

Volume 1, Issue 2

Fall, 2009

## Older Americans Have a Place

by Kathy Marren, GNP, Provena Center for Healthy Aging

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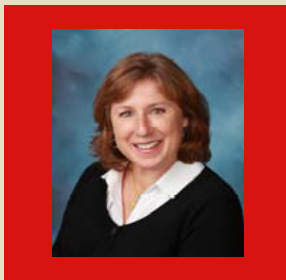
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A major endeavor by Provena Covenant Medical Center was the creation of the Provena Center for Healthy Aging (PCHA), featuring a Geriatric Clinic and a Geriatric Nurse Practitioner. The PCHA offers a holistic approach to providing care. The Geriatric clinic is led by myself, Kathy Marren, a geriatric nurse practitioner, under the medical direction of Dr. Raja Sadiq. It includes compre-

hensive geriatric assessments, a primary care clinic designed for older adults, and case management. A geriatric assessment is a comprehensive evaluation designed to optimize an older person's ability to enjoy good health, improve their overall quality of life, reduce the need for hospitalization, and/or institutionalization, and enable them to live independently for as long as possible. It is available on a consultation basis. The goal is to work cooperatively with the referring physician. The geriatric clinic differs from a regular primary care office visit in that the appointment times are longer so that the patient's needs are fully addressed, there is increased follow-up with the treatment plan, more time is spent in educating the patient on their condition and social support services are offered.

## Clinical Opportunities For Students in the Cardiometabolic Courses



Many exciting clinical opportunities to advance your clinical

practice skills are available to students in the cardiometabolic

courses. We offer placements in endocrine clinics, obesity clinics, lipid clinics, cardiovascular clinics, free clinics serving the uninsured as well as migrant worker health-care settings.

In addition, an opportunity for clinical hours during the summer at Diabetes Camp has received rave reviews from our NP students who have participated.

Come visit us  
on the web at  
[http://  
www.uic.edu/  
nursing/  
cardiometabol  
ic/index.shtml](http://www.uic.edu/nursing/cardiometabolic/index.shtml)

### Advanced Practice Cardiometabolic Nursing Certificate Program

**UIC** COLLEGE OF  
UNIVERSITY OF ILLINOIS  
AT CHICAGO **NURSING**

The goal of this online program is to educate and prepare advanced practice nurses to assist in the prevention and management of increasingly common cardiometabolic disorders such as diabetes, obesity, and metabolic syndrome.



**Ranked Top 10**  
Consistently ranked nationally among top 10 colleges of nursing by U.S. News & World Report

**For More Information**  
[www.uic.edu/nursing/cardiometabolic/index.shtml](http://www.uic.edu/nursing/cardiometabolic/index.shtml)

## Spotlight: Youth for Change Program

Youth for Change (YFC) is a program of the Voices of the Community Ministerial Association (VOCMA), an alliance of Westside churches. YFC previously only served k-8th graders and would lose kids once they went to high school. A capacity building grant allowed YFC to employ (they were paid!) sixteen 9th-11th graders and an instructor for summer 2009. Their task was to critically assess their community from the perspective of individual and community health. Through an introductory seminar with a dietician from UIC's Chicago Partnership for Health Promotion, they learned the connections between food consumption/diet and personal health. A public health professional also gave them an introduction to community health and the health profile of the Garfield Park and North Lawndale Community. Then over the 6 weeks of the program, they conducted walking assessments of 60 blocks spanning parts of the North Lawndale and Garfield Park neighborhoods using the Community Landscape Asset Mapping (CLAM) tool - a CDC recognized best-practice tool. They debriefed about their observations and participated in seminars led by urban planners, and marketing professionals who helped them gain an understanding of the thinking and skill sets involved in developing neighborhood streetscapes and marketing certain foods in specific communities. These seminars exposed them to careers in these fields and helped them understand the connections between their observations, various professions and overall community health. In the 5th week of the program the students developed a set of recommendations based on their observations and presented them to their local elected official, Alderman Dixon. Mr. Charles Williams, Faith & Governmental Partnerships Director, thanked the Cardiometabolic program for providing pedometers, which the students used to track their steps as they surveyed over 60-blocks!



## "Cook-off for your Health" Fall Event



The Cardiometabolic Certificate Program hosted their Fall event on September 14, 2009. The Healthy Cook-Off was enjoyable and well received by faculty, students and staff. Many of the participants brought healthy dishes which were then entered in a healthy recipe contest. During the event, guest speaker, Silvia Melendez, MS RD, LD, CPT, a nutrition and culinary consultant demonstrated several healthy Latino recipes which participants were then invited to taste. In addition, Ms. Melendez judged and selected the healthy recipe contestants. Three winners were announced and prizes given. A delicious lunch consisting of the sampled recipes as well as food catered from a local restaurant followed the recipe judging. Copies of the contest recipes and the recipes demonstrated by Ms. Melendez were made available to all participants. See back page for one of these delicious recipes.

## Advanced Diabetes Management Fall Course by Cynthia Fritschi, PhD

Diabetes will affect every patient population in every clinical setting. The Advanced Diabetes Management course (NUMS 518) taught by Dr. Laurie Quinn and Dr. Cynthia Fritschi offers the graduate nursing student an opportunity to learn about the latest advances in both pharmacological and behavioral diabetes therapies. The course incorporates the latest research and evidence based practice recommendations as they pertain to pediatric, adult, and geriatric populations. The course also covers management of the pregnant woman with diabetes. While the course is offered online, there will be several opportunities to engage in hands-on learning during the semester. Additionally, leading clinical and research specialists will present seminars related to diabetes and its management. This past year, the students were able to get some hands-on experience while learning about the latest advances in insulin pump therapy. The students also had opportunities to hone their insulin adjustment skills and learn about the latest research in diabetes-related psychological disturbances.



## Student/Faculty News: UIC CON Students Lori Arguello, ANP, Melissa

Lori Arguello Carson, ANP, a recent graduate of the Adult/Geriatric Nurse Practitioner program along with Melissa Carlucci, current Acute Care Nurse Practitioner student, were invited to present their masters project at the Annual Vascular Care Conference on February 2010 in Lake Tahoe, CA. Their project entitled "Evaluation of an Advanced Practice Nurse Managed Diabetes Clinic for Veterans" looked at the impact an APN managed diabetes clinic had on physiological and behavioral outcomes among veterans with type 2 diabetes.. Lori passed her ANP boards October 5, 2009 and is planning on taking the GNP boards by the end of this year. Amanda Zaman, BSN, RN presented her master's project at the Association for Radiologic and Imaging Nurses in Philadelphia, PA on September 26-27, 2009. Her presentation entitled "Universal Screening of cGFR in Outpatient Contrast Enhanced CT" was a retrospective chart review which found that the estimated glomerular filtration rate (cGFR) detected almost seven times the number of patients with potential renal dysfunction compared to serum Creatinine alone.



## 2010 American Diabetes Association Clinical Practice Recommendations

### Highlights include use of A1C for diagnosis:

- Diagnosis of diabetes: A1C  $\geq$  6.5%
- Increased risk for future diabetes: A1C range of 5.7%-6.4%
- **Link to full 2010 ADA guidelines:**

[http://care.diabetesjournals.org/content/33/Supplement\\_1](http://care.diabetesjournals.org/content/33/Supplement_1)

### Spring 2010 Cardiometabolic Grand Rounds

### March of Dimes Conference: "Celebrando la Mujer Latina" Celebrating the Latino Woman

Cardiometabolic Grand Rounds for Spring 2010 offered an array of topics that should prove not only informative but of great interest to APN students. Some of the topics include:

- **January 27, 2010 — Smoking cessation and the risk reduction for atherosclerosis in patients**
- **February 2010 — Preventative cardiovascular risk reduction**
- **March or April 2010 — Cardiometabolic issues in the older adult or sarcopenic obesity and the cardiometabolic syndrome**

Some of our distinguished speakers will include Lynne Braun, PhD, and advance practice nurse at the Rush Heart and Vascular Institute, Susan Corbridge, PhD, Director of Acute Care Nurse Practitioner and Clinical Nurse Specialist Programs at University of Illinois at Chicago, and Prudence Twigg, PhDc, Indiana University.

The March of Dimes celebrated its 10th year of bringing tribute to Latino women in Chicago. The conference, entitled "Celebrando la Mujer Latina...Un Dia Para Ti" or Celebrating the Latino Woman...

A Day for You, was held downtown at the Chicago Marriott Hotel on November 21, 2009 from 7:00 am to 4:00 pm.

In addition to having an exhibitor booth during the event, the UIC College of Nursing Cardiometabolic certificate program sponsored one of the informational sessions during the March of Dimes conference. This session focused on promoting healthy dietary choices and exercise to maintain an energetic and productive life. Approximately 90 conference participants stopped by the UIC exhibitor booth.

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**University of Illinois at Chicago**  
**Advanced Practice**  
**Cardiometabolic Nursing**  
**Training Grant**  
College of Nursing (MC 802)  
845 S. Damen Ave.  
Room 745  
Chicago, IL 60612-7350  
Phone: 312-355-2605

Congratulations to  
Susana Castro, RN  
PhD student &  
Cardiometabolic  
Grant RA .

She has been  
named Chair of the  
National Advisory  
Council on Migrant  
Health by  
Secretary Kathleen  
Sebelius.

This Council advises,  
consults with, and  
makes recommenda-  
tions to the Secre-  
tary and the Adminis-  
trator, Health Re-  
sources and Services  
Administration, con-  
cerning the organiza-  
tion, operation, se-  
lection & funding of  
migrant health  
centers

## Congratulations!

Congratulations to Melissa Hernandez, Project Coordinator of the Cardiometabolic Certificate Program, and her husband Eddie Hernandez on the birth of their baby boy, Elias Ken Hernandez on September 27, 2009 at 1:38 am. Elias weighed 6.9lbs and was 19.5 inches long.



## HEALTHY RECIPE SECTION

### Powerful Smoothie

#### Ingredients

- 1 cup pomegranate juice
- 4 lemon peels
- 5 cups frozen berries (any type)
- 8 fresh mint leaves
- 1 beet
- 1 large carrot
- 2 tablespoons honey

Combine in large blender and enjoy!

**Serves: 10 servings**

### Black Bean Salsa

#### Ingredients

- 1 seedless cucumber, diced or
- ½ cup canned whole kernel corn, drained
- ¼ cup green or red bell pepper, diced
- 1/2 of 1 medium mango, diced
- 1/2 cup black beans, drained and rinsed
- 2 tablespoons fresh lime juice
- 2 tablespoons orange juice
- 1 tablespoon finely chopped fresh cilantro
- ¾ teaspoon salt
- 1/2 jalapeno pepper, seeded and finely chopped, optional

Gently toss all ingredients together. Serve over fish, poultry or a bed of lettuce.

Yield: 4 cups

