

Aging Institute

of UPMC Senior Services and the University of Pittsburgh

**Aging Institute of
UPMC Senior Services and
the University of Pittsburgh**
Forbes Tower Suite 10065
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Pittsburgh, PA 15213

Referral Services
Toll-free: **1-866-430-8742**
24 hours a day

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Certificate Program in Gerontology for Nurses Aides and Nurses

The Aging Institute of UPMC Senior Services and the University of Pittsburgh has developed a certificate program, to enhance nurse competency in aging and train nurse aides and nurses in appropriately taking care of older adults. The program is designed to augment the knowledge and understanding of the basic principles of gerontology and geriatrics focusing on the biological, psychological, and sociological aspects of aging. The students receive practical tips on managing normal and abnormal changes during the aging process.

The program is offered in two separate tracks:

Nurse Aide Track: This track is a three day training program and includes education on the following geriatric syndromes: fall prevention, nutritional concerns, urinary incontinence, dementia, depression, advance directives, pain and end-of-life concerns. The continuum of health and human services and the providers of community-based services are explored with emphasis on the needs of the older client. It is an interactive program designed to support those “soft skills” necessary for successful work management, including communication, conflict, delegation, team building and problem solving.

Nursing Track: This track is available for RNs and LPNs and is a four day training program including the sections covered in the Nurse Aide Track along with the additional topics of delirium, medication safety and critical thinking skills. A comprehensive overview of clinical problem recognition and analysis are presented to assist the individual in the improvement of geriatric assessment skills and the importance of early intervention. This is an interactive program utilizing a geriatric manikin to simulate disease processes. Exercises designed to replicate common scenarios experienced by nurses are reenacted to allow nurses to apply critical thinking skills in response to the circumstances encountered. Primary prevention and health promotion are discussed.

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Certification Review Courses

The Aging Institute of UPMC Senior Services and the University of Pittsburgh also offers a two day review course to aid the RNs and LPNs in preparing to obtain their certification in gerontology. Both courses offer a comprehensive review of the topics covered in the exam including aging theories, pathophysiology, pharmacology, nursing process, wellness and legal and ethical issues. The certification exams are offered by the following organizations.

RN: ANCC Gerontological

Nurse Certification — <http://www.nursecredentialing.org/>

LPN: NAPNES Certification in

Long Term Care — <http://www.napnes.org/>

To access additional information about the Aging Institute's Centers of Excellence, visit www.aging.upmc.com, or contact the Institute at **1-866-430-8742**.