

Northwest Geriatrics Workforce Enhancement Program

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Seattle
Human Services
Equity • Support • Community



Aging and Disability Services
Area Agency on Aging for Seattle and King County

Northwest Geriatrics Workforce Enhancement Center

- One of 48 Centers that's federally funded for GWEP initiative
- **Mission:** Lead the Pacific Northwest in optimizing primary care of older adults through collaborative education, traineeships, client engagement, community-clinical linkages.
- **Community Partners**
 - Aging and Disability Services for Seattle-King County (ADS)
 - Area Agency on Aging & Disabilities of Southwest Washington (AAADSW)
 - Aging & Long-Term Care of Southeast Washington (ALTC)
- **Primary Care Partners**
 - Family Medicine Residency Network – Washington, Wyoming, Alaska and Idaho
 - Department of Veterans Affairs
- **University Partners:** UW School of Nursing, School of Social Work and School of Pharmacy



Northwest Geriatrics Workforce Enhancement Center

Target Audience: Primary Care Workforce

- Inter-professional - any healthcare professional who cares for older adults in primary care
- Training the next generation – focus on trainees



Advanced Practice Nurse Traineeship



- Fund up to 5 DNP students annually
- Focus on elder care of medically underserved, rural, and diverse populations
- Must complete the AAA practicum and attend Project ECHO-Geriatrics

Pacific Northwest Regional Reach



Wyoming
GWEP

Montana
GWEP



WWAMI = Washington, Wyoming, Alaska, Montana, & Idaho

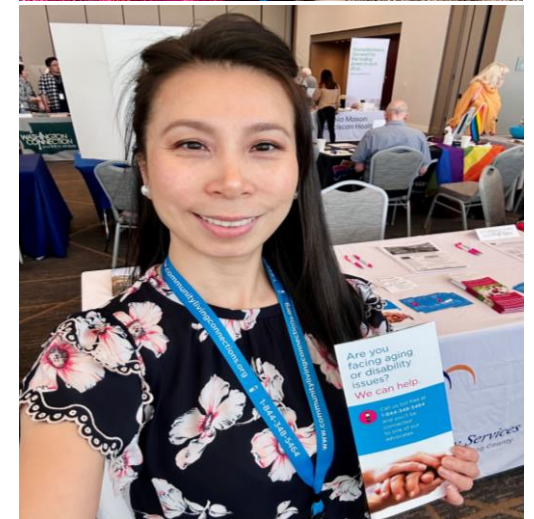
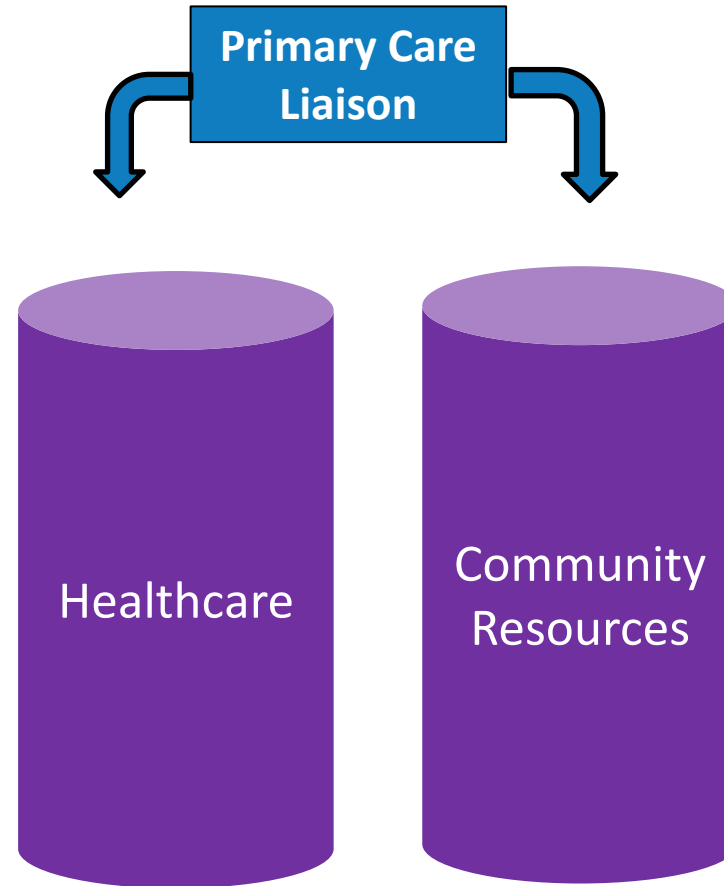
Program Activities

- Primary Care Liaison
- Project ECHO–Geriatrics
- Geriatric Health Care Lecture Series
- Self-management Flag Dissemination
- Area Agency on Aging (AAA) Practicum



Primary Care Liaison

- Build relationships with primary care
- Create community-clinical linkages by engaging healthcare teams
- Facilitate referrals to community-based programs and services
- Increase enrollments into evidence-based health promotion programs
- Distribute self-management plans



Project ECHO Geriatrics

ECHO = Extension for Community Healthcare Outcomes



How Our Sessions Work



VIRTUAL, MONTHLY, ONGOING SESSIONS

Every 3rd Friday of the month @ 12:30 – 1:30pm Pacific, year-round.



FORMAT

Our sessions include a brief didactic (15 min), followed by case consultation(s) and discussion.



COMMUNITY PANELISTS

We are the first ECHO to include community members on our specialist panel, bridging the community-clinic gap.



DIDACTIC DATABASE

Our didactics are recorded and freely available to watch online, anytime.

Geriatric Healthcare Series


- 10-week virtual lecture series on geriatric healthcare topics twice yearly
- 75 min lecture + 15 min Q&A
- CME/CNE/CE credit available
- 1,000+ attendees for each series
- 80+ lectures archived online

<https://www.nwgwec.org/activities/geri-series/>

GERI-SERIES LECTURES Sort All By Date Desc Filter By Category Search our archive here...

May 30, 2023

Medication Use




By Leigh Ann Mike, PharmD, MCPs, MCGP
Clinical Associate Professor, Department of Pharmacy, University of Washington Assistant Director for Education, Plain Center for Geriatric Pharmacy Research, Education,...

WATCH VIDEO >

May 23, 2023

Fall Prevention




By Jenny Roraback-Carson, MD
Clinical Assistant Professor University of Washington Medical Director Full Life Care

WATCH VIDEO >

May 16, 2023


Genitourinary Issues in Older Men



By Bruce Dalkin, MD
Urologist University of Washington

May 9, 2023




Genitourinary Issues in Older Women



By Anna C. Kirby, MD, MAS
Division of Urogynecology UW Department of Obstetrics & Gynecology

Self-Management Plans

- Facilitate use of self-management flags by patients and providers.
- Disseminate self-management flags for use by other organizations

Chronic Pain Self-Management Plan	
<input type="checkbox"/> Take medicines only as prescribed. <input type="checkbox"/> Get opioids from only one provider and fill your prescription at one pharmacy. <input type="checkbox"/> Check with your pharmacist or medical provider before drinking alcohol when taking medicines.	<input type="checkbox"/> Do not skip or double up on your medicines. <input type="checkbox"/> Do not restart your medicines once you stop without checking with your doctor or pharmacist. <input type="checkbox"/> Tell your doctor about ALL medicines you are taking, including over-the-counter vitamins and all supplements.
Green Flags — All Clear  If you have: <ul style="list-style-type: none">• No pain• Pain does not limit what you are able to do.• If you are taking medicine, particularly a stronger pain reliever like an opioid, your bowel patterns are regular (e.g., every day, every other day)	What this means ... <ul style="list-style-type: none">• Your symptoms/pain is under control or in a range that does not limit your daily activities• Your pain level could be considered controlled or "mild discomfort".• Continue to take your medicine as ordered by your doctor. Keep up the great work!
Yellow Flags — Caution  If you have: <ul style="list-style-type: none">• Pain that limits what you are able to do or• Pain that interferes with what you want or need to do, including your basic care needs or makes it difficult to concentrate.• Pain that causes low mood or less interest in social activities.• No regular bowel movement for 3 or more days	What this means ... <ul style="list-style-type: none">• You may need your medicine adjusted• Talk with your medical provider about elimination problems.• Your pain level is considered moderately controlled or "moderate discomfort" Call your doctor, consulting nurse, or health care provider if symptoms do not improve. Name: Number: Instructions:
If you notice a Yellow Flag, work closely with your health care team.	
Red Flags — Stop and Think  If you have: <ul style="list-style-type: none">• Pain that is severe• You cannot take care of your basic needs• The pain does not respond to medicine• Pain is constant without relief• Shallow breathing or trouble staying awake• No bowel movements	What this means ... <ul style="list-style-type: none">• Your pain level could be considered uncontrolled or "severe discomfort"• You may be having a severe side effect to the pain-relieving medicine.• Do not take your next dose of opioid• You need to be evaluated by a health care professional immediately. If possible, notify your health care provider's office. Name: Number: Follow these instructions: CALL 9-1-1
If you notice a Red Flag, CALL 911. Emergency!	

Visit www.agingkingcounty.org/what-we-do/healthcare-collaboration

AAA Practicum

- Pre-Learning
- Experiential Visits
- Debrief Sessions
- Pre/Post Surveys

Protected: AAA Practicum

In partnership with Northwest Geriatric Workforce Enhancement Center (NWGWEC), Aging and Disability Services offers an Area Agency on Aging (AAA) practicum. This unique experience offers health profession trainees first-hand exposure to the King County Aging network. This page includes educational materials intended to introduce and orient health professional trainees and other professionals to the AAA and community networks.



These materials are made possible by Grant Number U1QHP28742 from the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services. Materials may be referenced or linked if credit is given to the authors.

Materials are under development. [Feedback](#) is appreciated.

Click on the headings below for more information about the AAA and our core services.

AAA Introduction ∨

Caregiver Support ∨

Elder Rights ∨

Health and Wellness ∨

Nutrition ∨

Supportive Services ∨

Next Steps: How You Can Help ∨


Virtual AAA Based Practicum

MARCH 31 2023

Health and Wellness



Learning Materials:

- [Health Promotion Fact Sheet](#) 
- Video: [PEARLS Demonstration](#)
- Video: [EnhanceFitness](#)

Resources:

- [Self-Management Plans & Flags](#)
- [Caregiver stress self-management plan](#) 
- [PEARLS Brochure](#) 
- [ADS PEARLS Flyer_10.20.20](#) 
- [Fall Prevention Resources-South King County_8.20](#) 
- [Fall Prevention Resources-Seattle & North King County_8.20](#) 
- [Fall Prevention Resources-Eastside King County_8.20](#) 

New Poster Presentation: Virtualizing our Area Agency on Aging Practicum

For General NWGWEC Homepage News



Congratulations to our three Primary Care Liaisons (Breanne Swanson, Phung Nguyen, and Felicia Sanchez) and their well-received poster, *Virtual Area Agency on Aging Based Practicum for Health Professions Trainees* at the American Society on Aging's Annual Conference **On Aging 2023** in Atlanta, GA. Our **Area Agency on Aging (AAA) Practicum** is one way we work towards bridging the clinic-community gap by teaching primary care trainees (geriatric fellows, family medicine residents, and advanced practice nursing students) about programs to address the social determinants of health needs of older adults and caregivers. During the pandemic, our practicum was re-invented virtually using asynchronous videos and Zoom debriefings. Our findings indicate that our virtual practicum experience is just as valuable as it was pre-pandemic and if anything, it's more convenient for busy primary care trainees.

AAA Practicum: Testimonies

"[The TCARE] was a very detailed and lengthy assessment! From my end, it seemed difficult to do over the phone so I was very impressed with Carole. It seemed there were many issues to ask about with the caregiver ranging from self-care to mental health and so forth. The family caregiver said they found a lot of meaning in life in their role caregiving for their family member. It was very interesting and I learned a lot from Carole."

"[The practicum] was really great! Nice to see how much [ADS] does. [It] opens my eyes to a lot of things. [I] get a good sense of things. I can actually refer a patient [to Community Living Connections] as a provider and how to access information myself. I feel more competent in providing information to [patients]."

"Thank you for the work you do. I think it's very important and helpful to learn about these resources available in the community!"

"It was important to know the jurisdiction and mandatory reporter. What does it mean [when we say] self-neglect. Limits on what APS staff does [and] clarifying those details. I made a bunch note notes about it."

"I was impressed with Enhance Fitness class in Mandarin. I was dancing in my space; my heart rate actually went up. It was a great class! The client doesn't need specific equipment, just a chair in place."

Where to Find Us

- Web: AgingKingCounty.org
- Facebook: facebook.com/AgingKingCounty
- Twitter: @AgingKingCounty
- Pinterest: pinterest.com/agingkingcounty
- Monthly eZine: AgeWiseKingCounty.org

For information and access to services and resources

Community Living Connections

- 1-844-348-5464 (toll free)
- 206-962-8467

AAA Primary Care Liaison

- 206-454-9704
- phung.nguyen@seattle.gov

