

## Outline

### AGITATION

- Signal symptoms
- Contributing factors
- Diagnostic tests
- Differential diagnosis
- Treatment
- Prevention

### SUICIDAL IDEATION

- Underlying causes
- Presentation in older adults
- Evidence-based treatments
- Pharmacological and non-pharmacological

### SLEEP DISORDERS

- Change in sleep with aging
- Effects of dementia, environment, and illness
- Insomnia, hypersomnia, sleep apnea, nightmares
- Non-pharmacological interventions
- Pharmacological interventions

### CHRONIC ILLNESS

- Chronic illness syndrome
- Model for quality improvement
- Strategies for physical function
- Patient education and management
- Psychosocial interventions

### FRAILTY

- Evidence based findings
- Effect of COVID-19
- New instruments for detection
- Multi-dimensional approaches

- Nutritional interventions
- Physical activity
- Psychosocial interventions

### POLYPHARMACY

- Review of BEERS criteria
- Top 11 drugs to avoid
- Principles of deprescribing
- Clinical pearls
- Case study- 78 y/o with multiple medications with duplications of action
- Case study- 84 y/o with multiple medications and recent falls
- Case study- 88 y/o with multiple medications and advanced dementia
- Case study- 76 y/o with multiple medications and drug-drug interaction risks

### CULTURAL DEMENTIA CARE

- Role of stigma and cultural beliefs
- Prevalence and type of dementia
- How different cultural groups view dementia
- Evidence-based interventions

#### Live Webinar Schedule - both days (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**5:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

1. Differentiate the causes of agitation and the latest strategies for management.
2. Develop an evidence-based plan for management of agitation.
3. Assess the presentation of suicidal ideation in older adults and the latest treatment.
4. Apply evidence-based interventions in caring for older adults with encephalopathy, seizures, sleep disorders and suicidal ideation.
5. Analyze chronic illness syndrome and models for quality improvement.
6. Assess the presentation of sleep disorders in older adults and the latest treatment.
7. Evaluate the components of frailty and evidence-based management.
8. Develop an evidence-based management plan for chronic conditions.
9. Differentiate the components of deprescribing.
10. Apply the principles of deprescribing to case studies.
11. Differentiate the role of culture in recognizing and treating dementia.
12. Apply evidence-based interventions in the care of dementia patients from different cultures.

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# 2 Day Geriatric Certificate Course

Includes:  
Pharmacology Hours: 4.0  
Cultural Competency Hours: 2.0

**LIVE Interactive Webinar**  
**Monday & Tuesday, March 28 & 29, 2022**

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# 2 Day Geriatric Certificate Course

Featuring Nanette Lavoie-Vaughan, MSN, ANPCP- DNP



- Polypharmacy and the methods of deprescribing
- New evidence to manage unique psychiatric, neurological and chronic illness
- Cultural competency as an important piece in dementia care
- Attend in person or watch the webinar and access the video for 90 days
- Bonus materials filled with the latest guidelines (AGS, GAPNA, APA)

Includes:  
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# 2 Day Geriatric Certificate Course

Our geriatric patients are complex to care for. There are often multiple layers of diagnoses. Sometimes there are unwanted – and preventable – side effects from the medications prescribed.

**I can imagine that there have been times in the past that you, too, wished you had been able to do more when you witnessed the patient's frustrations, the fears, and the behaviors.**

You could be assigned to care for a patient experiencing significant agitation, sleep difficulties, suicidal ideation, chronic conditions to manage and polypharmacy concerns – all during your next shift. How can you ensure that you are properly prepared? **Earn your Geriatric Certificate!**

Join me, Nanette Lavoie-Vaughan, MSN, ANPCP- DNP, as I share with you the proven best practices I have accumulated throughout my years assessing and treating patients in acute care, long term care and home health roles. **I have created this comprehensive 2-day educational event based on what I've found to be the most challenging diagnoses and stressful geriatric situations.**

Sign up today and you will also receive bonus materials, packed with **helpful tools and the latest guidelines from The American Geriatric Society, The Gerontological Advanced Practice Nurses Association and the American Psychiatric Association.**

The last year has been trying. For our patients, their families and all of us on the frontlines. I want to make this training helpful and enjoyable. **You will learn through a combination of the latest evidence, sheer ingenuity and heartfelt passion.** As I share real patient stories and case studies, you will leave with a clear understanding of what a difference we can all make.

*Nanette Lavoie-Vaughan, MSN, ANPCP- DNP  
and the PESI Healthcare Team*



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## Meet Your Speaker

**Nanette Lavoie-Vaughan, MSN, ANPCP- DNP**, is an adult nurse practitioner and practices in Raleigh, NC, focusing on geriatric and psychiatric care in long-term care.

She has over 30 years of experience, including long term care, acute care, primary care, and home health. Nanette earned a Cultural Dementia Care Certificate from Stanford University.

Nanette has presented nationally and internationally to various interdisciplinary audiences on various geriatric diagnoses/treatments, dementia, pain management, and caregiver concerns. She is the author of *Eldercare: The Comprehensive Guide to Caregiving* and a new evidence-based clinical practice guideline for the non-pharmacological management of behavioral problems in dementia. Her knowledge and research has been recognized through published work in *Clinics of North America* and in book chapters and online continuing education modules. Additionally, Nanette serves as an expert witness for law firms on cases related to her field of expertise.

### Speaker Disclosure:

Financial: Nanette Lavoie-Vaughan is a Clinical Assistant Professor at East Carolina University, College of Nursing. She will address 'off-label' uses of commercial products. Dr. Lavoie-Vaughan receives a speaking honorarium from PESI, Inc.

Non-financial: Nanette Lavoie-Vaughan has no relevant non-financial relationship to disclose.

## Target Audience:

Nurses • Nurse Practitioners • Clinical Nurse Specialists • Physician Assistants • PT • PTAs  
OT • OTAs, • ST • Social Workers • Nursing Home Administrators

## CE CREDITS AVAILABLE FOR LIVE Webinar

This continuing education activity is designed to meet state board requirements for the following professionals: **Nurses, Nursing Home Administrators, Physical Therapists, Physician Assistants, Social Workers, and Speech-Language Pathologists.**

For specific credit approvals and details, visit [www.pesihc.com/webcast/85706](http://www.pesihc.com/webcast/85706)

### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

**\*includes up to 2.0 hours of cultural competency instruction.**



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

**\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**

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PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

This program offers 240 instructional minutes of pharmacology content which is designed to qualify for 4.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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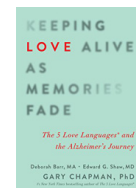
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## Recommended Reading:



### Keeping Love Alive as Memories Fade:

*The 5 Love Languages and the Alzheimer's Journey*

~~\$15.99~~ **\$12.99\***

SAM086220

**\* Discount Included with purchase of the Webinar**

## OTHER WAYS TO REGISTER

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\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

## ADA NEEDS

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## QUESTIONS

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