

Resources and Education Toward Age-Friendly Health Systems: North and Central Florida Geriatric Workforce Enhancement Program

Sponsored by the Health Resources and Services Administration (HRSA)

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Building on Success

Previous HRSA-funded GWEP: \$3,000,000 from 2015-2019

Previous Projects

- **The Primary Care Consortium Project**
 - Falls patient education increased from 13% to 23%
 - Screening for fall risk increased by over 400%
 - High risk prescribing decreased by almost 75%
- **Powerful Tools for Caregivers**
 - 114 newly certified leaders
 - 83 workshops reaching 870 family caregivers
 - 11 newly certified Master Trainers to train other facilitators
- **Senior Learning**
 - 180 medical students presented to 1272 learners at assisted living communities, senior centers, and hospitals

Building on Success

Previous Projects

- **Transforming Rural and Underserved Care Environments**
 - Successfully established a Senior Care clinic at Friendship Health Center in Naples transforming patient care protocols, team communication, documentation, and billing
 - Expanded to a second Senior Care clinic establishment in Immokalee
- **Interprofessional Education**
 - 987 students from nursing, social work, medicine, physician assistant, and pharmacy colleges completed online interactive modules and participated in an interprofessional clinical immersion event incorporating clinical practice and lessons learned from the online modules
- **Nurse Workforce Enhancement Project**
 - 6 interactive online module packages developed on Pain Management in Older Adults, Influenza Prevention and Containment, Heart Attack and Stroke Recognition, and Determining Cause and Effective Treatment for Responsive Behaviors of Dementia I, II, III
 - 500 LPNs/RNs/CNAs and WCOF staff have completed the modules

Their goal, our mission

College of Medicine's unique mission:

Train physicians and physicians assistants to deliver patient-centered care responsive to community needs of elderly, rural, minority, and underserved citizens residing in Florida.

HRSA's program goals:

Develop a healthcare workforce that maximizes patient and family engagement and improves health outcomes for older adults by

- Addressing gaps in healthcare for older adults
- Address the social determinants of health
- Promote age-friendly health systems and dementia-friendly communities

The need

- Unmet healthcare needs of Florida's older adults
- Unmet geriatrics education and training needs of interprofessional workforce
- Challenges in leveraging community resources and creating age-friendly health systems and dementia-friendly communities

4Ms Framework

The John A. Hartford Foundation and Institute for Healthcare Improvement have initiated an age-friendly care movement which follows an essential set of evidence-based practices, causes no harm, and aligns with what matters to the older adult and their family caregivers. Such a health system requires reliably providing high-quality care in the 4Ms:

- Mobility
- Mentation
- Medication
- What Matters Most

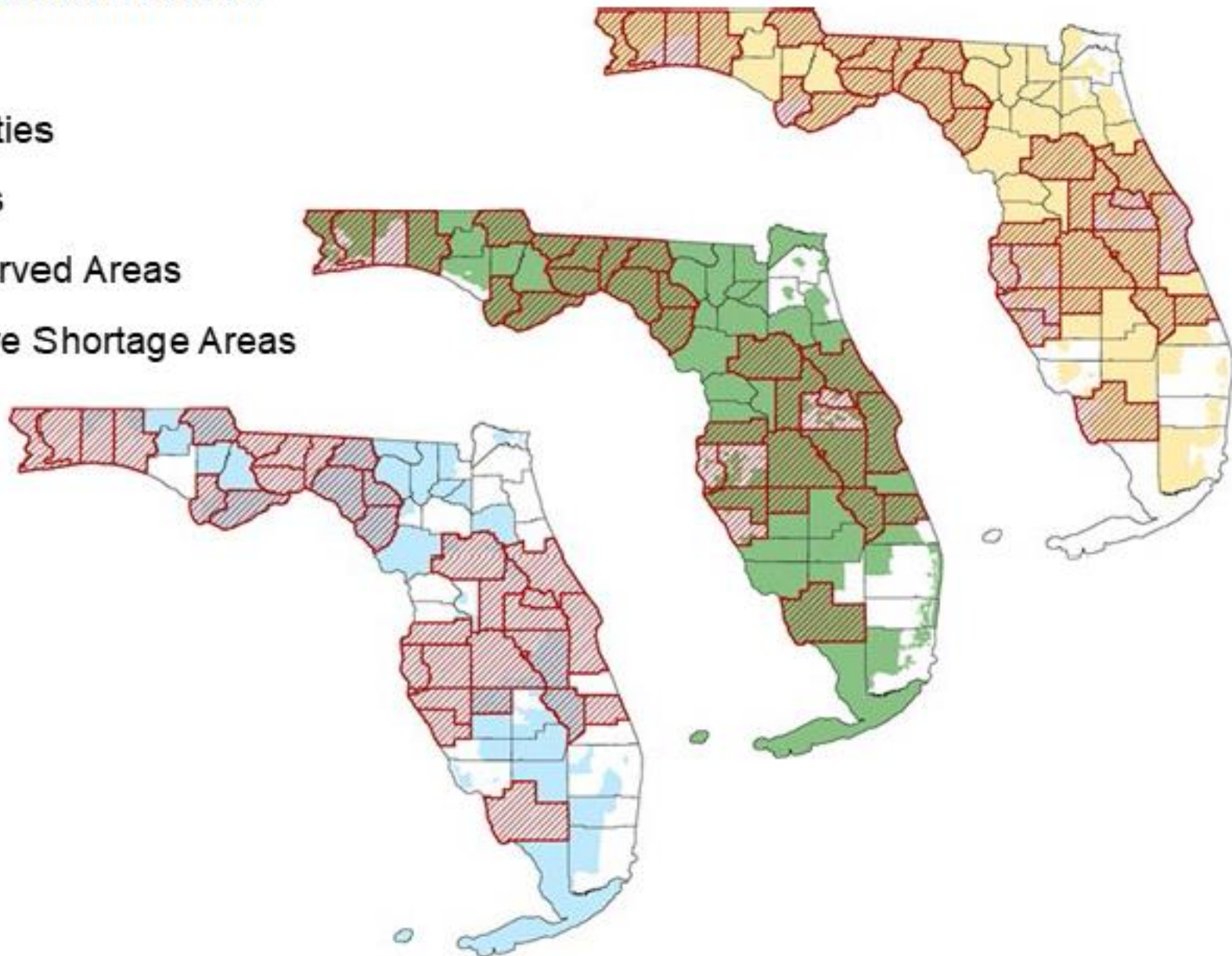


Each grant project incorporates this framework into all aspects of activity – *both in the clinic and community.*

Figure 1. NCF-GWEP Catchment Area

Legend

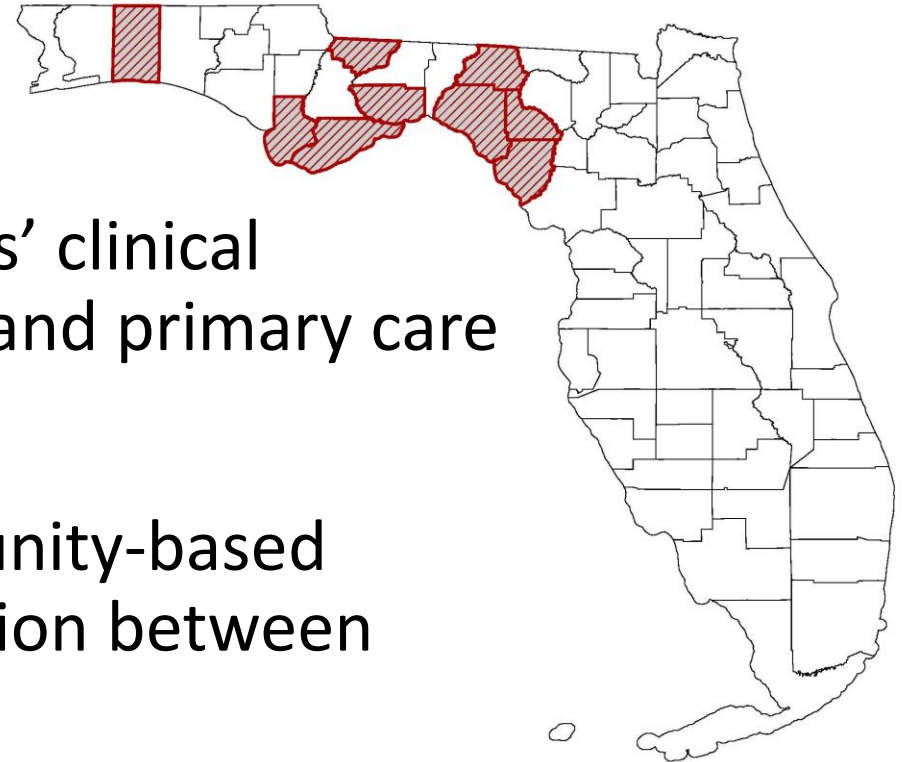
-  NCF-GWEP Counties
-  Rural Health Areas
-  Medically Underserved Areas
-  HPSA Primary Care Shortage Areas



Project 1: Transforming Federally Qualified Health Centers into Age-Friendly Health Systems

Project Goals:

1. Transform North Florida Medical Centers' clinical environments into integrated geriatrics and primary care systems
2. Expand NFMC partnerships with community-based organizations to increase care coordination between primary care sites and community sites



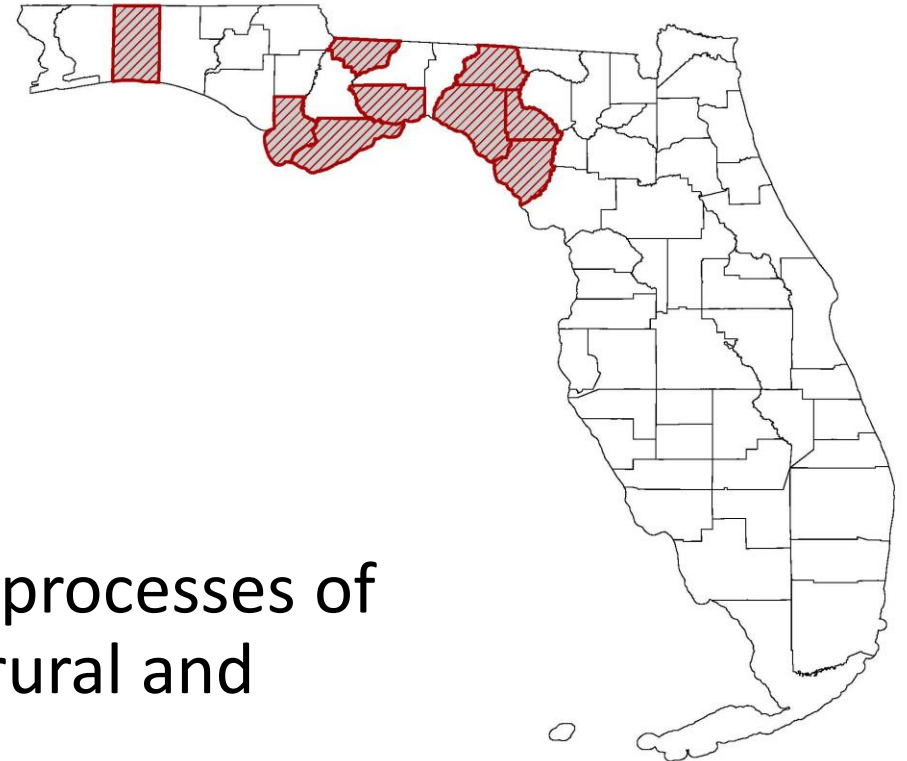
Project 1: Transforming Federally Qualified Health Centers into Age-Friendly Health Systems

Project Partners:

- North Florida Medical Centers
- Area Agency on Aging for North Florida

Project Impact:

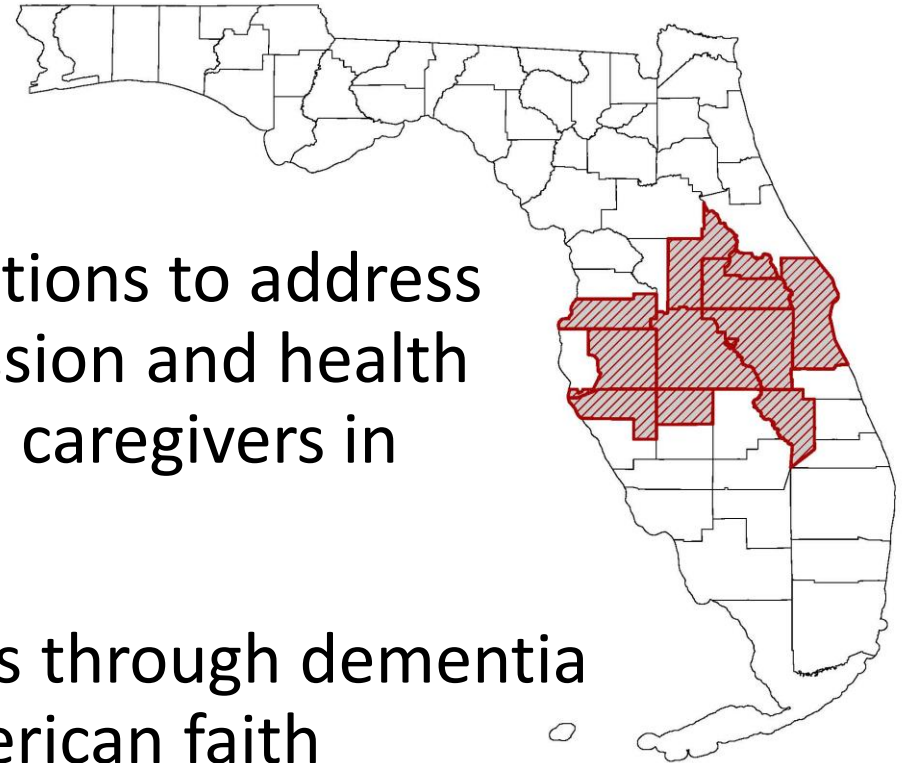
- Incorporate geriatric care principles and processes of care into primary care practices serving rural and underserved individuals



Project 2: African-American Alzheimer's Caregiver Training and Support (ACTS2)

Project Goals:

1. Partner with community-based organizations to address major shortcomings in managing depression and health problems of African-American dementia caregivers in central Florida
2. Promote dementia-friendly communities through dementia awareness presentations to African-American faith community and elder care settings across central Florida



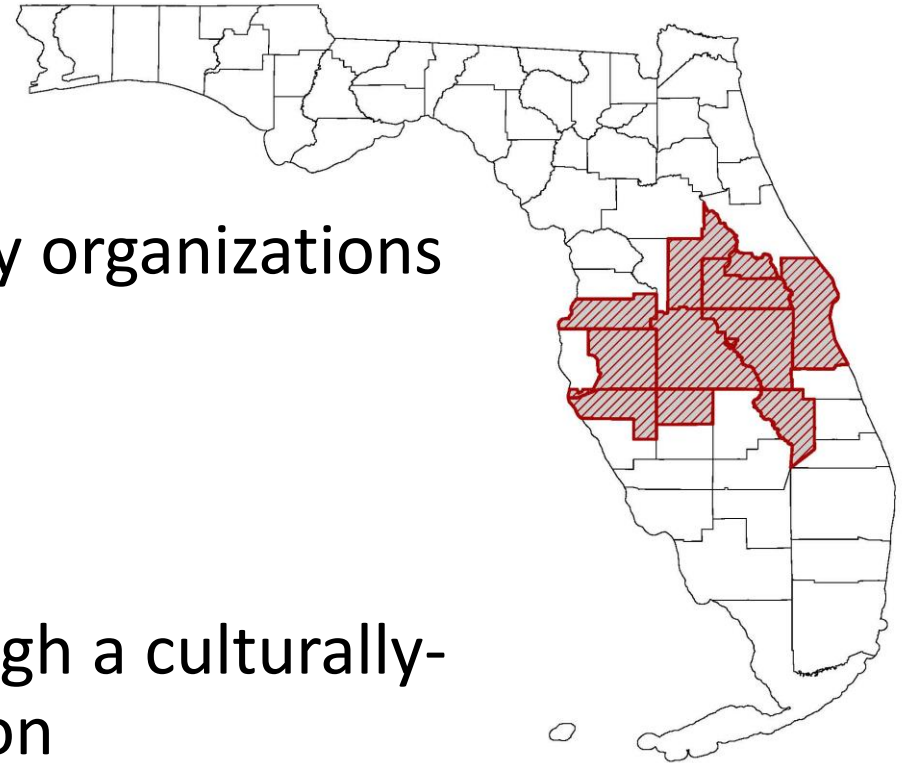
Project 2: African-American Alzheimer's Caregiver Training and Support (ACTS2)

Project Partners:

- African-American faith-based community organizations
- College of Social Work
- Mayo Clinic Florida

Project Impact:

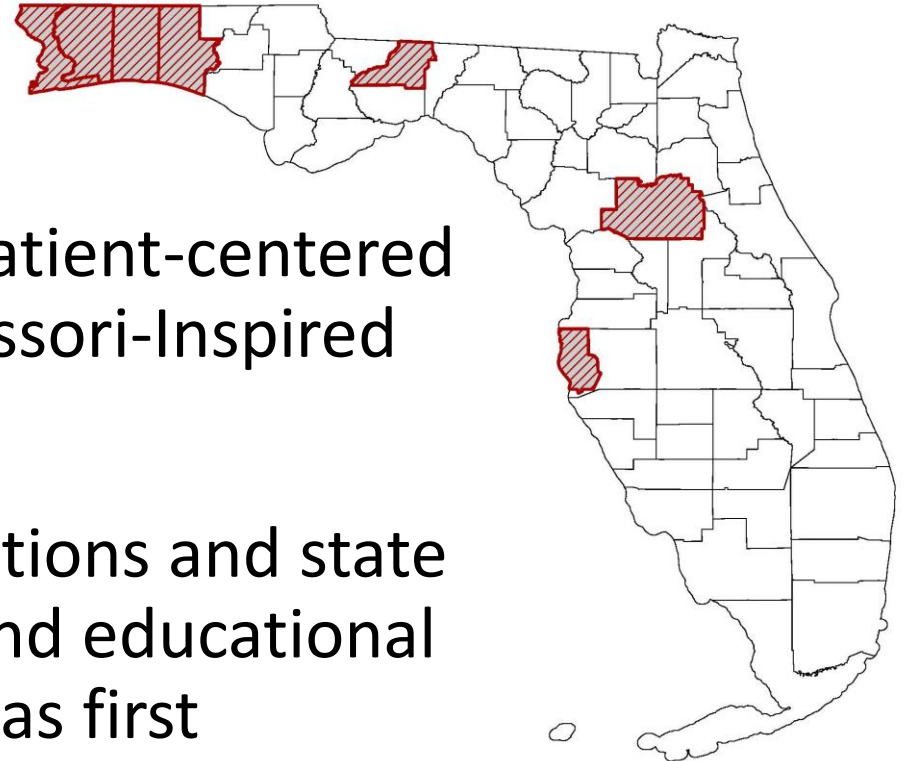
- Improving caregiver mental health through a culturally-sensitive cognitive behavioral intervention



Project 3: Improving the Lives of Residents with Alzheimer's through Montessori-Inspired Lifestyle[®] Training

Project Goals:

1. Transform assisted living facilities into patient-centered environments by training staff in Montessori-Inspired Lifestyle[®] for individuals with dementia
2. Partner with community-based organizations and state agencies to provide dementia training and educational resources to community members such as first responders and financial advisors, promoting dementia-friendly communities



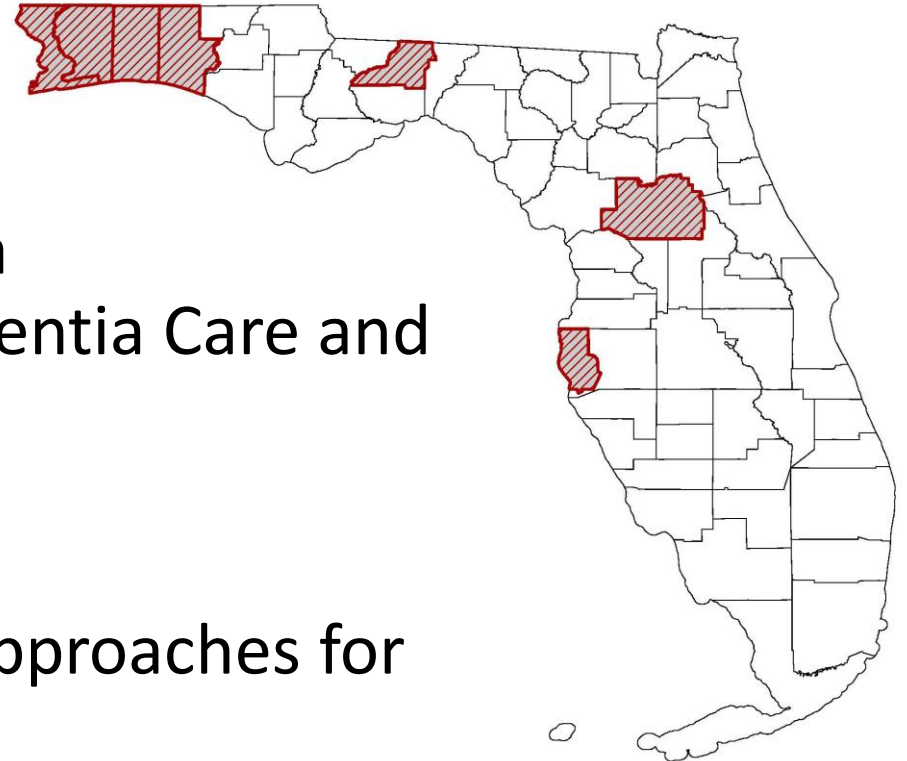
Project 3: Improving the Lives of Residents with Alzheimer's through Montessori-Inspired Lifestyle[®] Training

Project Partners:

- Center for Applied Research in Dementia
- Florida Department of Elder Affairs Dementia Care and Cure Initiative

Project Impact:

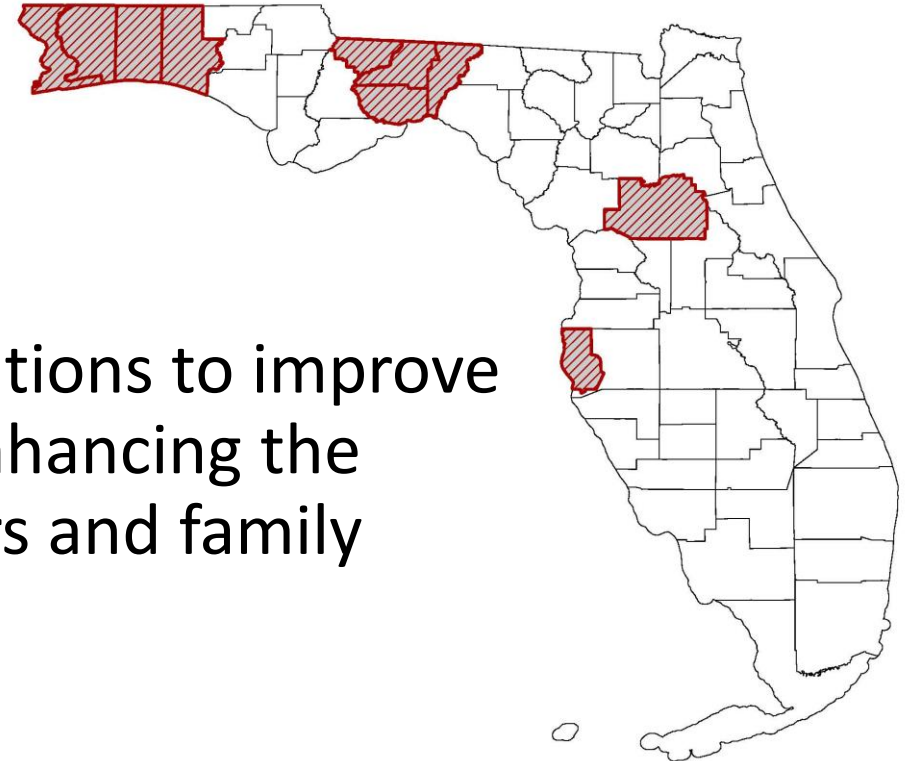
- Training staff on patient-centered care approaches for assisted living residents with dementia



Project 4: Partnering for Quality Care: Building Effective Collaborations between Home Care Workers and the Family Members of their Clients

Project Goals:

1. Partner with community-based organizations to improve the quality of care for older adults by enhancing the relationship between home care workers and family caregivers



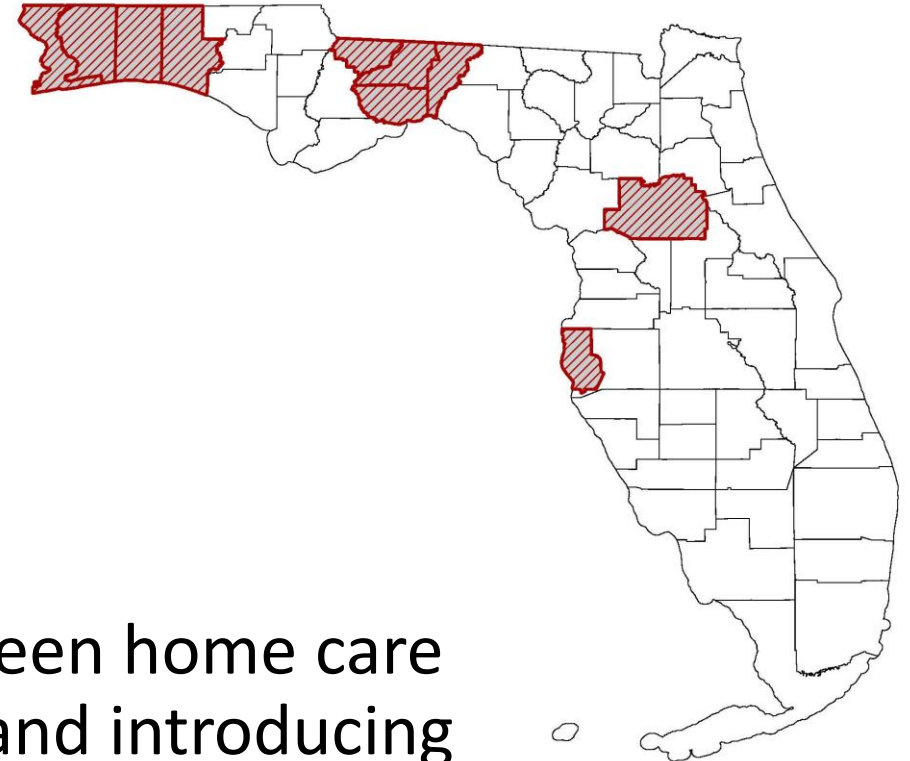
Project 4: Partnering for Quality Care: Building Effective Collaborations between Home Care Workers and the Family Members of their Clients

Project Partners:

- Paraprofessional Healthcare Institute
- Florida Pioneer Network
- Home Instead Senior Care

Project Impact:

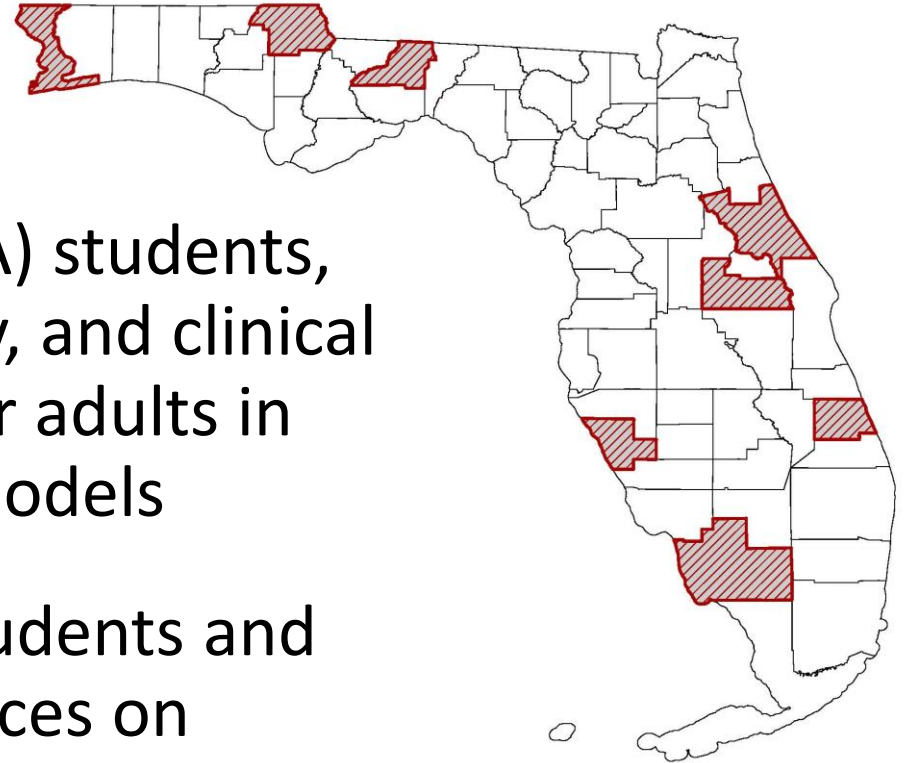
- Improve relational competencies between home care workers and families by building trust and introducing creative problem-solving skills



Project 5: Novel, Longitudinal Geriatrics Curriculum for Physician Assistants

Project Goals:

1. Educate and train physician assistant (PA) students, PA principle faculty, basic science faculty, and clinical preceptors (MD and PA) to care for older adults in integrated geriatrics and primary care models
2. Develop an online clinical toolbox for students and practicing clinicians that includes resources on geriatrics principles of care, geriatric syndromes, and the 4Ms to address gaps in healthcare for older adults



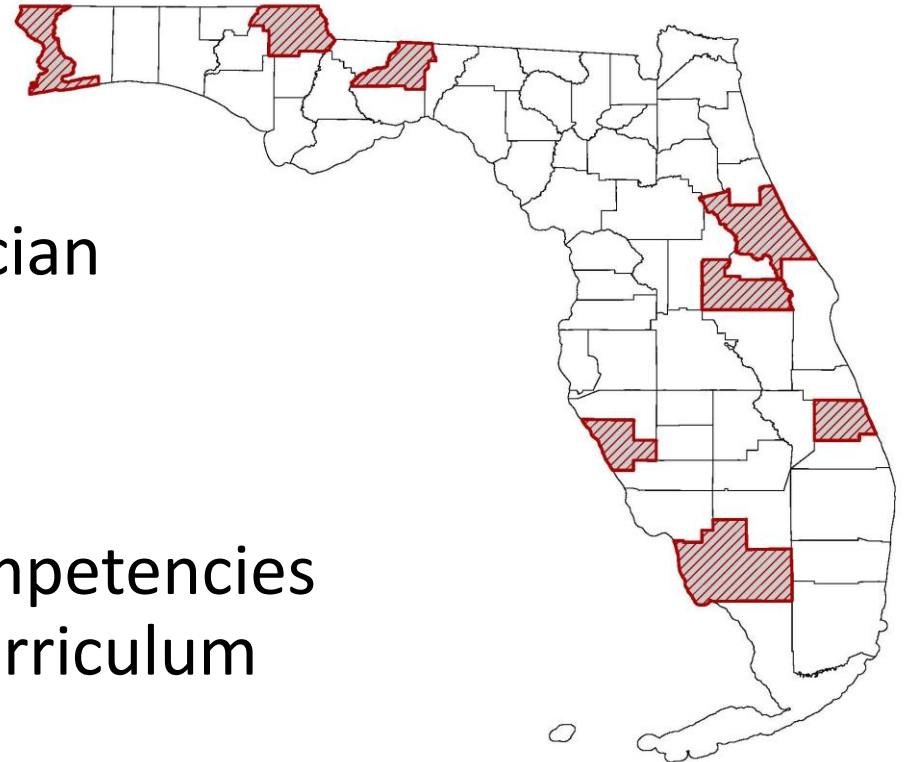
Project 5: Novel, Longitudinal Geriatrics Curriculum for Physician Assistants

Project Partners:

- FSU College of Medicine School of Physician Assistant Practice

Project Impact:

- Enhance physician assistant geriatric competencies through a novel, longitudinal geriatric curriculum





REACH

Resources & Education
for **Aging**, **Community**, and **Health**

[REACH.med.fsu.edu](https://reach.med.fsu.edu)

BRIDGING THE GAP BETWEEN HEALTH, COMMUNITY, AND KNOWLEDGE:

Empowering Older Adults, Their Families, and the Professionals Who Care for Them



OUR MISSION

The **REACH Project** aims to offer expert education and empowering care for the aging population in Florida and the nation through a variety of products developed for healthcare professionals and student trainees, family caregivers of older adults, and older adults themselves. It is funded by the Geriatrics Workforce Enhancement Program and powered by the Department of Geriatrics at the Florida State University College of Medicine. In collaboration with other departments at FSU, as well as community partners, The Geriatric Care Enhancement Project develops a wide range of resources intended to be freely used and shared across the spectrum of elder care professions and partners.

Resources

[Home](#) - [Resources](#)

HEALTHCARE PROFESSIONALS & TRAINEES



We are working to help transform clinical environments to integrated geriatric and primary care delivery systems. Information below can be used to train providers and staff on addressing the health needs of older adults in community-based and long-term care settings. Educational materials provide evidence-based best-practice information. Modules assess knowledge, enhance skills, and model desired clinical behaviors.

Please contact the [NCF-GWEP Coordinator](#) to let us know if you are using any of these materials at your organization and please credit the source.

Interactive Online Learning Modules

[Influenza Prevention and Containment for Older Adult Populations](#)

- [Online module](#)

[Pain Assessment and Management for Older Adult Patients](#)

- [Online Module](#)

Community Health Resources

HEALTHCARE PROFESSIONALS & TRAINEES



- Interactive Online Learning Modules
- Training and Quality Improvement Materials for Community-Based Health Clinics
- Ready to Deliver Community-Based Presentations for Older Adult Audiences

- Quick reference guides on older adults health
 - Brain health, Falls prevention, Advance care planning
- Caregiver skill-building resources
 - Caregiver College skills videos
 - UCLA Dementia Care training videos



SENIORS & CAREGIVERS



**Learn More.
Be Prepared.
Take Action.**

www.FlipTheScriptOnPain.org

Opioid and Pain Educational Campaign



HRSA Charge:

- Address opioid abuse education and training that addresses prevention, assessment, management, and/or treatment in older adults

Project Partnership:

- University of South Florida School of Aging Studies & Florida Policy Geriatric Workforce Enhancement Partnership



Opioid and Pain Educational Campaign

Campaign Mission:

Empower people, especially older adults, to speak up about pain. By learning more about pain and how to manage it, patients and families can stay hopeful and feel confident in working with their health care team to develop a plan for the best relief.

Campaign Development:

- Needs Assessment
- Strategic Planning Meeting

Understanding Pain

Whether you have a recent diagnosis that causes pain, started feeling pain or have felt pain for a while, knowing what results are possible with treatment can help you stay optimistic and confident. Understanding pain is the first step in flipping the script.

Types Of Pain

Acute pain lasts for a short time. It begins suddenly, such as after an injury or surgery. It can go away once your body heals. It can also turn into chronic pain.

Chronic pain lasts for 3 months or longer. Many older adults are affected by chronic pain. Arthritis is an example of a condition that causes chronic pain.

Learn more about the basic facts of pain by visiting [Health In Aging](#).



Take Control

When you live with chronic conditions, such as arthritis, it may be more realistic to reduce your pain than to find relief completely. It is important to find ways to keep enjoying the things you like to do.

When you have been dealing with pain for a long time, finding small wins and having positive thoughts can be difficult. These emotions can lead to negative self-talk and unrealistic expectations. To overcome, it is important to practice behaviors that build up self-esteem:

- Practice positive self-talk. Instead of saying “this is too hard” try “this may take some time and effort”.
- Show compassion for yourself. Support yourself like you would a friend going through a similar situation.

By identifying specific, small goals it will be easier to find solutions that help reduce pain. Your goals could be:

- I want to take my grandkids to the park once a week
- I want to cook dinner for my family

Know Signs and Risk Factors of Medicine Misuse



When it comes to the misuse of prescription pain medicine, anyone can be at risk. The exact reason why someone is more likely to misuse medicine or alcohol is not known.

Life experiences and other factors, such as our genes, stress, anxiety, and depression, can all play a part.

Even if we are not aware of any of these factors in our lives, we may still be at risk to the feel-good feelings that these powerful drugs create in our minds and bodies.

[LEARN MORE](#)

[CARE PARTNER GUIDE](#)

Flip The Script



Use Pain Medicine Safely

Just as everyone's pain is different, everyone's path to healing is different.

You and your provider may decide that pain medicine is part of your treatment plan. Taking strong pain medicines, such as opioids, the wrong way or mixing with other drugs can be dangerous. This is why it is important to ask questions before you begin taking a medicine and to follow your doctor's instructions.

[LEARN MORE](#)

More Information and Helpful Resources



MANAGING PAIN

Everyone deals with pain differently. Some people have pain more often than others, and some people have pain that is more severe than others. It's important to talk to your doctor about your pain so they can help you manage it.

Remember that medication should be used as directed. Your doctor will tell you how to take your medicine and how often to take it. Do not take more than your doctor has prescribed.

Some options help us change the way we think about pain, which can help make us stronger and help us live better lives. For example:

- Talking with a counselor or therapist
- Working out
- Using heat or cold
- Mindfulness
- Yoga

Talk to your doctor about managing your pain. Flip the page for questions to ask.

Managing Pain

[Learn more](#)



SAFE USE OF PAIN MEDICINE

Just as everyone's pain is different, everyone's path to feeling a difference is different. It's important to talk to your doctor about your pain so they can help you manage it.

We know that medication should be used as directed. Your doctor will tell you how to take your medicine and how often to take it. Do not take more than your doctor has prescribed.

Some medication, including aspirin, is taken as a daily pain reliever. Some have side effects that can be managed. For example:

- Taking your medicine with food
- Not drinking alcohol while taking your medicine
- Taking your medicine at the same time every day
- Not taking your medicine if you are sick
- Taking your medicine as directed
- Taking your medicine with water
- Taking your medicine with food

Talk to your doctor about using pain medicine safely. Flip the page for questions to ask.

Safe Use of Pain Medicine

[Learn more](#)



UNDERSTANDING PAIN

Understanding pain and knowing more about what is causing it can help you feel better. It's important to talk to your doctor about your pain so they can help you manage it.

Remember, you are the most important member of your healthcare team. Take the time to learn more about your pain.

Talking with your doctor will help you get the best relief for your pain.

Talk to your doctor about your pain. Flip the page for questions to ask.

Understanding Pain

[Learn more](#)



AWARENESS OF SUBSTANCE MISUSE

When it comes to the misuse of prescription pain medicine, awareness is key. It's important to talk to your doctor about your pain so they can help you manage it.

Remember, you are the most important member of your healthcare team. Take the time to learn more about your pain.

Talking with your doctor will help you get the best relief for your pain.

Talk to your doctor about substance misuse. Flip the page for questions to ask.

Awareness of Substance Misuse

[Learn more](#)



A GUIDE FOR CARE PARTNERS

Remember, every pain medicine called can be used as directed. It's important to talk to your doctor about your pain so they can help you manage it.

Remember, you are the most important member of your healthcare team. Take the time to learn more about your pain.

Talking with your doctor will help you get the best relief for your pain.

Talk to your doctor about substance misuse. Flip the page for questions to ask.

A Guide for Carepartners

[Learn more](#)