April 1, 2022

American Society on Aging

ASA Chicagoland Roundtable

Policy in Practice: Optimizing Health of Older Adults via Geriatrics Workforce Enhancement Programs in Illinois

Honoring
Martha Holstein,
PhD

"Being an old woman, to me, means trying to live as consciously as I possibly can, knowing that I don't have an endless amount of time left.

There's an element for me of urgency about, how do I live every day?"

https://bioethicstoday.org/blog/in-memoriam-martha-holstein-phd

Today's agenda & speakers

National Context	Bureau of Health Workforce, Health Resources & Services Administration		
	• Nina Tumosa, PhD		
Panel on Chicago Area Geriatric Workforce Enhancement Programs (GWEPs)	University of Chicago GWEP	Rush University Medical Center GWEP	University of Illinois at Chicago GWEP
	• Lauren Gleason, MD, MPH • Monica Long, MSN-Ed, CDP, RN	• Erin E. Emery-Tiburcio, Ph.D., ABPP • Robyn Golden, LCSW	• Valerie Gruss, PhD, APRN, CNP-BC, FAAN • Memoona Hasnain, MD, MHPE, PhD
Remarks from GWEP Collaborator	Mesulam Center for Cognitive Neurology and Alzheimer's Disease at Northwestern University Feinberg School of Medicine		
	• Darby Morhardt, PhD, LCSW		
Moderated discussion	Moderated by Nina Tumosa, PhD		

Logistics

Submit your questions into the chat box

Slides and a recording will be shared with registrants

Closed captioning available by **clicking on "Live Transcript"**
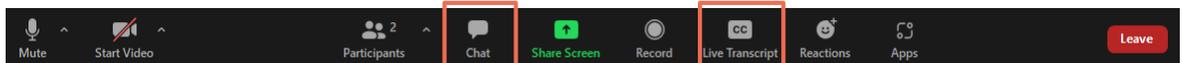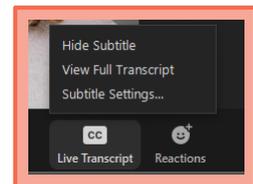
National Context:
Geriatric Workforce Enhancement Programs

Nina Tumosa, PhD
Lead Public Health Analyst
Division of Medicine and Dentistry
Bureau of Health Workforce

HRSA
Health Resources & Services Administration

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Medicine

GWEPs in Action: SHARE Network in the Clinical Setting & the Community

Monica Long, MSN-Ed, CDP, RN
Lauren Gleason, MD, MPH

ASA Roundtable

April 1, 2022

We have no relevant financial disclosures

Grant funding:

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SHARE
NETWORK
Supporting Healthy Aging Resources & Education

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SHARE
NETWORK

Supporting Healthy Aging Resources & Education

- Started July 2015, GWEP (HRSA) funded
- Partnership between UCM, community-based & healthcare organizations
- **Mission:** Bring older adults, caregivers, primary care providers, and geriatric specialists together to share knowledge and resources on Chicago's South Side and beyond

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South Side of Chicago

- Population ~ 900,000
- 92% Non-white;
  - 59% African American, 28% Latinx

	Chicago	Far South Side	Near South Side
Percentage 65+	12%	17%	16%

	Chicago	Far South Side
Alzheimer's Disease Mortality Rate (per 100,000)	23.9	31.9

	Chicago Loop	Washington Park		Nation wide	Near South Side
Life Expectancy	85 years	69 years	65+ in Poverty	9%	21%

Sources: Chicago Health Atlas, CDPH, 2015-2019; American Community Survey 2019

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Objectives

- **SHARE Network in the Clinical Setting**
  - Introduce our clinical training programs with ECHO-Chicago
- **SHARE Network in the Community**
  - Highlight two community education initiatives: DRC & 4Ms Forum

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Educate Providers: ECHO-Chicago Superhub

ECHO is all teach, all learn
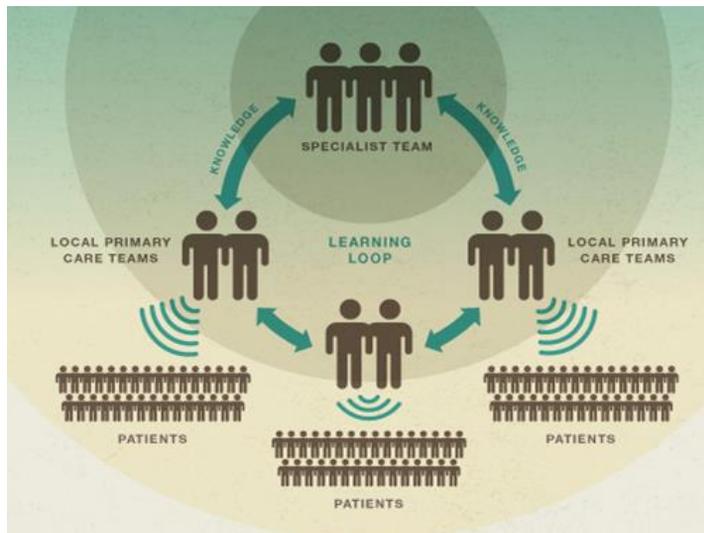
- Interactive
- Co-management of cases
- Peer-to-peer learning
- Collaborative problem solving

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Best Practices + Knowledge Transfer + Technology = **Force Multiplier**

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ECHO & SHARE Network: Current Series

ESTABLISHED 2010
(((E C H O)))
CHICAGO

- Since 2016
- 12 cohorts
- 216 participants

ECHO Geriatrics: Primary Care

ECHO Geriatrics: Skilled Nursing

- Since 2017
- 6 cohorts
- 90 participants

COVID-19 Skilled Nursing Facilities + Adult Populations

AHRQ – National Nursing Home COVID-19 Action Network

CNA Leadership Academy (COVID/SNF Supplement)

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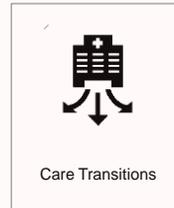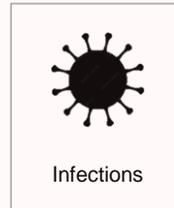
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ECHO Geriatrics: Curriculum

Primary Care

Falls

Chronic Disease Management

Screening & Health Maintenance

Both

Dementia

Advance Care Planning

Medications & Opioids

SNF

Infections

Care Transitions

Anticoagulation & Lab Integration

Surgical Recovery & Rehab

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Results: PCP Self-Efficacy (n=62)

Ability to…

| Screen for and treat falls | Discuss and complete living will/POLST | Treat patients with dementia | Assess/manage co-morbidities in older adults | Estimate remaining life expectancy |

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**All p-values <.0001

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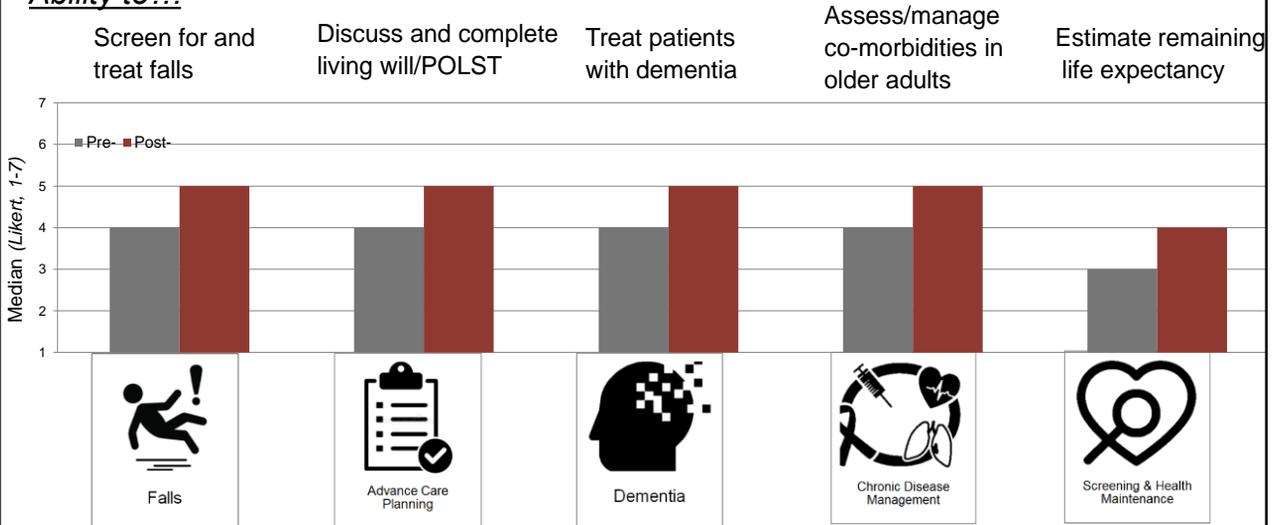
Results: PCP Practice Behavior Change (n=62)

Practice Behavior (Frequency):

| Screen for falls | Discuss or complete Advance Directive | Screen for cognitive impairment | Adjust disease-specific targets based on patient pref. | Use prognostic tool to estimate life expectancy |

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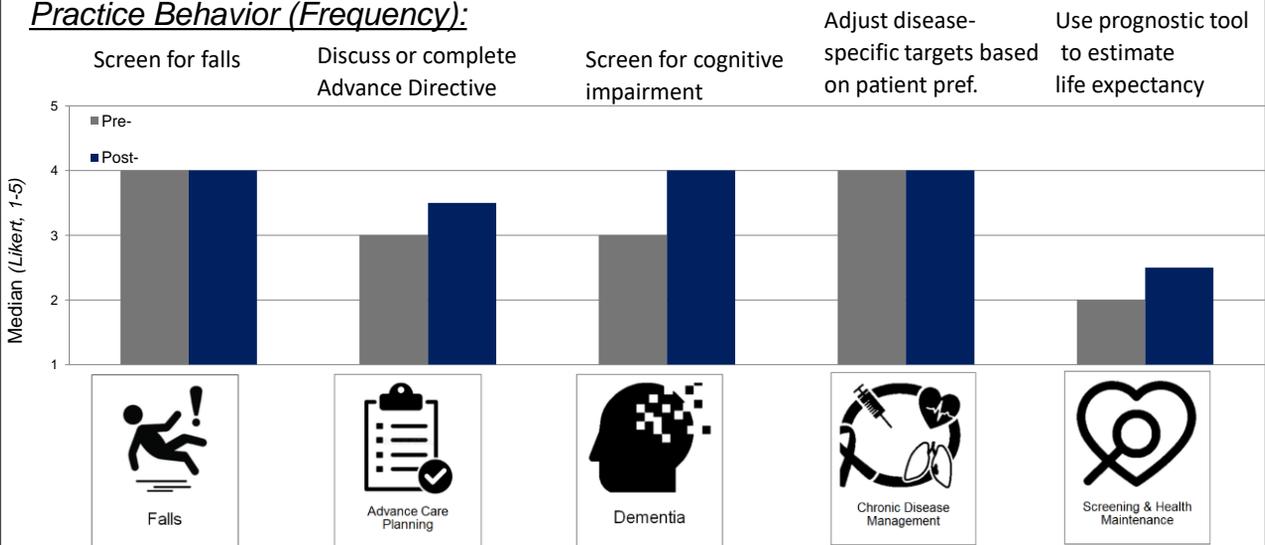
Jafari, P., Kostas, T., Levine, S., Martinchek, M., Johnson, D., Graupner, J., & Thompson, K. (2019). ECHO-Chicago Geriatrics: using telementoring to "geriatricize" the primary care workforce. *Gerontology & geriatrics education*, 1-9.

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ECHO Results

"…started screening more for falls, more aggressively whittling med lists of older adults, gotten smarter about recognizing cognitive deficits, more knowledgeable about care coordination of in-home resources"

"This series has made me grow more attentive towards things that I used to overlook or not pay too much attention to … I also feel like my communication has improved with the doctors and nurse practitioners at the facility. I also more diligently assess patients for any changes from their baseline; symptoms of sepsis, dementia, substance abuse. **Overall, I feel like I am more confident when I work with the geriatric population.**"

SHARE Network in the Community

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SHARE Network – 2 Community Education Initiatives

Dementia Resource Champions (DRC)

4Ms Forum

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Faith Based Curriculum

- **Identified Needs on South Side:**
  - Dementia Education
  - More Caregiver Support Groups
- **Goal:**
  - Reach Communities of Faith on South Side with Dementia-related resources and education
- **Early Success:**
  - Trust-building through partnerships
    - "Off the Pews"

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Dementia Resource Champions (DRC)

- **Participants:**
  - 25 Champions from 12 Churches
- **Intervention:**
  - "Train the trainer" model
  - 5 weeks, 2 hour weekly sessions dementia education, community resources & stress reduction
  - Education & mentorship to create caregiver support group
- **Outcomes:**
  - 6 Caregiver Support Groups created, + Virtual Support Group

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Coming Soon: DRC Online

- **5-week online DRC program**
  - Re-tooled lecture materials with narration
  - Caregiver Testimonial Videos
    - Former DRC- Champions
    - Same "cohort" approach with weekly Zoom meetings

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Age Friendly Health Systems: Background

- <u>Age Friendly Health Systems</u> is a healthcare framework designed to provide quality care to older adults by focusing on four domains commonly called the 4Ms:

  - Medication
  - Mobility
  - Mentation/ Mind
  - What Matters

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4Ms Forum-- Community Curriculum

- Interprofessional team adapted 4Ms Framework into a 5-session evidence based community curriculum
  - Interactive, Adaptable
- 14 sessions since April 2021 (as of March 2022)
  - 104 Participants (32 surveys)
  - 5 Community-Based Organizations
  - **Mean Rating = 4.62** (1 to 5, where 5 is Excellent)
  - **96.7% Plan to Make a Healthy Lifestyle Change**

JOURNAL OF THE **AMERICAN GERIATRICS SOCIETY** AGS

Geriatrics Education and Innovation (GErI) Corner

4Ms Forum: Development of an age-friendly 4Ms community forum

Lauren J. Gleason MD, MPH, AGSF, Jeffrey Graupner MPH, Jenil Bennett BECE, Jason Molony AM, Monica Long MSN-Ed, CDP, RN, Katherine Thompson MD

First published: 21 January 2022 | https://doi.org/10.1111/jgs.17671

Home Safety

- Use a gait assist device such as a walker or a cane if recommended
- Keep floors clutter-free
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping

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Summary

- Improvements in education and care for older adults on the South Side of Chicago and beyond requires a multi-level approach
- SHARE Network exemplifies this by providing education and resources to health care providers and community members alike
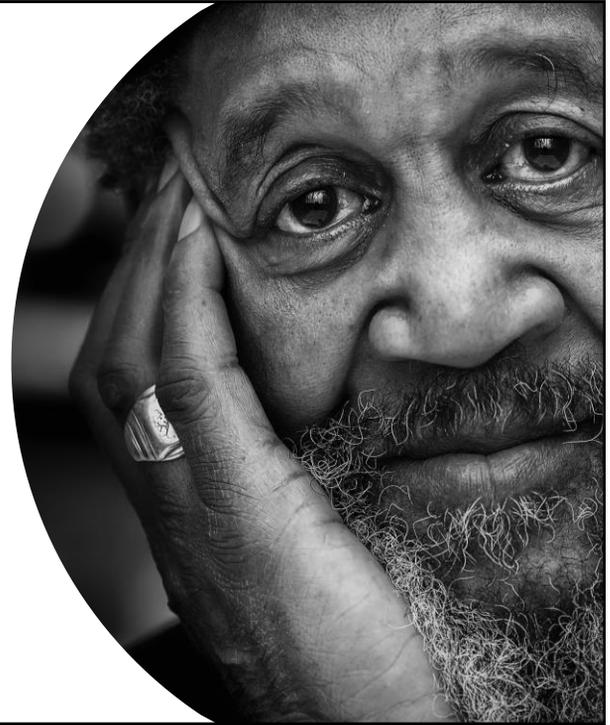
CATCH-ON GWEP
Rush University Medical Center

Erin Emery-Tiburcio, PhD, ABPP

Robyn Golden, LCSW

ASA Roundtable

April 1, 2022

CATCH-ON Partners

★ **Rush University Medical Center, IL**

Southern Illinois University Family Medicine, IL

Shawnee Health Service, IL

Cherokee Health Systems, TN

CATCH-ON Overview

Education

- 4M online education
- Learning Communities
- Interprofessional education
- Matter of Balance training
- Behavioral Pain Management training
- Geriatric competency online modules for mental health professionals
- Health Education About LGBT Elders (HEALE)

Primary Care Transformation

- Create Age-Friendly Health Communities
- Caregiver Initiative
- Closing the Loop
- Safe – Home Opioid Management Education (Safe-HOME)
- Active Listening Training
- Dementia Friends and Dementia Friendly Communities

www.catch-on.org

4Ms Modules

- Free online modules – 3 versions
  - Health System/CBO staff (free CE!)
  - Clinicians
  - Older adults and families
- Topic areas include:
  - Caregiving
  - Delirium
  - Dementia
  - Depression
  - Medication
  - Mobility

Join the 2000+ learners!

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

Brief Educational Videos about Aging and Health for Older Adults and Families

These videos will help you learn how to improve your health by talking with your health team about the 4Ms: What Matters (including caregiving), Medication, Mind (including dementia, delirium, and depression), and Mobility.

Caregiving
The importance of choosing the appropriate family caregiver, how to support family caregivers, and more.

Delirium
What delirium is, how to prevent and manage delirium, and more.

Dementia
What dementia is, how dementia is different than "just getting older," and more.

Depression
Symptoms of different kinds of depression, treatment options, and more.

Medication
Why older adults are at greater risk for medication related harm, how to reduce medication related harm, and more.

Mobility
What mobility means, ways to avoid falls and injuries, and more.

Visit **http://bit.ly/catch-onvideos** to complete the videos and for additional resources

If you have any questions about CATCH-ON or feedback, please let us know!
Email: CATCH-ON@rush.edu
Phone: 312-942-0417

This project is funded by HRSA Grant #U1QHP28715

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

Foundational Competencies in Older Adult Mental Health
Online continuing education certificate program

- Based on Geropsychology foundational competencies
- Added social work, psychiatry
- Created scripts
- Peer review
- Module development
- Resources

Foundational Competencies in Older Adult Mental Health
Online continuing education certificate program

- Attitudes about aging
- Adult development and aging
- Depression
- Suicide
- Anxiety
- Substance use
- Psychopharmacology

- Cognition
- Common life problems
- End of life and grief
- Trauma & PTSD
- Practice Issues
- Serious Mental Illness

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

Foundational Competencies in Older Adult Mental Health

In-person intensive training

- Licensed mental health clinicians
- 3 days in person at Rush
- Same content areas
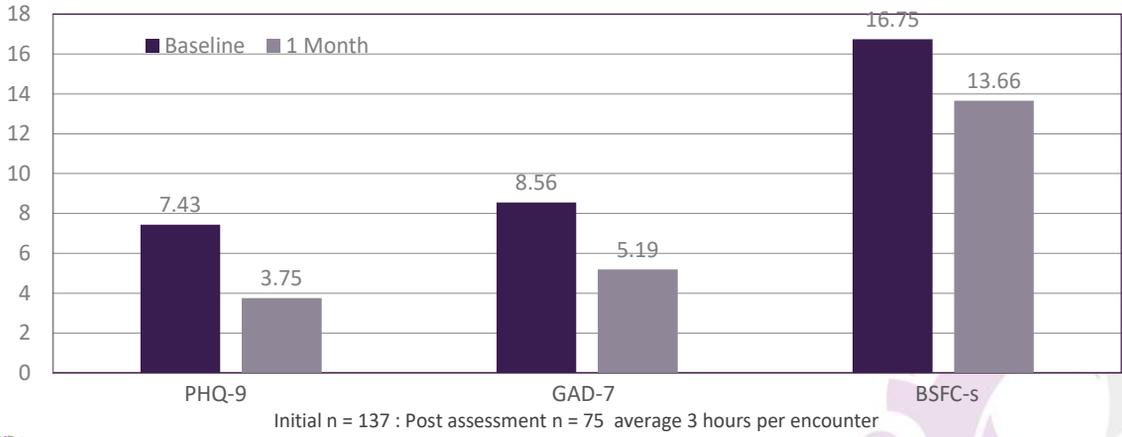- Interactive, practice based
- Simulated patients

Age-Friendly Health System **Caring for Caregivers**
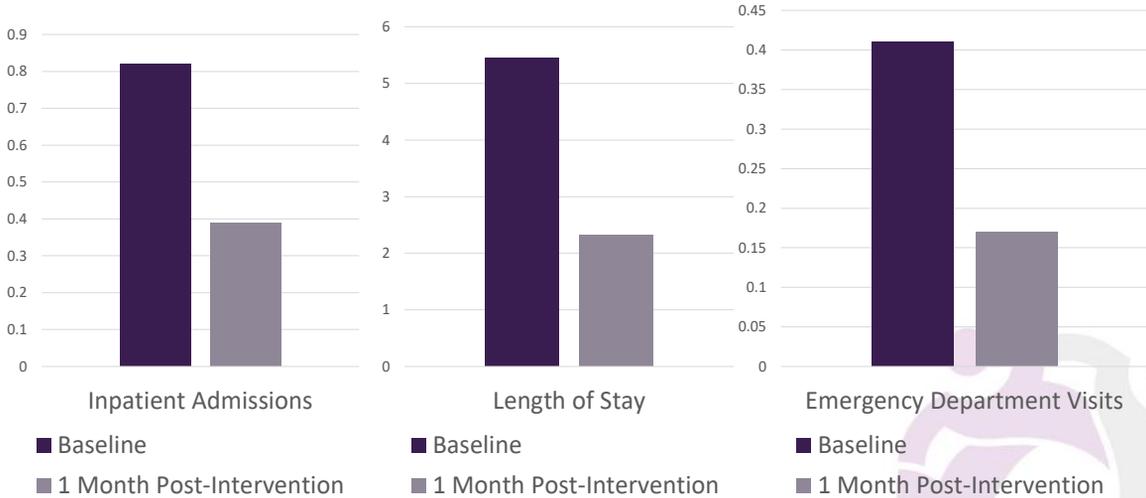with support from the RRF Foundation for Aging
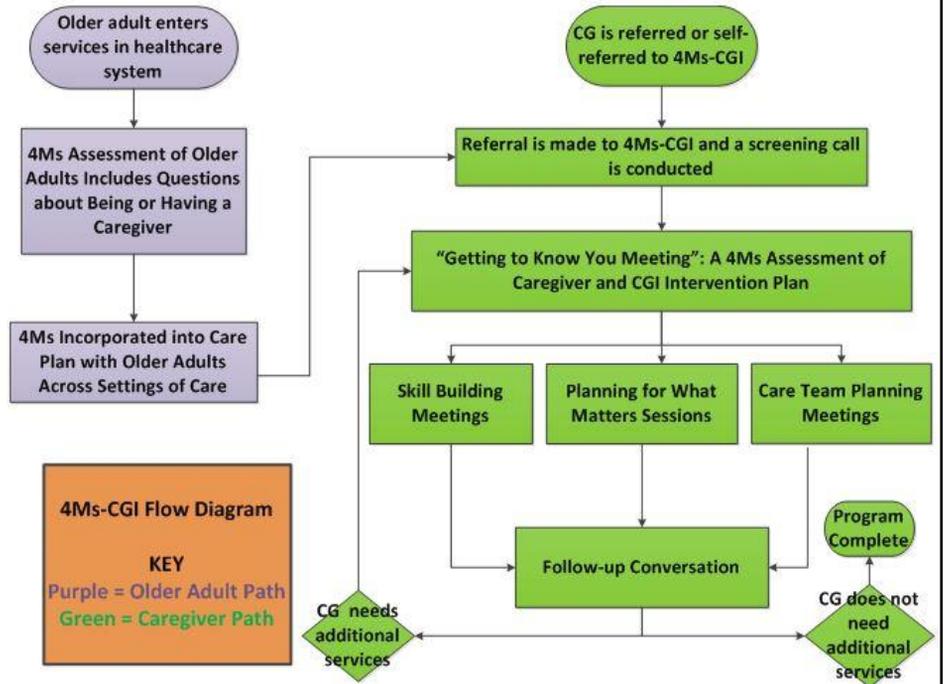
Caring for Caregivers Initial Outcomes

Change in Symptoms and Caregiver Burden Among Caregivers from Baseline to 1 Month Post-Intervention

Initial n = 137 : Post assessment n = 75 average 3 hours per encounter

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Caring for Caregivers Initial Outcomes

n=102 ; Number enrolled in program=231

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Caring for Caregivers Next Steps

John A. Hartford Foundation support

- Testing the intervention with five sites nationally
- Refining the intervention
- Scale and spread through the Age-Friendly Health System movement

Create **Dementia Friendly Communities** and provide technical assistance for creation of communities

- Currently 19 communities listed as Dementia Friendly

- Barrington has submitted and Washington Heights will submit application soon.

ICRN
Illinois Cognitive Resources Network

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

Elgin	Evanston	Glencoe
Highland Park	Kankakee County	North Chicago/ Lake County
Oswego	River Forest	Oak Park
Hyde Park	Westmont	Naperville
South Loop	West Deerfield	Austin
Grayslake	Orland Park	Springfield
Tri-Cities (Batavia/St. Charles/Geneva)		

To Learn More

Please visit: https://catch-on.org/ or
email CATCH-ON@rush.edu

ENGAGE-IL 2.0 ™
Enhancing Care for Older Adults

Dr. Valerie Gruss, PhD, APRN, GNP-BC, FAAN
Dr. Memoona Hasnain, MD, MHPE, PhD

University of Illinois at Chicago

April 1, 2022

ENGAGE-IL

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EngageIL.com

Disclosure

Dr. Gruss has current funding from:

- Health Resources and Services Administration (HRSA)
- Center for Disease Control
- AWHONN
- NIH

No financial conflict of interest

Dr. Hasnain has received funding from:

- Health Resources and Services Administration (HRSA)
- Josiah Macy Jr. Foundation – Macy Scholar Award
- NIH-NINR, AHRQ, APTR-CDC, AMSA, ACGME, CDPH, Arnold P. Gold Foundation
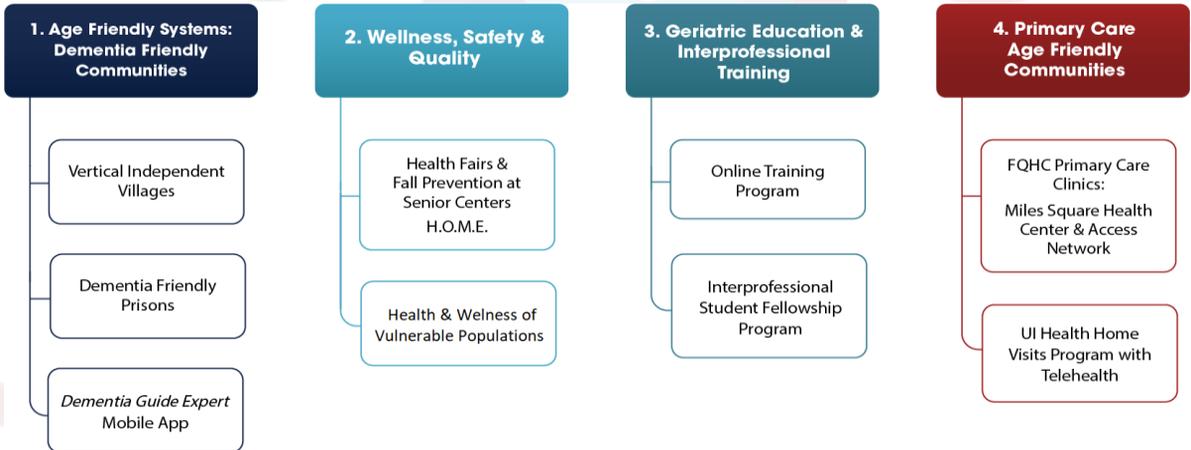- Book Revenue

No financial conflict of interest

HRSA Geriatrics Workforce Enhancement Program
HRSA # U1QHP28730

Engage-IL 4 Primary Objectives and 9 Programs
Focused on the most vulnerable older populations

1. Age Friendly Systems: Dementia Friendly Communities
- Vertical Independent Villages
- Dementia Friendly Prisons
- Dementia Guide Expert Mobile App

2. Wellness, Safety & Quality
- Health Fairs & Fall Prevention at Senior Centers H.O.M.E.
- Health & Welness of Vulnerable Populations

3. Geriatric Education & Interprofessional Training
- Online Training Program
- Interprofessional Student Fellowship Program

4. Primary Care Age Friendly Communities
- FQHC Primary Care Clinics: Miles Square Health Center & Access Network
- UI Health Home Visits Program with Telehealth

UIC & City of Chicago

Dementia Friendly Buildings ™

Collaborating with the City of Chicago, Age-Friendly Commission, we scaled up our Engage-IL program with the development and implementation of a city-wide **Dementia Training Program for building management** staff caring for older adult residing in their buildings... Creating Dementia Friendly Buildings which are age-friendly communities

IMPACT:
Trained > 300 building managers/staff who engage with over
40,000 older adults

2020-2021Transitioned to virtual webinar trainings due to COVID-19
2022 Transitioning to dedicated website with online training modules

Creating *Dementia Friendly Prisons*

Illinois Department of Corrections (IDOC) was exploring options for training prison Correction Officers to recognize and address the changing health care needs of older inmates

UIC Engage-IL developed a "Dementia-Friendly Training Program" for prison staff
thereby creating IDOC "*Dementia-Friendly Prisons*"
Wardens' Needs Assessment indicating prisons are in need of training
Pilot: Taylorville Correctional Facility
Transitioning to virtual training due to COVID-19

Gruss, V., Hasnain, M. Addressing the needs of incarcerated inmates with dementia: creating dementia-friendly prisons. Innovation in Aging. 2019, Vol. 3, No. S1, S433. https://doi.org/10.1093/geroni/igz038.1620.

Create Age-Friendly Communities
Transforming the Alzheimer experience with a
Mobile App
Dementia Guide Expert ™

Guia Experta Sobre La Demencia   치매 안내 전문가

Download the FREE App now !!

Available for iOS on Apple iTunes and for
Android on Google Play
IMPACT:
App downloads/views: > 66,921

12 Countries: Australia, Brazil, Canada, China, Germany, Japan, Korea,
New Zealand, Spain, Taiwan, U.K., U.S.

Gruss, V., Hasnain, M. A Smartphone Application for Educating the Public about Alzheimer's Disease and Related Dementias. *Gerotechnology*. (2020) 19:3 https://doi.org/10.4017/gt.2020.19.003.03

▶ **YouTube** **You Tube** video Dementia Guide Expert **https://youtu.be/3RGjbBA7JLc**

Educate Interprofessional Healthcare Workforce with Online Technology and Student Fellowships

Online Accredited Learning in Interprofessional Geriatrics (OALIG)™

- Library of 27 Online geriatric training modules
- Our website (**engageil.com**) serves as a portal to our online program
- Modules offer Free continuing education credits to licensed professionals

IMPACT

Total number of modules completed:

Dec 2017 – November 2021 : **32,567**

- Averaging over 600 modules/month

ONLiNE TRAiNiNG

Key elements

Scalability: Online library of over 27 geriatric educational videos

- Caregiver Burden
- Common Acquired Hospital Complications
- Communication Among Patients & Practitioners
- Community-Based Interprofessional Home Care
- Community Services: Access & Payment Systems
- Dementia: Patient-Centered Dementia Care (1 hour)
- Depression and Delirium
- Driving Safety of the Older Adult
- Drug Therapy in Older Adults
- The Dying Process
- Elder Abuse and Self-Neglect
- End of Life: Hospice and Advance Directives
- Fall Prevention

- Geriatric Health Promotion & Disease Prevention
- Managing Multiple Chronic Conditions
- Medication Management (1 hour)
- Nutrition & the Older Adult
- Older Adults with Visual, Hearing & Cognitive Impairment
- Oral health & the Older Adult
- Pain Management & the Older Adult
- Palliative Care
- Physical Activity & the Older Adult
- Process of Aging
- Sleep Quality & the Older Adult
- Transitions in Care

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Deliver Community Based Wellness Programs for Vulnerable Populations

Senior Centers Wellness Programs (including health screenings)

Delivered in collaboration with community partners at 17 Senior Centers throughout Chicagoland. Hundreds of Seniors screened for high risk medications, fall risk, hypertension, depression and cognitive impairment. IMPACT: **> 200 older adults/per month** (pre-COVID-19)

MILE SQUARE HEALTH CENTER

Training Interprofessional Primary Care Professionals at FQHC clinics

- Trained staff on *Medicare Annual Wellness Visits-The* 4Ms [What Matters; Medication; Mentation; Mobility] screening program and a Falls Prevention program

- Dedicated "AWV" clinic days scheduled

- Established Mile Square Health Center as a nationally certified "*Age-Friendly Action Community*"

Optimizing care for *homebound* older adults through Home Visits

Developed evidence-based protocol for increasing **Medicare Annual Wellness Visits** and **4M health screenings**

"E-Visits"

May 1, 2020 to October 31, 2021

- **64** # Telehealth "E-Visits" using telehealth platform (virtually) (CPT Codes: 99212, 99213, 99215)

- **29** # of Screenings COVID-19

- **940** # of patient telehealth "E-Visits" (extracted Medicare & Medicare Managed Care data)

*We are also collecting data on Social Isolation
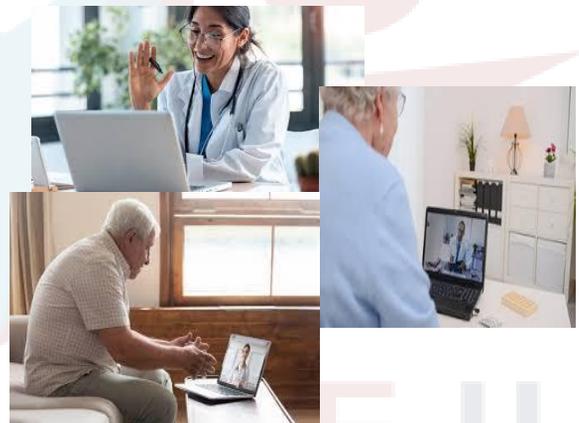
Optimizing care for _homebound_ _older adults_ through Home Visits

"Virtual Check-In" with home monitoring devices

"Virtual Check-In"

N= 29 homebound patients on home monitoring devices

May 1, 2020 – October 31, 2021

- **1,871 days of reading (**# Virtual check-ins with home monitoring devices (blood pressure, weight, blood glucose, pulse oximeter, heart rate)
  - o Average readings per month = 18.71
- **162** # Telephone visits

Educate Interprofessional Healthcare Workforce with Online Technology and Student Fellowships

Scholars & Leaders in Interprofessional Geriatrics

Summer course for six health professions colleges [Medicine, Nursing, Pharmacy, Public Health, Social work, Allied Health Sciences]

Successful course development and implementation since 2016

62 students completed the course thus far

Preparing the future health workforce in interprofessional teams to be leaders, scholars, advocates and change agents

Gruss, V., Hasnain, M. Building the Future Geriatrics Workforce through Transformative Interprofessional Education and Community-Engaged Experiential Learning Journal of Interprofessional Education & Practice. 2021. https://doi.org/10.1016/j.xjep.2020.100389. Epub 2020 Dec 8.

Summary

ENGAGE-IL has

- **Assembled an interprofessional team** of healthcare experts with the shared vision to enhance the care provided to vulnerable populations, reduce health disparities, and strengthen primary care geriatrics
- **Developed strong community partnerships** with government agencies, health care organizations, academic medical centers, and other stakeholders supporting programs to provide best care practices for vulnerable populations
- **Created multiple innovative products and programs** utilizing technology to create a learning community without walls, resulting in improved clinical proficiency and positive practice changes
- **Shaped the future healthcare workforce** through online interprofessional education, community healthcare programing and educating health science students in interprofessional teams to optimize primary care geriatrics

Thank You

Valerie Gruss vgruss@uic.edu
Memoona Hasnain memoona@uic.edu

Visit: engageil.com

Remarks from a GWEP Collaborator

Darby Morhardt, PhD, LCSW

Research Professor, Mesulam Center for **Cognitive Neurology and Alzheimer's** Disease and Department of Preventive Medicine

Northwestern University Feinberg School of Medicine

Policy in Practice: Optimizing Health of Older Adults via Geriatrics Workforce Enhancement Programs in Illinois

Q&A and Discussion
Moderated by Nina Tumosa, PhD

Thank you!

Please share any announcements in the chat

On Aging conference and virtual option are coming up!
- https://asaging.org/on-aging

View recordings from recent sessions at https://aging.rush.edu/policy/asa-chicagoland/

Please join us for our upcoming Roundtable
- **Friday 6/3/22, 8:30-10:30am** for a session on sexuality and aging
- Registration / details will be shared in May
  - *Will be sent via ASA listserv in May*
  - *Bonnie will also share registration details in follow-up from today's event*