Facilitator’s Manual to the “Interactive Geriatric Assessment Lite Modules”

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# Facilitator’s Manual to the “Interactive Geriatric Assessment Lite Modules”

## Table of Contents

- Description and Purpose ............................................................... 3
- Learning Objectives ........................................................................ 4
- Target Audience ........................................................................ 4
- Procedures for Implementation ..................................................... 4
- Prerequisites .............................................................................. 4
- Required Resources ...................................................................... 5
- System Requirements .................................................................. 6
- Evaluation ................................................................................. 6
- Relationship to Other Materials .................................................... 6
- Citation ....................................................................................... 6
- Copyright Information ................................................................. 6
- References .................................................................................. 7
- Feedback Form ............................................................................ 9
Description and Purpose

Studies have shown that high numbers of undetected problems exist in older people, stressing the need for a systematic approach to the problems of geriatric patients. Most geriatric assessment programs refer to highly specialized interdisciplinary outpatient and hospital-based settings. However, primary care physicians provide the bulk of geriatric care in their office. Structured detection of geriatric problems and conditions by means of assessment instruments is crucial for efficient geriatric care giving in the community. Geriatrics Assessment Lite is a series of short 5 e-learning interactive tutorials or learning objects. These learning objects teach physicians and trainees how to perform the basic components of geriatric assessment in a fraction of the time that it would take to perform a comprehensive geriatric assessment. GeriU, the Online Geriatrics University, at the Stein Gerontological Institute, originally created this module in January 2005. Expertise was provided by faculty members from the University of Miami Miller School of Medicine, and the Miami VA, including Drs. J. Ruiz and A. Katz (geriatricians). These learning object tutorials deliver the information in an interactive way, step-by-step, through written text, animations, graphics and video clip demonstrations. The learning objects include the following:

Activities of Daily Living and Instrumental Activities of Daily Living (ADLS-IADLS): This learning object covers the use of the activities of daily living (ADL) and instrumental activities of daily living (IADL) scales to determine a patient’s level of function.

Depression Assessment: This learning object discusses the Geriatric Depression Scale (GDS) as a screening tool for depressive symptoms in elderly patients and the SIGECAPS mnemonic of eight neurovegetative symptoms used in the diagnosis of depression.

Review of Systems (Quick GeriROS): This learning object presents seven key questions that should be part of any comprehensive review of systems in the older patients.

Dementia Screening (MiniCog): This learning object introduces the Mini-Cog as a rapid, and valid instrument to screen for dementia.

The Timed “Up & Go” Test: This screening tool is used to assess fall risk in the elderly; the modified version, which includes timing, is now a widely used office-based test to assess falls risk.

These computer-based tutorials were created as “reusable learning objects”, and are available in CD ROM and web-based versions.

Approximately 1 to 1-1/2 hours total (15 minutes per module)
Learning Objectives

- Perform an assessment on the functional ability of an elderly patient using ADL and IADL scales
- Perform a depression assessment on an elderly patient using the Geriatric Depression Scale and SIGECAPS, and interpret the results
- Describe the key components of the geriatric review of systems
- Administer, score, and interpret the results of a Mini-Cog Test.
- Administer, score, and interpret the results of the Timed “Up and Go” Test

Target Audience

- Medical students
- Internal Medicine and Family Medicine residents
- Geriatrics fellows
- Nurses
- Physical Therapists

Procedures for Implementation

These modules were primarily developed as self-instruction tools. They can be later used to reinforce the knowledge or skills, or as refreshers for information and practice.

Educators could also use this module in conjunction with preceptor assisted instructional activities such as lectures, workshops, or small group discussions as part of a blended learning approach.

The tutorial can be used as a refresher for learners in the clinical environment immediately before performing this assessment in the clinic or at the bedside. [Trainee Performance Support System (TPSS) at the point of care]

Prerequisites

Activities of Daily Living and Instrumental Activities of Daily Living (ADLS-IADLS) - Knowledge of the functional domain of geriatric assessment.
Depression Assessment - Knowledge of DSM IV criteria for the diagnosis of Depression
Review of Systems (Quick GeriROS) - Basic knowledge of history taking and physical examination techniques.
Dementia Screening (MiniCog) - Knowledge of DSM IV criteria for the diagnosis of dementia.
The Timed “Up & Go” Test - Knowledge of the definition of falls.
Required Resources

**Navigation**
Each page in the module shows information on the *Geriatric Assessment Lite* module, and presents controls for going through the module. You can go through the module one page at a time, or you can jump from page to page or section to section. Many pages have multimedia elements such as videos or animations. Click on the appropriate button to view them.

<table>
<thead>
<tr>
<th>Moving between Pages</th>
<th>Use the arrow buttons in the lower right corner of the screen to move backwards and forwards through the tutorial.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viewing Videos</td>
<td>To view the video clip, click on the play button in the lower left corner of the video frame.</td>
</tr>
<tr>
<td>Closed Captions</td>
<td>Click on the button on the bottom right to enable closed-captions.</td>
</tr>
<tr>
<td>Accessing Information within a Page</td>
<td>Click on the mute button to turn on/off the audio. Use slide tracking bar to slide manually go to any time within the slide.</td>
</tr>
</tbody>
</table>
System Requirements

- Windows OS: Internet Explorer 6.0 and above, Netscape Navigator 7.0 and above
- Macintosh OS: Mozilla 1.0 and above (which uses the same engine as Netscape)
- Flash 6.0 or higher

Evaluation

These learning objects were used as part of a continuing medical education program in geriatrics for primary care physicians. The majority of 11 physicians rated the modules as good or excellent.

Relationship to Other Materials

Katz A, Ruiz JG, Smith M, McEntire A, van Zuilen MH, Mintzer MJ. Interactive Mini-Mental Status Examination (CD-ROM program). GeriU, the Online Geriatrics University, Stein Gerontological Institute, 2005


Citation

Katz A, and Ruiz JG. Geriatric Assessment Lite (CD-ROM program). GeriU, the Online Geriatrics University, Stein Gerontological Institute, 2005

Copyright Information

All materials in this module were produced by the Stein Gerontological Institute. All further reproduction rights are given through written permission only.
References


**ADL & IADL**

**Depression Assessment**

**GeriROS**


**MiniCog**


**Timed Up and Go**


Feedback Form

Please tell us what you think of this training material. Your feedback will help us improve the training materials we develop.

Please complete this questionnaire, and fax it to (305) 762-1472, or mail it to:

GeriU Coordinator
Stein Gerontological Institute
5200 NE 2nd Ave
Miami, FL 33137

Alternately, you may visit www.GeriU.org, and fill out the questionnaire on-line.

1. How was your overall experience with the training material?
   - Excellent
   - Good
   - Fair
   - Inadequate
   - Bad

2. How appropriate was the level of the content?
   - Much too advanced
   - Too advanced
   - At the right level
   - Too basic
   - Much too basic

3. Do you feel the materials were effective at enabling you to meet the learning objectives specified?
   - Very effective
   - Effective
   - Neither effective nor ineffective
   - Ineffective
   - Very ineffective

4. How easy or difficult was it to use the training material?
   - Very easy
   - Easy
   - Neither easy nor difficult
   - Difficult
   - Very difficult

5. Did you have any technical problems when viewing the material on your computer or DVD player?
   - Yes
   - No

   If Yes, please specify: ________________________________________________________

6. Please indicate which best describes your use of the material:
   - I am using the material as part of self-directed learning to improve my care providing skills.
   - I am using the material to help teach others better care providing skills.
   - Other (please specify):_____________________________________________________

7. Do you have any other comments about this training material? ________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________

Page 9 of 9
Facilitator's Manual to the "Interactive Geriatric Assessment Lite Modules"