



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: COTA Skills 118

Course Subtitle: Use of Medications by Elders

Source: Occupational Therapy with Elders: Strategies for the COTA, 3rd ed. by Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L

Source Description: The only comprehensive book on geriatric occupational therapy designed specifically for the COTA, Occupational Therapy with Elders: Strategies for the COTA, 3rd Edition provides in-depth coverage of each aspect of geriatric practice, from wellness and prevention to death and dying. A discussion of foundational concepts includes aging trends and strategies for elder care, and coverage of emerging areas includes low-vision rehabilitation, mobility issues including driving, and Alzheimer's disease and other forms of dementia. Expert authors René Padilla, Sue Byers-Connon, and Helene Lohman offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast-growing area of practice.

See course outline below for details and inclusive content in COTA Skills 118 course

Target Audience: OT/OTA and other healthcare professionals

Course Length: 1 hour

Course Author/Instructor: Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L
/ Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the conclusion of the course, participants will be able to:

- Identify factors that predispose elders to adverse drug events, and discuss strategies to detect medication problems.
- Define *polypharmacy* and identify recommended interventions to diminish drug-related problems of polypharmacy in elders.
- Identify classes of medications commonly associated with adverse drug reactions in elders.
- Identify and describe skills needed for safe self-medication.
- Apply the OT Practice Framework: Domain and Process,

- second edition, to analyze self-medication for individuals with various conditions.
- Explain the ways that adaptive devices compensate for skills needed for safe self-medication.
 - Describe elder and caregiver education needs regarding self-medication.

Outline of Content:

Hour #1

Factors Affecting Medication Risk in Elders
Polypharmacy
Physiology and the Aging Process
Elder Medication Use and Implications for the Cota
Common Drug-Related Terminology
Disease States, Medications, and Common Side Effects
Strategies for Minimizing Medication Problems in Elders
Application of the Occupational Therapy Process to Self-Medication
Assistive Aids for Self-Medication
Activity Demands and Examples Related to Medication Routines
Examples of Skills Needed for Medication Routines
Guidelines for Caregivers Who Administer Medications

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

Additional Policies:

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