

 **NICHE CONFERENCE**

Older Adults Awareness Olympics: Providing Medal Winning Care to our Geriatric Patients


Robert Wood Johnson University Hospital
RWJ Barnabas Health System


APRIL 20, 2017 PROGRAM PRESENTER:
Donna Prete, MSN, RN-BC, NE-BC, NICHE Coordinator 


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Robert Wood Johnson University Hospital New Brunswick New Brunswick, NJ

- 632 Beds
- Hospital
- Level I Trauma Center
- Magnet designated 5 times in a row
- NICHE designated since 2008
- Senior-Friendly status
- Part of the RWJ Barnabas health network.




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Objectives


- Discuss facts about the elderly and healthcare
- Identify need for geriatric patient education for healthcare providers
- Describe interactive teaching strategies used to focus on evidence based practice as well as awareness and empathy

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Facts

- In 2014, 14.5%, or 46.3 million, of the US population was 65 years or older
- This number is projected to reach 23.5%, or 98 million by 2060
- In the US, persons 65 years of age and older utilize a disproportionately high share of health care services, and with the continuing growth of this population, this proportion is expected to continue to grow




Heiss, Lynn, Conforti & Holmboe, 2011

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Facts



- Most older adults receive care from health professionals whose educational preparation focused on younger persons
- Need for staff to recognize the unique needs of the aging adult patient population in addition to the acute medical condition
- This "patient-centered" awareness includes both the physical as well as physiological challenges faced by the older adult

Heiss, Lynn, Conforti & Holmboe, 2011


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State of Affairs at RWJUH


- Approximately 65% of patient population is 65 and older
- Specialty-focused including Centers of Excellence in cardiovascular care, transplantation, cancer care, stroke care, neuroscience, and bariatrics
- No designated geriatric unit
- Lack of staff engagement in formal lecture-based education sessions



Heiss, Lynn, Conforti & Holmboe, 2011


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How can we help ensure quality geriatric patient care?

- Provide education that is both focused on evidence based practice as well as awareness and empathy for the needs of the older adult patient population
- Provide an interactive and engaging learning experience that serves varied learning styles to provide caregiver education in order to enhance caring practices for this patient population


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Things to consider

- Select teaching strategies that will help learners reach goals
- Different people learn in different ways
- Active participation increases learning

(Meyers & Jones, 1993)





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So what did we do at RWJ?

Older Adult Awareness Olympics




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How did we do it?

- Involve staff nurses and other disciplines in the planning and facilitation of a hospital-wide experience
- Engage staff members of the GRN (Geriatric Resource Nurse)/NICHE committee and their colleagues to present the education modules
- Make it interesting and interactive
- Make it relevant and fun



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Older Adult Awareness Olympics

The Olympic Game theme with 5 events:

- **The 3 Ds – Delirium, Dementia and Depression**
- **Pill Sorting (Sensory Loss)**
- **Geriatric Jeopardy – Medication Edition**
- **All About Me**
- **Older Adult Resources**


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“Olympic” Experiences

- Understand normal sensory changes associated with aging
- Identify inappropriate medications for the elderly
- Differentiate between signs and symptoms of dementia, depression and delirium
- Locate hospital-based resources for older adult care




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Results




- Represented a shift from the traditional lecture-driven approach to an educational opportunity that facilitates increased engagement, learning, and empathy
- Allowed the learner to increase conceptual knowledge and overall comprehension of geriatric care practices


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Awarded Gold!

- Over 200 attendees!
- Feedback included appreciation of the effects of age-related sensory-motor changes on daily living activities, ways to improve patients' cognitive status, knowledge of resources, and medication safety for the older adult





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Medal Winning Outcomes

- Fostered the groundwork for increased awareness of the needs of the older adult
- Provide the foundation for the caregivers of older adults to ultimately transform their knowledge, experience and compassion into quality and empathetic caring practices






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Future Education Goals

- More geriatric specific education throughout organization
- Annual geriatric awareness event to now coincide with Older Adults Month in May






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You tell me, and I forget.
 You teach me, and I remember.
 You involve me, and I learn.

Benjamin Franklin

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