

NUTRITION AND EXERCISE IN THE OLDER PERSON

LEARNING OBJECTIVES

1. Analyze an older adult's nutrition status in order to recommend dietary changes.
2. Assess the potential risk factors for and consequences of weight loss or obesity in an older adult.
3. Evaluate the overall risks and benefits of exercise.
4. Design the basic components of an exercise regimen for the older adult with underlying health conditions.
5. Evaluate the appropriateness of a diet and exercise program to meet an older adult's health promotion goals.

VITAMIN AND MINERAL SUPPLEMENTATION IN OLDER ADULTS

LEARNING OBJECTIVES

1. Assess the impact of age-related physiologic changes and psychosocial issues on micronutrient deficiency.
2. Suggest strategies to improve nutrition in the elderly.
3. Assess symptoms of micronutrient deficiency in the elderly.
4. Evaluate the evidence supporting single micronutrient supplementation in the elderly.
5. Given a clinical situation, recommend appropriate micronutrient supplementation.

IMMUNIZATIONS IN THE ELDERLY

LEARNING OBJECTIVES

1. Detect complications associated with vaccine-preventable illnesses in older adults.
2. Recommend appropriate vaccinations for older adults according to the Advisory Committee on Immunization Practices.
3. Judge safety and efficacy issues related to vaccinations in older adults.
4. Assess the challenges and concerns of older adults regarding immunization.
5. Plan opportunities to overcome barriers to immunizations in older adults.
6. Evaluate the indications, contraindications, administration, and adverse effects of commonly used vaccines in the elderly.

QUALITY IMPROVEMENT INITIATIVES IN THE ELDERLY

LEARNING OBJECTIVES

1. Apply quality improvement tools to optimize drug therapy in older adults.
2. Distinguish among the tools developed to evaluate geriatric drug therapy and the methods that have been used to validate them.
3. Design a plan to evaluate the drug therapy quality for patients in a pharmacy or interprofessional practice.
4. Design a treatment plan for a specific older adult that incorporates tools developed to assess the quality of drug therapy.
5. Implement strategies to increase the competence of the pharmacy workforce to address the needs of older adults.