

MagGAPN  
P. O. Box 217  
Bolton, MS 39041-0217

## MAGGAPN & MNA DISTRICT 13

### SEMINAR AT SEA January 7-11, 2010

- Geriatric Care
- Integrating Geriatrics Into Curriculum
- Cultural Diversity
- Leadership

Magnolia Chapter of Gerontological Advanced Practice Nurses (MagGAPN) and the Mississippi Nurses' Association District 13 are offering nursing education in a unique setting -- Seminar at Sea

Ten CEUs will be offered through the Gerontological Advanced Practice Nurses' Association (GAPNA) and MNA District 13

Five-day cruise on Carnival Fantasy leaving Mobile, Alabama, sailing to Cozumel, Mexico. Seminars on the days at sea only. Round table groups will meet concurrently during sessions on different topics.

#### FACULTY

Lisa Byrd, Ph.D., CFNP  
Joyce Varner, DNP, GNP  
Tonya Moore, MSN, RN  
Michelle Burns, MSN, RN, OCN

JANUARY 8, 2010

#### GERIATRIC CARE

8:00 a.m. - 8:30 a.m. ~ *Explosion of the Geriatric Population: Projection For the Future*

8:30 a.m. - 10:00 a.m. ~ *Geriatric Syndromes and Ways to Manage*

10:00 a.m. - 11:30 a.m. ~ *Sundowning and Other Problematic Behaviors in Older Adults: Learn What Works and What Doesn't*

11:30 a.m. - 12:30 p.m. ~ *Lunch / Exhibitors*

12:30 p.m. - 2:00 p.m. ~ *Pressure Ulcers and Other Problems of Maintaining Skin Integrity in Elders*

JANUARY 9, 2010

#### INTEGRATING GERIATRICS INTO CURRICULUM

8:00 a.m. - 8:30 a.m. ~ *Explosion of the Geriatric Population: Projection For the Future*

8:30 a.m. - 10:00 a.m. ~ *Infusing Geriatrics into Nursing Curriculum*

10:00 a.m. - 11:30 a.m. ~ *Schools Working Together and Sharing Resources*

11:30 a.m. - 12:30 p.m. ~ *Lunch / Exhibitors*

12:30 p.m. - 2:00 p.m. ~ *Preparing for the Future: Nursing Education in the Age of Technology*

JANUARY 10, 2010

#### CULTURAL DIVERSITY

8:00 a.m. - 9:30 a.m. ~ *Motivating and Mentoring: Overcoming Challenges in a Multi-Generational Nursing Environment*

9:30 a.m. - 11:00 a.m. ~ *Cultural Diversity: Nurses Emerging in the Process*

11:00 a.m. - Noon ~ *Lunch / Exhibitors*

#### LEADERSHIP

Noon - 1:30 p.m. ~ *Leadership Development*

1:30 p.m. - 3:00 p.m. ~ *Evidence-Based Practice: What Does It Do For Me and Why Should I Care?*

SEMINAR AT SEA  
JANUARY 7 - 11, 2010

Ship departs from Mobile, Alabama  
Thursday, January 7th, at 4:00 p.m.;  
Meet & Greet will be held at 8:30 p.m.

#### Friday, January 8th

Fun Day at Sea/Education ..... 8 a.m. - 2 p.m.  
Cocktail Reception ..... 5 p.m.

#### Saturday, January 9th

Cozumel, Mexico (no educational seminar while in port)

#### Sunday, January 10th

Fun Day at Sea/Education ..... 8 a.m. - 3 p.m.  
Cocktail Reception ..... 5 p.m.

#### Monday, January 11th

Return to Mobile

Total cost per person  
MNA/MagGAPN members will  
receive a \$40 discount

*Price includes cruise, meals, taxes, fees and gratuities.  
Prices are based on two people per cabin*

Inside Stateroom..... \$548.11  
(10 hours CE)

Inside Stateroom..... \$498.11  
(5 hours CE: only one-day seminar)

Ocean View Stateroom..... \$598.11  
(10 hours CE)

Ocean View Stateroom..... \$548.11  
(5 hours CE: only one-day seminar)

*Bring your spouse and/or family;  
cost for additional cruisers  
(3rd and 4th cruisers at a reduced rate;  
suites are at an increased cost):*

Inside Stateroom..... \$448.11

Ocean View Stateroom..... \$498.11

## GERIATRIC CARE

### EXPLOSION OF THE GERIATRIC POPULATION: PROJECTION FOR THE FUTURE

The Geriatric Population is expected to quadruple in the next 30 years, making this age group the largest of all populations. This session will discuss the impact of this and explain how the health-care community must adapt in order to manage this situation.

### GERIATRIC SYNDROMES & WAYS TO MANAGE

There are several problems commonly occurring in the older population including gait disturbances & falls, urinary incontinence, constipation, and polypharmacy. This session will discuss these common problems and offer treatment strategies.

### SUNDOWNING & OTHER PROBLEMATIC BEHAVIORS IN OLDER ADULTS: LEARN WHAT WORKS & WHAT DOESN'T

Dementia is not a normal part of the aging process but when it occurs, it can be difficult to manage the behavioral problems that arise. This session will discuss problematic behaviors such as wandering, refusing to bath, refusing to eat, and sleep issues. Reasons for behaviors will be discussed as well as ways to deal with these difficult problems.

### PRESSURE ULCERS AND OTHER PROBLEMS OF MAINTAINING SKIN INTEGRITY IN ELDERS

Pressure ulcers can be deadly in Elders and are often difficult to treat. This session will review recommendations for treating pressure ulcers and other skin integrity problems in the geriatric population.

### ROUND TABLE DISCUSSIONS

Groups will be divided into interests of Care for the Older Adult in the Community and Assisted Living Environments & Care of the Older Adult in a Nursing Facility.

## INTEGRATING GERIATRICS INTO CURRICULUM

### ROUND TABLE DISCUSSIONS: LEARNING IN THE COMPUTER AGE

Open discussions about integrating online technology into curriculum including programs which are totally online/long distance.

### EXPLOSION OF THE GERIATRIC POPULATION: PROJECTION FOR THE FUTURE

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### INFUSING GERIATRICS INTO NURSING CURRICULUM

Older adults often do not present with symptoms as do other populations nor do they respond to treatments the same. This session will discuss ways to integrate geriatric content into nursing curriculum.

### SCHOOLS WORKING TOGETHER & SHARING RESOURCES

With the rise in costs of higher education, creative ways must be designed to make education cost effective and utilize resources by sharing expertise between programs. Mississippi has formed a Consortium funded by a NIH grant, sharing geriatric expertise among five universities. This program will be reviewed.

### PREPARING FOR THE FUTURE: NURSING EDUCATION IN THE AGE OF TECHNOLOGY

This is the age of computer technology. This session will provide up to date information on enhancing your student's educational process.

*Exhibitors --7:30 a.m. to 2:00 p.m.  
on seminar days*

## CULTURAL DIVERSITY

### MOTIVATING AND MENTORING: OVERCOMING CHALLENGES IN A MULTI-GENERATIONAL NURSING ENVIRONMENT

The nursing workforce is challenged with recruiting new, young nurses to the bedside and with keeping older, experienced nurses. This session will discuss generational differences and explore the possibilities of creating a positive work environment conducive to retaining new and older nurses at the bedside where nurses work together to improve patient outcomes.

### CULTURAL DIVERSITY: NURSES ENGAGING IN THE PROCESS

Cultural diversity is being emphasized in health care delivery systems and in the media now more than ever. This workshop will generate conversation among the participants regarding the importance of being culturally aware, culturally knowledgeable and culturally competent.

## LEADERSHIP

### LEADERSHIP DEVELOPMENT

The most essential element of success in our profession is confident and competent leadership. Leadership development is the responsibility of the individual and the employing agency. This workshop will generate conversation among the participants regarding the importance of leadership development at the individual and organizational levels.

### EVIDENCE-BASED PRACTICE: WHAT DOES IT DO FOR ME AND WHY SHOULD I CARE?

Nursing practice is ever-changing. This fun-filled session will empower nurses to utilize the vast array of available nursing research to improve patient care. Discussion will focus on squashing the myth that nursing research is dull, boring and a waste of time that was required in nursing school!

## REGISTRATION FORM SEMINAR AT SEA

\_\_\_\_\_  
*Name (include title)*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City*

\_\_\_\_\_  
*State*

\_\_\_\_\_  
*Zip Code*

\_\_\_\_\_  
*Phone Number*

\_\_\_\_\_  
*Date of Birth*

\_\_\_\_\_  
*Email Address*

MagGAPN Member  Yes  No

MNA Member  Yes  No

\_\_\_\_\_  
*Roommate's Name*

*All costs are based on double occupancy. If requested, we will attempt to find a roommate but locating a roommate is the sole responsibility of the participant.*

Amount enclosed: \_\_\_\_\_

**Space is limited; early registration is encouraged. \$50 deposit will hold your space.**

**Passports or PASS cards are required.**

**Total payment is due October 10, 2009.**

**Payments accepted: PayPal, checks and money orders. PayPal account: DRLByrd@yahoo.com**

An application for CEUs for this continuing nursing education activity was submitted to the Gerontological Advanced Practice Nurses' Association (GAPNA), an accredited approver by the American Nurses' Credentialing Center's Commission on Accreditation.

**Make check or money order**

**payable to: MagGAPN**

**Mail to:**

**MagGAPN, P. O. Box 217**

**Bolton, MS 39041-0217**

For further information, please contact  
Lisa Byrd, 601.866.7723,  
or email [drlbyrd@yahoo.com](mailto:drlbyrd@yahoo.com).