



AGELIT

a selected review of resources in geriatrics, gerontology & long term care

July, 2009

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Are you ready for a disaster emergency? *Nurse Aide/VIP Current, Evidence-Based Training and Education* 2009;21(7): 3.

State and federal regulations require all health care facilities to have procedures in place for emergencies and disasters.

Barnes, I. Cognitive screening tool provides person-centered care plans for residents with dementia. *Canadian Nursing Home* 2009;20(1):4-13.

A new cognitive tool incorporating the assessment advantages of two well-respected and viable cognitive screening instruments (the 3MS and the MMSE), can be used, not only to determine the meaning of behaviours, but assist in the development of individualized care-plan interventions in residents with a memory impairment, dementia or challenging behaviours.

Bloom, H. G. Evidence-based recommendations for the assessment and management of sleep disorders in older persons. *Journal of the American Geriatrics Society* 2009;57(5):761-789.

Sleep-related disorders are most prevalent in the older adult population. A high prevalence of medical and psychosocial comorbidities and the frequent use of multiple medications, rather than aging per se, are major reasons for this. A major concern, often underappreciated and underaddressed by clinicians, is the strong bidirectional relationship between sleep disorders and serious medical problems in older adults. Hypertension, depression, cardiovascular disease, and cerebrovascular disease are examples of diseases that are more likely to develop in individuals with sleep disorders. Conversely, individuals with any of these diseases are at a higher risk of developing sleep disorders. The goals of this article are to help guide clinicians in their general understanding of sleep problems in older persons, examine specific sleep disorders that occur in older persons, and suggest evidence- and expert-based recommendations for the assessment and treatment of sleep disorders in older persons.

Boltz, M. Try this urinary incontinence assessment in older adults: Part II -- established urinary incontinence. *Annals of Long Term Care* 2009;17(3):39-40.

Urinary incontinence (UI) is the involuntary loss of urine sufficient to a bother. Try This: UI Part II highlights the need for evidenced-based assessment and focuses on the initial evaluation for possible causes of transient UI. Try This: UI Part II focuses on established (chronic) UI classified as urge, stress, overflow, functional, or a combination of these.

Buhr, G. Nutritional supplements for older adults: Review and recommendations -- part 1. *Journal of Nutrition for the Elderly* 2009;28(1):5-29.

The majority of older adults take nutritional supplements (NS) to prevent deficiencies and or because they are interested in the potential health promoting effects of these nutrients. This review explores the evidence of benefit for supplements of multivitamin minerals (MVM), antioxidant nutrients, and vitamin D calcium.

Demiris, G. Ethical considerations regarding the use of technology for older adults: The case of telehealth. *Research in Gerontological Nursing* 2009;2(2):128-136.

Life expectancy increases and ongoing growth of the population older than 65 have led to new models of aging research aimed at promoting independence and empowerment of older adults. Advances in information technology have introduced numerous ways to enhance or expand health care and support service research and development. The purpose of this article is to discuss ethical considerations associated with the use of technology with older adults in research and practice and to present a framework for such ethical parameters.

Dennis, M. S. Suicide and self-harm in older people. *Quality in Ageing* 2009;10(1):16-23.

Suicide is a tragic cause of death and causes considerable distress for families, carers and healthcare professionals. Thankfully, suicide rates in older people in the UK have steadily declined for both men and women since the mid-1980s. An understanding of the clinical and demographic characteristics of both completed suicide and non-fatal self-harm in older people is important in informing the development of preventative strategies to sustain this decline.

Diefenbach, G. J. Assessment of anxiety in older home care recipients. *Gerontologist* 2009;49(2):141-153.

This study determined the psychometric properties of a variety of anxiety measures administered to older adults receiving home care services. Data were collected from 66 adults aged 65 years and older who were receiving home care services. Participants completed self-report and clinician-rated measures of anxiety and diagnostic interviews for generalized anxiety disorder (GAD). Most measures demonstrated acceptable psychometric properties. All of the measures showed excellent interrater reliability to support verbal administration, which is the typical mode of assessment in home care.

Dowling-Castronovo, A. Try this urinary incontinence assessment in older adults part 1 -- transient urinary incontinence. *Annals of Long Term Care* 2009;17(2):15-16.

UI Part I focuses on assessing for contributing causes of transient UI, which is significantly under addressed both in clinical practice and in the health care literature.

Farrell, J. J. Hydration and nosocomial pneumonia: Killing two birds with one stone (a toothbrush). *Rehabilitation Nursing* 2009;34(2):47.

Clear and compelling evidence exists in the literature to suggest that nosocomial pneumonia is linked to poor oral care. In nursing homes and intensive care units, practicing good oral care has been demonstrated

to reduce the risk of aspiration pneumonia (Furr, Binkley, McCurren, & Carrico, 2004). This article reviews the steps one rehabilitation unit took to implement an oral care plan.

Felix, H. C. Obesity, disability, and nursing home admission. *Annals of Long Term Care* 2008;16(7):33-36.

Studies have shown that obesity is associated with cognitive and functional decline, increased service utilization and cost, and nursing home (NH) admission. Unfortunately, little attention has been paid to the impact that the obesity epidemic among older Americans will have on the delivery of quality long-term care (LTC) services. This article reviews the literature on the association between obesity and disability, as well as obesity and NH admissions, and discusses the known and potential impacts on LTC.

Fleming, R. The reliability and validity of the care planning assessment tool. *Australasian Journal on Ageing* 2008;27(4):209-211.

The objective of this study was the development of a simple, comprehensive, valid and reliable tool to assist aged care services staff develops and monitors care plans. An assessment with proven utility in a psychogeriatric setting was modified to improve its relevance to aged care services. Reliability was assessed from the scores obtained from two independent raters assessing 48 randomly selected residents in a large aged care facility. Validity was assessed by comparison with well-validated measures of cognition and function. The results of the study shows that the Care Planning Assessment Tool has very high interrater reliability and good internal consistency. The validity of the subscales compared with well-validated assessments was very high.

Hernandez, A. F. BNP-guided heart failure therapy in older patients. *Journal of the American Medical Association*. 2009; 301(20):2091-2092. Author reply 2092-3.

It is uncertain whether intensified heart failure therapy guided by N-terminal brain natriuretic peptide (BNP) is superior to symptom-guided therapy. The objective of this study was to compare 18-month outcomes of N-terminal BNP-guided vs symptom-guided heart failure therapy. The study design was a randomized controlled multicenter Trial of Intensified vs Standard Medical Therapy in Elderly Patients With Congestive Heart Failure (TIME-CHF) of 499 patients aged 60 years or older with systolic heart failure (ejection fraction 45%), New York Heart Association (NYHA) class of II or greater, prior hospitalization for heart failure within 1 year, and N-terminal BNP level of 2 or more times the upper limit of normal. The study had an 18-month follow-up and it was conducted at 15 outpatient centers in Switzerland and Germany between January 2003 and June 2008.

Iwasaki, M. Attitudes toward older adults: A reexamination of two major scales. *Gerontology & Geriatrics Education* 2008;29(2):139-157.

Two studies were conducted to reexamine the psychometric properties of two major scales measuring attitudes toward older adults. The Kogan Attitudes Toward Old People Scale (Kogan OP Scale; Kogan, 1961b) and the refined version (Polizzi & Millikin, 2002) of the Aging Semantic Differential (ASD; Rosencranz & McNeivin, 1969). Strengths and shortcomings of these scales are discussed based on psychometric features. Implications for future studies are discussed.

Jenkins, D. Entering long-term care doesn't mean your sexual life is over. *Canadian Nurse* 2009; 105(5):10-10.

A total assessment is done when an individual enters a long-term care home. But is everything covered? A resident's sexual and intimacy needs are rarely covered in the assessment process. This paper explores advocating on behalf of the resident to ensure that no aspect of their lives and given care is taboo.

Klassen, B. L. Pain management best practice with older adults: Effects of training on staff knowledge, attitudes, and patient outcomes. *Physical & Occupational Therapy in Geriatrics* 2009;27(3):173-196.

This study examined the effects of staff training regarding best practice of pain management on knowledge and attitudes and patient outcomes in a rehabilitation hospital. Nursing, occupational therapy, and physiotherapy staff (N = 75) viewed videos based on the 2002 American Geriatrics Society (AGS) clinical practice guidelines. Training resulted in improved pain management knowledge and attitudes ($p < .002$), as measured by "barriers to the assessment and treatment of pain" questionnaire (McCaffery & Pasero, 1999) and by higher frequency of documentation of pain ratings up to 5 months after training ($p < .05$) as determined through chart audits. Length of stay decreased by 4 to 6 days, and functional outcomes improved, possibly indicating an improvement in efficiency of patient recovery after staff training.

Long, T. Aging with developmental disabilities: An overview. *Topics in Geriatric Rehabilitation* 2008;24(1): 2-11.

Because of advances in healthcare, individuals with developmental disabilities have a longer life expectancy than ever before. Increasing attention is being placed on this growing population of individuals throughout all aspects of the healthcare system including, medicine, rehabilitation, and social services. This article will review the demographic trends seen in this population, the effects of aging on individuals with disabilities, and contemporary practices that hold promise to diminish the negative consequences of aging and promote the individual's continued participation in the community.

Nichols, L. O. Dementia caregivers' most pressing concerns. *Clinical Gerontologist* 2009;32(1):1-14.

This primary-care-based study was designed to determine needs as identified by the informal caregiver. A total of 165 caregivers identified selected topics of concern. Depressed caregivers requested more information about depression, adult day care, grief, caregiver feelings, and relaxation. Caregivers of individuals with mild dementia requested more information on confusion, driving, patient depression, shadowing, telling the patient and others, grief, and depression. Behavioral (activities, combativeness, communication, confusion) and stress (healthy lifestyle, grief, relaxation, depression) needs were similar across race, gender, and relationship. However, the clinical characteristics of caregivers (depression) and care recipients (cognitive impairment severity) affected behavioral and stress and coping needs.

Nusbaum, N. J. What should geriatricians be doing? *Annals of Long Term Care* 2009;17(2):38-39.

It seems unlikely that the geriatrician supply in future decades will be even remotely commensurate with the need for geriatricians, and efforts to close this gap to date have been unavailing. It would therefore be prudent for policymakers to plan how to triage the use of this scarce supply of geriatricians to most improve the health of older Americans, including frail elderly residents in long-term care.

Pandemic flu: How to protect patients and caregivers. *Current Activities the Activity Professional's Magazine* 2009;37(3):24.

The swine flu epidemic is making headlines around the world. Whether or not it develops into a full-blown, life-threatening pandemic, it should serve as a wake-up call for caregivers to make sure they are prepared and up to date in the latest recommended prevention practices.

Pleasant, R. A. Chronic obstructive pulmonary disease in long-term care. *Annals of Long Term Care* 2009;17(3):24-30.

Chronic obstructive pulmonary disease (COPD) is a disease with a progressive and complex nature, and therefore is commonly found in nursing home residents. COPD has been found to be as likely as kidney disease to lead to admission to a skilled nursing facility in elderly patients who underwent coronary artery

bypass surgery. Whereas death from heart disease and stroke are declining, the death rate from COPD is on the increase. According to one study, one in every six admissions to nursing homes was for patients with a history of emphysema or COPD. Tobacco smoking is the primary cause of COPD in 80-90% of persons who have the disease. This article discusses relevant issues for persons with COPD residing in LTC facilities.

Richardson, B. The impact of ageing-in-place policies on structural change in residential aged care. *Australasian Journal on Ageing* 2009;28(1):28-31.

This paper reports findings from a study to investigate the impact of ageing-in-place policies on resident dependency levels and to explore the relationship between structural variables and outcome ratings. The study involved a time series data collection of high- and low-care places and accreditation ratings from both the first and the second accreditation cycles in Queensland (N = 482 and 499). Paired-samples t-tests were also conducted on a sample of homes providing both high- and low-level care to assess changing dependency levels over the two time periods. The findings suggest that the ageing-in-place regulatory intervention achieved the intended policy goal and homes have effectively implemented staffing and quality control strategies to accommodate the changes.

Roger, K. S. Public opinion on mandatory reporting of abuse and/or neglect of older adults in Manitoba, Canada. *Journal of Elder Abuse & Neglect* 2009;21(2):115-140.

This article discusses the results of a survey administered as part of a study titled, "Legislation and Service Provision Regarding Abuse and/or Neglect of Older Adults in Manitoba." Public views of mandatory reporting and knowledge of legislation were investigated in the case where an older adult is living at risk of abuse and/or neglect in Manitoba, Canada. The survey data demonstrate that older respondents stated that mandatory reporting was not always preferable, except when an older adult was clearly diagnosed as incompetent and, even with no evidence, thought to be at risk. With less awareness of the topic in general, and with less contact with older adults, younger adults had much stronger views in support of mandatory reporting in all cases. Little knowledge and awareness of legislation existed in all age groups, although older adults knew more about such abuse and/or neglect than younger adults. Given the projected increase of older adults in Canada in the next 20 years, it is critical that the prevention of abuse and/or neglect and protection of older adults be addressed.

Shipman, D. Staff background checks: Safeguarding vulnerable adults. *Nursing Older People* 2009;21(4):23-26.

It is compulsory for an applicant seeking employment in a healthcare organisation in the United States to undergo a series of background checks, which are carried out by the employer. These checks are made to protect the safety and wellbeing of residents in nursing homes or patients in healthcare organisations. Residents of nursing homes are soft targets for criminals and patients undergoing medical procedures can be vulnerable to abuse. The deviant behaviour of employers can also be a financial disaster for organisations, and ruin their reputation. This article discusses safeguards that an organisation in the US can put in place to protect its interests and help keep patients or residents safe and preserve their integrity. Although care systems are different in the UK, concerns about the potential abuse of vulnerable adults are similar.

Trueland, J. Guidelines to counter ageism. *Nursing Older People* 2009;21(4):6-7.

New guidance on caring for older people emphasises the importance of the personal touch.

Wilkins, K. M. Clinical utility of the Hopkins competency assessment test on an inpatient geropsychiatry unit. *American Journal of Alzheimer's Disease & Other Dementias* 2009;24(1):34-39.

This study examined the clinical use of routine administration of the Hopkins Competency Assessment Test on an inpatient geropsychiatry unit. The purpose was to determine whether the Hopkins Competency Assessment Test results influenced the psychiatrist's capacity assessment or confidence in that determination. The Hopkins Competency Assessment Test is not suited for routine administration among geropsychiatry inpatients. However, the test may serve a role as a supplementary tool for assessing treatment consent capacity among patients with evidence of cognitive impairment.

Winterburn, S. Residents' choice of and control over food in care homes. *Nursing Older People* 2009;21(3):34-37.

This study aimed to map food pathways in care homes to identify how residents exercised choice and control over their food intake and any associated or influencing factors. Four homes were visited, interviews were conducted with chefs and nursing staff and the dining facilities were noted. It was found that residents were dependent on the care home for the provision of food. There was almost no direct contact between residents and external food retailers. A food map was constructed, which identified three routes for potential improvements in practice: supply and delivery of food; serving of food; and consumption of food. Residents' choice and control over food could be improved through the design of new products for serving and consumption of food and eating aids, access to local food retailers and nutritional training.

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Clinical Practice Guidelines/Best Practices/ Systematic Reviews

AASHA. *Dining assistant programs in nursing homes: Guidelines for implementation.*
http://www.aahsa.org/uploadedFiles/resources/Food_and_Nutrition/Dining%20Asst%20Manual%2002%2027%2009%20FINAL.pdf

American College of Physicians. *Evidence-Based Interventions to Improve the Palliative Care of Pain, Dyspnea, and Depression at the End of Life: A Clinical Practice Guideline, 2008.*
<http://www.annals.org/cgi/content/full/148/2/141>

American Psychiatric Association. *Practice Guideline for the Treatment of Patients with Alzheimer's Disease and other Dementias, 2007.*
<http://www.psychiatryonline.com/content.aspx?aid=152139>

Infections Disease Society of America. **Practice guideline for evaluation of fever and infection in long-term care facilities.**

<http://www.journals.uchicago.edu/doi/pdf/10.1086/595683?cookieSet=1>

Joslin Diabetes Centre. **Guideline for the Care of the Older Adult with Diabetes., 2007.**

http://professionaled.joslin.org/Files/Guideline_For_Care_Of_Older_Adults_with_Diabetes.pdf

Nursing Midwifery Council (NMC. UK). **Guidance for the care of older people.**

<http://www.nmc-uk.org/aDisplayDocument.aspx?DocumentID=5593>

Royal College of Nursing Institute. **Nursing Management of Patients with Venous Leg Ulcers: Recommendations.**

<http://www.intute.ac.uk/healthandlifesciences/cgi-bin/fullrecord.pl?handle=20071117-144025>

University of Bristol. **Guidelines for Exercise Programming for the Frail Elderly, 2007.**

<http://www.laterlifetraining.co.uk/documents/Guidelinesforexerciseprogrammingforthefrailelderlyfinal.doc>

University of Toronto. Nursing Health Services Research Unit. **Promoting Awareness and Uptake of Best Practice Guidelines in Long Term-Care, 2007.**

<http://www.nhsru.com/documents/BPGLTC%20Phase%202%20Interim%20Rpt%20%20Dec%20%2010.%20FINAL.pdf>

Web Picks...

The following were featured as “Web Picks of the Week”. “Web Pick of the Week” is a feature of “Info LTC”, an email alerting service provided by the J.W. Crane Memorial Library. Each week we email a link and description of a web resource related to aging, geriatrics, or long-term care. To subscribe to the “Info-LTC” listserv, go to: <http://lists.umanitoba.ca/mailman/listinfo/info-ltc>

Cue Cards in Community Languages

<http://www.easternhealth.org.au/language/cuecards/index.asp>

“Cue Cards” is a resource developed by Eastern Health Transcultural Services (Australia) to assist health professionals and clients / carers who primarily have English language difficulties, or problems communicating with each other. Local Government, Acute/ Mental/ Community Health, Residential Care, Dental and Disability Services were asked to provide a list of most commonly used words they needed to communicate on a daily basis. A list of words used across the spectrum of health care services was developed. Agencies chose the languages for translation. Community members with little or no English language chose the images that best represented the 200 plus words listed on the Cue Cards. This resource is not to be used in lieu of accredited interpreters, but can be used by clients/carers to communicate simple needs such as hunger, thirst, or use of a telephone, and by professionals to indicate simple instructions/concepts.

BMC Geriatrics

<http://www.biomedcentral.com/bmcgeriatr/>

BMC Geriatrics is an open access journal publishing original peer-reviewed research articles in all aspects of the health and healthcare of older people, including the effects of healthcare systems and policies. The journal also publishes research focused on the aging process, including cellular, genetic, and physiological processes and cognitive modifications. Open access publishing is the publication of material in such a way that it is available to all potential users without financial or other barriers. In other words, this journal is freely available. Articles currently featured are:

- Preventing falls in the elderly
- Inappropriate prescribing: first, do no harm?
- Electronic prompting helps dementia patients

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In Our Own Words: Younger Onset Dementia

<http://www.alzheimers.org.au/upload/InOurOwnWords.pdf>

From Alzheimer's Australia, this document is a collection of personal stories of younger people with dementia. Because of their life stage, these people have different needs and challenges than older people. For example, there may be employment issues, family and financial responsibilities to manage. These ten stories eloquently illustrate these issues and challenges from the point of view of the younger person with dementia.

The Canadian Virtual Hospice

<http://www.virtualhospice.ca>

The Canadian Virtual Hospice is a national, bilingual website that provides support and personalized information about palliative and end of life care, loss and bereavement to individuals, families, health care professionals and volunteers. Since its launch in 2004, Virtual Hospice has become a trusted resource for families and health care providers alike receiving 1,000 visits a day from more than 80 countries. Virtual Hospice is committed to providing access to up-to-date, evidence based information. The Canadian Virtual Hospice is funded by the Canadian Partnership Against Cancer and the Winnipeg Regional Health Authority.

Implementing Change in Long-Term Care: A Practical Guide to Transformation

<http://tiny.cc/rkONm>

Implementing Change in Long-Term Care: A Practical Guide to Transformation is a manual targeted at nursing home administrators and nursing home staff that offers evidence-based recommendations on preparing a nursing home to take the first steps toward clinical and cultural changes, as well as the methods to implement and sustain those changes.

Written by a team of nurses from the University of Madison-Wisconsin School of Nursing, and funded by the Commonwealth fund as part of the Advancing Excellent in America's Nursing Homes Project, this manual is intended as a guide to consider the changes you wish to implement by introducing you to what is known about change in general and about change in long-term care.

It offers suggestions and includes exercises intended to bring this knowledge to your own change process. Rather than promoting any specific model, it encourages each organization to use the information in a way that best aligns with their particular needs and goals.

Listening Makes Sense: Understanding the Experiences of Older People in Urgent Care

<http://www.staff.city.ac.uk/~jacky/index.htm>

This website represents the results from a City University (London) study into the experiences of older people and their relatives in emergency or urgent care in England.

As part of a Department of Health leadership program for health care practitioners in emergency and urgent care, ninety-six older people and their relatives in England were interviewed about their experiences. The interviews were analyzed to enable a national picture of patients' experiences to be drawn.

Seven videos representing a selection of the stories shared by older patients and their relatives have been re-recorded by actors and are available for viewing at the site. All names, and some other details, have been changed to preserve anonymity.

Geriatricnursingcertification.com

<http://www.geriatricnursingcertification.com/>

Geriatricnursingcertification.com was designed to provide students with the information they need to obtain a certification in geriatric nursing. While information is focused on the American environment, the site does link to online courses, and some interesting articles. Please note that the Canadian Nurses Association offers certification in Gerontological nursing. For more information, go to:

http://www.cna-nurses.ca/CNA/documents/pdf/publications/CERT_Gerontology_2_e.pdf

GeriNews: Headline News for Geriatrics, Gerontology and Long-Term Care

<http://twitter.com/GeriNews>

Reporting of headline news in geriatrics, gerontology and long-term care, a new service created by the staff at J.W. Crane Memorial Library.

Visiting Nurse Service of New York Centre for Home Care Policy and Research Evidence Briefs

<http://www.champ-program.org/framework/activities.html>

Evidence briefs represent the first comprehensive effort to synthesize a large body of geriatric and chronic care research and distill its application to the home health setting. These briefs are based on literature reviews conducted and used to inform practice recommendations for home health care in key practice areas. Each provides background on the importance of the practice area to geriatric home care, a summary of the evidence available about effective practices, and a description of implications for current home care practice. The briefs have an extensive reference list with electronic links to the abstracts of the articles in PubMed.

Virtual Visiting

Virtual Visiting enables residents to visit with their families and friends with the use of videoconferencing technology and the internet from anywhere in the world. This means that distance is no longer a barrier for families to stay connected.

WDHS Virtual Visiting Pilot Project sought to create a sustainable program that provides a video communications link that connects Aged Care Residents located at The Grange Residential Care Unit (the “Grange”) and Kolor Lodge in Southwest Australia with their families and friends. This project aimed to improve residents quality of life through increased contact with family and friends and increased socialization with the outside world.

The Virtual Visiting Pilot Program Final Report is available here:

<http://www.wdhs.net/agedcare/virtualvisiting/Virtual%20Visiting%20Pilot%20Program%20Final%20Report.pdf>

Families set-up guide:

<http://www.wdhs.net/agedcare/virtualvisiting/Document%2010%20Participating%20Families%20Setup%20Guide.pdf>

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Bera, D. R. (2008). *The big book of resident activities*. Marblehead, MA: HCPro Inc.

Brown, E. (2007). *Detection of depression in older adults with dementia*. Iowa City: University of Iowa, Gerontological Nursing Interventions Research Center, Research Translation and Dissemination Core.

Campbell, W. W. (2008). *Pocket guide & toolkit to Dejong's Neurologic Examination*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.

Clemson, L. M. (2007). *Stepping on : Building confidence and reducing falls, a community-based program for older people*. Sydney: Sydney University Press.

Davis, B. H. (2008). *Alzheimer talk, text and context : Enhancing communication*. Basingstoke: Palgrave Macmillan.

Downs, M. (2008). *Excellence in dementia care : Research into practice*. Maidenhead: Open University Press.

Froggatt, K. (2009). *Understanding care homes : A research and development perspective*. London ; Philadelphia: Jessica Kingsley Publishers.

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- Golant, S. (2008). *The assisted living residence : A vision for the future*. Baltimore: Johns Hopkins University Press.
- Granacher, R. P. (2008). *Traumatic brain injury : Methods for clinical and forensic neuropsychiatric assessment*. Boca Raton: CRC Press.
- Heathcote, J. (2007). *Memories are made of this : Reminiscence activities for person-centred care*. London: Alzheimer's Society.
- Holder, J. S. (2008). *Parting : A handbook for spiritual care near the end of life*. Markham, Ont.: Fitzhenry & Whiteside.
- Hyatt, R. E. (2009). *Interpretation of pulmonary function tests : A practical guide*. Philadelphia: Wolter Kluwer Health/Lippincott Williams & Wilkins.
- Jenkins, D. A. L. (2007). *The birthday suit : Caring for the skin of people with dementia*. Stirling, Scotland: Dementia Services Development Centre, University of Scotland.
- Kessler, L. (2008). *Finding life in the land of Alzheimer's : One daughter's hopeful story*. New York: Penguin.
- Lipinska, D. (2009). *Person-centred counselling for people with dementia : Making sense of self*. London ; Philadelphia: Jessica Kingsley Publishers.
- Lloyd-Williams, M. (2008). *Psychosocial issues in palliative care*. Oxford ; New York: Oxford University Press.
- MacKinlay, E. (2008). *Ageing, disability, and spirituality : Addressing the challenge of disability in later life*. London ; Philadelphia: Jessica Kingsley Publishers.
- McPhee. (2009). *Current medical diagnosis and treatment*. McGraw-Hill.
- Mirr Jansen, M. P. (2008). *Managing pain in the older adult*. New York: Springer Pub. Co.
- Newman, D. K. (2009). *Managing and treating urinary incontinence*. Baltimore: Health Professions Press.
- Norman, R. A. (2008). *Diagnosis of aging skin diseases*. London: Springer.
- Nursing. Interpreting signs & symptoms*. (2008). Ambler, PA: Lippincott Williams & Wilkins
- Payson, C. A. (2007). *Patient falls assessment and prevention*. Marblehead, MA: HCPro Inc.
- Rai, G. S. (2007). *Elderly medicine : A training guide*. Edinburgh ; New York: Churchill Livingstone/Elsevier.
- RN expert guides. Respiratory care*. (2008). Philadelphia: Lippincott Williams & Wilkins.
- Schneider, D. M. (2008). *The coumadin (warfarin) help book : A guide to anticoagulation therapy to prevent and manage strokes, heart attacks, and other vascular disorders*. New York: DiaMedica Publishing.

- Schwarz, S. P. (2009). *Arthritis : 300 tips for making life easier*. New York; Berkeley, Calif.: Demos Health; Distributed in the US by Publishers Group West.
- Siegenthaler, W. (2007). *Differential diagnosis in internal medicine : From symptom to diagnosis*. Stuttgart ; New York: Thieme.
- Stevenson, L., Chapman, A. (2008). *Hearing the voice : Improving communication with people with dementia : A study guide*. Stirling, Scotland: Dementia Services Development Centre, University of Stirling.
- Taylor, A. (2008). *Nutritional care of older people : A workbook*. Keswick, England: M & K Update Ltd.
- Whitehouse, (2008). *The myth of Alzheimer's : What you aren't being told about today's most dreaded diagnosis*. New York: St. Martin's Griffin.
- Wrede-Seaman, L. (2009). *Symptom management algorithms : A handbook for palliative care*. Yakima, Wash.: Intellicard.
- Yeatts, D. E. (2008). *Empowered work teams in long-term care : Strategies for improving outcomes for residents & staff*. Baltimore, Md.: Health Professions Press.

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- Dyck, D. (2009). *Attitudes, values and respectful care*. Winnipeg: Deer Lodge Centre. (DVD. 40 min.)
- Canadian Diabetes Association and Deer Lodge Centre (Directors). (2009). *Diabetes*. Winnipeg: Deer Lodge Centre. (DVD. 29 min.)
- Stewart-Archer, L. A. (2009). *Disorders of personality*. Winnipeg: Deer Lodge Centre. (DVD. 59 min.)
- Tesarski, A. (2008). *Pain management in the older adult*. Winnipeg: Winnipeg Regional Health Authority. (DVD. 56 min.)
- Ross, H. (2008). *Partners in care*. London: Jessica Kingsley Pub. (DVD. 30 min.)
- Liarakos, M. (2009). *Potty talk : Solving the problem of urinary tract infections in the elderly*. Winnipeg, Man.: Deer Lodge Centre. (DVD. 38 min.)
- Labun, N. (2008). *Respiratory assessment in older adults*. Winnipeg: Deer Lodge Centre. (DVD. 58 min.)
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Focus on Gay, Lesbian, Bisexual and Transgender Elders

If you are able to access University of Manitoba Library electronic resources, you may access these articles in full text, or through Document Delivery, by clicking on the link below:

<http://refworks.scholarsportal.info/refshare?site=010541105333200000/127524/agelit%20focus%20on%3A%20glbt>

Journal Articles...

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Books and Videos ...

Herdt GH. (2004). *Gay and lesbian aging : research and future directions*. New York: Springer Pub.

Hunter S. (2005). *Midlife and older LGBT adults : knowledge and affirmative practice for the social services*. New York: Haworth Press.

Kimmel DC. (2006). *Lesbian, gay, bisexual, and transgender aging : research and clinical perspectives*. New York: Columbia University Press.

Ten more good years: a documentary featuring Michael Jacoby. NISC, 2008. DVD (71 min.)

On the Web ...

Alzheimer's Society (UK), Lesbian and Gay Network Inclusion Kit, 2006.
http://www.alzheimers.org.uk/downloads/inclusion_pack.pdf

American Psychological Association: Online: Lesbian, Gay, Bisexual and Transgender Concerns
<http://www.apa.org/pi/lgbc/homepage.html>

Gay, Lesbian and Transgender Health
<http://www.nlm.nih.gov/medlineplus/gaylesbianandtransgenderhealth.html>

Voice and Communication Therapy for Transgender/Transsexual Clients
<http://www.asha.org/public/speech/disorders/TGTS.htm>

Web-Ed– Web Based Educational Opportunities...

Geriatrics and Aging – Conference Report

Canadian Geriatrics Society 28th Annual Scientific Meeting April 10-12, 2008. View video recordings of sessions at: <http://www.geriatricsandaging.ca/2008cgs/>

- Optimizing prescribing in the elderly
- Frailty: Searching for a relevant clinical and research concept
- Type 2 Diabetes among older adults
- Nutrition and dementia among older adults
- Assessment of fitness to drive in persons with dementia
- Chronic disease and aging

John A Hartford Foundation Institute for Geriatric Nursing

Geriatrics and the Advanced Practice Curriculum, A Series of Web-Based Interactive Case Studies

http://www.hartfordign.org/continuing_ed/case_studies/

- Unexplained weight loss
- Herpes zoster
- Anemia of chronic kidney disease
- Pain management
- COPD and weight loss

Online CEUs: Geriatrics, Elderly Health Care

<http://www.nurseceu.com/index.html>

Nursing World

<http://nursingworld.org/ce/cecatalog.cfm>

- Behavioral determinants of healthy aging
- Gerontological nurse practitioner manual – contact hours

Medscape

<http://www.medscape.com/nurses/ce?src=hdr>

- The Treatment of Insomnia in Older Adults

American Society on Aging

<http://www.asaging.org/webseminars/index.cfm>

- Art and Dementia
- Building Awareness and Actions to Promote Brain Health

Nursing Continuing Education, Geriatric Care

http://www.nursingceu.com/courses/curriculum_nceu_category.htm#5

Positive Aging Resource Centre

<http://www.asaging.org/parc/>

- Late Life Depression
- Alzheimer's Disease: Taking Control
- Mental Illness in Long Term Care: Solutions for the Care Team
- Treating Late Life Mental Illness with Psychotherapy
- Depression in the Elderly: Practical Problem-Solving Model for Non-Medical Providers
- Signs and Symptoms of PTSD
- Service Models for Older Adults with Severe Mental Illness: Rehabilitation, Outreach, Residential Support, and Integrated Health Care

University of Iowa Geriatric Education Centre

http://www.medicine.uiowa.edu/igec/gateways/contin_ed.asp

This site features “virtual patient” simulations, and multidisciplinary presentations on geriatric topics in a streaming digital video and/or audio format with synchronized slides.

They are appropriate for learners in medicine, nursing, pharmacy, and other allied health disciplines, and are approved for CME and nurse CEU credit.

Stanford University Medical School

<http://endoflife.stanford.edu/>

- End of Life Online Curriculum

UTMB (University of Texas, Medical Branch) Geriatric Education

<http://www.utmb.edu/geriatric-ed/courses.asp>

Modules in Common Health Problems:

- Functional Assessment
- Falls and Falls Prevention
- Restraints
- Mental Status Assessment
- Polypharmacy
- Cross Cultural Influence
- Health Disparities of the Older Adult
- Altered Presentation of Disease
- Depression, Delirium and Dementia
- Urinary Continence
- Management of Aggression
- End-of-Life Care

Wayne State University

http://www.iog.wayne.edu/continuing_education.php

- End of life care
- Managing difficult behaviors

Conference Calendar...

19th IAGG World Congress of Gerontology and Geriatrics

July 5-10, 2009

Paris, France

<http://www.paris2009.org/>

20th International Nursing Research Congress Focusing on Evidence-Based Practice

July 13-17, 2009

Vancouver, British Columbia

<http://www.nursingsociety.org>

National Association Directors of Nursing Administration in Long-Term Care

July 11-15, 2009

Phoenix, AZ

www.nadonna.org/calendar.php?id=22

Alzheimer's Association International Conference on Alzheimer's Disease

July 11-16, 2009

Vienna, Austria
www.alz.org/ISTAART

14th Congress of the International Psychogeriatric Association

September 1-5, 2009

Montreal, Quebec

<http://www.ipa2009montreal.com>

International Federation on Ageing: 9th Global Conference on Ageing and Expo Ageing & Design

September 4 - 8, 2008

Montreal, Quebec, Canada

<http://www.ageingdesignmontreal.ca/en/intro.php>

5th Canadian Conference on Dementia

October 1-3, 2009

Toronto, Ontario

<http://www.ccd2009.ca>

Intensive Update with Board Review in Geriatric and Palliative Medicine

October 4-7, 2009

New York, NY

http://www.mssm.edu/geriatrics/education/courses/geriatric_medicine/index.shtml

Miniresidency in Nursing Home and Long-term Care for the Dental Team

October 7-10, 2009

St. Paul, Minnesota

<http://www.dentalce.umn.edu/coursecalendar/NursingHome/home.html>

National Gerontological Nursing Association Convention

October 8-11, 2009

St. Louis, MO

www.ngna.org

National Association for Home Care & Hospice 28th Annual Meeting & Exposition and the Fourth World Congress

October 10-14, 2009

Los Angeles, CA

www.nahc.org/meetings/am/09

ASEM 2009 – Where the Rivers Meet: Merging Perspectives on Aging

October 22-24, 2009

Winnipeg, MB

www.cagacg.ca

**The 2009 Joanna Briggs Institute International Convention – Ripples to Revolution:
from bench to bedside**

November 18-20, 2009

Adelaide, South Australia

<http://www.joannabriggs.edu.au/events/2009JBICconv/index.html>

Gerontological Society of America

November 18-22

Atlanta, GA

www.geron.org/Annual

Worth Quoting...

It is not by muscle, speed, or physical dexterity that great things are achieved, but by reflection, force of character, and judgment; and in these qualities old age is usually not poorer, but is even richer

Cicero--106-43 B.C

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