<table>
<thead>
<tr>
<th>Activity</th>
<th>Presentation Topic</th>
<th>Date</th>
<th>Clinic</th>
<th>SDSU Clinicians</th>
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<tr>
<td>SDSU Clinic</td>
<td></td>
<td>September 16</td>
<td>Health Assessment</td>
<td>NP students &amp; faculty</td>
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<td>SDSU Clinic</td>
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<td>September 23</td>
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<tr>
<td>World Heart Day</td>
<td>Keeping Your Heart Healthy</td>
<td>September 30</td>
<td>Cardiovascular Clinic</td>
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<tr>
<td>National Depression Screening Day</td>
<td>Depression and Aging</td>
<td>October 5</td>
<td>Mental Health Screenings</td>
<td>Clinical Psychologist &amp; NP students &amp; faculty</td>
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<td>SDSU Clinic</td>
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<td>October 7</td>
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<td>National Breast Cancer Awareness Month</td>
<td>Breast Health</td>
<td>October 8</td>
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<td>SDSU Clinic</td>
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<td>October 13</td>
<td>Health Assessment</td>
<td>NP students &amp; faculty</td>
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<td>SDSU Clinic</td>
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<td>October 18</td>
<td>Health Assessment</td>
<td>NP students &amp; faculty</td>
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<td>World Osteoporosis Day</td>
<td>Bone Health &amp; Fall Risk</td>
<td>October 20</td>
<td>Bone Health &amp; Fall Risk Clinic</td>
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<tr>
<td>Hearing Screens</td>
<td></td>
<td>October 26</td>
<td>Hearing Screening with counseling</td>
<td>Audiology Doctoral students &amp; faculty, Social Work students/staff</td>
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<tr>
<td>National Diabetes Month</td>
<td>Diabetic Diets &amp; Medications</td>
<td>November 2</td>
<td>Diabetic Clinic</td>
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<td>Healthy Habit Change</td>
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<td>November 3</td>
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<td>Public Health Students</td>
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<td>National Diabetes Month</td>
<td>Keeping Your Feet Healthy</td>
<td>November 5</td>
<td>Diabetic Foot Clinic</td>
<td>NP students &amp; faculty</td>
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<td>Civic Engagement</td>
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<td>November 16</td>
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<td>Gerontology students</td>
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<td>National Lung Month</td>
<td>Keeping Your Lungs Healthy</td>
<td>November 17</td>
<td>Lung Clinic</td>
<td>NP students &amp; faculty</td>
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<tr>
<td>Community Resources</td>
<td></td>
<td>November 18</td>
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<td>Social Work students</td>
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<tr>
<td>Hearing Screens</td>
<td></td>
<td>November 30</td>
<td>Hearing Screening with follow-up counseling</td>
<td>Audiology Doctoral students/faculty, MSW students/staff</td>
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</tbody>
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San Diego State University School of Nursing  
Adult-Gerontology Nurse Practitioner Program

Clinical Site:  
Senior Community Centers (SCC), San Diego  
Gary & Mary West Senior Wellness Center  
SDSU Clinic at the Center for Healthy Aging  
1525 4th Avenue, San Diego, CA

SDSU Faculty:  
Lorraine Fitzsimmons, PhD, APRN, FNP, ANP-BC  
Chair, Advanced Practice Nursing of Adults/Elderly  
Director, Adult-Gerontology Nurse Practitioner Program  

Sue Hadley, PhD, APRN, GNP, ANP-BC  
Associate Director, SDSU School of Nursing

Overview: As an Adult-Gerontology nurse practitioner student at SDSU you will work with low-income, ethnically diverse seniors at the SDSU Clinic at the Gary and Mary West Senior Wellness Center located in downtown San Diego. You will deliver clinical services that are designed to enhance your advanced practice skills. You will work within an interdisciplinary model of care with SDSU graduate students from social work, gerontology, public health, and speech, language and hearing to plan and deliver health and wellness care for seniors. SDSU NP faculty will be on-site to work with you.

SDSU, College of Health and Human Services and Senior Community Centers have formed an academic-community partnership. Seniors volunteer to serve as your “clients” to enhance your interview and physical exam skills; in return they receive valuable information about their health status from NP students and expert NP faculty. You will participate in health assessment and focused clinics designed to fine tune your clinical skills with seniors who have a variety of chronic health problems including chronic heart failure, hypertension, chronic lung disease, osteoarthritis, osteoarthritis, and diabetes. In return, seniors are afforded the opportunity to participate in various health screenings, and discuss their medications and other health issues. Health presentations and focused clinics are scheduled to coincide with national health observances and with a Healthy People 2020, Senior Focus perspective. You will gain extensive experience working with seniors who are from diverse cultures and backgrounds.

The clinical experiences at the SDSU Clinic are designed to allow you to meet select Adult-Gerontology Primary Care Competencies delineated by the American Academy of Colleges of Nursing and the National Organization of Nurse Practitioner Faculties, 2010.

Student Learning Outcomes: Clinical experiences at the SDSU clinic are designed to foster skill development in the following areas:

A. Assessment of Health Status

1. Obtain a relevant health history.

2. Evaluate signs and symptoms noting positives and negatives.

3. Perform and accurately document a pertinent, comprehensive, and focused physical examination, demonstrating knowledge about developmental, age related, and gender specific variations.

4. Assess health promotion needs, social support, and physical and mental health status using age, gender, and culturally appropriate standardized
assessment instruments or processes in relationship to: activity, mobility, cognition, decision-making capacity, pain, skin integrity, nutrition, sexuality, immunization status, neglect and abuse, substance use and abuse, quality of life, genetic risks, health risk behaviors, and safety.

5. Document accurately a relevant health history.

6. Assess the impact of family, community, and environment, including economic, work, institutional, school, and living environments on a senior’s health status.

7. Screen for acute and chronic mental health problems and disorders.

8. Differentiate between normal and abnormal changes associated with aging.

9. Assess seniors with complex health issues and co-morbidities, including the interaction with acute and chronic physical and mental health problems.

10. Assess the effect of illness, disability, and/or injury on the senior’s functional status, independence, physical and mental status, social roles and relationships, and economic and financial status.

11. Conduct a pharmacologic assessment addressing polypharmacy: drug interactions and other adverse effects; over-the-counter; complementary alternatives; the ability to obtain, purchase, self-administer, and store medications safely and correctly.

12. Distinguish cultural, spiritual, ethnic, gender differences in presentation, progression, and treatment response to common acute and common health problems.

13. Assess for symptoms that maybe manifestations of other common health problems e.g. risk taking behaviors, self-injury, stress, falls, and depression.

14. Determines the need for transition to a different level of care based on the senior’s acuity, stability, resources, and need for assistance.

15. Assess health risk behaviors.

B. Plan of Care

1. Develop, implement, and evaluate, age-appropriate health screening and health promotion programs.

2. Design health maintenance and disease prevention interventions that are age, gender, and health status appropriate.

3. Provide counseling to seniors based on identified health promotion needs, social support, and health status.

C. Nurse Practitioner-Senior Relationships

1. Provide support for seniors through effective communication and therapeutic relationships.
2. Uses culturally appropriate communication skills adapted to the senior’s cognitive, developmental, physical, mental and behavioral health status.

D. Professional Role

1. Participate in the design, development, and evaluation of current and evolving healthcare services to optimize care and outcomes for the senior population.

E. Cultural and Spiritual Competence

1. Address the influence of culture, ethnicity, and spirituality on the mental and physical health of the senior.

2. Educate professional and lay caregivers to provide culturally and spiritually sensitive care for seniors.
Professionals Involved with the Development, Implementation and Evaluation of Health Services at the SDSU Clinic, Center for Healthy Aging, Gary and Mary West Senior Wellness Center, Senior Community Centers, San Diego

Senior Community Centers (SCC), San Diego

Paul Downey, President and CEO
Maureen Piwowarski, LCSW, Chief Operating Officer
Mary Mazyck, RN, Vice President of Programs and Services
Carolyn Stevenson, RN, MS, Nurse Case Manager
Steve Hall, Director of Clinical Services
Melinda Forstey, Business Systems and Data Manager
Peggy Shannon, Civic Engagement

San Diego State University (SDSU), College of Health and Human Services (CHHS)

Marilyn Newhoff, PhD, Dean

School of Nursing
Lorraine Fitzsimmons, PhD, APRN, FNP, ANP-BC
Chair, Advanced Practice Nursing of Adults & Elderly

Sue Hadley, PhD, APRN, GNP, ANP-BC
Associate Director, School of Nursing
Nurse Practitioner, VA San Diego Healthcare System

Barbara Fisher, MS, APRN, GNP-BC
Adjunct Faculty, School of Nursing
Nurse Practitioner, Sharp Senior Health Care

Director of Academic Programs and Research
SDSU/SCC Collaboration for Healthy Aging and Workforce Development

School of Social Work
Jong Won Min, Ph.D., MSW
Hartford Geriatric Social Work Faculty Scholar

CHHS Faculty
School of Speech, Language, and Hearing Sciences
Graduate School of Public Health
Exercise and Nutritional Sciences