Geriatrics/Long Term Care

Description of Rotation:

The goal for advanced practice Geriatric/Senior Care medicine experiences is to provide the opportunity for the student to build upon information acquired in didactic education and apply the knowledge and skills relating to the management of patients in a resident/long-term care setting. The student will complete all activities in a professional manner under the facilitation of a preceptor.

Goals of Rotation:

Facilitate student learning and critical thinking skills in a geriatric or long term care environment in order to:

1. Understand patient health care needs.
2. Apply evidence based medicine.
3. Enhance and reinforce didactic course work.
4. Develop interpersonal communication skills.
5. Describe the pathophysiology of common aging illness
6. Adopt an understanding of empathizing with aging patient
7. Explain monitoring parameters given the particular disease state and the treatment regimen (including efficacy, toxicity, side effects, and potential drug interactions)
8. Provide non-pharmacological treatment for disease states

Learning Objectives:

1. Differentiate the physiologic changes due to the aging process
2. Identify the drugs and disease states that alter cognition
3. Describe the pharmacokinetic drugs changes due to aging
4. Define and understand the Medicare and Medicaid Services
5. Understand the socioeconomic issues of aging
   a. Elder Abuse
   b. Elder Advocacy
   c. Geriatric Rehabilitation
   d. Cultural Competencies
      i. Ethnic/Racial
      ii. Religion
      iii. Language
7. Communicate and collaborate with health care professionals, caregivers, and patients regarding rational drug therapy, wellness, and health promotion in older individuals.
8. Solve medication related problems (MRPs) and provide a clinical judgment as to the continued effectiveness of drug therapy plans and intended outcomes in geriatric patients.
9. Evaluate geriatric patients for medication appropriateness and monitoring.
10. Evaluate geriatric patient problems and triage patients to other health care professionals as necessary.
11. Monitor and counsel geriatric patients regarding the purposes, uses and effects of their medications.
12. Counsel caregivers regarding the purposes, uses and effects of medications.
13. Devise recommendations for prescription and nonprescription medications, dietary supplements, diet, nutrition, traditional non-drug therapies and complementary therapies as part of the pharmacy care plan as necessary.
14. Demonstrate knowledge of common disease states in older individuals and appropriate therapies with which to treat them.
15. Retrieve, evaluate, and manage information and literature.
16. Demonstrate the ability to use clinical data to optimize therapeutic drug regimens.
17. Evaluate and document interventions and pharmacy care outcomes.
18. Conduct drug regimen review and/or comprehensive medication reviews.
   a. Assessment of patient information
   b. Monitoring of drug regimen
   c. Identify, evaluate and communicate appropriateness of
      i. Pharmacotherapeutic agents
      ii. Dosing regimens
      iii. Dosage forms
      iv. Routes of administration
19. Discuss role of state and federal requirements governing pharmacy services in various settings of living environments for older individuals.
20. Understanding of activities of daily living
21. Distinguish between:
   a. Transitional/Sub-acute/Post-acute care
   b. End of life care
   c. Nursing Home Care
   d. Home Care

Upon completion of this rotation the student should be able to:

Activities:

1. Patient interviews and care plans
   a. Medication Therapy Management
   b. Patient goal setting
2. Case/disease state presentations and discussions
3. Research drug information question
4. Educational programs
   a. Patients
   b. Medical Staff
   c. Students
   d. Caregivers
5. Newsletter
6. Journal Clubs
7. Physical Assessment
8. Define patient goals for each disease state
9. Data collection
10. Drug regimen review vs. Drug Utilization review
11. Understanding of Medicare Part D
12. Required Readings
   a. Beers Criteria
   b. American Society of Consultant Pharmacists (www.ascp.com)
   c. End of life care
   d. Legal regulations
   e. Advanced directives
Common disease states encountered in the geriatric setting:

1. Clotting disorders
2. Arrhythmias
3. Angina
4. CAD
5. Diabetes /Metabolic Syndrome
6. Dyslipidemia
7. Hypertension
8. Hypotension
9. Asthma/COPD
10. Thyroid Disorders
11. GERD
12. CHF
13. Anemia
14. Pain Management
15. Peripheral Vascular Disorder
16. Nutrition/ Malnutrition
17. Fluid and Electrolyte Disorders
18. Neurologic Disorders
19. Allergies
20. Obesity
21. Dementia
22. NSAID gastropathy and nephropathy
23. Drug –associated cognitive impairment
24. Stroke
25. TIA's
26. Parkinson’s disease
27. Fluid retention
28. Anxiety Disorders
29. Depression
30. Falls
31. Hearing Impairment
32. Visual Impairment
33. Incontinence
34. Palliative Care
35. Psychotic Disorders
36. Pressure Ulcers
37. Fractures
38. Gout
39. Oncology
40. Ophthalmology Disorders
41. Osteoarthritis
42. Osteoporosis
43. Cognitive decline
44. Agitation
45. Sleep disorders
46. Sexual Dysfunction
47. Sexually Transmitted Diseases
48. Shingles/Herpes Zoster

Potential longitudinal activities to accomplish at site:

1. Identify and collect appropriate drug-related monitoring parameters for each assigned patient
2. Maintain an adequate patient data base for each assigned patient
3. Identify and prioritize drug-related problems for each assigned patient
4. Assess the appropriateness of each assigned patient’s drug therapy
5. Construct a detailed pharmacotherapeutic plan for each assigned patient
6. Present all patient data in a concise and meaningful fashion
7. Provides evidence-based regimens and monitoring plans for each patient
8. Obtain and write-up a patient medication history
9. Provide medication information to a unique cultural and socioeconomic diverse patient
10. Counsel a patient on their medications
11. Provide a verbal therapeutic plan recommendation to another health-care professional
12. Perform medication reconciliation for patients
13. Interpret diagnostic tests results for patient/caregiver/or preceptor
14. Take a patient’s blood pressure
15. Take a patient’s pulse
16. Assess a patient’s peripheral edema
17. Take a patient’s respiratory rate
18. Assess a patient’s temperature
19. Provide an optimal pain management or palliative care plan for a patient
20. Observe a Health Care professional perform a full physical examination and assess results
21. Make a warfarin dosage adjustment based on patient parameters
22. Recommend empiric antibiotic therapy
23. Recommend antibiotic therapy based upon a culture and sensitivity
24. Assess the significance of a drug-drug interaction
25. Adjust a drug dose in a patient with renal insufficiency
26. Determine monitoring parameters for a patient being treated for an infectious disease
27. Assist in explaining to a patient or caregiver their health-insurance options
28. Prepare a written pharmacokinetic consultation
29. Prepare a handout for case presentation
30. Prepare an article for a newsletter or publication
31. Prepare a patient education sheet
32. Prepare a written drug information response in a practice setting
33. Provide an education presentation to pharmacists
34. Provide an education presentation to other health care professionals
35. Lead a Journal Club discussion
36. Participate in a Patient/Medication Safety Review or error reduction program
37. Discuss or Implement, evaluate, and obtain reimbursement for MTM services
38. Participate in a discussion of a pharmacist role in ethical issues related to any of the following topics: end of life care, professional behavior, clinical research, and pharmacy current event/hot button issue