



# STUDENTS CARING FOR ELDERLY, ELDERLY CARING FOR STUDENTS

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# WELCOME



# History of SLH

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- Founded in 1917 by the Episcopal Diocese as a TB sanatorium for men
- New central building was erected in 1929
- Deconsecrated in the 1950's
- Established as home for 27 low income women in 1980
- Expanded to 64 apartments to include men and couples in 2000



# History of SLH and IPEP

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- 2013 – beginning of the Eden Journey
- Relationship building with ACOA
- Explore recruitment of UA Health Sciences students receiving credit for “caring for underserved populations”
- Meetings with health sciences colleges to determine program
- Meetings with Elder council, Town Hall
- First event – Social
- First clinic – Polypharmacy Review



# Agenda

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## Students Caring for Elders, Elders Caring for Students

| Time  | Topic  |
|-------|--|
| 10:00 | Welcome, Introductions & Check in                            |
| 10:15 | Review Agenda  |
| 10:35 | Ice Breaker- Commonality/ Uniqueness<br>Group Discussion     |
| 10:45 | Break  |
| 10:55 | SLH IPEP Program Powerpoint Presentation<br>Why, Who and How |
| 11:30 | IPEP Clinic Example: Mobility                                |
| 12:00 | SLH IPEP Social Event: Rodeo<br>SLH IPEP Thank You Reception |
| 12:10 | Stretch Break  |
| 12:15 | How to Make This Your Own                                    |
| 12:40 | Conclusion and Thank You                                     |

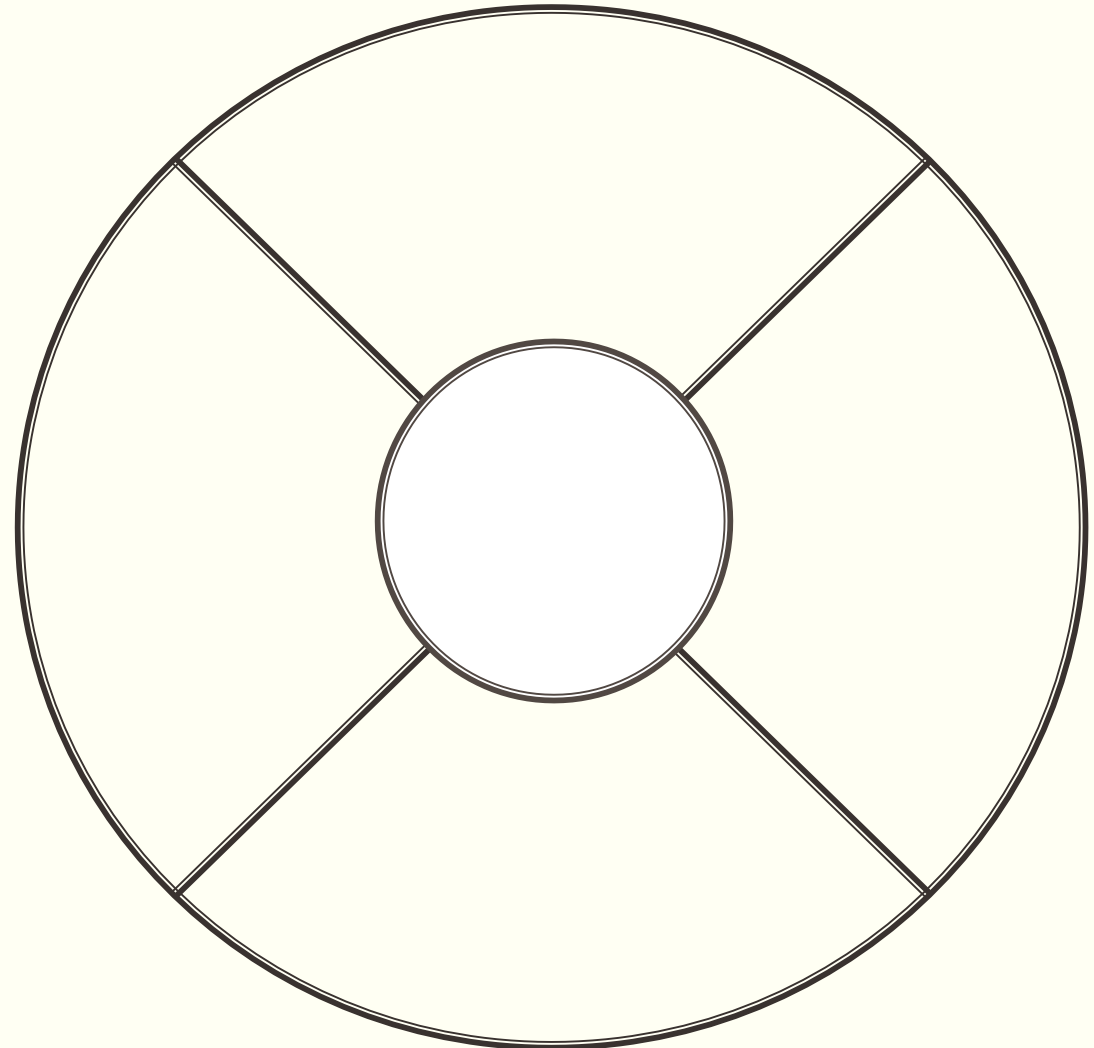


# Group Icebreaker

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What is unique?

What is common ground?



University of Toronto

Center for Interprofessional Education

# SLH IPEP PROGRAMS: WHY

LEARNING SPANS GENERATIONS



# Why *Interprofessional* (IP) Care?

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- Complexity of need- multiple chronic conditions
- Growing aging population
- IP approach best meets needs
- Provides something for everyone





# Interprofessional Competencies

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Domain 1: Values/Ethics for Interprofessional Practice

Domain 2: Roles/Responsibilities

Domain 3: Interprofessional Communication

Domain 4: Teams and Teamwork



# Why *Interprofessional* (IP) Care for Elders?

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- Educates the Elders, giving them confidence
- Soothes fears and misconceptions
- Encourages questions
- A safe environment to voice concerns
- Gives Elders a deeper understanding
- Participation in screening clinics, health and well-being tips, education
- Recommendations have a positive impact on Elder care and quality of life



# Eden Philosophy, IP & Elders

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*The 10 Principles* guide philosophy that focuses on eliminating the plagues of loneliness, boredom, and helplessness among Elders by:

- making medical treatment the servant of genuine human caring, never its master
- having opportunities to give as well as receive care, and to do meaningful things
- creating easy access to human companionship



# Eden Philosophy, IP & Elders

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- Health care movement towards Elder centered care
- Maintaining as much autonomy as possible
- Elders decide topics of upcoming clinics



# Why *Interprofessional* (IP) Students?

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- Students learn to care for older adults in a setting with authentic person-centered principles & practices
- Develop respect for aging individuals
- Allow for meaningful health promotion and prevention activities
- Engage in shared social activities
- Facilitate cross-college partnerships -- health professions, architecture, landscape, nutrition, speech and hearing science, law...



# Eden Philosophy, IP & Students

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*The 10 Principles* guide philosophy that enables students to meaningfully interact with Elders which:

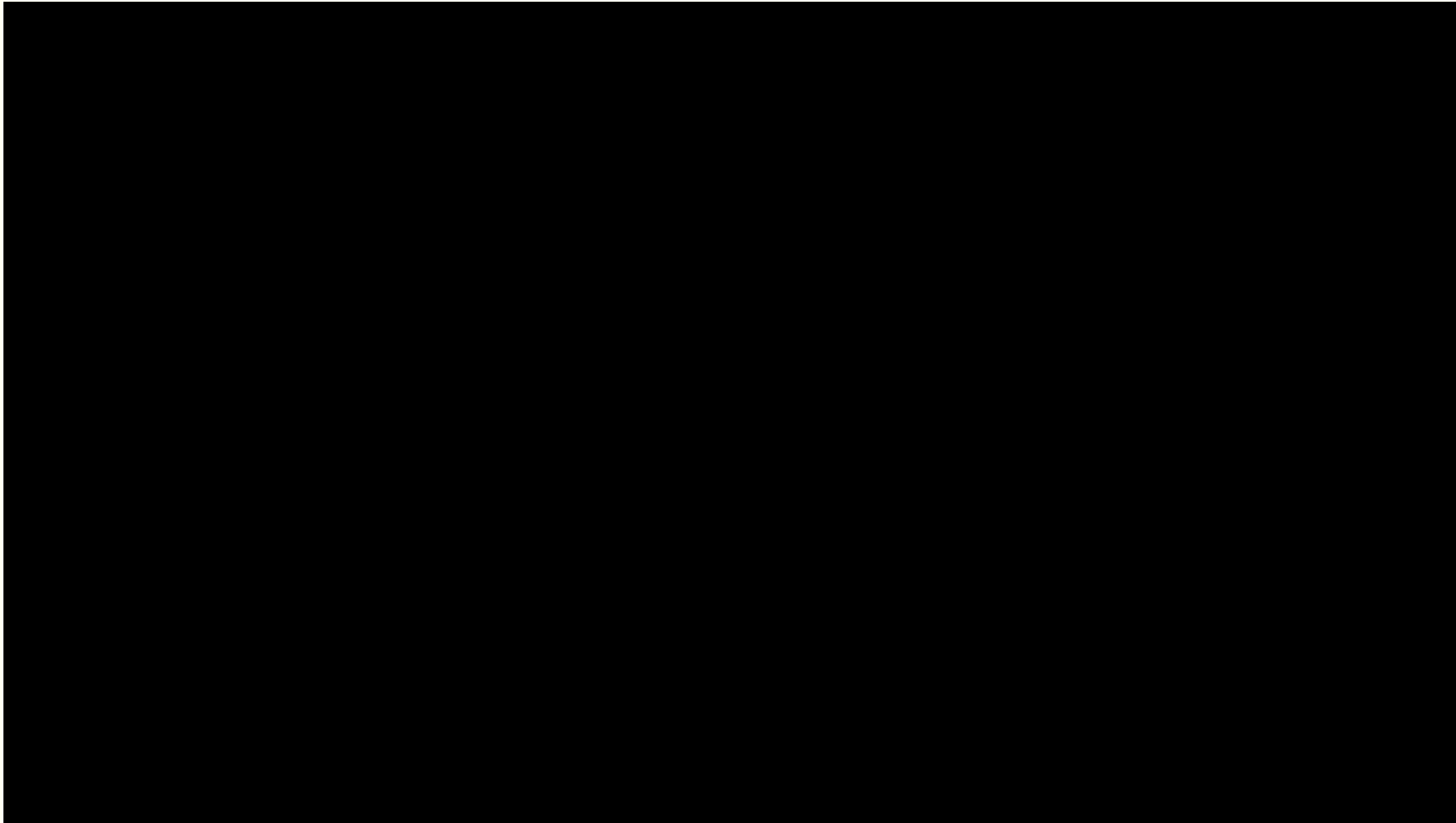
- Develops and sustains long term relationships in clinical and social settings
- Generates surprising insights and discoveries
- Allows Elders to provide meaningful life experience, mentoring and support
- Increases student knowledge of aging, and the need for support of connectedness, empowerment and quality of life



# Video

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# SLH IPEP Programs: WHO





# Elders

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- Anyone and everyone is welcome
- Those with chronic conditions urged to attend
- Those with the health issues being addressed are urged to attend
- Those who are inspired to inform future health care providers, changing the culture of health care are challenged to attend
- Most Elders who participate in one, sign up for all!!
- Thirty six Elders (out of 59) participated this year!



# Students

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Students are from the allied health professions:

- College Of Nursing
- College Of Medicine
- College Of Public Health
- College Of Pharmacy
- Masters of Social Work



*As well as*

- Health policy
- Behavioral sciences
- Art, music, dance
- Alternative therapies



# Students

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- Receive experience delivering person-centered care in an underserved community
- Gain the ability to encourage and support Elders to raise questions to their healthcare providers
- Educate Elders and Elders educate students
- Experience team caregiving
- One hundred eleven students participated this year; 80% attended more than 1 once!



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# BREAK



# SLH IPEP PROGRAMS: HOW

THE SLH IPEP MOBILITY CLINIC MARCH 12, 2016



# Here we go! Example: Mobility Clinic

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UAHS/ St. Luke's Home IPEP Clinic

**MOBILITY CLINIC**



MARCH 12, 2016 8:30am – 11:00 am

**SIGN UP IN THE MED ROOM WITH A CARE PARTNER**

# Example: Mobility Clinic

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## Meet in the chapel for an hour of instruction

- Coffee/light breakfast by SLH culinary staff
- Introduce Eden philosophy and IP connection
- Discuss screening tools, clinic flow in packet
- Discuss communication skills
- Team assembly/team building exercise

## Teams meet the eager Elders!

- Introductions, screenings
- Review findings with preceptor, note any follow up
- Educational material discussed with Elder
- Return to Elder with preceptor's comments
- Ask for questions, thank the Elder



## Re-assemble in the chapel

- Team building exercise until all return
- Debrief as a group
- Depart

## Post Script:

- SLH does any follow up necessary



# Example: Mobility Clinic - Student Packets

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## For First time Participants:

- Pre Program Survey: Aging Attitudes
- Required participation forms

## For Everyone:

- Students Teams/Maps/Team Building Exercises
- Flow Sheet for Charting
- Screening/Assessment Tools
- Elder Educational Material
- Referral Forms for follow up
- Short Evaluation of clinic





# Example: Mobility Clinic – IP Skills

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## TEAM BUILDING Exercise: Pre Clinic

While waiting to greet the Elders:

- ✓ Introduce Yourself! Include any experience in IPEP and/or the SLH Monthly Clinic.
- ✓ What strengths do you bring to the team?
- ✓ What is your common goal?
- ✓ Be prepared to step out of your comfort zone (profession other than your own) when interacting with the Elders.
- ✓ Change your roles when changing Elders.



# Example: Mobility Clinic Assessment Tools

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## The 4-Stage Balance Test

**Purpose:** To assess static balance

**Equipment:** A stopwatch

## The 30-Second Chair Stand Test

**Purpose:** To test leg strength and endurance

**Equipment:** Chair with straight back, no arm rests (seat 17” high) and stopwatch

## The Timed Up and Go (TUG) Test

**Purpose:** To assess mobility

**Equipment:** A stopwatch



# Elder Assessment Tool: Fear of Falling

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## Modified Fear of Falling Scale

We would like to ask some questions about how concerned you are about the possibility of falling. Please check the box to indicate your confidence in performing the following activities. If you currently don't do the activity please answer to show whether you think you would be concerned about falling IF you did the activity.

|    |  | Completely<br>confident<br>5 | Very<br>Confident<br>4 | Fairly<br>Confident<br>3 | Somewhat<br>Confident<br>2 | Not at all<br>Confident<br>1 |
|----|--|------------------------------|------------------------|--------------------------|----------------------------|------------------------------|
| 1. | Cleaning the house (e.g. sweep, vacuum, or dust) |                              |                        |                          |                            |                              |
| 2. | Getting dressed or undressed                     |                              |                        |                          |                            |                              |
| 3. | Preparing simple meals                           |                              |                        |                          |                            |                              |
| 4. | Taking a bath or a shower                        |                              |                        |                          |                            |                              |
| 5. | Going shopping                                   |                              |                        |                          |                            |                              |
| 6. | Getting in or out of a chair                     |                              |                        |                          |                            |                              |
| 7. | Going up or down stairs                          |                              |                        |                          |                            |                              |
| 8. | Walking around in the neighborhood               |                              |                        |                          |                            |                              |

# Example: Mobility Clinic Team and Elder

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ST. LUKE'S  
HOME

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# Example: Mobility Clinic

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## TEAM BUILDING Exercise: Post Clinic

While waiting for all to return for group debriefing each team should address the following:

- ✓ Communication successes?
- ✓ Opportunities for collaboration?
- ✓ Examples of conflict resolution?
- ✓ Any comments/reflections on your team experience (what you have learned about and from each other and profession)?



# SLH IPEP SOCIAL ACTIVITIES



# SLH IPEP Social Event: RODEO PARTY !



# SLH IPEP Social Event: Thank You Reception!

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2015 – 2016

St. Luke's Home Interprofessional Education  
and Practice Program

St. Luke's Home invites you and a guest  
to a

**THANK YOU RECEPTION**  
in the Chapel

April 29<sup>th</sup>, 2016 4 pm – 5 pm

Rsvp: [mdermody@stlukeshometucson.org](mailto:mdermody@stlukeshometucson.org)



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# HOW TO MAKE THIS YOUR OWN



# Check List for Interprofessional Exercises

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## Warm the soil

- Introduce idea to Elders, administrative leadership
- Learn the important health areas of concern
- Identify community stakeholders/students

## Keep warming !

- Making relationships – Eden Philosophy –
- Vision & mission statements
- Making a splash- PR with faculty and students



## Planting the seed

- Funding-be creative
- Scheduling - juggle! Juggle more...

## Watching it grow

- Implementing – iterative evaluation, planning meetings

## Harvesting!

- Measuring – QI – pre and post surveys/focus groups



# St. Luke's Home / University of Arizona Health Sciences Program Objective

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Objective: To provide authentic elder-directed interprofessional geriatric education and training to Arizona Health Sciences Center and other students within the St. Luke's Home setting, resulting in enhanced Elder health and well-being, and future providers who are collaboration-ready and better prepared to care for older adults.



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# Domain Table

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| Domains of Well Being  |        |          |
|--|--------|----------|
|  | Elders | Students |
| <b>IDENTITY</b> —being well-known; having personhood; individuality; having a history    |        |          |
| <b>GROWTH</b> —development; enrichment; expanding; evolving                              |        |          |
| <b>AUTONOMY</b> —liberty; self-determination; choice; freedom                            |        |          |
| <b>SECURITY</b> —freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect |        |          |
| <b>CONNECTEDNESS</b> —belonging; engaged; involved; connected to time, place, and nature |        |          |
| <b>MEANING</b> —significance; heart; hope; value; purpose; sacredness                    |        |          |
| <b>JOY</b> —happiness; pleasure; delight; contentment; enjoyment                         |        |          |



# Elder comments

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*“Manner of [students] was wonderful. I felt safe and it was a relief to be heard.”*

*“Thank you for helping me not fall.”*

*“I’ve applied what I learned at the clinic to my life at St. Luke’s.”*

*“I have several areas of skin cancer that will be checked out soon by a dermatologist. These clinics are awesome.”*

“Professional conduct and demeanor. I love learning from the students.”



# Student Comments

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“Elders were a joy to be around!”

“Great organized experience. I learned a lot & *gained confidence!* Thank you!”

“The information we got was very interesting – a topic we don’t cover much in classes!”

“Thank you for the opportunity. I learned a lot.”

“I really enjoyed working with real people as opposed to a case study.”

“I felt more natural talking to the Elders about these issues than I expected....”

# THANKS!!



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# Questions ??

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## Mission

### SLH IPEP Program

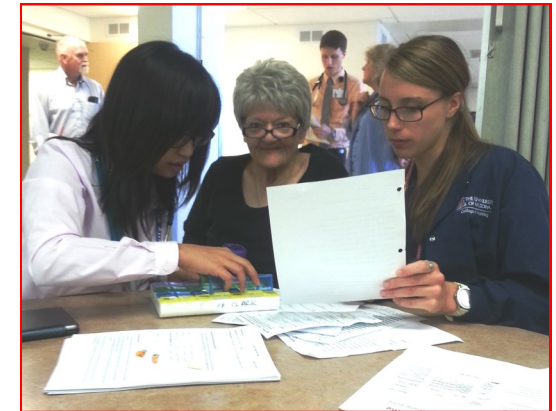
To provide authentic resident-centered inter-professional geriatric education and training to Arizona Health Sciences Center and other students within the St. Luke's Home practice setting, resulting in enhanced St. Luke's Home Elder health and well-being, and future providers who are collaboration-ready and better prepared to care for older adults.



### Academic Partnership

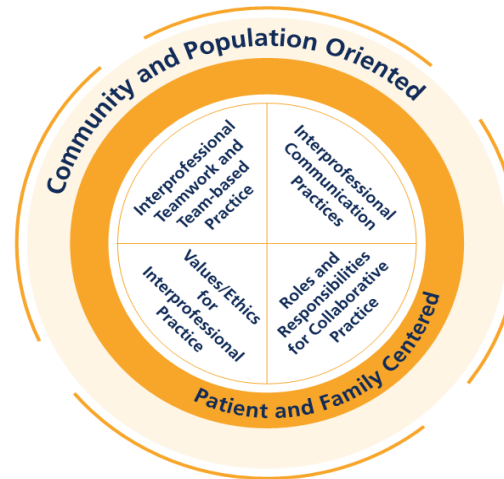
As an academic partner of the Arizona Health Sciences Center, St. Luke's Home provides an innovative Assisted Living setting, providing Elder-centered wellness and health promotion opportunities for health science and other students. Primary participants include students from nursing, pharmacy, public health, medicine, and other disciplines, benefitting and contributing while learning vital aging-related team-based practice skills.

As our population ages and older adults live longer, we need to find successful strategies to keep elders living vital, independent lives. An important component of this is to train health care professionals in the care of older adults. Our future providers need to be comfortable with caring for older people with multiple complex chronic conditions, and to be skilled in providing person-centered care that supports quality-of-life and independence, all while working in a highly functioning interprofessional team.



We provide learning activities that help students achieve core interprofessional and geriatric competencies through:

- ◆ **Monthly Clinics** which provide student healthcare teams an opportunity to build vital interprofessional geriatric skills.
- ◆ **Informal Health Promotion Presentations** that inform and educate residents about important aging-related health topics by local experts.
- ◆ **Social Events** to provide engagement between Elders, students, and care partners.
- ◆ **Community Engagement Projects** that enrich Elders and promote socialization and well-being.



The Learning Continuum pre-licensure through practice trajectory

Interprofessional Education Collaborative Expert Panel. (2011). Core competencies for interprofessional collaborative practice: Report of an expert panel. Washington, D.C.: Inter-professional Education Collaborative.





The sole Eden-Alternative Assisted Living Center in Arizona, the Mission of St. Luke's Home is to: *provide for the care and well-being of elderly women, men, and couples of limited financial means in a caring environment.*



**Mission: To improve the well-being of Elders and their care partners by transforming the communities in which they live and work.**

#### 2015/16 Lead Faculty:

Jane Mohler, NP-C, MPH, PhD  
Jeannie Lee, PharmD, BCPS, CGP, FASHP  
Tejal Parikh, MD  
Patty Goldsmith, MS, RN, PHCNS-BC  
Nancy McGuckin, MPH, MBA, MSN, RN  
Beverly Heasley, MBA, BSN

#### Coordinators:

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#### St Luke's Home

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#### Arizona Center on Aging

1821 E. Elm Street, Tucson, AZ 85719  
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#### Supporting Student Groups

American Society of Consultant Pharmacists  
American Geriatrics Society—  
AZ Chapter Student Group  
IPEP—SIG (Student Interest Group)

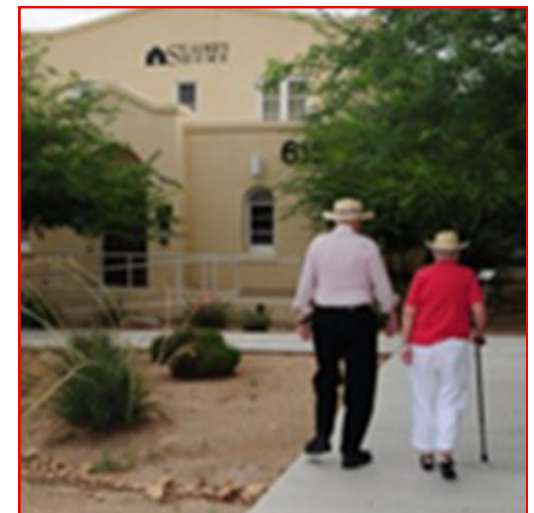


The University of Arizona  
Health Sciences | Arizona Center  
on Aging



## St. Luke's Home

## Interprofessional Education and Practice Program



***Students caring for Elders,  
Elders caring for students***