

AGING AND THE AGED:

A REPORT OF ACTIVITIES AT UNC-CHAPEL HILL

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Prepared for the Health Sciences Council on Aging

by

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INTRODUCTION AND SUMMARY STATEMENT

This is the report of a survey of campus efforts in the field of aging and the aged undertaken in connection with the review and planning activities of the Health Sciences Council on Aging. For this report, the replies to the survey form which was circulated have been reduced to brief summary narratives. The replies themselves are available for those wishing further details.

Several salient points emerged from the review of the replies.

It has become clear that there is a wide range in the concern for, and development of, relevant activities. Some programs are explicit and well developed. Others are incorporated into related activities but not separately demarcated as aging. A good deal of planning is under way and a similar review in the future should reveal quite different patterns. Some program development is minimal at this stage. While some have taken leadership in these developments, others are clearly waiting, some eagerly, to be led. Others are seemingly, some reportedly, indifferent to working in this area looking, at best, to the recruiting of new people for whom this might be an interest.

All state that they need, or will need, additional resources to continue or to initiate, or expand programs directed towards the elderly. Indeed, we have some history of past efforts which have failed to survive — perhaps unsuccessful searches for funds underlie these failures. Funds are needed for faculty salaries, for research assistants, for secretaries, for program planning. Many indicate that their efforts in the future would require additional space as well.

It appears that, with few exceptions, the programs which have developed have done so in relative isolation from cognate efforts elsewhere on campus: with hardly any knowledge of each other's efforts, no mechanism for communication among them and certainly no coordination.

Among the resultants of this pattern of "going it alone" has been a degree of duplication. Several of the efforts aim to teach the broad spectrum of life processes involved in aging solely from the resources within their units. Thus, questions of biology, psychology and physiology, etc. are taught without benefit of those on campus clearly expert and experienced in such matters. Similarly for matters at the psychosocial and agency end of the spectrum of considerations. This may be inevitable and perhaps even desirable. Or it may lend itself to discussion of some form of core experience (course? curriculum?) which would use faculty resources more broadly and ensure the quality of students' educational experiences.

There is little reported research, and that of limited range. Here the need for additional funding is perhaps most acute. There is, as well, at least one expressed need for some pattern of coordinated research: a research program which might parallel the clinical and educational programs now being planned.

An emergent and repetitive concern is whether aging should be addressed as a separate unit in teaching and clinical settings, or whether it should be included (as it has been, perhaps augmented), in present courses and patient care experiences. The problem nucleates in the question: should we address this field as a specialty or as a shared general concern? In sum: should we nucleate or diffuse these activities, or perhaps do both, in different settings?

Although it is not yet a problem, since little use is being made of field settings for student training, developments in the future might be aided by some mechanism which could assist with the finding of field sites and the coordination of the cohorts of students who might use them.

There is yet another important emergent — the “team approach” in our training programs is little in evidence. Since we all share the conviction of the importance of a multidisciplinary approach to the understanding and care of the aging, this may well be the area where our planning could have an important impact on both education and service.

Another consistently reported problem is that faculty are presently overcommitted or would quickly become so if additional duties relevant to an aging program were undertaken by them. Additional funds are most frequently requested. But almost as often the need for some reallocation of faculty time and involvement is cited. Perhaps the priorities which this Council may assist in establishing could aid such reallocation. Similarly, release-time for faculty is noted as essential to any, or any further, research development. Is this something the discussions of our Council could address?

With few exceptions, this is not yet a developed area for continuation education. Should there be more? If so, how can this best be achieved and how can required resources be supplied?

Without any exception, there is no degree granting program in aging, neither as a major nor a minor subject; nor is there any program leading to certification. The desirability and feasibility of developing such programs might well be considered by this Council.

It is clear that the survey has provided us with useful information and with some challenging problems. Your reading of the attached summaries of replies will surely bring additional salient points into focus and into future discussion.

DEPARTMENT OF ANTHROPOLOGY

The report is negative, except for noting the submission to NIMH of a proposal for funding research entitled: “Aging and Healing in Southern Religious Cultures.”

AREA HEALTH EDUCATION CENTERS PROGRAM

The reply notes that in several of the AHECs the residency programs in family medicine and internal medicine have developed education experiences that expose residents to health care needs of the elderly. In Charlotte and Asheville, for example, the residents have direct contact with defined groups of elderly persons.

Several AHECs have developed specific educational experiences for students regarding the health needs of the elderly. For example, dental students in the Charlotte AHEC have rotations to nursing homes and initiate therapeutic services.

All AHECs have continuation and in-service education programs that relate to the needs of elderly persons. Most have provided technical assistance and consultation to agencies responsible for the care of the elderly.

The reply offers continuing cooperation and collaboration as our activities in this area increase, predicated upon sufficient advance discussion and the provision of adequate resources. Any special efforts in aging will require additional funding.

THE SCHOOL OF BUSINESS

The report is negative except for a research project which is investigating the retirement decision process in organizations. Two members of the faculty are engaged in this study, which was funded by the Administration on Aging.

THE DEPARTMENT OF POLITICAL SCIENCE

No current course offerings are reported.

The future activity in this area is "uncertain". Personnel are being sought in administration and public policy and if they have an interest in the area a course may be developed.

Negative replies are given for continuation education and research activities. For the former the report adds that some indication is needed for younger faculty to see that such activities are seen positively in their tenure and promotion consideration. For the latter, faculty would have to have specific interest in the area, plus some research fund availability.

THE CAROLINA POPULATION CENTER

The Center notes that its research activities will be listed in Departmental responses: the currently unfunded research in Geography and Sociology is cited (research in the distribution, migration and demography of the aged.)

THE CURRICULUM IN RECREATION ADMINISTRATION

Two relevant courses are offered. One, dealing with "special populations", devotes two weeks to aging, sensitizing students to the needs of this group and ways to improve leisure services. The other focuses upon the elderly and deals with program development and evaluation for the elderly in community and institutional settings.

Four members of the faculty teach these courses. The former reaches about 110 students per year, mainly undergraduate. The latter reaches about 25 graduate and senior students. The former does not use field sites for training, although students make community assessments. In the latter, students select from among seven practice settings, under supervision, learning to assess needs and plan for program development.

The latter graduate course will be expanded/changed in spring 1980. Students will assess the university community and immediate counties to determine the nature of a "special event" that can be sponsored on campus. As a group they will develop, implement and evaluate a special program during Senior Citizens Week. To carry out this plan, the report notes that additional staff and funds would be helpful, but the greatest need is for university cooperation, as, for example, the Student Union co-sponsoring the planned project.

The Curriculum carries out short-term institutes, for example, a reality orientation workshop for activity coordinators in health care facilities for the elderly. These have been held in conjunction with the gerontology program of the Medical College of Virginia. This activity could be expanded if there were "time, funding, and interuniversity cooperation for 'content' workshops".

THE SCHOOL OF DENTISTRY

Lectures on aging, as part of courses for dental and dental hygiene students, include content on psychosocial, physical, socioeconomic, and biological aspects; on oral biology, and on behavioral aspects of health delivery to the aged.

One faculty member has this primary responsibility. The courses reach 80 dental and 27 dental hygiene students.

The courses include selected field experiences: 12 students visit a nursing home and students also have exposure to geriatric patients in the VA Hospital. The latter experience is for junior and senior students.

As for further development: there are plans to initiate an elective course on aging for dental students; expand the content of aging in the present curriculum; increase content for dental hygiene students; and provide additional field experiences. Needed resources are under discussion.

At present, there are no relevant continuation education activities. The future development of these activities is desired, and needed resources are under discussion.

There is no research reported.

The School recommends the establishment of a course in gerontology in all Health Sciences schools, to include a core curriculum, with participation from faculty members campus-wide. Attached to this recommendation is an outline of a suggested core content, which also delineates the special interests of the School of Dentistry.

Also suggested are: the development of an elective course for D.D.S. students and dental auxiliaries which would have both didactic and clinical components, and the development of continuing education course for both categories.

THE DEPARTMENT OF ECONOMICS

The Department reports that none of their courses deal exclusively or chiefly with aging but that their courses in labor, public finance and population treat the subject, along with many others.

A member of their faculty has begun unfunded research on the macroeconomic implications of an aging population. Funding may be sought for the expansion of this project.

THE SCHOOL OF EDUCATION

“...regarding activities in the field of aging. This is to inform you that the School of Education is not engaged in such activities and has no immediate plans to become active in this field.”

THE DEPARTMENT OF GEOGRAPHY

Portions of several courses in the Department treat aspects of aging or the aged. These courses focus upon problems in social geography and population geography.

For one faculty member, aging is a primary interest; two others have related interests.

Under consideration for the future is the treatment of spatial aspects of aging as a major part of a forthcoming graduate seminar in the Department. There is the potential, if provided with the means, to develop a cognate course or seminar over an entire semester.

Several research projects are under way, funded from the University Research Council, under the general title, "Intraurban Residential Relocation of Older Persons." Research being planned would focus upon retirement migration and on locational effects on service delivery for the aged. The Department notes that if support is forthcoming "broader research efforts would be facilitated; the potential and interest is present". Release-time and research development funding seem to be the limiting factors.

The Department recently collaborated with the Social Research Section in the publication of an Atlas of the Elderly in North Carolina.

HEALTH SERVICES RESEARCH CENTER

The Center is exploring several areas for policy decisions as to future areas of emphasis. Health services research and the elderly is one area being explored. There are no reported relevant activities at present.

INSTITUTE FOR RESEARCH IN SOCIAL SCIENCE

The principal relevant research activity is archival: survey data concerning aging and attitudes towards aging, and census data.

These activities will be expanded through the participation of the IRSS in the State Census Data Center, which will provide a service available throughout the State; and the acquisition of the 1980 data. These added responsibilities will require additional resources, both personnel and non-personnel, for which funds are being sought.

INSTITUTE OF GOVERNMENT

The report notes that the Institute is not currently offering any courses for professionals in the field of aging. Last year, however, one of their staff members was extensively involved in teaching/workshops for such professionals, the topic being laws affecting the elderly.

Activities are carried on largely through continuation education. Students come from throughout North Carolina. Workshops have generally been sponsored by local or regional aging programs that relate to state government through the Division on Aging in Raleigh. These activities have been federally funded.

There are no present plans to enlarge these activities which would continue to be coordinated by the training staff of the Division on Aging in Raleigh.

As for research, a second edition of a guidebook for professionals on law and the elderly should be available in Spring 1980. It was partially funded by a grant (federal funds) through the Division on Aging. If a third edition were to be undertaken, help with research and printing costs would be needed.

The Institute suggests that it "seems important for the University to plan jointly with other programs already providing services in the field of aging to avoid duplication and, conflicts concerning who will

provide certain services". The report also suggests consultation with the several private organizations in North Carolina that serve and advocate the interests of the elderly: they and the Division on Aging have this information.

THE SCHOOL OF MEDICINE

The School is engaged in a major planning effort to improve its capabilities for teaching, research and clinical care in geriatric medicine. Key clinical departments are currently reviewing their present efforts and planning their future activities for inclusion in the School's overall Program in Geriatrics. At a later stage planning will be undertaken to develop the Program further as a Statewide resource.

SCHOOL OF MEDICINE: DEPARTMENT OF ANATOMY

The report is negative except that an NIA research grant proposal is to be submitted in 1980.

SCHOOL OF MEDICINE: DEPARTMENT OF ANESTHESIOLOGY

The Department reports the teaching of pain problems in the aged. One resident and one research Fellow are involved, with the work sited in the interdisciplinary pain clinic.

For the future, as additional space becomes available, it is hoped to offer an elective in this to medical students. This program would require additional staff and secretarial help. It could reach 3 or 4 medical students, one or two residents and 1 or 2 Fellows.

SCHOOL OF MEDICINE: DEPARTMENT OF BIOCHEMISTRY

The report from this Department notes that the biochemistry of aging is a newly developing field and that increasing faculty interest is expected. One member of the faculty is currently on leave to enlarge his research experience in the area.

To develop a relevant teaching program the Department might anticipate funds for a new faculty member and would then hope to locate one of undisputed excellence. For some years, however, special students in this area would not be expected.

Continuation education activities are not currently engaged in, although one faculty member is developing such a program.

SCHOOL OF MEDICINE: DEPARTMENT OF COMMUNITY MEDICINE AND HOSPITAL ADMINISTRATION

This Department reports that at this time it is focusing its efforts on developing its teaching programs and has not identified faculty interest in the field of aging.

SCHOOL OF MEDICINE: DEPARTMENT OF DERMATOLOGY

The Department notes that it offers no specific courses on aging; that medical students and residents receive training by disease category. Relevant experience is secured in the clinic and on the wards.

Although the Department has no specific plans for future development, it is ready to participate in seminars, lectures, etc. in the Medical School if the aging program develops. It presently foresees no need

for additional staff for such development and could serve any level of medical students or resident interested in skin aging.

Through participation in continuation education activities some 200-300 practicing physicians are reached. Further development here would do more regarding skin cancer and its prevention and treatment. All present faculty share in this activity and a new faculty member (joining in 1980) would be helpful in this regard.

The expected new faculty member is being looked to for the development of research. He is a Mohs chemosurgeon interested in skin cancer, sunlight, and aging skin. Resources would need to be developed for him: office, clinic, and laboratory space.

The Department would be pleased to meet with planning groups to explore possibilities for further activities.

SCHOOL OF MEDICINE: DIVISION OF ENDOCRINOLOGY

The Division reports no course devoted primarily to the topic of aging. The effects of aging on the endocrine system are mentioned in the Endocrine System Course for second year medical students. There are no plans at present for expanding this offering. The report notes that a change in course content and emphasis would be required, and that this would necessarily require more staff and funds.

Current research: one project on mineral metabolism, another on effects of aging on hormonal control of replication. (Both NIH funded.)

Future research: increased research into effects of aging on bone metabolism and cell proliferation is likely, especially if applications for NIH funding are successful. As for resources required: "An Aging Center in the Medical School that would encourage good collaborative research projects in the basic biology of aging. (A Center that emphasizes only psychosocial aspects would be of no help.)"

SCHOOL OF MEDICINE: DEPARTMENT OF FAMILY MEDICINE

The Department requested a delay in replying to our survey request. A planning group is at work in the Department, considering the appropriate future development of teaching, research and service relevant to aging. Upon completion of its work, more detailed information will be made available.

SCHOOL OF MEDICINE: DEPARTMENT OF MEDICINE

The Department reports the establishment of a weekly geriatric clinic. Three faculty members are involved, as are one to three residents in internal medicine at any given time.

It is hoped, for the future, to offer an elective in geriatric medicine for senior medical students and to expand the geriatric clinic to include off-campus activities. Two to four students would be involved at any given time -- up to 50 per year. The expansion of this program would require funds for additional faculty salaries and for nurses, nurse practitioners, social workers, etc.

Relevant continuation activities are conducted through the AHEC program and other State-wide teaching programs. The report underscores that aging is a part of internal medicine and enters into many of their teaching programs. Expansion of these activities is desired, but would require salaries for faculty.

Current research: 1) Study of vitamin D metabolism (NIH funded); 2) Serum growth factors (NIH pending).

SCHOOL OF MEDICINE: DEPARTMENT OF NEUROLOGY

Relevant teaching includes general neurology, several types of courses covering neurological diseases, and dementia. This teaching reaches 160 medical students, 12 neurology residents and 12 nurses. Professor Rounds, Grand Rounds and special conferences utilize NCNH as a site for training. Expansion is planned into various special areas of aging and the nervous system.

Continuation education services are provided through AHEC and at meetings of alumni. No research specific to aging is underway, but there is related neurological, neuromuscular and neuroendocrine research. Further research is being contemplated CSF, neuroendocrine, epilepsy, dementia and other CNS. This would require "considerable" additional resources.

The report suggests priority attention to the development of teaching, patient care and research in neurology and dementia.

SCHOOL OF MEDICINE: DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

The department filed a negative report.

SCHOOL OF MEDICINE: DIVISION OF OCCUPATIONAL THERAPY

This Division offers its students a module relevant to aging in a course entitled Human Growth and Development. The course is taught by Dr. Joan Rogers and is attended by 10-12 first year graduate students.

The faculty of the Division have had brief discussion of expanding their offerings but there is no concrete plan at this time to do so. Such expansion would require additional staff and the reallocation of staff responsibilities, also the necessary funds to cover the teaching of one course. Any such additional course might be attended by up to 15 first and second year graduate students each year.

There are no formal continuation activities but one faculty member provides consultation and two members have participated in gerontological associational meetings. Adding faculty or reallocating responsibilities would be required to develop such activities.

As for research: a study of the feeding problems of the elderly is under way and a survey of reemployment is being planned. The latter would require a research assistant. In 1979 a research proposal was submitted by Occupational Therapy, Physical Therapy and Rehabilitation Counseling to develop self-instructional material; it was not funded.

The Division notes that about two years ago, representatives of the three groups (cited directly above) met to plan a course in Gerontology for Allied Health Professions. An outline was developed, along with plans to teach this as a summer course. However, faculty overcommitment precluded the implementation of the plan.

The Division notes its first priority is to develop teaching/education in various curricula and then to enlarge service and research.

SCHOOL OF MEDICINE: DEPARTMENT OF OPHTHALMOLOGY

This Department notes that, "At the present time, a large portion of our ophthalmic residency program is concerned with teaching about aging problems."

Clinical and teaching interests include: macular disease, optic nerve disease, glaucoma, and anterior segment surgery. The Department also offers a Low Vision Aid Clinic.

The medical students who rotate through the service are exposed to these ocular problems of the aged.

Research investigations under way include cataractogenesis and glaucoma. These ongoing studies require, in addition to departmental resources, continuing grants from federal and state levels. There will be a constant need to obtain such funds for adequate investigation of the aging problems in the future.

In line with the very active interest of the Department in the visual problems of the aged, one member of the faculty has been assigned the special responsibility for relevant coordination and communication.

SCHOOL OF MEDICINE: DEPARTMENT OF PEDIATRICS

The Department states its position "that aging should not be considered as an isolated phenomenon but should be viewed in the broader context of human developmental biology which begins at conception (if not earlier) and extends until death". It notes that such emphasis upon developmental trajectories is particularly strong in Pediatrics. It further states that many of the pathologies seen in the aged are theoretically preventable by efforts started in childhood.

Among relevant activities in the Department are the following: A school health program is studying the development of life styles likely to have an impact on health later in life. It is also studying the attitudes of the young towards the aged and how they may be shaped in the interests of the welfare of the future aged. A longitudinal study of school children is worthy of extension into the future to provide life-span base lines on what is normal and what is pathological in older persons.

One faculty member is taking an advanced degree in Epidemiology, with interest focused on certain pathological conditions particularly salient for the aged.

Other studies are focused upon the effect of hormones on cell senescence and on prostatic secretory hormones and Ilypertrophy.

The Department advocates the inclusion of teaching with regard to aging into ongoing courses rather than in separate blocks of time.

As its programs relevant to aging develop in the future the need is seen for several additional faculty members, additional office and laboratory space, secretarial help and other support facilities.

SCHOOL OF MEDICINE: DEPARTMENT OF PHARMACOLOGY

A new course will be offered. It will comprise an in-depth review of concepts and research on the roles of hormones and vitamins in pathophysiology and therapy of metabolic bone disease. Special consideration will be given to the roles of the hormones and vitamins during different stages of development, including aging.

Endocrinologists, mainly from our own institution, will be invited to deliver lectures, which can be attended by graduate students from any training program.

Current research deals with goiter and aging. Planned research will focus on aging and calcium metabolism and on cellular aging. (NIH funding.)

SCHOOL OF MEDICINE: DIVISION OF PHYSICAL THERAPY

The Physical Therapy faculty decided that gerontology/geriatrics should not be taught as an "isolated unit" but should, rather, be "diffused through all appropriate courses". It has become one of the organizing principles of the curriculum.

Courses taught at the junior level which incorporate material relevant to aging focus upon physiology, human growth and development, physical evaluation and exercise, and clinical education (which includes experience with geriatric patients in a skilled nursing facility).

Senior courses focus upon program planning, community health, clinical education and communication, with emphases on the elderly throughout.

Graduate courses provide an opportunity for students to do independent study in geriatrics or gerontology.

Five faculty members are engaged in teaching in this area and approximately fifty students receive aging-relevant instruction.

Field-site training is utilized in several courses: rehabilitation centers, general hospitals with a geriatric caseload, psychiatric hospital, home health agencies and (as noted above) a skilled nursing facility.

Plans were made for the expansion of these efforts but an attempt to secure funding was not successful. Such an expansion, aimed at bridging the gap between theory and practice, might include an additional thirty allied health graduate students.

Continuation education activities include the periodic holding of work-shops which include some emphases on geriatrics. These activities involve three members of the faculty. The Division wishes to expand these efforts but would require funds, support services and additional faculty.

No research is underway and its development would require additional resources: funds for additional faculty and faculty release time; support services (secretarial, computer) and space.

The Division notes that it has "been heavily involved in working with geriatrics for years" and urges its "direct involvement with decision-making responsibility" as efforts develop within the medical school, as well as continuing communication as planning proceeds.

SCHOOL OF MEDICINE: DEPARTMENT OF PHYSIOLOGY

The Department reports that, since the retirement of A. T. Miller, there have been virtually no teaching or research activities in aging. Nor are any plans known for moving in that direction.

(The reply was prepared, in the absence of Dr. Perl, by the Acting Chairman.)

SCHOOL OF MEDICINE: DEPARTMENT OF PSYCHIATRY

The Department reports that "appropriate knowledge and skills" are included in the second year medical course "Introduction to Psychiatry" and in clinical experiences for third year students and all residents.

Visits

are made to Dorothea Dix Hospital and to the V. A. Medical Center in Fayetteville.

As to the future -- a survey and study are now underway to ascertain the clinical and educational needs of the Department. A report is due in the Summer of 1980.

With regard to continuation education, there is no structured program that focuses on aging per se. But relevant concepts are included in activities such as a psychopharmacology clinic for primary care physicians through AHEC.

As for research, there is no specific aging project, but, again, there is relevant research in that aging populations are involved in neuroendocrine and psychopharmacologic studies. Further research development would require additional faculty, although plans for such development have not yet been determined.

Further information will be available through the forthcoming report noted above.

SCHOOL OF MEDICINE: DEPARTMENT OF RADIOLOGY

Reports "nothing specific at this time. Nor do we have any plans to develop any specific areas for teaching of Diagnostic Radiology related to aging".

The Department further notes that "we would be happy to discuss any involvement in co-operative research or teaching that might be assisted by the Department of Radiology".

SCHOOL OF NURSING

In the graduate core, three faculty members offer two courses which include consideration of the health problems of the elderly and of appropriate program responses; and of the role of advocacy in decision-making groups.

In the undergraduate core, coverage is similar but less extensive.

Although there is no field site training, students at both levels visit agencies and programs to ascertain data used to explore the health needs of the populations served, and of program impacts.

At present, students may elect "Health Needs of the Elderly" for special study. Some expansion of this opportunity is being contemplated; this expansion would entail additional funds for faculty salary support, materials and travel.

The School offers a broad program of continuation education relevant to aging: topics covered include health assessment, mental status, emergency situations, multiple problems, drugs, attitudes, minority aging, care of the elderly patients, and family/environment factors. These serve a large number of persons who work with the aged in a broad variety of settings: V. A., nursing homes, AHECs, Councils on Aging, State Agencies, etc. There continue to be more requests for such programs than the School can respond to due to other continuing faculty commitments.

Regarding research: a grant request has been made for a study of the decisions process for nursing home admissions. An unfunded pilot phase has been undertaken. Further research being contemplated would include the secondary analysis of data tapes available from the National Center for Health Statistics. For this latter effort, additional staff assistance and supporting funds would be required.

SCHOOL OF PHARMACY

The report notes that topics relevant to aging are covered as sections of several courses. The foci of these topics are: services to nursing homes, special therapeutic considerations, and special communication requirements. Four members of the faculty teach these courses, which involve 150 fourth year students.

Plans for the future include a gerontologic focus in graduate education for Pharmacy Practice and an elective course for undergraduates. The full implementation of these plans would require an additional faculty position. Such expansion would involve 3-5 graduate and 25-40 undergraduate students.

There is no relevant continuation education activity, but the report states that such could be developed if an additional faculty member could be hired.

Regarding research: a contract is now being negotiated with NIA for a descriptive paper on drugs and the elderly. A future plan is the investigation of drug responses in the elderly -- for this a technician and research assistant would be required.

The School urges the coordination of longitudinal research so that "opportunity for wide participation (many disciplines) is realized".

SCHOOL OF PUBLIC HEALTH: DEPARTMENT OF BIostatISTICS

The reply lists no specific courses, but states the pertinence of many methodology courses.

Similarly, for research, it is noted that there are projects that have information about aging processes, although that is not their primary goal. To develop further research, money and space would be required.

SCHOOL OF PUBLIC HEALTH: DEPARTMENT OF EPIDEMIOLOGY

The Department reports that it is now in the early stages of developing a comprehensive program in geriatrics. It has responded to our survey request with a letter that serves as an interim report. A number of courses are offered that, although not labeled "aging", are important for the understanding of the process. These include courses dealing with coronary heart disease and other major chronic diseases, on changing demographic patterns and health, and on health services.

A member of the faculty is currently working with the School of Medicine on aging program development. Plans are underway to discuss the further involvement of the Department in the Geriatrics Program. The equivalent of a staff position may be required in the Program's initial stages, with the anticipated expansion of teaching.

Research underway is also highly relevant to aging. For example, one study aims to demonstrate intervention to reduce the risks of hypertension. Another is developing an assessment of health hazards. Another is the International Lipids Project.

SCHOOL OF PUBLIC HEALTH: DEPARTMENT OF HEALTH EDUCATION

The report notes the Department's participation in an inter-Departmental course titled: "Aging and Human Development". Its special foci are upon health and mental health needs and status of the elderly, and ways of involving them in program planning. Two members of the Department's faculty participate in the course.

As for future plans: a three hour course on "Psychosocial Aspects of Aging" will be offered on a trial basis in Fall 1980. This will serve primarily graduate students of the School, but will be open to others as well.

Research is being planned for the future, with several research proposals in the early stage of development: (a) the application of "modelling" to improve the living practices of the elderly; and (b) information possessed by aged and their families concerning available services, and problems encountered in finding and utilizing such services. For these, funding through grants or contracts would be required.

SCHOOL OF PUBLIC HEALTH: DEPARTMENT OF NUTRITION

The Department participates in a course being offered in conjunction with several other Departments: Public Health Nursing, Health Administration and Health Education. The course provides an overview of needs and programs concerning the elderly. It also offers a course on the aging process and human nutrition. Students served, in addition to those in the nutrition program, come from nursing and health education (thirty-three at the baccalaureate and Master/s level).

As an aspect of their field experience, students have an opportunity to observe congregate meal programs for the elderly.

The Department also offers three workshops in Nutrition and Aging for the Fayetteville AHEC. Those in attendance include food service supervisors in nursing homes, directors and managers of congregate meal programs for the elderly. Further such activities can be offered as needed.

Two research projects are in the planning stage. One deals with the demands made by an aging population for food services and programs as related to health status, for which funding is being sought. The other plans to study the relationship between obesity and diabetes in the aging population.

SCHOOL OF PUBLIC HEALTH: DEPARTMENT OF PUBLIC HEALTH NURSING

The Department participates in an interdepartmental course: Aging and Human Development. Taught by five members of the School faculty, the course reaches about 33 students, both senior undergraduates and master's level.

During the course each student has 4-5 visits with a well elderly person (or family) to learn appropriate modes of interaction with the elderly.

There are plans to expand course offerings if resources can be obtained; these would include funds for a faculty member and secretarial support. This expanded offering, if nursing oriented, might serve 8 to 10 a semester; more general courses might reach 25 to 30.

The Department offers several short courses each year, on varying topics. Any augmentation of this activity (as, for example, increased attention to aging), would require funds for additional faculty and staff support. These short courses involve 6 members of the faculty and are currently directed mostly towards practicing public health nurses.

Although no relevant research is underway, ideas are being explored. Research development would require a faculty member with appropriate training.

The Department would like to see the development of an interdisciplinary program in aging, "on a model analagous to that used by the Population Center".

DEPARTMENT OF RELIGION

The Department notes that it has no work directly in the area of our investigation.

A letter notes that an effort was made several years ago, by a group of humanists on campus, to develop a program proposal for funding by the Media Division of the National Endowment for the Humanities. This was to be for a television series to "awaken the public to the resources found in the arts and the humanities for understanding and living with aging". Although funds for a planning grant were secured, the major grant proposal was not approved.

SOCIAL RESEARCH SECTION

A graduate course in Social Gerontology is offered through the Department of Sociology. Students campus-wide register for the seminar and attendance by local and visiting faculty is frequent.

The Section, in addition, provides a campus resource of a library of books and journals focused upon aging and the aged, and a wide range of bibliographies, reprints and card files by author and topic. It also maintains files of grant and educational opportunities, of general developments in the field (programs, curricula, conferences), and collects and collates extensive base data on the distribution and condition of the aged.

The Section collaborated with the Department of Geography in preparing and issuing an Atlas of the Elderly in North Carolina. It has conducted research on agency responses to the needs of the elderly and on the functions churches and ministers perform for the aged.

SCHOOL OF SOCIAL WORK

Several relevant courses are offered in the School's Program in Aging. One concerns clinical practice with the aged; another includes the development of age-related legislation; a third deals with problems related to planning and administering a social program for older adults; another provides a general overview of social gerontology. There are other courses which have some aging content: one deals with the life cycle approach to human behavior; the other includes discussion of psychopathology and organic brain dysfunction.

The Aging Program has an assigned faculty coordinator. Two other members of the faculty teach in this area as well.

There are currently four students receiving aging stipends, with eight second year MSW students who have declared an aging specialization. About 75 students receive some aging-specific course content.

Field-sites are utilized in training for both clinical and planning/ administration program components.

Further expansion is planned: it is hoped to have four courses available for the '80- '81 academic year: two basic and two advanced. These will include current content and add information about biological and psychological aspects of aging. It is hoped to have 10-15 students enrolled in the aging-specific courses next year. It is also planned to enrich the entire curriculum so that all students will receive some aging content.

As for research: a graduate assistant is conducting a search of the literature for in-home services, specifically homemaker/home health aides. The Aging Coordinator plans to develop a proposal seeking grant support for an evaluation of such services in North Carolina.

The report of the School looks to the results of this survey to identify resources and assist in advising students; it suggests a speaker series to focus interest university-wide; it states the need for a central resource of information, bibliographies, courses, etc. It also seeks a forum of knowledge exchange and resource development among the academic, health care and social service interests. It also notes that future funding is a serious problem for program continuation.

DEPARTMENT OF SOCIOLOGY

The Department currently offers one course in this area, a graduate seminar in Social Gerontology, which emphasizes the development of research. Students are drawn from all parts of campus and members of the faculty are frequent auditors, (the course is offered through the Social Research Section). There are plans for another course, at the undergraduate level, to be offered beginning Fall 1980. The faculty member who will offer this course has done research on the demography of aging and on the family behavior of the elderly. He has applied to the NIA for a Senior Fellow award to pursue research on retirement at the Duke Center.

MEMBERSHIP OF HEALTH SCIENCES COUNCIL ON AGING

Dean Stuart Bondurant, Medicine (Chairman)

Dean Laurel Copp, Nursing

Dr. William Cromartie, Associate Dean, Medicine Dean Bernard Greenberg, Public Health

Dr. Mary Ellen Jones, Chairwoman, Biochemistry and Nutrition Dean Tom S. Miya, Pharmacy

Dr. Frank Munger, Director, Institute for Research and Social Science Dr. Harry Phillips, Associate Dean, Public Health Dr. Harvey L. Smith, Director, Social Research Section Dean Mort Teicher, Social Work

Dr. Richard Udry, Director, Carolina Population Center Dean Raymond White, Dentistry



THE UNIVERSITY OF NORTH CAROLINA
AT
CHAPEL HILL

Social Research Section
Division of Health Affairs

The University of North Carolina at Chapel Hill
Miller Hall 028 A
Chapel Hill, N.C. 27514

Dear Colleague:

Efforts are underway to develop and coordinate activities on campus in the field of aging. As a part of such effort, Vice Chancellor Fordham has appointed a Health Sciences Council on Aging. The Council, composed of Deans and Directors from Health Sciences and the academic campus, and chaired by Dean Bondurant, is providing direction for these efforts. The Social Research Section is serving as a resource for the planning stage. The Council is approaching the field of aging as a matter of University-wide interest and enterprise.

As a first step we need to know what has already been developed on campus and what plans are being made for future activities in the field of aging and the aged. Such information is important if we are to utilize our existing resources appropriately and to plan for their further development. It will also enable us to identify those who should be involved in the continued planning. To this same end we would also welcome suggestions regarding opportunities and initiatives not now being planned.

Accordingly, we would appreciate receiving your replies to the questions on the attached form (and please feel free to provide any other information which better indicates your activities and plans). We would greatly appreciate receiving the replies at your earliest convenience.

Please let me or Dean Bondurant have your ideas for the further development of programs and activities in the field of aging and your suggestions of how we can work together in the planning process.

Cordially,

A handwritten signature in black ink that reads "Harvey L. Smith".

Harvey L. Smith, Ph.D. Professor and Director

HLS:mmr

Questions concerning campus activities in the field of aging. Please return to Harvey L. Smith, Social Research Section, 103 Miller Hall 028H

Name: Reporting for Unit(s)

Current Teaching

1. What are your current course offerings in the area of aging and the aged? (Please outline focus and scope very briefly.)
2. Which members of your faculty are so engaged?
3. Approximately how many students (and at what level) are involved?
4. Is field-site training a part of the course? (Please describe briefly the type and purpose of the setting.)

Future Teaching

1. Do you have plans for the expansion of such teaching, or its initial development? If so, outline briefly.
2. If additional resources would be necessary for this expansion or initiation, please state what they would be: additional staff, additional funds? (Please note general order of magnitude.)
3. How many students, and at which level(s) might take such new or additional course(s)?

Continuing Education

1. Is your Department or School involved in relevant continuing education activities? (If so, briefly note scope and focus.)
2. What kinds of students, and how many, attend these courses?
3. Which members of your faculty are engaged in such teaching?
4. Do you wish to initiate or further develop such activities?

5. If so, what resources would be needed to do so?

Research

1. Does your School or Department have any ongoing research relative to aging and the aged? (If so, briefly note project title(s), source(s) of funding and Principal Investigator(s).
2. What are the plans for further research development?
3. What additional resources would be required for the development of such research?

Comments and Suggestions

Please let us have your ideas, suggestions for activities, priorities, and recommendations for planning.

Thank you very much for your assistance and cooperation.



THE UNIVERSITY OF NORTH CAROLINA
AT
CHAPEL HILL

Social Research Section
Division of Health Affairs

The University of North Carolina at Chapel Hill
Miller Hall 028 A
Chapel Hill, N.C. 27514

February 13, 1980

Dear Colleague:

This is a reminder that we have not yet received your reply to the survey of campus activities in the field of aging being undertaken by the Health Sciences Council on Aging under the direction of Dean Stuart Bondurant.

The survey is an aspect of a campus-wide review and planning effort to ascertain our needs and resources for the further development of programs in aging. Through it we anticipate identifying those interested in working with the Council in its planning efforts. Its intent is to make the best use of our campus resources for any program developments which eventuate.

If you need an additional form for reply, please let me know, or file a negative report if that is indicated.

Your cooperation is urged, and will be greatly appreciated. Sincerely yours,

A handwritten signature in cursive script that reads "Harvey L. Smith".

Harvey L. Smith, Ph.D. For The Council

HLS:mmr

UNITS CONTACTED AND RESPONDING

Anthropology
Area Health Education Centers Program
School of Business Carolina Population Center
City and Regional Planning *
Curriculum in Recreation Administration
School of Dentistry Economics
School of Education Geography
Health Services Research Center
Highway Safety Research Center *
Institute for Research in Social Science
Institute of Government
School of Medicine Anatomy
Anesthesiology
Bacteriology and Immunology *
Cancer Research Center *
Community Medicine and Hospital Administration Continuing Education *
Dermatology Endocrinology Genetics * Immunology * Medicine
Nephrology * Neurology
Obstetrics and Gynecology
Occupational Therapy
Oncology * Ophthalmology Pathology * Pediatrics Pharmacology
Pharmacology and Toxicology *
Physical Therapy
Physiology Psychiatry Pulmonary Disease *
Radiology
Surgery *
School of Nursing School of Pharmacy Political Science Psychology *
School of Public Health
Biostatistics
Community Health Services *
Environmental Sciences *
Epidemiology
Health Administration *
Health Education
Nutrition
Public Health Nursing
Religion
Social Research Section School of Social Work Sociology
Speech Communication

* Units not responding

NUMBERED COURSES DEALING WITH THE AGING AND THE AGED

Social Research Section (and Department of Sociology)

Sociology 326: Social Gerontology. A research-oriented seminar in social gerontology.

School of Medicine

Division of Occupational Therapy

OCCT: A module on aging is presented in Human Growth and Development

Division of Physical Therapy

PHYT 94: Introduction to Physiology. One and one-half class hours are designated for the geriatric aspect of physiology. Changes occurring in each body system with aging are also mentioned.

PHYT 80: Human Growth and Development. Four class hours are scheduled for the process and problems of aging.

PHYT 93: Physical Evaluation and Exercise. Unit on Therapeutic Exercise Equipment. Material is presented relative to special consideration of the aged patient.

PHYT 68: Clinical Education 1. Students have one affiliation in a skilled nursing facility with major emphasis on geriatric patients.

PHYT 95: Comprehensive Program Planning. One class unit is devoted to the geriatric patient.

PHYT 76: Community Health. Includes a unit on gerontology, incorporating the social, psychological, economic and political aspects of aging and the community resources specific to the elderly. Information relevant to the aged is also presented in other units, namely Medicare, nursing homes and rest homes, home care service, death and dying, and national health insurance.

PHYT 88 Clinical Education III and IV. Students have clinical assignments in and 98: rehabilitation centers or general hospitals in which at least a portion of the case load is geriatric in nature.

PHYT 75, b, c: Communication for Physical Therapy. A major component of this two-semester course is a senior project and usually one or two students opt to do library or field research in the area of geriatric physical therapy.

PHYT 303: Problems in Physical Therapy

PHYT 377: Readings in Selected Topics in Physical Therapy

Both courses provide an opportunity for graduate students to do independent study in geriatrics or gerontology. This semester one graduate student is studying social-psychological aspects of disability with a particular focus on the elderly.

Department of Pharmacology

Pharmacology 206: (New course to be offered.) An in-depth review of concepts and current research on the roles of hormones and vitamins in calcium homeostasis pathophysiology and therapy of metabolic bone disease. Special consideration will be given to the roles of the hormones and vitamins during different stages of development, including aging.

School of Public Health

Department of Health Education

PHNU-HEED-HADM 101: Aging and Human Development

Department of Nutrition

Nutr 101: (Cross listed with PHNU/HADM/HEED.) Overview of needs and programs of the elderly.

Nutr 201: Nutrition of Adults and the Elderly. A review of the effects of the aging process on human nutrition. Physiological, psychological and sociological factors which affect dietary habits and nutrient intake will be examined.

Department of Public Health Nursing

PHNU, HEED, HADM 101: Aging and Human Development

School of Nursing

N 225: Separate consideration of health problems of persons over 65 -- and of various subgroups, by sex, income level, area of residence, etc.

N 355: a) Programs addressed to the health needs of the elderly, and a consideration of their effectiveness.

b) The role of advocates for the needs of the elderly in relation to decision-making groups, especially in legislative and administrative bodies

N 52 and N 58: Health of Populations. Less extensive coverage of above topics, with (b) of 355 not included. Special Elective: Health Needs of the Elderly.

School of School of Social Work

SOWO 246: Social Work With The Aged. A course in methods and principles of clinical practice with the aged.

SOWO 289: Legislative Process in Social Welfare. A course which focuses on the process of developing social welfare legislation with about 1/4 the content focused on age-related legislation, e.g. Medicare, O.A.A.

SOWO 260: Politics of Social Program Administration, Aging Services and Programs. A course which addresses a number of relevant issues/problems related to planning and administering a social program for older adults.

SOWO 375: Seminar on Aging. A course which provides a general overview of social gerontology, including demography, theory, research methods, family, etc.

Two courses with some aging content:

SOWO 200: Life Cycle approach to human behavior and social environment.

SOWO 230: Psychopathology, with a segment on organic brain dysfunction.

Curriculum in Recreation Administration

Recr 172: Recreation and Special Populations. (Two weeks devoted to aging.) Focus is on needs of this group and ways to improve leisure service.

Recr 176: Recreation and Aging. Primarily concerned with recreational program development, implementation and evaluation for older persons in community and institutional settings.

Department of Geography

Geog 149: Problems in American Social Geography

Geog 150: Population Geography

Portions of both courses treat aspects of aging or the aged.

END OF THE DOCUMENT