

## Sr. HELP (Sr. Health Education Literacy Program)

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### Sr. HELP Program

**Purpose:** To improve interpersonal and communication skills.

**Goals:** To assess a geriatric patient's health literacy, to educate and counsel patients with an emphasis on preventive medicine and health promotion based on best medical evidence.

**Objectives:**

- Utilize best evidence to determine appropriate screening, health promotion, and/or disease prevention for older adults, communities and populations at a level commensurate with the patient's health literacy.
- Provide written and verbal communication to older adults on health promotion and / or disease prevention.
- Conduct a brief geriatric assessment technique or tool.

**Target Population:** 4<sup>th</sup> Year Core Geriatrics Clerkship Medical Students.



**How it Works:** Small groups of 4<sup>th</sup> year medical students are assigned a preventive medicine and health promotion topic to present to a local Sr. Citizens Center. An educational handout and verbal presentation are provided by the students in non-technical language. When appropriate a targeted geriatric assessment is provided. The presentation is reviewed by geriatrics faculty prior to the presentation and feedback is provided to the students after the presentation.

**Current Topics:**

- Hypertension
- Back Pain
- Knee Pain
- Falls Prevention
- Diabetes