

UNIVERSITY of NORTH CAROLINA at CHAPEL HILL

Course: SOWO 604, SOCI 604, PSYC 604, PHPR 604, NURS 604, MEDI 480,
HMSC 604, FMME 480, EPID 604, DENT 604

Course Title: Aging and Health

Semester: Fall 2002; Tuesdays, 5:00 – 7:50 p.m.

Professors: Sheryl Zimmerman, PhD, School of Social Work, School of Public Health,
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Location: Room 135 Tate-Turner-Kuralt Building

Course Description:

Students will develop a basic understanding of the aging process and issues related to caring for elderly persons.

Course Objectives:

Upon completion of this course, students will be able to demonstrate the following:

1. Knowledge of normal aging phenomena and experiences, including common diseases and functional problems, effects of aging on body systems, and mental health and aging.
2. Appreciation for racial, cultural, socioeconomic, and other differences among the elderly.
3. Understanding of components of the health care system relevant to older persons, including medication use, long-term care, and health care policies.
4. Ability to apply knowledge and skills in the basic concepts that are relevant to living and working with older persons.
5. Appreciation for the multidisciplinary and interdisciplinary nature of aging and related ethical issues.

Required Readings:

Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill. This text is available at the Health Affairs Bookstore on Medical Center Drive. Supplemental readings are also required (see attached reading list); those that are not available on the internet will be distributed in class.

Comment: Diane, is this true? I assumed they are in the student union bookstore; if you are not sure, contact greenh@email.unc.edu, who ordered the books, or call the bookstore.

Teaching Methods:

Aging and Health is a three-credit interdisciplinary course sponsored by UNC's campus-wide Institute on Aging. The course is designed to provide students in all disciplines, including graduate students and upper level undergraduates, with a general background in aging and the problems of older persons. Its content is relevant to students who plan to work with older persons, to researchers in fields related to aging, and to students who want to better understand their own aging or that of their relatives or friends. The course is cross-listed in a variety of departments and schools, including dentistry (DENT 604), epidemiology (EPID 140), family medicine (FMME 480), medicine (MEDI 480), nursing (NURS 604), pharmacy (PHPR 604), physical therapy (HMSC 604), psychology (PSYC 604), social work (SOWO 604), and sociology (SOCI 604). There are no prerequisites.

Each class will begin with lecture by an expert. Lecturers are drawn from a variety of fields on the UNC-CH campus, as well as from UNC-Greensboro and Duke University, and represent medicine, nursing, orthopaedics, pharmacy, psychology, public health, social work, sociology, and other disciplines. Students will be encouraged to discuss material presented in the lecture and readings. Course directors (Drs. Zimmerman, Sloane and Callahan) will integrate the material across topics and sessions.

Class Assignments:

Students are expected to be prepared for each class session by having read required material and completed assignments in advance, and by participating actively in class discussion through sharing of disciplinary information and experiences. Additional requirements include:

- Conduct and report in writing (3-5 pages) and verbally on a site visit of a service delivery program that benefits older adults or on an interview with an elderly person. The visit/interview must be planful and focused. It must (1) be designed to answer a specific question (e.g., how is adult day care individualized to meet the different needs of its clientele?; how does an elderly person compensate for limited function?); (2) interpret the information to answer the question; and (3) conclude with a new question (e.g., what is the cost of individualized care? what happens when the compensatory mechanism fails?). The visit/interview must be pre-approved by a course director. Students who have taken SOWO 236 (Human Behavior of Aging) or SOWO 246 (Social Work Practice with the Elderly) must meet with Dr. Zimmerman to assure that this assignment extends learning from those courses.
- Complete an academic paper (limit of ten text pages; up to three optional pages of figures and tables; ten or more citations) related to the student's interests and approved by the course directors. It must be literature-based, use existing data (e.g, to address prevalence of the issue), and synthesize relevant multidisciplinary perspectives. The paper must be well-organized and clearly written.
- Complete an in-class mid-term and final examination (multiple choice, short-answer format), based on lectures and readings.

The proportionate value of each requirement is shown below:

<u>Component</u>	<u>Proportion</u>
Site visit/interview	10%
Academic paper	40%
Mid-term exam	25%
Final exam	25%

Grading System, Policy on Incompletes and Late Assignments,
and Accommodations for Students with Disabilities:

Numeric scores will be combined in their proportionate value and converted for the assignment of a final grade, using the following scale. Late assignments will be accepted and/or incomplete grades assigned in special situations, with prior approval. Students with disabilities that affect course participation may request accommodations in instructional or assignment format. For advanced undergraduate students who are on a different grading system, an “H” will translate to an “A”, a “P” to a “B”, and so on.

<u>Numeric Grade</u>	<u>Letter Grade</u>
94 – 100	H
80 – 93	P
70 – 79	L
≤ 69	F

Policy on Academic Dishonesty:

Please refer to the *APA Style Guide* for information on the attribution of quotes. All written assignments should contain a signed pledge stating “I have not given nor received unauthorized aid in the preparation of this work.” In accordance with the UNC Honor Code, if reason exists to believe that academic dishonesty has occurred, a referral will be made to the Office of the Student Attorney General for investigation and further action, as required.

Aging and Health 2002: Course Schedule

Class Date (Tuesday, 5:00 – 7:50p.m.)	Topic and Presenter	Course Master(s)
<u>Aug. 20</u>	5:00-6:20 S. Zimmerman – Course introduction/overview	SZ, PS, LC
	6:30-7:50 L. Callahan, P. Sloane – Aging myths and facts	
<u>Aug. 27</u>	5:00-6:20 A. Singh – Aging changes of the body	PS
	6:30-7:50 Guests - Aging through the eyes of older persons	
<u>Sept. 3</u>	5:00-6:20 D. Bynum – Acute illness	SZ
	6:30-7:50 J. Armstrong – Aging/disability simulation	
<u>Sept. 10</u>	5:00-6:20 L. Callahan - Chronic illness	LC
	6:30-7:50 J. Anderson – Nutrition	
<u>Sept. 17</u>	5:00-6:20 L. Clark – Mental health and illness	PS
	6:30-7:50 P. Sloane – Alzheimer’s disease	
<u>Sept. 24</u>	5:00-6:20 J. Harrington – Osteoporosis	LC
	6:30-7:50 S. Benedict – Physical activity and health	
<u>Oct. 1</u>	5:00-6:30 P. Dilworth-Anderson – Minority aging and health	SZ
<u>Oct. 8</u> Site visit reports due	5:00-6:20 <i>Student site visit presentations</i>	SZ, PS
	6:30-7:50 <i>Student site visit presentations</i>	
<u>Oct. 15</u> Midterm exam	5:00-6:20 <i>Midterm examination</i>	SZ
	6:30-7:00 S. Zimmerman – Writing A Research Paper	
<u>Oct. 22</u>	5:00-6:20 J. Stutts – Driving	SZ
	6:30-7:50 W. Wood – Occupational therapy in the elderly	
<u>Oct. 29</u>	5:00-6:20 S. Zimmerman – Couplehood and health	SZ
	6:30-7:50 M. Nusbaum - Sexuality	
<u>Nov. 5</u>	5:00-6:20 T. Ives – Medications and the elderly	PS
	6:30-7:50 B. Sleath – Alternative/complementary meds	
<u>Nov. 12</u>	5:00-6:20 S. Zimmerman – Caregiving	SZ
	6:30-7:50 S. Zimmerman – Residential long-term care	
<u>Nov. 19</u>	5:00-6:20 B. Lamb – Policy and health care	SZ
	6:30-7:50 F. Soltys – Guardianship/power of attorney	
<u>Nov. 26</u> Final Exam	5:00-6:30 TBD – Death, dying and grief	LC
	6:30-7:50 <i>Final examination</i>	
<u>Dec. 3</u> Research papers due	5:00-6:20 <i>Student paper presentations</i>	SZ, LC
	6:30-7:50 <i>Student paper presentations, course evaluation</i>	

Comment:

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Comment:

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Course Outline and Required Readings:

Readings are from three sources: (1) Ferrini text; (2) the internet; and (3) “hard copy,” often distributed in class.

Week 1. Course Overview - Dr. Sheryl Zimmerman (Schools of Social Work and Public Health, UNC-CH)

Aging Myths and Facts - Drs. Leigh Callahan (Thurston Arthritis Center, UNC-CH) and Philip Sloane (Dept. of Family Medicine, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 1, pp. 9-20

Week 2. Aging Changes of the Body - Dr. Amrit Singh (Dept. of Family Medicine, UNC-CH)

Aging through the Eyes of Older Persons - Guest Speakers

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapters 2 and 3

Week 3. Acute Illness – Dr. Debra Bynum (School of Medicine, UNC-CH)

Aging Simulation - Ms. Jane Armstrong (School of Social Work, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 9

- (1) “A Multicomponent Intervention to Prevent Delirium in Hospitalized Older Patients.” Inouye, Sharon K.; Bogardus, Sidney T., Jr.; Charpentier, Peter A.; Leo-Summers, Linda; Acampora, Denise; Holford, Theodore; Cooney, Leo M. *The New England Journal of Medicine*, Vol. 340, No. 9 (1999), pp. 669-676. (Will be available on line prior to class – E-Reserve – go to:

<http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).

Week 4. Chronic Illness – Dr. Leigh Callahan (Thurston Arthritis Center, UNC-CH)

Nutrition - Dr. John Anderson (Dept. of Nutrition, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapters 5 and 8

- (1) “Persons With Chronic Conditions - Their Prevalence and Costs,” Hoffman, et al., *JAMA* Vol. 276, No. 18 (1996), pp. 1473-1479. (Will be available on line prior to class – E-Reserve – go to: <http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).
- (2) Vellas, B.J. and Garry, P.J. (2001). *Present Knowledge in Nutrition*, 8th edition. Bowman, B.A. and Russell, R.M., eds., ILSI Press, Washington, DC. (Chapter 40 – Aging) (Will be available on line prior to class as an E-Reserve or hard copy will be provided – go to: <http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).

Week 5. Mental health and Illness - Dr. Laura Clark (Dept. of Psychology, UNC-CH)

Alzheimer’s Disease – Dr. Philip Sloane (Dept. of Family Medicine, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 7

- (1) Basic information on Alzheimer's disease: <http://www.alz.org/AboutAD/Causes.htm>
- (2) Impact of Alzheimer's disease: <http://www.alz.org/AboutAD/overview.htm>
- (3) Advanced information on Alzheimer's disease:
<http://www.alzheimers.org/pubs/pr2000.pdf>
(If any problems accessing, go to www.alzheimers.org Click on Publications. You will see a list of categories. Under "Research and technical reports" select "Progress report on Alzheimer's disease." Click Go.)
- (4) NIA Age Page: Depression: A Serious But Treatable Illness
www.aoa.dhhs.gov/aoa/PAGES/AGEPAGES/depresti.html
- (5) NIA Age Page: Aging and Alcohol Abuse
www.aoa.dhhs.gov/aoa/PAGES/AGEPAGES/alcohol.html
- (6) NIMH Older Adults: Depression and Suicide Facts
www.nimh.nih.gov/publicat/elderlydepsuicide.cfm

Week 6. Osteoporosis – Dr. John Harrington (Dept. of Family Medicine, UNC-CH)

Physical Activity and Health – Dr. Salli Benedict (Center for Health Promotion/Disease Prevention, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 4

- (1) http://www.rwjf.org/app/rw_publications_and_links/rw_pub_other.jsp
(double click on the title, "National Blueprint: Increasing Physical Activity among Adults 50 and Over.")

Week 7. Minority Aging and Health – Dr. Peggye Dilworth Anderson (Health Policy/Health Administration, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 1, pp. 20-27

- (1) "Issues of Race, Ethnicity, and Culture in Caregiving Research: A 20-Year Review (1980-2000)." Dilworth-Anderson, P., Williams, I.C., and Gibson, B. E.; *The Gerontologist*, Vol. 42, No. 2, 237-272. (*Hard copy will be provided.*)
- (2) "African Americans and Alzheimer's Disease: The Silent Epidemic." Publication provided by the Alzheimer's Association. (*Hard copy will be provided.*)

Week 8. Student Site Visit Presentations

Week 9. Midterm Exam

Writing a Research Paper – Dr. Sheryl Zimmerman (Schools of Social Work and Public Health, UNC-CH)

Week 10. Driving – Dr. Jane Stutts (Highway Safety Research, UNC-CH)

Occupational Therapy in the Elderly – Dr. Wendy Wood (Allied Health Sciences, UNC-CH)

Reading: (1) <http://www.nhtsa.dot.gov/people/injury/olddrive/safe/safe-toc.htm>

Students are not expected to have printed and read the entire document; be familiar with its general content, and pursue sections that are of interest

- (2) "Occupational Therapy for Independent-Living Older Adults." Clark, et al., *JAMA* Vol. 278, No. 16 (October 1997), pp. 1321-1326. (Will be available on line prior to class – E-Reserve – go to: <http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).

Week 11. Couplehood and Health – Dr. Sheryl Zimmerman (Schools of Social Work and Public Health, UNC-CH)

Sexuality – Dr. Margaret Nusbaum (Dept. of Family Medicine, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 6

- (1) “Preliminary explorations of the harmful interactive effects of widowhood and marital harmony on health, health service use, and health care costs.” Prigerson, Holly G.; Maciejewski, Paul K.; Rosenheck, Robert A. *Gerontologist* Vol. 40, No. 3 (Jun 2000), pp. 349-357. (Will be available on line prior to class – E-Reserve – go to: <http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).
- (2) “Therapeutic role in later life: husbands, wives and couples.” Anderson, Trudy B.; Earle, John R.; Longino, Charles F., Jr. *International Journal of Aging and Human Development* Vol. 45, No. 1 (1997), pp. 49-65. (Will be available on line prior to class – E-Reserve – go to: <http://eres.lib.unc.edu/default.asp> search by instructor (Zimmerman, Sheryl) and/or course (SOWO 604).
- (3) <http://www.generationsjournal.org/gen25-2/RomRel.html>
“Romantic relationships in later life.” Huyck, Margaret Hellie. *Generations* Vol. 25, No. 2 (Summer 2001), pp. 9-17.
- (4) http://www.aidsaction.org/legislation/pdf/Policy_Facts-Older_Americans.pdf
“Until It's Over” AIDS Action Policy Facts: Older Americans and HIV. June 2001.

Week 12. Medications and the Elderly – Dr. Timothy Ives (School of Pharmacy, UNC-CH)

Alternative/Complementary Meds – Dr. Betsy Sleath (School of Pharmacy, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapters 10 and 12, pp. 417-425.

Week 13. Caregiving – Dr. Sheryl Zimmerman (Schools of Social Work and Public Health, UNC-CH)

Residential Long-Term Care – Dr. Sheryl Zimmerman (as above)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 13

- (1) <http://www.agingsociety.org/Caregiving.pdf>
National Academy on an Aging Society (2000). Caregiving: helping the elderly with activity limitations.
- (2) <http://publhealth.annualreviews.org/cgi/content/full/23/1/213?ijkey=Nz1552Bi/T2nE&keytype=ref&siteid=arjournals>
Sloane, P.D., Zimmerman, S., Suchindran, C., Reed, P., Wang, L., Boustani, M., & Sudha, S. (2002). The public health impact of Alzheimer's Disease, 2000-2050: potential implications of treatment advances. *Annual Review of Public Health* 23, 213-231. (NOTE: This link will only work on campus. If not on campus, you can access through UNC Libraries page (www.lib.unc.edu) IF you have set up the proxy on your browser. (Instructions to do that at <http://proxy.lib.unc.edu/setupinfo.html>) When you have proxy set up, go to www.lib.unc.edu. Click on e-journals. Click on “A” for Journals beginning with “A” and scroll down and click on “Annual Review of Public Health.” Follow instructions to log in with your Student ID. When you reach the home page for ARPH, click on “current volume, 2002.” Scroll down the table of contents until you see “Philip D. Sloane, Sheryl Zimmerman, Chirayath Suchindran, Peter Reed, Lily Wang, Malaz Boustani, and S. Sudha. THE PUBLIC HEALTH IMPACT OF

ALZHEIMER'S DISEASE, 2000-2050: Potential Implication of Treatment Advance." Click on Full text or PDF.

(3)<http://www.directcareclearinghouse.org/Documents/pdf/Gen-DawSur.pdf>

Dawson, S.L., & Surpin, R. (2001). Direct-Care Healthcare Workers: You Get What You Pay For. *Generations*, XXV: 23-28.

Week 14. Policy and Health Care – Mr. William Lamb, (UNC Institute on Aging)

Guardianship/Power of Attorney – Dr. Florence Soltys (School of Social Work, UNC-CH)

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 12, pp. 393-417

(1) <http://www.urban.org/health/oldpol.html>

“Policy Challenges Posed by the Aging of America.”

(2) Smith, G.P.III. (1996). *Legal and Healthcare Ethics for the Elderly*. Boston: Taylor and Francis, pp 35-53. (Chapter 5 – Autonomy, Competency, and Guardianship Paternalism) (*Hard copy will be provided.*)

Week 15. Death, Dying and Grief – TBD

Reading: Ferrini, A., & Ferrini, R. (2000). *Health in Later Years* (3rd ed.). New York: McGraw-Hill, Chapter 14

Final Examination

Week 16. Student Paper Presentations, Course Evaluation