

IOWA | PAC/LTC ECHO

The Iowa Geriatric Education Center and St. Louis University invite you to join the Post-Acute and Long-Term Care ECHO (PAC/LTC). This fall, ECHO sessions co-presented by leaders in Kansas and Iowa will focus on health promotion and wellness for staff and residents alike. The no-cost, collaborative and interactive online training programs introduce Age Friendly care as a framework for guiding staff support, wellbeing, and health that are essential to residents' quality of care, staff quality of work life and retention.

Join us Thursdays from 9:30-10:30 CT

September 22: Age-Friendly Systems and Care: *An Introduction*

Age-Friendly Care promotes engaging older adults in decision-making about their care, starting with What Matters most to them-in life, and health. The 4Ms framework examines interactions among what Matters, Medication, Mobility, and Mentation (or Mental health). Although designed with older adults in mind, the health system approach supports staff wellbeing by engaging daily care providers in health-promoting practices. Three subsequent programs build on What Matters and Mental health as they relate to staff wellness and coping.

October 13: Taking Care of Our Own: *Understanding the Impact of the Public Health Emergency*

This session will introduce concepts of trauma, grief, unresolved grief, depressive mood, and clinical depression, and will normalize these signs and symptoms in LTC staff. Burn-out and compassion fatigue will be compared with a focus on interventional approaches to prevent, reduce, and address these issues.

October 27: Surviving is Thriving

This session will focus on workforce retention by introducing work culture approaches to meeting the staff's need for recovery and empowering staff to meet their personal "survival" needs (e.g., nutrition, hydration, movement, etc.) to maintain a work culture that promotes survival/basic needs of staff.

November 10: A Return to Resilience

This session will guide participants in understanding the value of self-care in the workplace and during personal time. We will discuss how LTCs can support a culture of self-care. This session will reinforce the concept that LTC staff are resilient and have historically been resilient. Staff will be guided in returning to skills that have worked in the past and basic resilience skills with be introduced.

Meet the Expert Team

Kim Bergen-Jackson, PhD, RN-BC, LNHA, Administrator at Oaknoll Retirement Residence, Adjunct Faculty, College of Nursing, University of Iowa

Shawna Wright, PhD, LP, Associate Director, KU Center for Telemedicine & Telehealth, Clinical Assistant Professor, Dept. of Psychiatry and Behavioral Sciences

Marianne Smith, PhD, RN, FAAN, PD/PI, Iowa Geriatric Workforce Enhancement Program/IGEC, College of Nursing, University of Iowa

Register for free, CEU's available

<https://app.hatchbuck.com/OnlineForm/2585640286> *Select PAC/LTC from the list of ECHO programs on the registration form