



University of North Texas Health Science Center Reynolds GET-IT Program

SAGE Program (Seniors Assisting in Geriatric Education)



Student Overview

The SAGE program (Seniors Assisting in Geriatric Education) is an innovative, instructional method within the Texas College of Osteopathic Medicine curriculum designed to enhance and strengthen your training in geriatrics. You will be matched in pairs, with community-dwelling adults over age 65 years who are receiving services from Meals on Wheels (MOW) Inc. of Tarrant County or a senior in the community. You will meet with your senior mentor/client several times during the following first two years of osteopathic medical school.

The purposes of the program are to:

- Increase your exposure to a home-bound, diverse population of older adults
- Provide a needed service to the community
- Establish a long-term relationship with an older person. This relationship will help to improve positive attitudes and reduce previous stereotypes you may have about aging
- Provide an out-of-classroom process for increasing your geriatric knowledge and skills
- Increase the breadth and depth of geriatric content in the osteopathic medical school curriculum
- Improve the way future osteopathic physicians care for older adults

Geriatric Competencies Addressed

- Document a senior mentor's/client's complete medication list, including prescribed herbal and over-the-counter medications, and for each medication provide the dose, frequency, indication, benefit, side effects, and an assessment of adherence.
- Assess and describe baseline and current functional abilities (instrumental activities of daily living, activities of daily living, and special senses) in an older senior client by collecting historical data from multiple sources and performing a confirmatory limited physical exam.
- Identify and assess safety risks in the home environment and make recommendations to mitigate these.
- Ask senior mentor/client about falls in the last year, watch the senior mentor/client rise from a chair and walk (or transfer), then record and interpret the findings.
- Define and differentiate among types of code status, health care proxies, and advanced directives in the state where one is training.
- Identify as least 3 physiologic changes of aging for each organ system and their impact on the senior client, including their contribution to the homeostenosis (the age-related narrowing of the homeostatic reserve mechanisms).

CONTACT PERSONS

Division of Geriatrics	David Farmer PhD Project Director Yolanda Pitts, M.Ed., CHES Educational Program Coordinator	817-735-2949 david.farmer@unthsc.edu 817-735-0289 yolanda.pitts@unthsc.edu
Meals on Wheels	Lynell Bond Director of Case Management Meals on Wheels	817-528-6636 lynell@mealsonwheels.org
Clinical Medicine	Donna Spencer	817-735-5043

donna.spencer@unthsc.edu

Academic Coordinator

Overview of SAGE Modules

The SAGE program begins during the first semester of your osteopathic medical student training and is part of the Clinical Medicine course.

An introduction to the course will include a presentation by the Division of Geriatrics on an overview of the SAGE program, a presentation from Meal's on Wheels describing the services they provide to the community, and a presentation from UNTHSC campus police on public safety.

Activities during the first semester of the program are meant to establish a relationship with the senior client. Assignments to be completed during each visit will follow what you are learning during your Clinical Medicine course. Every visit will include taking vital signs and completing specific assignments.

You will be assigned to a POD which is overseen by a SAGE faculty mentor. A POD consists of up to 10 senior mentors/clients and up to 20 osteopathic medical students. Completed assignments will be posted on Blackboard for the faculty mentor and other first year osteopathic medical students in your pod to comment on. ALL ASSIGNMENTS MUST BE TURNED IN WITHIN 72 HOURS OF YOUR SENIOR CLIENT VISIT IN ORDER TO RECEIVE CREDIT.

SESSIONS

SEMESTER 1/YR 1

Session 1: Introduction to Senior Mentor/Client & Life Reminiscence

This session allows you to perform a "life reminiscence" with the senior mentor/client. You will learn to understand the benefits of life reminiscence, patient-centered interviewing, and assessing psychosocial issues, spiritual beliefs, and health perceptions in older adults.

Session 2: Home Environment/Safety Assessment

This session allows you to introduce yourself to the senior mentor/client and get to know them. You will then assess your senior mentor's/client's home for environmental safety issues with particular attention for fall hazards. You will learn to prevent conditions that could result in falls or other injuries.

SEMESTER 2/YR 1

Session 3: Medication/ Pharmacology

This session allows you to perform a medication assessment on an older senior mentor/client. You will learn to appreciate issues associated with prescriptions and multiple medications as well as identify side effects and interactions associated with selected drugs.

Session 4: Medical History & Physiology of Aging

This session allows you to obtain a medical history from of an older adult. You will practice communication skills with special emphasis on the physiology of aging including changes in sexuality

Session 5: Limited Physical Examination

This session allows you to perform a limited physical examination (senior will remain fully clothed) on an older adult. You will learn to adapt an examination to possible health conditions. The examination will also focus on cognitive function and screening for depression.

SEMESTER 3/YR 2

Session 6: Community Resources

This session allows you to meet with your mentor/client to identify current use of community resources and additional services your mentor/client may benefit from. You will identify specific goals that the resources are to accomplish and provide these recommendations to your mentor's/client's MOW case-worker for implementation. If your senior mentor/client is a senior from the community, please provide them with your recommendations for implementation.

Session 7: Nutritional Assessment

This session allows you to perform a nutritional assessment on an older adult. You will counsel and educate an older adult on nutritional balance and diet modifications related to selected health conditions.

SEMESTER 4/YR 2

Session 8: Community Resources Follow-up and Functional Assessment

This session allows you to see if the community resources you recommended were implemented and did they meet the needs of your senior mentor/client. You will complete a functional assessment on an older adult.

Session 9: Advance Care Planning

This session allows you to explore issues associated with advanced care planning (Medical Power of Attorney, Living Will, etc.). You will learn the legal and ethical processes that take place with these decisions.

Pod Presentation

A POD consists of a faculty member, up to 10 senior clients and up to 20 osteopathic medical students. Each Pod will present a summary of what they learned from their assigned senior mentors/clients in the classroom setting.