



# GERIATRIC NURSING

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Editor: Barbara Resnick, PhD, CRNP, FAAN, FAANP

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#### **136** Response to “Why is there no ‘c’ in nursing?”

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## FEATURE ARTICLES

#### **138** Optimizing insulin delivery for patients with diabetes

Naushira Pandya, Nancy Losben, and Jane Moore

The present review consolidates findings and highlights the most critical take-home messages for health professionals working in the area of diabetes control.

#### **143** The effects of mutual goal-setting practice in older adults with chronic illness

Winnie Lai-Sheung Cheng

The general premise that patients who participate in determining their care are more likely to improve in physical and mental well-being.

#### **151** The effects of support groups on dementia caregivers: A mixed method study

Özlem Küçükgüçlü, Burcu Akpınar Söylemez, Görsev Yener, and Ahmet Turan Işık

The content analyze revealed three main themes: having knowledge, calming down, and acceptance.

#### **157** Nursing home staff perspectives on adoption of an innovation in goals of care communication

Latarsha Chisholm, Sheryl Zimmerman, Cherie Rosemond, Eleanor McConnell, Bryan J. Weiner, Feng-Chang Lin, and Laura Hanson

Staff perceived the Goals of Care decision aid intervention as a positive innovation; it was perceived as more compatible with current practices by male staff, nurses, and more experienced nursing home staff.

#### **162** The impact of mobility limitations on health outcomes among older adults

Shirley Musich, Shaohung S. Wang, Joann Ruiz, Kevin Hawkins, and Ellen Wicker

Individuals with more severe limitations had increased falls, decreased preventive services compliance and increased healthcare utilization and expenditures.

#### **170** Fear of falling among community-dwelling older adults: A scoping review to identify effective evidence-based interventions

Mary O. Whipple, Aimee V. Hamel, and Kristine M.C. Talley

This review identified efficacious interventions for treating fear of falling among community-dwelling older adults in order to provide a list of potential treatment options for care providers.

#### **178** eHomecare and safety: The experiences of older patients and their relatives

Charlotta Åkerlind, Lene Martin, and Christine Gustafsson

The results show that eHomecare can promote safety for older patients and their relatives.



**186 Calf circumference is associated with dysphagia in acute-care inpatients**

*Haruyo Matsuo and Yoshihiro Yoshimura*

Early detection of low muscle mass could result in improved management of swallowing difficulty and malnutrition, which is expected to facilitate functional recovery in older hospitalized patients.

**191 A Mixed Methods Evaluation of the Feasibility and Acceptability of an Adapted Cardiac Rehabilitation Program for Home Care Patients**

*Jodi L. Feinberg, David Russell, Ana Mola, Melissa Trachtenberg, Irene Bick, Terri H. Lipman, and Kathryn H. Bowles*

Qualitative analyses identified three patient themes (self-awareness, nutrition, motivation) and three clinician themes (systematic approach, motivation, patient selection process).

**199 Mitigating fall risk: A community fall reduction program**

*Humberto Reinoso, Ruth G. McCaffrey, and David W.M. Taylor*

With this project, the authors engaged older adults from the community in a fall risk assessment program, using the Stopping Elderly Accidents, Deaths & Injuries program, and provided feedback on individual participants' risks that participants could share with their primary care physician.

**204 Predictive model for health-related quality of life in patients with Parkinson's disease**

*Sook Ja Lee, Sung Reul Kim, Sun Ju Chung, Hyun Cheol Kang, Mi Sun Kim, Su-Jin Cho, Hye Kyung Kwon, Jungwon Kim, and Sun Young Jung*

Motor fluctuations, depression, sleep disturbances, fatigue, and activities of daily living had significant direct effects on the quality of life of Parkinson's Disease patients. Disease severity, social support, pain, sleep disturbances, fatigue, and activities of daily living had significant indirect effects on patients' quality of life.

**212 INTERACT in VA Community Living Centers (CLCs): Training and Implementation Strategies**

*Amy L. Mochel, Nancy D. Henry, Debra Saliba, Ciaran S. Phibbs, Joseph G. Ouslander, and Vincent Mor*

Interventions to Reduce Acute Care Transfers aims to improve the management of acute changes in residents' conditions by providing tools to help staff recognize subtle changes in condition, improve communication, and implement quality improvement strategies.

**219 Executive function: Responses to aerobic exercise in Alzheimer's disease**

*Fang Yu, David M. Vock, and Terry R. Barclay*

Aerobic exercise may be effective on maintaining executive function in Alzheimer's Disease.



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## **225 Geriatric palliative care: Meeting the needs of a growing population**

Rebecca M. Saracino, Mei Bai, Leslie Blatt, Larry Solomon, and Ruth McCorkle

Goals of care discussions in initial palliative care consultations for older patients might reduce the odds of hospital readmission. Additionally, the needs of patients ages 85 and older appear distinct from the traditional palliative care cancer model.

## **230 Mind over bladder: Women, aging, and bladder health**

Joanna E. Long, Saif Khairat, Elizabeth Chmelo, and Mary H. Palmer

The intervention was both effective in helping older women self-manage urinary incontinence and acceptable to the population group.

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