

## 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

### FRAILITY

- 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 Seminar & Webinar Schedule (Time listed in Eastern) both days

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** 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.

#### Target Audience:

Nurses • Nurse Practitioners • Clinical Nurse Specialists • Physician Assistants • PTs • PTAs  
OTs • OTAs • SLPs • Social Workers • Counselors • Nursing Home Administrators

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Includes:  
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Cultural competency Hours: 2.0

Manchester, NH  
Monday & Tuesday  
November 15 & 16, 2021

Live Interactive Webinar  
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# 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:  
Pharmacology Hours: 4.0  
Cultural competency Hours: 2.0

Manchester, NH  
Monday & Tuesday  
November 15 & 16, 2021

Live Interactive Webinar  
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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.**

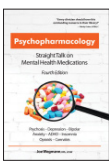
The last year has been trying. For our patients, their families and all of us on the frontlines. I want to make this training helpful and enjoyable. **You will learn through a combination of the latest evidence, sheer ingenuity and heartfelt passion.** As I share real patient stories and case studies,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

## Recommended Reading:



**Geriatric Pharmacology:**  
*The Principles of Practice & Clinical Recommendations, Second Edition*  
By Steven Atkinson, PA-C, MS  
**\$24.99 \$19.99\*\***



**Psychopharmacology**  
*Straight Talk on Mental Health Medications, 4th Edition*  
By Joe Wegmann, RPh, LCSW  
**\$29.99 \$22.99\*\***

**Questions?** Visit our FAQ page at [www.pesihc.com/faq](http://www.pesihc.com/faq) or contact us at [www.pesihc.com/info](http://www.pesihc.com/info).

### Can’t attend in person? You can still join us!

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**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Missy Cork** at [mcork@pesi.com](mailto:mcork@pesi.com) or call **715-855-6366**.

## 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.



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## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. The CE certificate for the live, webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

**Cultural Competency:** This seminar qualifies for 2.0 hours of cultural competency instruction. If cultural competency is not specified within your licensing board’s approval statement below, please contact your board to determine the applicability and amount of cultural competency allowed.

**Counselors:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**New Hampshire Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/85866](http://www.pesi.com/events/detail/85866).

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** 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. Partial contact hours will be awarded for partial attendance.

**Pharmacology Nurse Practitioners:** 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.

**Nursing Home Administrators:** This program has been submitted (but not yet approved) for 12.5 continuing education clock hours and 12.5 participant hours from NAB/NCERS. For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/85866](http://www.pesi.com/events/detail/85866).

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/85866>.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

#### Physicians and Physician Assistants:

**Physicians:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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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.

**Speech-Language Pathologists:** 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.

**Social Workers:** 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 10.5 Clinical and 2.0 Clinical Competency continuing education credits. No more than 12.5 total CE hours may be awarded for this activity. 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.

**Social Workers (NASW):** This activity is pending approval from the National Association of Social Workers.

**New Hampshire Social Workers:** This intermediate activity consists of 12.5 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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# 2 Day Geriatric Certificate Course

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**4 Recommended Reading**

☐ **\$24.99 \$19.99\*\* Geriatric Pharmacology book** PUB084430

☐ **\$29.99 \$22.99\*\* Psychopharmacology book** PUB086420

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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#### IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

#### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

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#### QUESTIONS

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