65 Plus Program
65 Plus is an interdisciplinary program of Patient Care Services responsible for planning and implementing initiatives to enhance the care of older adult patients throughout the hospital. The program focuses on improving knowledge and practices regarding the care of older adults; enhancing age specific evidence-based practice; improving the healthcare experience for older adult patients and their families; and supporting clinicians caring for older adult patients.

About us:
Meeting the needs of hospitalized older adults is an important component of clinical practice as our population continues to age. Evidence shows that hospitalizations can be risky for older patients. Hospitalized older adults are at significant risk to develop preventable geriatric syndromes (delirium, incontinence, pressure ulcers and reduced mobility) that lead to a decline in functioning and health. Developing practice models designed to prevent these syndromes and improve patient outcomes is essential in providing safe, effective and efficient care to older patients.

A model for care
65 Plus: NICHE at Massachusetts General Hospital

65 Plus is an interdisciplinary approach to improving care for older adults that strives to cultivate a new way of thinking to ensure high quality, patient and family centered care for all patients 65 years and older. The program is modeled after NICHE, Nurses Improving the Care of HealthSystem Elders, a program of The John A. Hartford Foundation Institute for Geriatric Nursing at New York University, a national initiative to improve the health care of older adults. In 2004, Massachusetts General Hospital became the first hospital in Massachusetts to join NICHE.

Using the NICHE framework, 65 Plus is an evidence-based approach to care to enhance the care of older adults. The program is led by the geriatric specialist for the program.

The goals of 65 Plus are to:
- Increase knowledge and improve practices regarding the care of older adults;
- Enhance age specific evidence-based practice;
- Improve the healthcare experience for older adult patients and their families; and
- Mentor and support clinicians caring for older adult patients.

Examples of initiatives
- Unit-based Bedside Rounding – Using geriatric specific assessment skills, the geriatric specialists rounds with nurses to help identify and address geriatric syndromes.
- The annual Best Practices conference - Offered each fall this conference focuses on increasing geriatric knowledge, sensitivity, and competence in geriatric syndrome management, while also serving to help prepare nurses for ANCC geriatric certification.
- Policy Development – interdisciplinary teams work within 65 Plus to ensure the special needs of older adult patients are met.
I. Links to Clinical references *Hyperlinks built in – just need to click on title*

a. Geriatric Certification Section
   The E. Louise Berke Fund for Gerontological Nursing reimburses registered nurses working in Patient Care Services for the cost of the gerontology specialty certification and re-certification exams.
   - PCS Professional Certification Information
   - ANCC Geriatric Certification
   - Consult Geri Certification Review Course (Free)
   - Geriatric Certification Tool Kit
   - Link to PDF of brochure – *Need to attach PDF of brochure*

b. Geriatric Clinical Assessment Tools
   The Hartford Institute for Geriatric Nursing has created evidence-based tools to support geriatric assessment.
   - Try This: Spices
   - Try This: Mini-Cog
   - Try This Assessment Tools
   - AJN Nursing Center Try This Videos

c. Resources Articles
   Numerous articles and websites are available to support clinicians care of older adults.
   - Institute of Medicine: Retool for an Aging America
   - How to Try This: Fulmer SPICES Article

d. Geriatric Resource Books at the Treadwell Library
   *Two books available: one on reserve, one available for take out*
   - Evidence Based Geriatric Nursing Protocols for Best Practice. Fourth edition Springer series, Capezuti, E. Editor, (2011)
   - Hazzard's Geriatric Medicine And Gerontology: Sixth Edition (Principles of Geriatric Medicine & Gerontology) (2009), by Jeffrey Halter (Author), William Hazzard (Author), Joseph Ouslander (Author), Mary Tinetti (Author), Stephanie Studenski (Author), Kevin High (Author), Sanjay Asthana (Author)
   - Nursing for Wellness in Older Adults, Miller, Carol, A., (2008), Case Western Reserve University, Clev Frances Payne Bolton School of Nursing, (Author)

e. Web resource list
   - www.Geronurseonline.org
     The official geriatric nursing Web site for the American Nurses Association (ANA).
   - www.ConsultGeriRN.org
The evidence-based geriatric clinical nursing website of The Hartford Institute for Geriatric Nursing, at New York University’s College of Nursing and NICHE providing an online resource for nurses in clinical and educational settings,

- [www.hartfordign.org](http://www.hartfordign.org)
  Links to The John A. Hartford Foundation Institute for Geriatric Nursing - the gateway to NICHE.

- [www.geron.org](http://www.geron.org)
  The Gerontological Society of America - a not-for-profit multidisciplinary organization dedicated to the scientific study of aging and to the translation of research for practice and policy.

- [www.ngna.org](http://www.ngna.org)
  The National Gerontological Nurses Association (NGNA) is dedicated to the clinical care of older adults. Members include clinicians, educators, and researchers with different educational preparation, clinical roles, and interests in practice issues.

f. Clinical Guidelines
   Through 65 Plus, work has been done to create clinical guidelines to enhance practice with a focus on older adults
   - [Indications for Use of a Foley Catheter (Intranet only)](http://www.hartfordign.org)