



## Minnesota Northstar Geriatrics Workforce Enhancement Program (MN GWEP)

*Improving the Healthcare and Health of Older Adults*

The Minnesota Northstar Geriatrics Workforce Enhancement Program (GWEP) is a five-year, \$3.74 million project funded by the [Health Resources & Services Administration \(HRSA\)](#). The purpose of the Minnesota Geriatrics Workforce Enhancement Program (MN GWEP) is to improve the healthcare and health of older adults across the entire state of Minnesota.

With 2020 now behind us, a sobering lesson remains. It is more important than ever to mitigate the vulnerabilities of the older adult population, address the disparities and inequities in health care, and provide a well-trained and well-resourced workforce to care for older adults. The Minnesota Northstar GWEP will redouble its efforts with these challenges in mind.

This is the first edition of our e-newsletter, and we ask for you to share it with other colleagues and peers.

**Jim Pacala, MD, MS**



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## HIGHLIGHTS

### Developing an Age-Friendly Health System

M Health Fairview Clinic - Smiley's and University of Minnesota's Community-University Health Care Center are recognized as [Age-Friendly Health System Participants](#). This honor by the Institute of Healthcare Improvement recognizes our clinical transformation project in this important milestone. The Age-Friendly Health System Participants are considered to be on the journey to becoming an Age-Friendly Health System and have submitted a description of how they are putting the 4Ms into practice.

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### Cultivating Sensitivity in Caring for People with Cognitive Impairment

The Dementia Friends initiative is a global movement to spread awareness about dementia. Since the start of the [Minnesota Northstar GWEP's efforts with Dementia Friends](#), 136 attendees are now Dementia Friends or Dementia Champions. We are currently evaluating the effects of Dementia Friends information sessions on participants' attitudes toward, and comfort levels with, people with dementia through a validated instrument. Early findings suggest that these sessions do change participants' self-reported attitudes toward people with dementia.

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### Winners of Inaugural Interprofessional Geriatric Case

## Competition

This fall, 116 students, faculty, and community experts were recruited to participate in the [month-long competition](#), which was held virtually. Teams collaborated on a geriatric-based case, which focused on development of a care plan for an older patient with multiple chronic health challenges, including COVID-19. [Watch the video of the winning team](#), representing students from OT and DNP academic programs.

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## Outreach and Education Offered to Caregivers of Patients with Dementia

Caregivers are often tasked with a multitude of challenges of daily living activities while providing emotional support for those with Alzheimer's and other dementias. The MN GWEP project in the School of Public Health is providing free educational outreach on topics related to Alzheimer's disease and dementia—and other issues important to Minnesotans in long-term care. The support includes [visits to counties around Minnesota](#), webinars about [COVID](#) and [Alzheimer's](#), [online education for caregivers](#), and personalized coaching calls.

## GOALS

### Goal 1: Governance

The [Governance](#) of the Minnesota Northstar GWEP includes expert advisors. Our Community Advisory Board unites the University of Minnesota with eight community partners to provide greater access to community education in aging and dementia, improve geriatrics training in health professions, and transform primary care clinical training and practice sites to provide Age-Friendly care. In 2021, the MN GWEP Community Advisory Board will add a representative of caregivers and patients experiencing dementia-related diseases.

The MN GWEP's Interprofessional Geriatrics Coordinating Council (IPGCC), which provides interprofessional content expertise, has added a new advisor on equity, access, and community engagement.

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### Goal 2: Geriatrics Education and Training

Educators, come see the resources generating so much interest! The [Age-Friendly Care and Education Collection](#), curated and led by Jean Wyman, PhD, RN, FGSA, FAAN, is a rich online resource collection of educational and other training materials. It's easy to navigate and full of great material to support instructors and preceptors. We are proud that our collection had over 65k page views in 2020, and is growing.

## Age-Friendly Care and Education Collection

Most Viewed Resources	View Count
All resources (N=685)	65,132
Case studies (n=23)	3,031
Clinician's Guide to Assessing and Counseling Older Drivers, 4 <sup>th</sup> ed	271
ConsultGeri	269
AGS 2019 Updated Beers Criteria (Journal Article)	258
Caregiver Support and Resources	256
Fall Risk Factors Checklist	246
Covid-19 Links and Resources	242
Introducing the 4Ms Framework—Video	238
HRSA Training Curriculum: Alzheimer's Disease and Related Dementias	235
AGS Geriatrics Evaluation and Management Tools	229
Geriatric Social Work Competency Scale II with Life-long Leadership Skills	219
AGS Guiding Principles for Care of Older Adults with Multimorbidity (article)	193

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### Goal 3: Primary Care Clinical Transformation

In January 2021, the [clinical transformation team](#) is piloting and refining smart phrases to be used in the electronic medical record for primary care clinics. This innovation allows the Age-Friendly clinical transformation team to pull data addressing patients' goals in the four categories of an [Age-Friendly Health System](#): What Matters, Medication, Mentation (Dementia/Depression), and Mobility. This effort is led by geriatrician James Pacala, MD, MS.

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### Goal 4: Public Education for Caregivers

The Dementia Educational Experience Roadshow (DEER) has visited seven Minnesota counties and engaged 511 people in patient, family, and caregiver education. Led by Joe Gaugler, PhD, DEER maintains the goal of visiting every county in Minnesota during all five years of the GWEP grant. Because of the pandemic, the DEER project is not traveling but has offered webcasts to 1700+ people on the topic of [COVID-19 and Living with Dementia](#).

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## Goal 5: Dementia Care, Support and Safety

### *In Memoriam: Dr. Rosalie Kane*

On May 5, 2020, the long-term care world suffered an immense loss with the passing of Rosalie Kane, PhD. Dr. Kane led [an effort in MN Northstar GWEP to educate the geriatric workforce](#) on risk and autonomy in decision making. The Minnesota Northstar GWEP will expand upon the spirit of Dr. Kane's work to develop and disseminate case studies and associated guides for adoption and implementation of Age-Friendly Health Systems in congregate long-term care and senior care communities.

Goal 5 will now be led by Teresa McCarthy, MD, MS; Rajean P. Moone, PhD, LNHA; and Stephen Shuman, DDS, MS. Dr. McCarthy has led Dementia Friends information sessions (trainings) both in person and online. In April, 2020 MN Northstar GWEP developed an online version of the information sessions for safety during the pandemic. This model has been successful in outreach to students in medicine, pharmacy, and physical therapy, as well as Fairview marketing staff, and MN Northstar GWEP interprofessional team members. Dr. Moone has already successfully guided the University of Minnesota's enrollment in [the global network of Age-Friendly Universities](#). University President Joan Gabel endorsed our enrollment, and an Age-Friendly University Council was established. Dr. Shuman is creating "Dementia-Friendly @ Work" training material for dental practices and other clinical environments.

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## DASHBOARD: MN GWEP IN NUMBERS

**3,080**

**Health Professional Staff & Learners Engaged**

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**726**  
**Patients / Families  
Caregivers Engaged**

**7**  
**Minnesota  
Counties Reached**

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