

## Letter From Conference Chairperson



Greetings,

I am pleased to serve as Chairperson for the 2014 International Perspectives on Aging: Evidence to Guide Clinical Practice. Since joining with other international gerontological health experts at the **advantAGE Seniors**, Bangalore, India in 2011, I have seen the issue of global aging increasingly impact all facets of society.

To value aging means lives will be improved. In my role as a gerontological nurse practitioner, I have seen firsthand the urgent priority of current and future health care and service professionals need to increase knowledge and competencies in providing care to older adults.

Seminars such as this offer students, as well as practicing professionals, an important opportunity to gain new knowledge in the unique physiological changes that impact care of and service to older adults. Topics addressed will include early identification of, and interventions for common health and safety risks in geriatric populations, including geriatric health syndromes, aspects of social gerontology and issues of elder abuse and neglect.

I am pleased to join esteemed gerontological experts from the United States and United Kingdom to provide clinically relevant, evidence-based practice education seminars in March 2014. Please join us at one of these important seminars in Mangalore, Manipal, Coimbatore, or Chennai in March 2014.

**Amy Cotton** (MSN, GNP-BC, FNP-BC, FNGNA, FAAN)

- Conference Chairperson

***advantAGE Seniors Consulting LLP, Bangalore, is pioneering in the realm of gerontological studies and research across India, emphasizing on educating the Health care professionals and social workers towards the care of elderly. **advantAGE Seniors Consulting** tries to bridge programs to narrow down the gap between ‘what should be there and what is there’ in the field of social gerontology studies. It aims to equip a pool of social work professionals with adequate knowledge of social gerontology to meet the needs of the ever increasing older population.***

# GRADUATE WITH **MORE** SKILLS

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### REGISTRATION DETAILS

REG FEE: Rs. 500/-

SPOT REG: Rs 650/-

Filled in registration forms along with a demand draft of Rs.500/- towards registration fee be drawn in favour of “ **advantage seniors consulting LLP**” payable at Bangalore to be sent to the following address on or before Feb 25th 2014.

**The Organizing Secretary,  
International Conference on Ageing  
Apollo College of Nursing**

Vanagaram to Ambattur Main Road, Ayanambakkam, Chennai – 600 095

### Seminar Officials

#### Organising Secretary

Dr. Latha Venkatesan

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#### General Convenor

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## Apollo College of Nursing, Chennai

in association with

**advantAGE Seniors, Bangalore**

**A CONFERENCE ON  
INTERNATIONAL PERSPECTIVES ON AGEING:  
EVIDENCE TO GUIDE CLINICAL PRACTICE**  
(Conference To Create Awareness & Deeper Knowledge  
About Ageing And Social Gerontology)

Date: 8th March 2014, Saturday  
Venue: Chennai - Apollo College of Nursing

Credit hours awarded by Tamilnadu Nurses  
& Midwives Council 6 hours for participation





# Think Gerontology, It’s Rewarding!



## International Perspectives on Ageing

Mark Twain, the author of American classics like Tom Sawyer and Huckleberry Finn had once said that “Age is an issue of mind over matter. If you don't mind, it doesn't matter."

My own life resonates wholly with this powerful quotation. I was 50 years of age when India's first corporate hospital – Apollo Hospitals in Chennai opened its doors offering tertiary care of an international standard. Typically back then, most people contemplated retirement the moment they turned fifty!

The situation though has changed a lot since the seventies. Modern medicine is greatly assisting in the early detection of diseases; accessibility of advanced treatment modalities, awareness of wellness and many such factors have led to overall longevity and improvement in life expectancy. One can say that they have added about 30 years to the average life span.

As a nation though, we have a long way to go in giving Geriatric Medicine as much attention as is given to other medical disciplines. A pivotal reason for this apathy is the negativity continuously reinforced by the media and innumerable marketers who sell anti-aging products and services suggesting that aging is not acceptable. Growing older is a natural course of life and its needs should be accepted and acknowledged by individuals and society at large.

A recent study conducted by the Indian Ministry of Health showed that one in every four among India's elderly population is depressed, and one in three suffers from arthritis, while one in five cannot hear. While one in three suffers from hypertension in rural India and one in two in urban areas, almost half have poor vision. Around one in 10 experiences a fall that results in fracture, while two in five are anemic. One in 10 in rural India and two in five in urban areas suffer from diabetes, with nearly 31% suffering from bowel disorders. This situation needs to change.

As responsible members of the healthcare fraternity, the two key questions that we should all ask ourselves are whether our people are living longer and if they are living healthier.

The western world is witnessing a growth of the aging populations and India too is not far behind. The 60-plus age group in India is about 100 million and the elderly population will increase to 12% of the total population by 2025. India needs to be conscious of its demographic transition and promote healthy aging of its population to improve societal productivity and prevent avoidable economic loss.

I am heartened that Apollo College of Nursing in partnership with the advantAGE Seniors, Bangalore has organized a very pertinent seminar on 'International Perspectives on Ageing' providing a platform for discussion on the issues and actions needed to enhance nurses' contribution in promoting quality of life for the ageing population. A nation is defined by its people and we should be relentless in our focus to improve the health of older adults through continuous training for our caregivers and encourage more clinical research in the subject.

Dr. Prathap C Reddy  
Founder & Chairman, Apollo Hospitals Group

**AMY E. COTTON, MSN, GNP-BC, FNP-BC, FNGNA, FAAN  
(University of Maine, Orono, USA)**

Amy is a dually certified Gerontological and Family Nurse Practitioner as well as the Director of Operations for Eastern Maine Healthcare Systems Continuum of Care in Bangor, Maine. Her clinical areas of interest are dementia assessment, evidence-based practice in older adult health care and eliminating errors/promoting safe health care with older adult populations. Amy has been an NGNA member since 1994 and served locally and nationally, as the founding President of the Eastern Maine Chapter of NGNA chartered in 2002 and as the NGNA Board Treasurer from 2004 - 2008 and also served as a President from 2011 - 2013. Amy was awarded the Sigma Theta Tau International, Honor Society of Nursing's inaugural Geriatric Nursing Leadership in 2009. Amy is a graduate of the University of Maine, the University of Southern Maine and currently is a doctoral candidate at the University of Maine in Orono. She has lived in an inter-general home for the last 12 years with her parents and family. She attributes her real world knowledge of aging to this profound privilege and life changing experience. Amy's personal credo is “To value ageing is to improve lives.”



**JUDITH S. PARNES, ACSW,LCSW,CMC  
(Rutgers University, New Jersey, USA)**



Executive Director and Founder of Elder Life Management, is a nationally recognized Gerontologist, holding advanced graduate degrees, certification, and coursework in Social Work, Ageing and Public Health. Ms. Parnes is presently completing her doctoral studies in Medical Humanities focusing on Long Term Care and Bio-Medical issues. A noted lecturer on concerns of the elderly and their families, Ms. Parnes has taught coursework at Rutgers University as well as New Jersey community colleges. She is responsible for the development and implementation of four model programs in the State of New Jersey: Protective Services for the Elderly, the Office of Public Guardian, Elder Life Management, Inc., and the Family Safe Home Program for abused and neglected elderly.

**ELIZABETH K. TANNER, PhD, MS, RN  
(John Hopkins University, Baltimore, Maryland, USA)**

Dr. Elizabeth (Ibby) Tanner holds joint appointments in the Johns Hopkins University schools of Nursing and Medicine, Division of Geriatrics and Gerontology, and is core faculty in the Center on Ageing and Health. She brings to Hopkins more than 25 years experience working in community settings with underserved older adults, teaching nursing students, and conducting community-based participatory research. She has led curriculum development of the School's gerontology nursing program, teaches across all program levels, and created a Geriatric Interest Group for Nursing, Public Health, and Medicine students. She is a Hartford Institute Geriatric Nursing Research Scholar, serves on committees of the National Gerontological Nurses Association, the Gerontological Society of America, and Sigma Theta Tau, and is a member of the Baltimore City Commission on Ageing and Retirement Education.



**VANESSA BURHLOT  
(Swansea University, UK)**



Vanessa Burhlot is nationally renowned social gerontologist with a background in sociology and psychology. She joined the CIA as Director of the Centre in 2007. In 2009 we had our first intake of student onto the MSc in Ageing Studies, and we are also proud to have seven post-graduate research students who are studying in a diverse range of topics associated with older people. I currently sit on two Wales Office of Research and Development Research Funding Scheme Committees (Health Research and Social Care Research), and I am the research member for the National Partnership Forum for Older People.

## THEME

International Perspectives on Ageing: Evidence to Guide Clinical Practice.

## MISSION STATEMENT

To promote gerontology education and quality health care for older adults.

## GOALS

- Explore issues of global ageing for today's health care professionals.
- Disseminate evidence-based assessment and interventions for older adult psychosocial and physical health needs.
- Identify common safety risks in older adult populations.
- Discuss international perspectives on ageing health issues.
- Prepare a committed and skilled work force for the ageing population.

**March 8, 2014 Saturday**

**Location: Chennai - Apollo College of Nursing**

**Audience: Nurses, Nursing Students and Faculty**

SPEAKER	TIME	TOPIC
Inaugural Session	10:00 – 10:30 AM	Inaugural Function
Dr. Latha Venkatesan	10:30 – 10:40 AM	Key Note Address
Amy Cotton, Seminar Planning Chair	10:40 – 10:45 AM	Introduction of speakers and Plans for the day
Coffee Break	10:45 – 11:00 AM	
Amy Cotton MSN, GNP, FNP	11:00 – 12:15 PM	Physiological Age-Related Changes & The Hospital Experience for Older Adults and Hazards of Mobility: The Nursing Challenge
Elizabeth Tanner PhD, MS, RN	12:15 – 1:30 PM	Geriatric Syndrome: Pressure Ulcers & Geriatric Syndrome of Confusion: The Nursing Challenge of Dementia, Delirium and Depression
Lunch	1:30 – 2:30 PM	
Vanessa Burholt PhD	2:30 – 3:45 PM	Social Support Networks: Why practioners should make it their business to know about family, friends and relatives
BREAK	3:45 – 4:00 PM	
Judith Parnes ACSW, LCSW, CMC	4:00 – 5:15 PM	The Global Aging Imperative: Relevance and Impact of Gerontology Today
Amy Cotton	5:15 – 5:30 PM	Closing Remarks