

# WIN GERONTOLOGY SPECIAL INTEREST GROUP NEWSLETTER

FALL NEWSLETTER



**WELCOME TO OUR NEWSLETTER! WE ARE  
EXCITED TO SHARE INSIGHTS, STORIES, AND  
RESOURCES TO EMPOWER EACH OTHER AND  
OUR COMMUNITIES**

**-Corinna Trujillo Tanner**

WIN Gerontological Special Interest Group Chair

## Fall Newsletter Issue

Welcome.....	1
Board Member Information.....	2
Spotlight.....	2
National Hartford center for Gerontological Nursing Excellence Conference.....	3
GSA Conference Information.....	4
WIN 2025 Information.....	5
2024 Gerontological Win SIG Award Winners....	5-7
Recent Publications.....	7-9



## THANK YOU TO OUR PREVIOUS BOARD MEMBERS

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**Jenny Alderden**, Board Member  
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## HELLO TO OUR NEW BOARD MEMBERS

**Corinna Trujillo Tanner**, Chair  
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**Jodi Erickson**, Secretary Elect as of Jan 1st 2025  
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### SPOTLIGHT

**Kim Shay, PhD, RN, CHPN**

We express our heartfelt gratitude to Dr. Kim Shea for her years of service to the Western Institute of Nursing Gerontological Nursing Special Interest Group (WIN GERO SIG). Her efforts expanded the resources available to nurses in our region and helped to create a dynamic opportunity for connection. Kim is a Certified Hospice and Palliative Nurse with over three decades of experience and a Ph.D. in Nursing from the University of Arizona. Since becoming a registered nurse in 1989, she has focused on improving care for older adults, earning accolades like the Excellence in Teaching Award and the Daisy Award for Extraordinary Nursing Faculty in 2020. Kim's research centers hospice and palliative care, developing telehealth best practices for homebound palliative patients and their families.

Active in the Western Institute of Nursing (WIN) Gero Special Interest Group since 2015, Kim has held various leadership roles, including Treasurer (2016), Co-convener (2017), Chair (2018,2019), and Secretary (2020-2014). Throughout this service, Kim is most proud of establishing a treasury that could support an award every year for a student and seasoned researcher acknowledging excellence. The best part of participating in the SIG, Kim says, was every year at the WIN conference nurses interested in care for older adults would network and become reinvigorated in their passion for this vulnerable population.

As she approaches retirement this December, we again extend our gratitude to Kim for her dedication and service to the SIG, nursing, and the care of vulnerable populations. Wishing you many wonderful adventures ahead, Kim!

# NATIONAL HARTFORD CENTER FOR GERONTOLOGICAL NURSING EXCELLENCE CONFERENCE

We are just weeks away (October 22-24, 2024) from the annual National Hartford Center for Gerontological Nursing Excellence Conference. There are great speakers planned at a convenient place (virtual), a convenient time for many faculty members (3-8pm), and which attendees can view at their convenience via On-Demand. This includes contact hours, and an often lower-than average price of \$300/person, as a member organization (if you are not part of a member organization, please see link below for nonmember conference fees). Even if attendees cannot participate during the live-session hours, they have an opportunity to view recorded sessions later.

Presentations are listed here, but please see link below for further updates and information:

- o Keynote: Current Technological Innovation in Gerontological Nursing
- o AI and Generative AI – Uses and Applications in Healthcare Research, Education and Practice
- o International Symposium on Research on Technological Applications in the Care of Older Adults and their Families
- o Fit2Drive: A New Tool for Older Drivers with Cognitive Concerns – CEs available.
- o Round Table Discussion: Living up to 100: Functional Longevity in View of Increasing Human Lifespan
- o Interdisciplinary/Interprofessional Collaboration in Practice, Research, and Education
- o Resilience and Aging
- o Podium Presentations on Research, Education, and Practice Trends in the Care of Older Adults
- o Podium Presentations on Trending Topics Important to Nursing of Older Adults
- o Pharmacology Workshop: Updates on Practice and Prescription Guidelines in the Care of People with Alzheimer's
- o Models of Care in the Digital Age for Persons with Dementia (PWD) and their Families
- o Updates on Clinical Practice Guidelines
- o Networking Sessions for Gero Psych, Distinguished Educator, and International Engagement and Development Special Interest Groups (SIG - you can join one as well)

Full conference information:

<https://www.nhcgne.org/leadership-conference/2024-annual-conference>

Membership Page:

<https://www.nhcgne.org/membership>

Conference Agenda:

<https://web.cvent.com/event/b6625494-be9d-4f39-a012-bf9ced61c68f/websitePage:2e1e60c3-6860-43d3-9bee-e7ce9f7e3fc4>

We hope that you will kindly share this Information with your colleagues, and we look forward to seeing you there!

# Gerontological Society of America Conference

SEATTLE, WA

NOVEMBER 13-16, 2024



“Join us for the premier annual scientific meeting for cutting-edge scholarship, research, and networking relating to the fields of aging and gerontology. This year's theme is "The Fortitude Factor."”

- GSA2024 WEBSITE

KEYNOTE SPEAKER:

Dr. Richard J. Hodes M.D., Director of the National Institute on Aging

**GSA Membership and Conference Registration is now FREE for Undergraduate Students!**

Nursing Care of Older Adults Interest Group Meeting will be held Thursday, November 14th from 6pm-8pm In Ballroom 6E on the 6th Floor of the Convention Center.

## Volunteer to be a Nursing Care of the Older Adult Co-convenor!

Minimum of 3-year commitment

- Year 1 - Reception Planner
- Year 2 - Oversee Writing Award
- Year 3 Oversee Doris Schwatz Award and all meetings

Plan on monthly meetings to plan activities. Application deadline is November 8, 2024.

Position starts after GSA 2024

Contact Leah Buck at [harleah-buck@uiowa.edu](mailto:harleah-buck@uiowa.edu)



**Hope to see you there!**



FOR MORE INFORMATION:  
[HTTPS://WWW.GSA2024.ORG](https://www.gsa2024.org)

# 2024 GERONTOLOGICAL WIN SIG AWARD WINNERS



## **JUNG-AH LEE, PHD, RN, FGSA, FAAN**

Professor, University of California, Irvine  
Sue & Bill Gross School of Nursing

**Regional Geriatric Nursing  
Reserach Award: Senior Researcher**



## **PAULA COX-NORTH, PHD, ARNP**

Teaching Professor,  
Universitv of Washington School of Nursing

**Regional Geriatric Nursing  
Education Award**

## **WIN 2025 Conference**

Abstracts Due: Tuesday, October 15th  
@ 11:59 PST

**SPOKANE WASHINGTON  
APRIL 8-11, 2025**

"The theme of the conference is "Redesigning Nursing for New Frontiers in Health."

Keynote Speaker: Beverly Malone PhD, RN, FAAN, President and CEO, National  
League for Nursing



**JESS WELSCH, MBA, MA**

## **2024 WIN Gerontological Nursing Award of Excellence**

### **“Acceptability and Feasibility of a Coaching Intervention to Disseminate Dementia Care Practice Recommendations in Care Communities: A Pilot Study”**

Authors: Jessica Welsch, MA, MBA, Boeun Kim, PhD, MPH, RN, Lorna Prophater, MS, Basia Belza, PhD, RN, FAAN, FGSA, Sam Fazio, PhD

In 2018, the Alzheimer’s Association published the Dementia Care Practice Recommendations (DCPR) to provide guidance on care delivery for professionals supporting people living with dementia. The DCPR offer professional care providers 56 evidence-based recommendations across 10 content areas such as person-centered care and supporting the workforce. In 2020, we began a project to determine the acceptability and feasibility of disseminating the DCPR using a novel group coaching program in care communities. A coach in Washington began implementing the project and offered a 6-month coaching program to all licensed nursing homes. In 2021, the project was expanded to include all licensed nursing homes in Montana, and two additional coaches were added to the project.

Coaches worked to recruit care communities to engage in the program. Each care community that participated invited 3-5 staff members, including at least one administrator, nursing staff, and direct care provider to assemble a team work with a coach. Care Community Teams worked with their coach to assess their current level of adoption of DCPR and prioritized areas where they wanted to focus on improving person-centered care for people living with dementia during the program. Teams met with the coach one hour/month for six months. Through an action planning and implementation process, care communities were guided to make organizational changes to increase and maintain person-centered care practices as outlined in the DCPR. Focus groups were held with participants in care communities to explore acceptability and feasibility of the DCPR program.

As the Care Community Teams started to deepen their implementations of the DCPR, stories began to emerge about how the staff and residents were impacted. One community began introducing residents to their table mates when helping them to find a seat in the dining room. Staff said this made meal time more fun and lively. Several communities began collecting an “All about me” form for new residents and reported that this helped staff and residents connect through finding shared interests to talk about. Some of the most impactful stories came from care community teams that chose to focus on the DCPR recommendation to “recognize and accept the person’s reality.” These staff found genuine connection in joining their resident’s reality, even when it differed from their own.

Our project used electronic surveys and Zoom interviews to measure employee satisfaction pre and post-program. Our findings were that satisfaction of management and leadership was high, followed by satisfaction for scheduling and staffing. Employee satisfaction scores in all domains were improved after the program, but only changes in overall job satisfaction, team building and communication satisfaction scores were statistically significant. During interviews we learned the coaching model was an affirming program of the work that staff do, while identifying opportunities for growth. Communities that completed the 6-month coaching program expressed a desire to continue. Teams benefitted from having members from cross-functional areas. The DCPR Self-Assessment provided structure to coaching meetings and setting action steps.

At the time of implementation of this project, the COVID-19 pandemic was at its height, providing significant challenges. Licensed nursing homes worked with the highest risk populations during the pandemic and faced significant staffing challenges, financial concerns, and lower tolerance for change due to almost daily federal regulation adjustments.

Our results provide practical and clinically relevant recommendations on implementing a coaching model to increase evidence-based practices for people living with dementia in a care community. This evaluation serves as a foundation for future studies to develop evidence to inform policy that would require care communities to use a strength-based coaching program with cross-functional teams.

## RECENT NEWS & PUBLICATIONS

### CORINNA TRUJILLO TANNER, PHD, RN

Tanner, C. T., Watkins, E., Salisbury, J. M. H., Thatcher, B., Blad, K., & Olmo, J. (2024). An Interdisciplinary Approach to Care of Veterans with Vision Impairment. *The Journal for Nurse Practitioners*, 20(9), 105169. [10.1016/j.nurpra.2024.105169](https://doi.org/10.1016/j.nurpra.2024.105169)

### JANICE D. CRIST, PHD, RN, FAAN

**“An Academic Nurse Learns Kidney Care First-Hand” in the Reflections section of AJN’s November issue. The essay shares my experience as a family caregiver during my sister’s kidney failure and successful transplant. She was 60 and I was 61. Looking forward to seeing everyone in April!**

## BAZIA BELZA, PHD, MSN, BSN

### 2024 HEALTHY AGING PUBLICATIONS BY UW SON STUDENTS AND FACULTY (BOLDED NAMES ARE UNIVERSITY OF WASHINGTON SCHOOL OF NURSING STUDENTS [CURRENT AND FORMER], TRAINEES, AND FACULTY)

**Cho S**, Goff BA, **Berry DL**. Multilevel Determinants of Palliative Care Referral in Women With Advanced Ovarian Cancer: A Scoping Review. *J Pain Symptom Manage*. 2024 Jan;67(1):e58–e69. doi: 10.1016/j.jpainsymman.2023.09.019. Epub 2023 Sep 17. PMID: 37726027.

**Dougherty CM**, Cordoza M, Wang D, Alsoyan AH, Stein PK, Burr RL. Aerobic Exercise Improves Heart Rate Variability After an Implantable Cardioverter Defibrillator (ICD). *Biol Res Nurs*. 2024 Jun 16:10998004241261273. doi: 10.1177/10998004241261273. Online ahead of print. PMID: 38881252

**Elias MN**, **Ahrens EA**, Tsai CS, Liang Z, Munro CL. Inactivity May Identify Older Intensive Care Unit Survivors at Risk for Post-Intensive Care Syndrome. *Am J Crit Care*. 2024 Mar 1;33(2):95–104. doi: 10.4037/ajcc2024785.

Gaster B, Suchsland MZ, Fitzpatrick AL, Liao JM, **Belza B**, Hsu AP, **McKiddy S**, Park C, Olivari BS, Singh AP, Raetz J. Evaluating Cognitive Impairment in a Large Health Care System: The Cognition in Primary Care Program. *J Alzheimers Dis*. 2024;99(2):493–501. doi: 10.3233/JAD-231200. PMID: 38701141

Gonzalo-Encabo P, **Vasbinder A**, Bea JW, **Reding KW**, Laddu D, LaMonte MJ, Stefanick ML, Kroenke CH, Jung SY, Shadyab AH, Naughton MJ, Patel MI, Luo J, Banack HR, Sun Y, Simon MS, Dieli-Conwright CM. Low physical function Post-Cancer diagnosis is associated with higher mortality risk in postmenopausal women. *J Natl Cancer Inst*. 2024 Mar 6:djae055. doi: 10.1093/jnci/djae055. Online ahead of print. PMID: 38449287

Johnson AA, Bennett KA, Verrall AM, Deloya E, Linares A, Ramsbottom MT, Santos JM, **Cochrane BB**, Vitiello MV, Phelan EA, Cole AM. Improving age-friendly advance care planning in primary care: Outcomes from a Pacific Northwest learning collaborative. *J Am Geriatr Soc*. 2024 Jun 1. doi: 10.1111/jgs.19033. Online ahead of print. PMID: 38822739

Jung W, Vogel M, **Figuracion KCF**, **Byun E**, **Thompson H**. The Perceived Meaning of Traumatic Brain Injury for Older Adults: A Longitudinal-Multiple Case Study. *Rehabil Nurs*. 2024 Jan-Feb 01;49(1):14–23. doi: 10.1097/RNJ.0000000000000445. PMID: 38156950

Kearns WR, Bertram J, Divina M, Kemp L, Wang Y, Marin A, Cohen T, **Yuwen W**. Bridging the Skills Gap: Evaluating an AI-Assisted Provider Platform to Support Care Providers with Empathetic Delivery of Protocolized Therapy. *AMIA Annu Symp Proc*. 2024 Jan 11;2023:436–445. eCollection 2023. PMID: 38222441

**Liang Y**, **Belza B**, **Iribarren S**. Understanding the Experience of Social Isolation Among Chinese American Older Adults Through a Constructivist Lens. *Journal of Gerontological Nursing*. 2024 1 Mar; Vol. 50, No. 3





**McGough E, Thompson HJ.** Implementation of Evidence-Based Practice in Long-Term Care: A Scoping Review. *J Am Med Dir Assoc.* 2024 May 20;105026. doi: 10.1016/j.jamda.2024.105026. Online ahead of print. PMID: 38782040

Rosenberg DE, Wu Y, Idu A, Greenwood-Hickman MA, **McCurry SM**, LaCroix AZ, Shaw PA. Historic Cognitive Function Trajectories as Predictors of Sedentary Behavior and Physical Activity in Older Adults. *J Gerontol A Biol Sci Med Sci.* 2024 May 15;glae125. doi: 10.1093/gerona/glae125. Online ahead of print. PMID: 38747395

Song Y, Papazyan A, Lee D, Mitchell MN, **McCurry SM**, Irwin MR, Teng E, Alessi CA, Martin JL. The feasibility of a sleep education program for informal dementia care dyads: A pilot randomized controlled trial. *J Am Geriatr Soc.* 2024 Jan 9. doi: 10.1111/jgs.18720. Online ahead of print. PMID: 38193336

**Thompson H**, Moore M. Race and Ethnicity Are Social Constructs and Do Not Underpin Pathophysiologic Processes. *J Neurotrauma.* 2023 Dec 19. doi: 10.1089/neu.2023.0590. Online ahead of print. PMID: 38115647

**Vasbinder A, Zaslavsky O**, Heckbert SR, **Thompson H**, Cheng RK, Saquib N, Wallace R, Haque R, Paskett ED, **Reding KW**. Associations of Health-Related Quality of Life and Sleep Disturbance With Cardiovascular Disease Risk in Postmenopausal Breast Cancer Survivors. *Cancer Nurs.* 2023 Nov-Dec 01;46(6):E355-E364. doi: 10.1097/NCC.0000000000001133. Epub 2022 Dec 1. PMID: 35816026

Verma S, Varma P, Brown A, Bei B, Gibson R, Valenta T, Pietsch A, Cavuoto M, Woodward M, **McCurry S**, Jackson ML. Multi-modal sleep intervention for community-dwelling people living with dementia and primary caregiver dyads with sleep disturbance: protocol of a single-arm feasibility trial. *PeerJ.* 2023 Dec 14;11:e16543. doi: 10.7717/peerj.16543. eCollection 2023. PMID: 38107589

**Wang ZL**, McHale JR, **Belza B, Sonney J**. Eating experiences in people living with dementia: A concept analysis using Rodgers's methodology. *J Adv Nurs.* 2024 Apr 5. doi: 10.1111/jan.16191. Online ahead of print. PMID: 38577883

Li J, Bea JW, LaMonte M, Jiang L, **Reding K**, Garcia L, Manson JAE, Follis S, Odegaard AO. Effects of moderate/vigorous activity on 3-year body composition changes in postmenopausal women: a target trial emulation. *Am J Epidemiol.* 2024 Jul 11;kwae190. doi: 10.1093/aje/kwae190. Online ahead of print. PMID: 38992341

**Reding KW**, Szewczyk W, D'Agostino RB Jr, O'Connell NS, Vasbinder A, Bellissimo MP, Lucas AR, Sheppard VB, Sutton AL, Ky B, Lesser GJ, Hundley WG. Black-White Disparities in Submaximal Exercise Capacity Reductions in Breast Cancer Survivors: A Prospective Cohort Study. *JACC CardioOncol.* 2024 Jun 18;6(3):467-469. doi: 10.1016/j.jacc.2024.05.003. eCollection 2024 Jun. PMID: 38983384

**HAVE A WONDERFUL FALL!**