

SIMON FRASER UNIVERSITY

MEMORANDUM

To: Senate

From: Senate Committee on
Undergraduate Studies

Subject: Gerontology Program -
New Course Proposals

Date: October 15, 1986

Action undertaken by the Senate Committee on Undergraduate Studies at its meeting of September 30, 1986 gives rise to the following motion:

MOTION:

"That Senate approve and recommend approval to the Board of Governors, as set forth in S.86- , the proposed

New courses GERO 402-3 Drug Issues in Gerontology
GERO 403-3 Counselling with Older Adults"

SIMON FRASER UNIVERSITY

MEMORANDUM

SCUS 86-14

To: Ron Heath, Secretary
Senate Committee
on Undergraduate Studies

Subject: Gerontology: New Course Proposals

From: Sheila Roberts, Secretary
Faculty of Arts Curriculum Committee

Date: July 18, 1986

The Faculty of Arts Curriculum Committee, at its meeting of July 17, 1986, approved the following courses for permanent inclusion in the calendar:

GERO 402-3 DRUG ISSUES IN GERONTOLOGY
GERO 403-3 COUNSELLING WITH OLDER ADULTS

Would you please place these items on the agenda of the next meeting of the Senate Committee on Undergraduate Studies.



Sheila Roberts

SR/sjc
encl.

cc: E. Gee



GERO 402-3: Drug Issues in GerontologyCalendar Description

An overview of issues relating to drugs and the elderly. Topics will include: An introduction to pharmacological issues as they apply to older people; Uses and abuses of commonly prescribed and non-prescribed medication; Medication reviews; Government subsidy programs. This course is designed for those who work or plan to work with elderly persons.

Prerequisites: GERO 300

Rationale

1. The issue of drug use is central within Gerontology. This course is designed to provide students with the background information that will help them deal with this major social issue.
2. Most credible Gerontology programs offer at least one course dealing with drugs and the elderly, given the importance of the issue.
3. The DGT Program was given \$20,000 by Squibb Canada (Ltd.) Pharmaceuticals to mount this course. Although this money will eventually run out, we are confident that we will be able to raise money in the future for the continuation of the course.
4. This course was offered in the 85-3 semester, under a Special Topics rubric, and was taught by a pharmacist well qualified in geriatric pharmacology. This individual, Lynn Trottier, is the Extended Care Unit Pharmacy Supervisor and Clinical Pharmacy Specialist--Geriatrics, at the U.B.C. Health Sciences Centre and is also an Associate Professor (part-time) in the Clinical Division, Faculty of Pharmaceutical Sciences, U.B.C. The course was well enrolled, and we have received positive feedback from the students who took it. This pharmacist is preparing to teach the course again. In the event she is not available in the future, there are several pharmacists with similar credentials and expertise in geriatrics who have indicated their willingness to teach this course.

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

NEW COURSE PROPOSAL FORM

Calendar Information

Department GERONTOLOGY

Abbreviation Code: GERO

Course Number: 402

Credit Hours: 3

Vector: 2-1-0

Title of Course: Drug Issues in Gerontology

Calendar Description of Course: An overview of issues relating to drugs and the elderly. Topics will include: An introduction to pharmacological issues as they apply to older people; Uses and abuses of commonly prescribed and non-prescribed medication; Medication reviews; Government subsidy programs. This course is designed for those who work or plan to work with elderly persons.

Nature of Course Lecture and Seminar

Prerequisites (or special instructions): GERO 300

What course (courses), if any, is being dropped from the calendar-if this course is approved: None.

2. Scheduling

How frequently will the course be offered? Once a year

Semester in which the course will first be offered? 87-3

Which of your present faculty would be available to make the proposed offering possible? Sessionals (pharmacists) will teach this course.

Objectives of the Course

To familiarize students who work, or plan to work, with elderly persons, with medical, psychological, social and service delivery aspects of drug use amongst the elderly.

4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas:

Faculty

Staff None.

Library

Audio Visual

Space

Equipment

5. Approval

Date: Oct 14/86 Oct 15, 1986

[Signature] Department Chairman

[Signature] Dean

Chairman, SCUS

SCUS 73-34b:- (When completing this form, for instructions see Memorandum SCUS 73-34a. Attach course outline).

SIMON FRASER UNIVERSITY

GERO 402-3 Drug Issues in Gerontology

Course Description

An overview of issues relating to drugs and the elderly for Gerontology students without degrees in medicine or pharmacy. The course will include: discussion of general principles of pharmacology and how these principles relate to aging; use and abuse of commonly prescribed and self-medicated drugs including a brief discussion of the diseases or disorders for which the drugs are used; desirable and undesirable effects of these drugs; drug holidays; medication reviews; compliance; abuse of "social" drugs; seniors' drug education programs; B.C. Pharmacare Program; and resources available for referrals.

Reading Materials

Required reading materials (reprints) will be available on reserve. A textbook is not required.

Course Requirements

Each student will be required to select and present an article to the class during the term as well as complete two examinations.

Distribution of Marks

Your final grade in the course will be a composite of the following:

	<u>Mark Value</u>			
Article Presentation	30			
Mid-term Examination	70			
Final Examination	<u>100</u>			
TOTAL	200	-	2	= 100%

Course Outline

I. Introduction

II. Pharmacological Issues

1. Pharmacokinetics (Drug Disposition)
 - Absorption
 - Distribution
 - Metabolism
 - Excretion
 - Time course of drug effect

2. Pharmacodynamics (Drug Response)
 - Mechanisms of drug action
 - Relationship between drug dose and response
3. Effects of aging on pharmacokinetics and pharmacodynamics

III. Use and Abuse of Medications

1. Commonly used medications including:

Brief description of disease or disorder for which the medication is used

- Cardiovascular Diseases (eg. Congestive Heart Failure, Angina, Hypertension)
- Respiratory Diseases (eg. Chronic Obstructive Pulmonary Disease)
- Neurological and Psychological Disorders (eg. Parkinson's Disease, Seizure Disorders, Dementia, Anxiety, Insomnia, Depression)
- Gastrointestinal Disorders (eg. Constipation, Ulcers)
- Infections (eg. Urinary Tract, Upper Respiratory Tract)
- Hematological Diseases (eg. Anemias)
- Endocrine Disorders (eg. Diabetes, Hypothyroidism)
- Dermatological Disorders
- Ophthalmic Disorders (eg. Glaucoma)
- Pain

Desirable effects of these medications

Undesirable effects of these medications

Hints for administration of these medications

2. Factors increasing risks of undesirable drug effects.
3. Drug Holidays
4. Medication Reviews
5. Compliance
6. Drug Abuse
 - Prescription Medications
 - "Social" Drugs (eg. alcohol, nicotine, caffeine, cocaine)
7. Seniors' Drug Education Programs.

IV. B.C. Parmacare Program

- V. Referral Resources - When and to whom?

DRUG ISSUES IN GERONTOLOGY

Reading List (Fall 1986)

1. Lipton, H. L. The Graying of America: Implications for the Pharmacist. Amer J Hosp Pharm 39:131-135 (Jan) 1982
2. Steinberg, S. K. Geriatric Pharmacy Practice in the Long-Term Care Facility. Can J Hosp Pharm xxxv(i): 14-16 (Jan-Feb) 1982
3. McKenney, J. M. et al. Drug Therapy Assessments by Pharmacists. Amer J Hosp Pharm 37:824-828 (Jun) 1980
4. Danforth, D. Drug Use and the Elderly. British Columbia Med J 24 (12):559-560 (Dec) 1982
5. Mas, X et al. Drug Prescribing and Use Among Elderly People in Spain. Drug Intell Clin Pharm 17:378-382 (May) 1983
6. Lamy, P. The Elderly, Drugs, and Cost Control Drugs. Intell Clin Pharm 16:768-782 (Oct) 1982
7. Principles of Drug Action and Drug Interactions In Pharmacology for Nurses. 8th Ed. Mosby Co., St. Louis. 1985
8. Monahan, F. D. Nurse Alert: Prepare for Geriatric Drug Dosages. Profiles-Manrex Pharmacy Consultants (Jul-Aug) 1985
9. Rowe, J. W. Health Care of the Elderly. New Engl J Med 312(13):827-835 (Mar 28) 1985
10. Michaels, E. Drug Therapy and the Elderly Patient. Can Med Assoc J 128:1442-1447 (Jun) 1983
11. Stanaszek, W. F., Baker, D. Drug Monitoring in the Geriatric Patient. Amer Pharm NS23(7):32-37 (Jul) 1983
12. Ouslander, J. G. Drug Therapy in the Elderly. Ann Int Med 95:711-722 (Dec) 1981
13. Jernigan, J. A. Update on Drugs and the Elderly. Amer Fam Physician 29(4):238-246 (Apr) 1984

14. Lamy, P. P. Hazards of Drug Use in the Elderly. Post Grad Med 76(1): 50-61 (Jul) 1984
15. Simenson, W. Aspects of Geriatric Therapy-Drug Interactions. On Cont Practice 10(1):14-16. 1983
16. Klein, L. E. et al. Aging and Its Relationship to Health Knowledge and Medication Compliance. Gerontologist 22(4):384-387. 1982
17. Gryfe, C. I. Drug Therapy of the Aged: The Problem of Compliance and the Role of Physicians and Pharmacists. J Amer Geriatrics Soc 32(4):301-307 (Apr) 1984
18. Smith, M. C., Sharpe, T. R. A Study of Pharmacists' Involvement in Drug Use by the Elderly. Drug Intell Clin Pharm 18:525-529 (Jun) 1984
19. Haynes, R. B. Physician Interventions to Improve Compliance. Geriatric Consultant 20-29 (Jul-Aug) 1986
20. Chryssidis E. et al. Drug Compliance and the Elderly. Aust J Hosp Pharm 12(1):1982
21. Weintraub, M. Intelligent Noncompliance with Special Emphasis on the Elderly. Contemp Pharm Prac 4(1):8-11 (Winter) 1981
22. Beber, C. R., Lamy P. P. Medication Management and Education of the Elderly: Proceedings of Symposium. Washington, D.C. 9-12, 16-19, 22-25 (May 1) 1978
23. Ascione, F. J., Shimp, L. A. The Effectiveness of Four Education Strategies in the Elderly. Drug Intell Clin Pharm 18:926-931 (Nov) 1984
24. Lundin, D. V. et al. Education of Independent Elderly in the Responsible Use of Prescription Medications. Drug Intell Clin Pharm 14:335-342 (May) 1980
25. Sherman, F. T. Tamper-resistant Packaging: Is it Elder-resistant, Too? J Amer Geriatrics Soc 33(2):136-141 (Feb) 1985

26. Robbins, L. J., Jahnigen, D. W. Child-resistant Packaging and the Geriatric Patient. J Amer Geriatrics Soc 32(6):450-452 (Jun) 1984
27. Martin, D. C., Mead, K. Reducing Medication Errors in a Geriatric Population. Amer Geriatrics Soc 30(4):258-260 (Apr) 1982
28. Danforth, D. A Difficult Pill to Swallow. Gerontol Assoc British Columbia Newsletter 7(3): (Spring) 1984
29. Wells, B. G. et al. Factors Associated with the Elderly Falling in Intermediate Care Units. Drug Intell Clin Pharm 19:142-145 (Feb) 1985
30. Salzman, C. A Primer on Geriatric Psychopharmacology. Amer J Psychiatry 139(1):67-74 (Jan) 1982
31. Coleman, J. H., Dorevitch, A. P. Rational Use of Psychoactive Drugs in the Geriatric Patient. Drug Intell Clin Pharm 15:940-944 (Dec) 1981
32. Marrant, J. C. A. Use and Abuse of Psychoactive Drugs in the Elderly. Can Med Assoc J 129:245-248 (Aug 1) 1983
33. Spiegel, R. Aspects of Sleep, Daytime Vigilance, Mental Performance and Psychotropic Drug Treatment in the Elderly. Gerontology 28 (Suppl. 1):68-82, 1982
34. Rosse, R. B. Evaluation and Treatment of Insomnia in the Elderly. Geriatric Consultant 26-28 (Sep-Oct) 1985
35. Feigenbaum, L. Z. Confusional States Mimicking Dementia. Geriatric Consultant 14-18 (May-Jun) 1985
36. Reifler, B. V. Clinical Aspects of Alzheimer's Disease. Mod Med Can/ Geriatrics 39(1): 18-20 (Jan) 1984
37. Laurenc, R. Alzheimer's. UBC Chronicle 10-13 (Spring) 1985

38. Loder, K. Alzheimer's Research Update. UBC Chronicle 13 (Spring) 1985
39. Chang, P. Depression and the Elderly. Can Pharm J 145-147 (Apr) 1982
40. Bruni, J. Management of Seizures in the Elderly. Can Pharm J 272-275 (Jun) 1985
41. Bartle, W. R. Peptic Ulcer Disease in the Elderly. Can Pharm J 284-285 (Jun) 1985

42. Spino, M. Caring for the Elderly: Chronic Obstructive Lung Disease - A Role for Theophylline. Can Pharm J 261-267 (Jun) 1985
43. Budden, F. Osteoporosis in Geriatrics. Can Pharm J 276-278 (Jun) 1985
44. Peace, D. A. Vitamins and Nutrition. Can Pharm J 279-283 (Jun) 1985
45. Simor, A. E. Infection in the Older Patient. Can Pharm J 292-295 (Jun) 1985
46. Kerr, I. G. Cancer Chemotherapy in the Elderly. Can Pharm J 289-290 (June) 1985
47. Lamy, P. P. Alcohol Misuse and Abuse Among the Elderly. Drug Intell Clin Pharm 18:649-651 (Jul-Aug) 1984
48. King, S. Alcoholism in the Elderly. Reflections - Manrex Pharmaceutical Consultants 6(11):(Jan) 1981
49. Bradford Brown, B. Professionals' Perception of Drug and Alcohol Abuse Among the Elderly. Gerontologist 22(6):519-525. 1982
50. Hartford, J. T., Samorajski. Alcoholism in the Geriatric Population. J Amer Geriatrics Soc 30(1):18-24 (Jan) 1982
51. Bayley, C. Who Wants to Admit 70-Year-Old Aunt Elsie is a Regular Tippler? Courier (Jul 15) 1979

GERO 403-3: Counselling With Older Adults

Calendar Description:

An examination of the ways of adapting counselling theory and practice to meet the needs of older adults and their families. Emphasis will be placed on counselling techniques and outcomes appropriate to the needs of persons living independently, with their families, or in institutional settings.

Prerequisites: GERO 300. This course is restricted to students in the Gerontology Diploma Program.

Rationale:

1. This course would be an elective in the DGT that would complement the required GERO 400 (Seminar in Applied Gerontology) in having an applied, practical focus.
2. This course was offered in the 86-1 semester, under a Special Topics rubric, and was taught by a clinical psychologist with gerontological expertise. The course was well enrolled and was received enthusiastically by the the students. This instructor is willing to teach the course again. In the event she is not available in the future, we have on file applications from several other persons qualified to teach this course.
3. The DGT was given \$30,000 by the Fred Silber family. This money will be used to mount this course annually.

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

NEW COURSE PROPOSAL FORM

1. Calendar Information

Department GERONTOLOGY

Abbreviation Code: GERO Course Number: 403 Credit Hours: 3 Vector: 2-1-0

Title of Course: Counselling With Older Adults

Calendar Description of Course: An examination of the ways of adapting counselling theory and practice to meet the needs of older adults and their families. Emphasis will be placed on counselling techniques and outcomes appropriate to the needs of persons living independently, with their families, or in institutional settings.

Nature of Course Lecture and Seminar

Prerequisites (or special instructions): GERO 300

This course is restricted to students in the Gerontology Diploma Program.

What course (courses), if any, is being dropped from the calendar if this course is approved: None.

2. Scheduling

How frequently will the course be offered? Once a year

Semester in which the course will first be offered? 87-2

Which of your present faculty would be available to make the proposed offering possible? Sessionals will teach this course.

3. Objectives of the Course

To familiarize students who work, or plan to work, with elderly persons with counselling theory and techniques to this group of clients.

4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas:

Faculty

Staff None.

Library

Audio Visual

Space

Equipment

5. Approval

Date: Oct 14/86. Oct 15, 1986

[Signature]
Department Chairman

[Signature]
Dean

Chairman, SCUS

SCUS 73-34b:- (When completing this form, for instructions see Memorandum SCUS 73-34a. Attach course outline).

Counselling with older adults
and their families

Elizabeth Bristowe
Summer 1987

Course Description:

This course will study ways of adopting Counselling Theory and Practice to meet the needs of older adults and their families, either on a one-to-one basis or in small group settings. The emphasis will be on counselling technique and outcomes appropriate to the changes and needs of both normal aging and the problems inherent in independent, family-supported and institutional living arrangements for the elderly.

Required Readings:

Text: Alpaugh P., Haney M., (1978). Counselling the older Adult, Toronto, Lexington Books.

Sargent, S.S., (1980) Non-Traditional Therapy and Counselling with the Aging, New York, Springer.

Chapters from the text and some additional readings will be assigned by the instructor.

Selected Readings = Listed in the appropriate lecture category marked * and on reserve in the Library.

Course Organization:

One 1½ hour lecture and discussion and
one 1½ hour lecture or seminar (AV material, guest speaker or student presentation per week)

Course Requirements:

1. In class seminar/presentation/participation. 25% of the final mark.
2. Practicum/Lab Work: Two taped interviews (to be debriefed to the instructor) and a brief (three to five page) subjective description and criticism of the experience. 30% of the final mark
3. Examination = In the formally scheduled time. 45% of the final mark.

COURSE SCHEDULE**Week I****Introduction**

- An overview of Gerontology
- An introduction to counselling theory and practice:
 - Active Listening
 - Feedback and empathy
 - Contracting
 - The personal characteristics of the Counsellor

Required reading: Gotestam K.G. (1980)

Behavioral and dynamic psychotherapy with the elderly in J.E. Birren and R.B. Sloane (Ed.) Handbook of mental health and aging Englewood Cliffs, N.J. Prentice Hall. *

Week II**Theories and models of Counselling and Therapy**

- Systems Theory
- The client-centered approach
- The problem-management approach

AV Presentation: Three approaches to Psychotherapy No. 1: Carl Rogers (40 mins.)

Required Reading: Patterson C.H. (1986)

Theories of Counselling and Therapy N.Y.

Harper and Row pp. 531 - 545 *

Week III**Theories and models of Counselling and Therapy (cont'd.)**

- An Eclectic approach
- AV Presentation: Three approaches to psychotherapy No. 3 Arnold Lazarus
- Discussion

Required Reading: Robertson, D., (1982) Management of the elderly at home: stress and the supporter. Canada's Mental Health Sept. 1982 *

Kapust, L.R., (1982) Living with dementia - the ongoing funeral. Social Work in Health Care Vol. 7(4) Summer, *

Brody, E., (1985) Parent care as a normative family stress, The gerontologist Vol 25, No. 1, 19 - 29 *

Week IV**Who are our clients?**

- Population aging: The dimensions of the problem
- The well elderly
- The mentally and physically frail elderly
- Women and aging The silence upstairs (NFB. 15 mins.)
- The impact on formal and informal caregivers
- AV presentation

Discussion

- Week V** Who are our clients? (cont'd.)
- The mentally impaired elderly
 - The dimensions of the problem
 - The impact on the family.
- Discussion on the implications for counselling
 Required Reading: Feil, N., (1982) V/F Validation, Cleveland, Ohio *, Feil Productions, pp. 1 - 27.
- Week VI** Group Counselling
- The role of the leader
 - Setting up a leader-less group
 - Group work with the mentally impaired elderly
 - A.V. presentation: Looking for Yesterday (30 mins.)
- Required Reading: Hollobon, J., (1986) Older alcoholics: the file builds, The Journal, February 1. *
- Week VII** Alcohol and Drug Abuse
- The dimensions of the problem
 - Implications for Counselling
- Elder abuse and neglect
- The dimensions of the problem
 - Implications for Counselling
- Required Reading: Falk G., and Falk, V.A., (1980) Sexuality and the aged Nursing Outlook, January. 51 - 55 *.
- Week VIII** Sexuality and aging
- AV presentation: A rose by any other name
- Discussion
 Required Reading: Cohen, S.Z., Gans, B.M., (1978) Can some involvements harm you or your parents? in The other generation gap, Chicago. Follett. pp. 141 - 159 *
- Week IX** Institutional placement
- Counselling with the family and the client
 - Relocation stress: fact or fiction?
 The goals and objectives of chronic vs. acute care as a source of stress
 Living with loss
- Week X** Debriefing the Counselling Practicum and Lab. Work Interviews
- This will be an interactive session and attendance is a MUST
- Required Reading: Besdine, R.W., (1983) Decisions to withhold treatment from Nursing Home Residents. J. of the American Geriatrics Socy. October *
- Week XI** Ethics and aging
- Considerations for counsellors and caregivers
 - AV presentation: The Last Right (NFB, 30 mins.)
- Discussion
 Required Reading: Hwycck M., Hoyer, W.J., (1982) Death, dying and mourning in Adult development and aging, Belmont, CA, Wadsworth Pub. Co. *

Week XII

Counselling the dying and bereaved

- Working with a dying client
- Hospice care and the alternatives
- Counselling the bereaved family
- AV presentation (TBA)

Retrospective

- A review of the course
- Resolution and termination of the client/counsellor relationships

*- These readings are on reserve in the Library

- The readings are listed in the week during which they are to be done in preparation for the following week...

SIMON FRASER UNIVERSITY

MEMORANDUM

To.....	Sheila Roberts, Secretary - Faculty of Arts Curriculum Committee NEW COURSES: GERO 402-3 AND	From.....	Sharon Thomas, Head, Collections Management Office
Subject.....	<u>GERO 403-3</u>	Date.....	July 22, 1986

The Library is reasonably well able to support these courses with the existing collections thanks to a rather generous SSHRC grant. In fact, it appears that we have serviced them both as Special Topic courses with no particular difficulties.

Since each of these courses is funded by external grants to the Gerontology programme, I assume the Director would entertain a request for funds from the Library if the need were to arise.

Sharon Thomas

ST:is

OFFICE OF THE DEAN
JUL 23 1986
FACULTY OF ARTS