

UNIVERSITY of NORTH CAROLINA at CHAPEL HILL

Course: SOWO 604I, SOCI 824I, PSYC 904I, DPET 604I, NURS 782I, MEDI 604, HMSC 904I, FMME 480, EPID 620I, DENT 604, PHYT 904I, PHCY 604I

Course Title: Aging and Health

Semester: Fall 2007; Tuesdays, 5:00 – 7:50 p.m.

Professors: Philip D. Sloane, MD MPH, Schools of Medicine and Public Health
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Course

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Location: Room 150, Sheps Center for Health Services Research, 725 Martin Luther King Jr. Blvd.

NOTE: The building that houses the Sheps Center is secure, which means it is LOCKED at all times. With that in mind, all students should make every effort to arrive on time for class at 5:00pm.

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. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill. This text is available at the Health Affairs Bookstore on Medical Center Drive.
- Other readings are available on Blackboard (under Course Documents).

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 620I), family medicine (FMME 480), medicine (MEDI 604), nursing (NURS 782I), pharmacy (PHCY 604), physical therapy (HMSC 904I), psychology (PSYC 904I), social work (SOWO 604I), and sociology (SOC 824I). There are no prerequisites.

Most class classes will address two topics, presented by experts in the area. Lecturers are drawn from a variety of fields on the UNC-CH campus and elsewhere, and represent medicine, nursing, orthopaedics, pharmacy, psychology, public health, social work, sociology, dentistry, and other disciplines. Students will be encouraged to discuss material presented in the lecture and readings. Course directors (Drs. Sloane, Zimmerman, and Callahan) will help to integrate the material across topics and sessions.

Class Assignments:

Students are expected to be prepared for each class session by having read the required material in advance. They also are expected to participate actively in class discussion through sharing of disciplinary information, experiences, and perspectives. 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 803 (Human Behavior of Aging) or SOWO 843 (Direct Practice Aging Populations) 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	20%
Final exam	20%
Class participation	10%

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 2007: Course Schedule

Class Date (Tuesday, 5:00 – 7:50 p.m.)	Topic and Presenter	Course Master(s)*
<u>Week 1: Aug. 21</u>	5:00-7:50 P. Sloane – Course intro, The Aging Tidal Wave Discuss agency visit or interview	PS SZ
<u>Week 2: Aug. 28</u>	5:00-6:20 L. Callahan – Demography of aging (Chap 1 1 st part)	PS
	6:30-7:50 P. Dilworth-Anderson – Minority aging (Chap 1 2 nd part)	
<u>Week 3: Sept 4</u>	5:00-6:20 Community Elders / P. Sloane – What is aging about anyway? Aging through the eyes of older persons.	PS
	6:30-7:50 M. Helton – Aging changes in the body	
<u>Week 4: Sept. 11</u>	5:00-6:20 T. Holt – Portraits of older persons in film and literature	PS
	6:30-7:50 J. Armstrong – Aging / disability simulation	
<u>Week 5: Sept. 18</u>	5:00-6:20 L. Callahan – Chronic illness	LC
	6:30-7:50 J. Busby-Whitehead – Common geriatric syndromes	
<u>Week 6: Sept. 25</u>	5:00-6:20 Sloane / Callahan / Zimmerman – Report on agency visit or interview	PS LC SZ
	6:30-7:50 Discuss paper	
<u>Week 7: Oct. 2</u>	5:00-7:50 D. Bynum – Acute illness	PS
	6:30-7:50 D. Bynum – Hospital visits	
<u>Week 8: Oct. 9</u> Midterm	5:00-6:20 MIDTERM	SZ
	6:30-7:50 Film: Complaints of a Dutiful Daughter	
<u>Week 9: Oct. 16</u>	5:00-6:20 P. Sloane – Alzheimer’s disease	PS
	6:30-7:50 L. Clark – Mental health and illness	
<u>Week 10: Oct. 23</u>	5:00-6:20 J. Ivey – Medications	PS
	6:30-7:50 J. Ivey – Complementary / alternative medicine	
<u>Week 11: Oct. 30</u>	5:00-6:20 S. Benedict – Physical activity and health	PS
	6:30-7:50 P. Haines - Nutrition	
<u>Week 12: Nov. 6</u>	5:00-6:20 L. Gwyther – Family Caregiving	PS SZ
	6:30-7:50 S. Zimmerman – Residential Long-Term Care	
<u>Week 13: Nov. 13</u>	5:00-6:20 P. Sloane – Sexuality	PS SZ
	6:30-7:50 S. Zimmerman – Couplehood	
<u>Week 14: Nov. 20</u>	5:00-7:50 B. Lamb – Financing medical care / health policy	LC
<u>Week 15: Nov. 27</u>	5:00-6:20 R. Daley-Placide – The process of dying	PS
	6:30-7:50 L. Hanson – Death, dying, and grief	
<u>Week 16: Dec. 4</u>	5:00-6:20 Panel on health professional contributions to maintaining function and independence : SCoppola, VMercer, ASamuelson	PS
	6:30-7:50 TBD by student interest	
<u>Week 17: Dec. 11</u> Final Exam	Final examination and course evaluation	SZ

Course Schedule and Required Readings:

- Week 1** **Course introduction:** Dr. Philip Sloane (Department of Family Medicine)
The aging tidal wave: Dr. Philip Sloane (Department of Family Medicine)
Discuss agency visit or interview: Dr. Philip Sloane (Department of Family Medicine) and
Dr. Sheryl Zimmerman (School of Social Work)
- Week 2** **Demography of aging:** Dr. Leigh Callahan (School of Medicine)
Minority aging: Dr. Peggye Dilworth-Anderson (UNC Institute on Aging and Health Policy &
Administration)
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 1.
- Week 3** **What is aging about anyway?** Dr. Philip Sloane (Department of Family Medicine)
Aging through the eyes of older persons: Community Elders
Aging changes in the body: Dr. Margaret Helton (Department of Family Medicine)
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 3.
- Week 4** **Portraits of older persons in film and literature:** Dr. Terry Holt (School of Medicine)
Aging/disability simulation: Ms. Jane Armstrong (School of Social Work)
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 2.
- Week 5** **Chronic illness:** Dr. Leigh Callahan (School of Medicine)
Common geriatric syndromes: Dr. Jan Busby Whitehead (School of Medicine)
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 4.
- Week 6** **Report on agency visit or interview:** Drs. Phil Sloane/Leigh Callahan/Sheryl Zimmerman
DISCUSS PAPER
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 5.
- Week 7** **Acute Illness/Hospital Visits:** Dr. Debra Bynum (School of Medicine)
Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 6.

Week 8

MIDTERM

Complaints of a dutiful daughter (film)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 7.

Week 9

Alzheimer's disease: Dr. Phil Sloane (Department of Family Medicine)

Mental health and illness: Dr. Laura Clark (Department of Psychology)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 7.
- Desai, Abhilash K., MD and Grossberg, George T., MD. (2005). Diagnosis and treatment of Alzheimer's disease. *NEUROLOGY* 64(Suppl 3), S34-S39.

Week 10

Medications: Dr. Jena Ivey (School of Pharmacy)

Complementary/alternative/ medicine: Dr. Jena Ivey (School of Pharmacy)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapters 8 and 13 (pp 448-449 only).

Week 11

Physical activity and health: Dr. Salli Benedict (Center for Health Promotion)

Nutrition: Dr. Pamela Haines (Department of Nutrition)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapters 9 and 10.

Week 12

Family caregiving: Ms. Lisa Gwyther (Department of Psychiatry and Behavioral Sciences
Director, Duke Aging Center Family Support Program)

Residential long-term care: Dr. Sheryl Zimmerman (Schools of Social Work and Public
Health)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 14.

Week 13

Sexuality: Dr. Phil Sloane (Department of Family Medicine)

Couplehood: Dr. Sheryl Zimmerman (Schools of Social Work and Public Health)

Reading:

- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 11.
- Prigerson, H.G., Maciejewski, P.K., & Rosenheck, R.A. (2000). Preliminary explorations of the harmful interactive effects of widowhood and marital harmony on health, health service use, and health care costs. *The Gerontologist* 40 (3), 349-357.

- Week 14** **Financing medical care / health policy:** Mr. William Lamb (Institute on Aging)
 Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 13 (pp 418-433).
- Week 15:** **The process of dying:** Dr. Racquel Daley Placide (School of Medicine)
 Death, dying and grief: Dr. Laura Hanson (School of Medicine)
 Reading:
- Ferrini, A., & Ferrini, R. (2008). *Health in Later Years* (4th ed.). New York: McGraw-Hill, Chapter 15.
- Week 16:** **Panel on health professional contributions to maintaining function and independence:**
 Dr. Sue Coppola (Department of Allied Health Sciences)
 Dr. Vicki Mercer (Department of Allied Health Sciences)
 Dr. Allen Samuelson (Dental Ecology)
- Week 17** **FINAL EXAMINATION AND COURSE EVALUATION**