



Gerontological Nursing Quarterly

A UNMC College Of Nursing Project Grant Funded Quality Care for Nebraska's Aging Community



An increasing awareness of the challenges in Nebraska's geriatric nursing workforce is the driving force behind two grants at UNMC College of Nursing that will help improve care in long-term care facilities and provide more geriatric nurse practitioners for rural Nebraska.

Nebraska's population is aging at a time when there is a critical shortage of nurses and nurse practitioners trained in geriatric care according to

New Grants Improve Geriatric Care

Professors Mary Cramer and Claudia Chaperon with UNMC College of Nursing. "Nebraska's elderly population – an estimated 13.5 percent in the state and about 18.4 percent in rural areas, is expected to increase 62 percent by 2030."

Aging baby boomers will create a burgeoning demand for quality health care in long-term care facilities in the years ahead.

Professor Cramer said an increase in education among registered nurses about the needs of older adults will help address quality of care in long-term care facilities and reduce the very high RN vacancy rates that range from 17 to 30 percent. It also will reduce the high RN turnover rates that are nearly 75 percent in long-term care facilities, and help decrease the turnover of RN administrators, which occurs about every 3 years. "There are many registered nurses generally not prepared to work with older adults. The older person isn't the same as a middle age person. They have a whole host of unique problems and generally live with multiple chronic conditions that complicate care. The grants will raise the bar for quality," Professor Cramer said.

While many older Nebraskans are still relatively healthy and leading

productive lives, many also have multiple chronic conditions (diabetes, heart disease) and/or suffer from cognitive impairment, depression, and physical limitations, according to Professor Chaperon. "Nebraska has a serious shortage of primary care providers, especially for older Nebraskans in rural areas where there is increased prevalence of high blood pressure, obesity, and high cholesterol levels."



The GNP-MAP grant at UNMC CON will produce more geriatric nurse practitioners in rural Nebraska to meet the increasing demand for quality health care for older Nebraskans. The RWJ grant will educate 172 RNs in long term care facilities to improve geriatric competence and leadership skills.

Turn to page 3 to read more about these new initiatives.



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RWJ Funding Partners:

Vetter Foundation
UNMC College of Nursing
Vetter Health Services, Inc.
Nebraska Health Care Foundation
Nebraska Methodist College
NYE Senior Services
Tabitha Health Care Services
Golden Living
Iowa West Foundation
UNMC College of Nursing Class of 1960
Blue Cross Blue Shield of Nebraska
Gilbert M. & Martha H. Hitchcock
Foundation

Midwest Partners for Geriatric Nursing Quality Improvement was one of 10 projects nationwide to receive funding from Robert Wood Johnson Foundation's *Partners Investing in Nursing's Future*.

Mary Cramer, PhD, RN and Associate Professor with UNMC College of Nursing and Project Director said the grant's goals are to improve patient care quality, family and staff satisfaction, and retention of RNs and nurse administrators in long-term care facilities.

The \$250,000 RWJ grant is for two years and includes matching funds of \$250,000 raised by the University of Nebraska Foundation with 13 local funding partners. Kathy Wolfe, director of development, University of Nebraska Foundation said the proposal for the grant was strengthened by the generosity and diversity of the funding partners from academic, institutional, professional associations and businesses in Nebraska.

Glenn Van Ekeren, President of Vetter Health Services is Co-Director of the grant. He said the project is an excellent fit with the educational mission of the Vetter Foundation. "The quality of life and quality of care of our seniors will undoubtedly be enriched by nurses specifically trained in geriatric care and leadership practices that ensure a serving spirit permeates our facilities," he said. "Nurses are the nation's most direct link to patient safety and quality of care. We are committed to helping find the most innovative solutions to the nursing shortage so we can protect patients now and over the long-term," said Susan Hassmiller, Ph.D., senior adviser for nursing at the Robert Wood Johnson Foundation.

For more information about Partners Investing in Nursing's Future, go to www.PartnersinNursing.



RWJ Organizational partners: Nebraska Health Care Association, Dr. Jane Potter and Nebraska Geriatric Education Center, Nebraska Center for Nursing

Retooling for An Aging Nebraska: GNP-MAP



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The Retooling for an Aging Nebraska: Geriatric Nurse Practitioner - *Master's Accelerated Post-Certificate (GNP-MAP)* project is a three-year training grant awarded to the College of Nursing by the U.S. Department of Health & Human Services for the purpose of increasing the number of family nurse practitioners, adult nurse practitioners, and acute care nurse practitioners with a second certification in geriatric specialization.

As part of the project, students across the region will be able to advance their career goals to meet the needs of the rapidly increasing aging population. The GNP-MAP education program will prepare students to take the test for the Geriatric Nurse Practitioner certification. The project is sensitive to the learning needs of practitioners working in remote clinical sites and is delivered through enhanced distance education technology. The technology will allow completion of course and clinical requirements through internet based learning and videoconferencing systems without relocating to a UNMC campus. Finally, the program focuses on developing the future interdisciplinary clinical site and necessary network support for each student to initiate geriatric services in their preferred practice site.

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www.unmc.edu/nursing/programs.html

Long Term Care RNs get Certified

Twenty long-term care RNs completed the first 10 week continuing education in Gerontological Nursing offered by the RWJ grant to prepare for national certification from the American Nurses Credentialing Center (ANCC). The RNs are from Tabitha Health Care Services, Golden Living, Nye Senior Services, and Vetter Health Services in Nebraska.

Deborah Conley MSN, APRN-CNS , BC , FNGNA, is the course instructor.



Deborah Conley

She is a Gerontology nurse faculty member of Nebraska Methodist College. Nebraska Methodist

College is one of the funding and organizational partners for this grant.

According to Ms. Conley...

"Its exciting to know that by next year we will have 96 RNs in long-term care nationally certified throughout Nebraska. Older adults represent more than 50% of the patient population; yet, fewer than 1% of all RNs are certified to care for the older adult. ANCC certification verifies a level of excellence in terms of the RN's knowledge and skills. Certified RNs are a tremendous resource and role model to other staff. They exemplify a facility's commitment to high quality patient care."



Roger Beins

"I learned a lot and am excited that we are raising the level of expertise/practice in long-term care with ultimately having multiple

numbers of Gero-certified RNs," said Roger Beins, Director of Nursing at Brookestone Meadows.

Tammy Lippold, RN with Golden Living



Tammy Lippold

in Tekamah said, " I really liked the course a lot. I learned so much. I am already using the knowledge learned in my education with

my staff. There is a lot to read and absorb in such a short time."

Upcoming Events:

Gerontological Nurse Certification online 10-week Continuing Education Courses:

- July 12
- October 11
- January 10

Geriatric Nurse Leadership Academy Events:

- April 27 New Member reception
- September 20–23 New Member Induction

Visit: www.geroleadership.org

GNP Student Wins First Place for Research Project

The UNMC College of Nursing is happy to announce that the geriatric nurse practitioner (GNP) student, **Mandy Bissell**, has received first place in the poster session competition at the Nebraska Nurse Practitioners Conference held on February 18 and 19, 2010. Her study investigated the effects of motion/balance video gaming on executive function in memory impaired older adults. Recent research has indicated that much of the gait and balance problems in old age are intensified by executive dysfunction. **Ms Bissell's study was evaluated to be of the highest quality because she demonstrated the need for improved methods for future research on executive**

dysfunction using video gaming in an institutionalized cognitively impaired older population. This award culminates a wonderful experience for a traditional GNP-student participating in interdisciplinary research. Interdisciplinary geriatric education and research are hallmarks of the preparation of GNPs for future practice as health care providers here in Nebraska. The GNP masters research project is intended to immerse students in enriching collaborative relationships that will be used as models for ideal interdisciplinary relationships in their future practices. These interdisciplinary projects also expose students to advanced practice gerontological nursing research. Ms Bissell's project was a small additional project added on to AMDA funded research being

conducted by Kalpana Padala, MD, MS a geriatrician, here at UNMC. The ultimate goal of the research projects of both mentor and mentee was to help improve balance and gait and prevent falls



Mandy Bissell, RN, BSN



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**Attention Long Term Care
Administrators'**

To become a PARTNER in
The RWJ Midwest Partners
For Geriatric Nursing
Quality Improvement

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University of Nebraska Medical Center

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Upcoming Events for APRNs



1. Now enrolling for the Summer Geriatric Nurse Practitioner Masters Accelerated Post Certificate (GNP-MAP) at UNMC College of Nursing, for more information contact: Dani Eveloff, MSN, RN at develoff@unmc.edu or 402-559-5184
2. National Institute of Aging Regional Directors Meeting at UNMC on Thursday, April 8, 2010. Please see for more details- <http://www.nia.nih.gov/NewsAndEvents/DirectorsRegional2010.htm>
3. 2010 Annual Scientific Meeting GSA's 63rd Annual Scientific Meeting November 19-23, 2010 Hilton, New Orleans Riverside, New Orleans, LA GSA's Annual Scientific Meeting brings together more than 3,500 of the brightest minds in the field of aging. This meeting is the premier gathering of gerontologists from both the United States and around the world. They participate in over 400 scientific sessions including symposia, paper, and poster presentations.