gerda Saunders, PhD, Salt Lake City, UT
In this session, you will hear the first person account of Dr. Gerda Saunders' 'field notes' on her own dementia. Gerda writes: My biggest struggle is to maintain some sense of "self" even as I keep losing characteristics by which I used to be identified by others—and myself. This pursuit of a "self"—no matter how attenuated—is really at the core of all my writing and speaking about my disease, since I am daily concerned about remaining a "person" as my mind fades away. Sharing my and Peter's and our children's experiences with my dementia . . . helps shore up my shrinking sense of identity and—more importantly—allows me to still be an advocate—and something of a "voice" for people with dementia—for a while longer.

10:00 Break
Book Signing for Dr. Gerda Saunders, "Memory's Last Breath: Field Notes on My Dementia"

10:30 Treatment of Chronic Pain in the Elderly in the Era of the Opioid Crisis: Implications for our Vulnerable Elders - Randall Huss, MD, CMD, Geriatric and Long Term Care Medicine, Mercy Clinic, Rolla
Pain management in older adults is complex, inconsistent and often suboptimal. Historically, in this population pain is underreported and undertreated, resulting in a negative impact on the health and quality of life of the elderly. The concern with the negative consequences of opioid use adds another layer of complexity to successful pain management, and foreseeably will result in adverse consequences to our frail elders. In this session, we will look at the various factors to consider in successfully managing chronic pain in the elderly.

11:30 Hosted Luncheon

12:30 Five Common Reasons for ED Visits in the Elderly: Presentation and Prevention
Ted Willmore, MD, Emergency Physician, SSM-St Mary's, Jefferson City
In comparison to other age groups, older adults use the ED at a higher rate, have longer stays in the ED, and require more resources and medical interventions during their visit. This session will focus on the most common causes of ED visits in the elderly and what we can do to prevent potentially avoidable ED visits.

1:30 What's New in Wound Care in the Elderly
Carolyn Crumley, DNP, RN, ACNS-BC, CWOCN, Adjunct Assistant Professor, MU Sinclair School of Nursing, Columbia
In this session we will review best practices in wound care dressings and topical agents as well as new technology related to wound care and the important role of micro-climate in pressure injury prevention. You will hear "tips from the trenches" from an expert wound and ostomy nurse, what works and what doesn't, some common myths or misunderstandings related to wound care of the elderly.

2:30 Beverage Break

2:45 The Role of Healthcare Leadership Reconsidered - Matt Younger, MS, LNHA, *Founding Principal, Bull Rock Ventures*
Is it possible that the evolution of healthcare as a field is outpacing advances in the training and education of its leaders? Complexity Science researchers suggest that this could be happening. Additionally, some have identified specific leadership behaviors that correlate to improved outcomes in today's clinical environments and long-term care settings. Join us for an overview of best practices & recommended readings for leaders of complex adaptive systems.

3:45 Adjourn

CE participation can make a difference!

These are just a few of the practice-related changes participants intended to make after attending the last Gerontology Clinical Update Conference!

- This was a great presentation that really broke down the difference between Mild Cognitive Impairment (MCI) and Dementia. I've already been able to use in practice.
- I will use the rapid cognitive assessment in practice.
- I really liked how he outlined who is most susceptible to Delirium, why, and best practices on what to do.
- Thanks for having the courage to take on this very important topic (Sexuality and LGBTQ), very well presented.
- I intend to be more thorough when I assess syncope in patient's that present with multiple co-morbidities and polypharmacy.



Disclosures

Accreditation

Nursing

The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Midwest Multistate Division Provider Number MO1022-6.

Up to 6.08 contact hours (including 3.08 contact hours Rx) will be awarded for Day 1 and up to 5.5 contact hours (including 1.5 contact hours Rx) for Day 2 to all individuals who attend at least one session, complete the evaluation form, and are paid in full. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.

Social Work: Has been applied for from the University of Missouri, School of Social Work.

Nursing Home Administrators: Clock hours have been applied for from the Missouri Board of Nursing Home Administrators (TA-073-22).

Requirements for Successful Completion

Learners must:

- be paid in full
- attend at least one complete session
- participate in any individual or small group activities
- complete the online evaluation form

Handouts

A conference syllabus will not be provided. A link to the handouts will be e-mailed to each paid registrant 3 working days prior to the conference. You may also use your conference confirmation email to access handouts 3 days before the conference. If there are no handouts for a particular session, it is because we have not received them from the speaker.

Save the Date for 2020

**31st Annual Gerontology Nursing Conference
December 3-4, 2020**



General Information

Location

The conference will be held at the Peachtree Catering and Banquet Center Ballroom, 120 E. Nifong, Suite D, Columbia, Mo., 65205. Should you need to be reached during the activity, the phone number is (573)875-6608. See website for directions to Peachtree.

Lodging

Stoney Creek Hotel

A block of rooms at the special rate of \$99 has been reserved for the evenings of December 4-5 until November 6, 2019 at the Stoney Creek Hotel, located at 2601 S. Providence Road, Columbia, Mo., 65203. After this date, rooms will be on a space available basis only. To make reservations, please call 1-800-659-2220. The hotel is located just off Providence Road, 1.5 miles north of the Peachtree Banquet Center where the conference will be held. Be sure to ask for the MU GERONTOLOGY NURSING CONFERENCE room block. Participants are responsible for making their own reservations and guaranteeing reservations with a credit card.

See website for driving directions and area map with location of Peachtree Banquet Center and Stoney Creek Hotel. They are within roughly a 1 mile radius.

Conference Fees

Online registration at nursingoutreach.missouri.edu

Includes web link to handouts, CE credit, light breakfast, hosted luncheon, 2 breaks each day.

Early Registration - by Nov. 21

\$159 - One day
\$286 - Both days

Regular Registration - after Nov. 21

\$179 - One day
\$322 - Both days

On-site Registration

\$199 - One day
\$358 - Both days

Student rate:

By November 21

\$96 - One day
\$172 - Both days

After November 21

\$108 - One day
\$194 - Both days

Discounted Group registrations:

10% discount for 3-5 registrations with one payment
15% discounted rate with 6+ registrations and one payment. Student rate does not apply for this discount, only one discount is allowed.

Planning Committee

- Myra A. Aud, PhD, RN, *Associate Professor Emerita, MU Sinclair School of Nursing, Columbia*
- Angela Duvall, RN, *State Training Coordinator, Division of Regulation & Licensure, Section of Long Term Care, Department of Health and Senior Services, Jefferson City*
- Shirley J. Farrah, PhD, RN-BC, *Assistant Dean, Nursing Outreach and Teaching Professor, MU Sinclair School of Nursing, Columbia*
- Amy Gansmann, LPN, *South Providence Family Medicine, MU Health Care, Columbia*
- Colleen Hollestelle, MA, LNHA, *Founder and CEO, AgingEmpowered Care Navigation & Consulting, Columbia*
- Jean Morrow, BSN, BSEd, RN, *Retired from Harry S Truman Veteran's Administration Hospital, Home Based Primary Care, Columbia*
- Angela Verslues, RN, *Facility Advisory Nurse III, State Training Coordinator, DHSS Section for Long Term Care, Department of Health and Senior Services, Jefferson City*
- Karla T. Washington, PhD, LCSW, *Associate Professor, University of Missouri Department of Family and Community Medicine, Columbia*
- Reng Winters, MS(N), APRN,C, *Gerontology and Family Nurse Practitioner, Harry S. Truman Veteran's Administration Hospital, Columbia*



The first 50 individuals who register for this conference

will receive a signed, complimentary copy of the award winning, new 3rd edition of *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver* by Martin J. Schreiber, Alzheimer's Caregiver, Ambassador, Former Governor of Wisconsin



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**My Two Elaines: Learning,
Coping, and Surviving as
an Alzheimer's Caregiver**



**Gerda Saunders,
PhD,** (pictured
with husband
Peter), *Salt Lake
City, UT*

**The Disappearing
Self**