

FCS 5230-I
Understanding Life in Long Term Care: Immersion as Education

INSTRUCTOR: Dr. Jacquelyn Frank

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OFFICE HOURS:

MON: 5:30-6:45 p.m.; **TUES:** noon-1:45 p.m.;

THURS: 10:00-noon & by appointment

Course Description

This course will examine, review, and reflect on current trends in person-centered care for older adults. In addition, students will spend 48 consecutive hours one weekend in a Long Term Care facility as a resident.

Required Texts

Lustbader, W. (1991). *Counting on kindness: The dilemmas of dependency*. New York, NY: Free Press.

Thomas, W. (1996). *A Life worth living: How someone you love can still enjoy life in a nursing home - The Eden Alternative in action*. New York: Vanderwyk & Burnham.

+ Additional journal articles assigned in class

Course Objectives

1. Students will increase their knowledge and understanding of elder rights issues, nursing policy, and the Ombudsman program.
2. Students will identify at least 3 ethical practices they will employ while working with geriatric individuals.
3. Students will incorporate critical thinking and problem solving skills to better assess the challenges nursing home residents face on a daily basis. Students will do this by keeping a critical reflection journal and writing a reflective paper utilizing supportive documentation from current academic literature.
4. Through the administration of pre and post tests, students will recognize development in their own awareness of empathy toward and advocacy on behalf of frail older adults.
5. Students will incorporate effective oral and written communication skills through written assignments and class discussion with peers and professionals, as well as through their self-advocacy while residing in the long-term care facility.
6. Students will research and synthesize current literature on the continuum of care practices and long term care policies which will influence professional development for future gerontologists.

Methods of Evaluation

1. Critical reflections (addresses course objectives 1, 2,& 5).
2. Nursing home resident reflection journal (addresses course objectives 1,2, & 5)
3. Integrative Post-nursing home paper (addresses course objectives 2,3, & 6)
4. Elder Care issue presentation (addresses course objectives 4,5, & 6)
5. Elder Care issue paper (addresses objectives 1,2,3,5,6)

Participation, Attendance, and Student Responsibilities-attendance and participation are expected in this course. There will be a great deal of material presented in class lectures and discussions that is NOT found in the text. Therefore, it is imperative that students come to class and participate in order to fully learn and understand the issues presented in this course. Because this is a weekend format course it is imperative that students come to class ON TIME and participate for the entire class period. Students WILL LOSE POINTS off their final course scores for coming late and/or leaving early.

One of the major teaching methods for this course will be graduate level intellectual discussion. Failure to attend class and actively participate adversely affects your learning and that of your classmates who do not benefit from your contributions. Forty-five points toward your final grade are for participation. Attendance does NOT equal participation. Participation means active involvement and genuine contributions. Because we have a small group this means there will be even more discussion and exchange of ideas. Thus not participating will be more noticeable to the professor and your classmates.

One other note: please make sure ALL cell phones are off or on silent mode at all times. It is rude and disruptive to the class to have phones ringing and buzzing during the class period or to have people texting during class. The first infraction of the cell phone rule (including catching you texting during class time) will result in a warning. If you are caught using your phone, texting, emailing, a second time you will lose 10 points off of your grade EACH time this happens.

A variety of teaching and learning methods and approaches are typically used in this class. These include: lectures, group discussions, films, books, guest lecturers, individual analysis, and experiential learning. Students can and should learn from each of these methods as well as from their classmates. In other words, films, discussions, guest lecturers, and group activities do not indicate busy work or wasted class time. They represent different methods for conveying information about the topics covered in this course. What students gain from these different methods is likely to be in direct correlation with the seriousness which students regard these methods. Quite simply: you will get out of this course what you put into it.

Academic Dishonesty

The Standards of Student Conduct are outlined on the EIU website and all students should be familiar with the specifics of the Student Conduct code. Students who engage in academic misconduct and violate the university student conduct code will be reported to the Office of Student Standards at the university. In addition, if a student engages in academic dishonesty in this course (through cheating, plagiarizing, or deception), he/she will, at a minimum receive a zero on the relevant assignment(s) and an "F" in the course. Regardless of the course penalty, under university rules, the student will be reported to the Office of Student Standards at Eastern Illinois University.

Assignments, Grading, and Grade Scale

Assignment	Points	Due Date
e-Critical Reflection Journal- 4 entries @ 15 pts ea	60	Sept. 20, Oct 3, Oct. 17, Oct 31
e-Resident Reflections (3 GUIDED reflections to be completed during your nursing home stay at Sullivan Rehab and Health Care Center) 10 pts ea	30	Sept. 28, 29, 30
Finish Lustbader book, <i>Counting on Kindness</i>		Oct. 10
Integrative post-nursing home resident experience paper (Thomas and Lustbader included in analysis)	50	Oct. 14
Elder Care Issue Presentation	50	Oct. 26
Elder Care Issue Analysis Paper	75	Nov. 11
Staff Discussion/Celebration at Sullivan	20	Oct. 28
Class Participation	45	_____
Total:	300	

Course Weekends:

Due to the unusual nature of this course, the weekend class periods will be adjusted from the times listed in the EIU Course Catalog. Please make note of the following:

- 1st Weekend:** Friday, Sept. 7th --*Class will not Meet*
Saturday, Sept. 8th—Class meets from 8:30 a.m. – 4:00 p.m.
- 2nd Weekend:** Friday, Sept. 28th --- students arrive at nursing home: 1:00, 2:00 or 3:00 p.m.
Saturday, Sept. 29th--- students remain in the nursing home
Sunday, Sept. 30th --- students will be released from the nursing home
approximately 12:00 noon or 1:00 p.m.
- 3rd Weekend:** Friday, Oct. 26th— Class meets from 2:00- 7:30 p.m. (we will meet at the nursing home)
Saturday, Oct. 27th— *Class will not Meet*

Detailed Weekend Schedule:

First Weekend: Saturday, September 8, 2012.

Prior to the first class meeting, all students must complete the Bill Thomas book and come to class with a discussion/reflection question generated from your reading. Each student will read their question to the class and the group will briefly discuss it.

To be covered in class:

Introduction and Course Overview

Explanation of the Nursing Home stay

View Video *Through the looking Glass*

Profiling the nursing home population

Description of critical reflection

Explain Journaling assignments

Resident Rights- Discussion

Guest Speaker- *Grace Sweatt, IL Long Term Care Ombudsman Program*

Eden Alternative & Culture Change – Video and discussion

Discuss Paradigm shift in Person Centered Care

Finalize Nursing Home plans & reflection

Second Weekend: Friday, September 28th – Sunday September 30th

Students will check in to the nursing home between 1:00 and 2:00 p.m. (more details to follow). Students will stay in the nursing home until 1:00 p.m. on Sunday. At that time, everyone will move to the Moultrie County Counseling center for a late lunch and 1+ hour debriefing from 1:15- 2:15ish.

Third Weekend: Friday, October 26th 2012

2:00 – 3:30 p.m. – Discussion and “thank you” reception for the staff at the nursing home (students will meet at the Sullivan Rehab & Health Care Center).

4:00- 7:30 p.m. – Student presentations, dinner, post-tests, and wrap up discussion at *Common Grounds* in Mattoon, IL (Dr. Frank is paying for dinner).

Photo of Sullivan Rehabilitation & Health Care Center:



Interior Photos of SRHCC:

