

# Care of the Older Adult Online Course

## Activity Description

The Mayo Clinic Division of Community Internal Medicine, Geriatrics, and Palliative Care is pleased to offer this online course to provide family practitioners, internists, general practitioners, advanced nurse practitioners and physician assistants with current information on the care of older adults, including clinical evaluation of cognitive and functional health, chronic disease management strategies, topics on post-acute/long term care, and caregiver support.

## Target Audience

This activity is appropriate for family practitioners, internists, general practitioners, advanced nurse practitioners and physician assistants.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Recognize a method for assessing new cognitive impairment in older adult patients.
- Identify opportunities to prevent and treat delirium focusing on non-pharmacologic measures.
- Identify ways to judiciously use anticoagulation in older adults, balancing risks of bleeding and clotting.
- Recognize how to effectively treat Parkinson's disease with a single medication.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 7.50 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 7.50 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

### AOA

The American Osteopathic Association designates this program for a maximum of 7.50 AOA Category 2-A credits.

### AAFP

The AAFP has reviewed Care of the Older Adult Online Course and deemed it acceptable for up to 7.50 Enduring Materials, Self-Study AAFP Prescribed credit(s). Term of Approval is from 07/23/2024 to 07/22/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ABIM

Successful completion of this CME activity, which includes participation in the evaluation component, enables

the participant to earn up to 7.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### **ABS**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirements of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

### **Other Healthcare Professionals**

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

## **Disclosure Summary**

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

***Listed below are individuals with control of the content of this program who have disclosed...***

### ***Relevant financial relationship(s) with ineligible companies:***

<b>Name</b>	<b>Nature of Relationship</b>	<b>Company</b>
Brandon P. Verdoorn, M.D.	Stock Shareholder	Walgreens Boots Alliance
Christina Chen, M.D.	Honoraria	Grandpad

***All relevant financial relationships listed for these individuals have been mitigated.***

### ***No relevant financial relationship(s) with ineligible companies:***

<b>Name</b>	
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April R. Christensen, M.D., M.S.	Ericka E. Tung, M.D., M.P.H.
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Paul M. McKie, M.D.	Corinne Irish
Maria D. Mendoza De La Garza, M.D.	Kalene Collins
Donna M. Miller, M.D.	

### ***References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:***

<b>Name</b>	<b>Manufacturer/Provider</b>	<b>Product/Device</b>
Donna M. Miller, M.D.	n/a	Off label use of antipsychotics in delirium

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## **Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

## **Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

## **Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

## **How to Obtain Credit**

To obtain credit, complete the assessment, evaluation and submit.

## **Release and Expiration Dates**

Release Date:	July 23, 2024
Renewal Date:	(If applicable)
Expiration Date:	July 22, 2027

## **Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

## **Faculty and Course Director Listing and Credentials**

Course Director(s)

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Melissa H. Bogin, M.D.

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## **Bibliographic Resources**

Rentsch S, Vitale CA, Zietlow K. Prioritizing geriatrics in medical education improves care for all. Med Educ Online. 2022 Dec;27(1):2105549. doi: 10.1080/10872981.2022.2105549. PMID: 35899375; PMCID: PMC9341335.

Zhang K, Kan C, Luo Y, Song H, Tian Z, Ding W, Xu L, Han F, Hou N. The promotion of active aging through older adult education in the context of population aging. *Front Public Health*. 2022 Oct 10;10:998710. doi: 10.3389/fpubh.2022.998710. PMID: 36299739; PMCID: PMC9589353.

Sanford AM, Morley JE, Berg-Weger M, Lundy J, Little MO, Leonard K, Malmstrom TK. High prevalence of geriatric syndromes in older adults. *PLoS One*. 2020 Jun 5;15(6):e0233857. doi: 10.1371/journal.pone.0233857. PMID: 32502177; PMCID: PMC7274399.

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