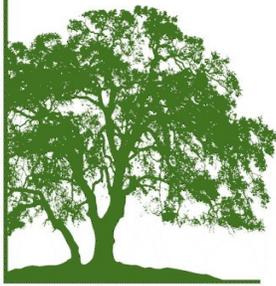


HELP Newsletter

University of Utah
Hospital Elder Life Program
Issue 10

Summer 2018

Hospital Elder Life Program



HELP

Utah HELP Highlighted at American Geriatrics Conference

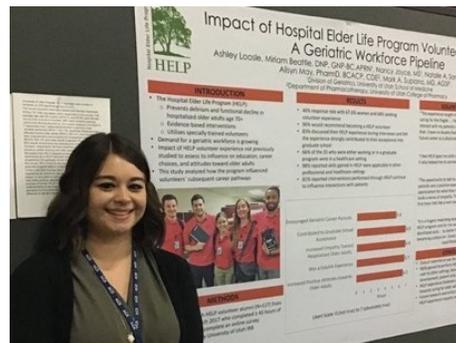
The Hospital Elder Life Program launched at the University Hospital on one unit, AIMB, in July 2010, and has since expanded to seven acute care units and to MICU, with a crew of 40 specially trained volunteers. In 2013, Utah HELP was recognized as one of twelve HELP Centers of Excellence worldwide.



As a Center of Excellence, the Utah HELP team was invited to present at the International HELP Conference held as a pre-conference day event at the 2018 American Geriatrics Society Conference in Orland this May. Program director Mark Supiano, MD, started with an overview of HELP at our hospital, followed by Elder Life Specialist Nancy Joyce presenting on the non-pharmacologic HELP Sleep Protocol. Elder Life Nurse Specialist Miriam Beattie, DNP, and HELP geriatrician Natalie Sanders, DO, talked about their involvement in developing a delirium risk filter for EPIC. The delirium risk filter is used as a valuable tool in screening patients aged 70 and older for HELP enrollment.

HELP Volunteer Shines in Orlando

Also stepping into the limelight at the jointly held International HELP Conference and American Geriatrics Society Conference was HELP volunteer and University of Utah undergraduate Ashley Loosle. As the awardee of the 2018 HELP Travel Scholarship, Ashley developed a survey looking at the impact of the HELP experience on former HELP volunteers. Recognition came twofold with the acceptance of her poster for the prestigious AGS Presidential Poster Session, and her abstract by the Journal of the American Geriatrics Society. At the HELP conference session Ashley shared insights from her own HELP volunteer experience. Like many of her HELP volunteer predecessors, Ashley aspires for a career in medicine and is certain that her HELP experience will benefit not only her medical school application but also her awareness and appreciation of geriatrics. The HELP Travel Scholarship was created in 2017 to encourage HELP volunteers and future healthcare professionals to become involved in delirium-related research.



HELP At A Glance

- 2,836 enrolled patients
- 40 HELP volunteers
- Delirium rate: 4.6%

...Helping to maintain cognitive, physical and emotional well-being in hospitalized older patients.

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- HELP Volunteer Shines in Orlando
- HELP Intern Monique Scott
- Nursing Magic in HELP

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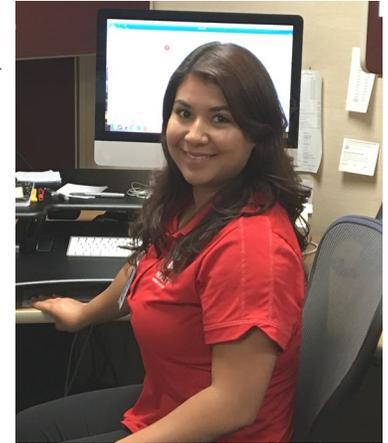


HELP Intern Monique Scott

Hospital Elder Life Program



This summer Monique Scott is our invaluable HELP intern. Monique grew up in St. Michaels, Arizona, on the Navajo reservation. She is currently pursuing her Bachelor of Science in Public Health at Northern Arizona University in Flagstaff. A native Arizonian, Monique narrowed her internship search to the Salt Lake City so she could live closer to her fiancé. She read about the Hospital Elder Life Program, and was impressed with the number of studies documenting the success of the delirium prevention program, and was eager to learn more about its real-life implementation in a hospital.



Monique has been involved in cancer education and research at the Navajo Epidemiology Center and The Partnership for Native American Cancer Prevention. As HELP intern, she will be busy Monday through Friday providing valuable assistance to Elder Life Specialist Nancy Joyce and in engaging older patients with interventions to reduce the incidence of delirium during their hospital stay. Among her interests are fishing, hammocking, and venturing into new cities to taste locals' favorite restaurants. After graduation Monique is considering pursuing her studies at the University of Utah's MSW/MPH program.

Nursing Magic in HELP

Nursing magic flows through HELP. Our volunteer crew has strong nursing connections with three RNs, two nursing students, and several pre-nursing students. Alli Sotomayor is a nurse on WP5 and appreciates the opportunity to engage patients outside of nursing; Melissa Alm is a DNP student who until recently worked as a nurse in our ED; and Sher Santaw is a retired RN who started as an ICU nurse in New Hampshire. A native of Portland, Oregon, Hyojung Na moved to Salt Lake City to study nursing at Roseman University, and Dave Harnberger, a health unit coordinator on MICU, will soon start the nursing program at Westminster College. Dave has a Master's degree in environmental science but changed course to pursue nursing. Courtney Collins is a multi-talented pre-nursing student who is following her heart to a career in geriatric nursing while working as a health care aide on SICU. Until recently, Courtney was a member of the U Dance Team and is the proud bearer of the title of Miss Utah International 2018. Elyssa Erickson is a pre-nursing student who enjoys working as a CNA at an assisting living home and brings her passion and skills to engaging HELP patients at the University Hospital. Last but not least, Megan Shughrou is a pre-nursing student who has her sights set on becoming a geriatric nursing practitioner.



Hyojung Na



Courtney Collins, Dave Harnberger



Elyssa Erickson