

## Dementia Awareness in Healthcare

- We can interact with dementia in many capacities: Healthcare, research, loved ones, etc.
- Dementia is the loss of cognitive functioning, thinking, remembering and reasoning, as well as behavioral issues to such an extent that it interferes with a person's daily life and activities.
  - Includes Alzheimer's, vascular, lewy body, and frontotemporal
  - Not a normal part of aging
- No current treatment, but redirection is best when behaviors come up
  - Get to know the patient and learn their routines
  - Redirection is a gentle way to draw their attention away from the source of their anxiety, re-centering it on something more positive and purposeful
    - Bridge phrases & choices
    - Connect to their past
    - New focus
  - Okay to tell white lies
  - Avoid reasoning
- Meetings: Centennial 2201 from 6:30-7:30 every other Wednesday
  - Next meeting is Nov. 13<sup>th</sup>
- Contact Information
  - President: Anna Horn [horn3052@uwlax.edu](mailto:horn3052@uwlax.edu)
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## Sample Templates

- Class Template

General Education Requirements		
GE	Course	Status
GE01	ENG 110, CST 110	Completed
GE02	MTH 151	Completed
GE03	RG3 100	Completed
SL02	IHS 110, LCD 120	Completed
GE05	BIO 105, CHM 103	Completed
GE06	PSY 100	Completed
GE07	ENG 204	Completed
GE08	ART 102, MUS 105	Completed
GE09		Not Completed

Freshman												
Semester 1						Semester 2						
Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	
BIO 105 - General Biology	4	Renee Redman	GE 05	x	x	BIO 203 - Organismal Biology	4	Ross VanderVande	--	x	x	
CHM 103 - General Chemistry I	5	Janet Kirsch		x	x	CHM 204 - General Chemistry II	5	Todd Osmondson	--	x	x	
IHS 110 - World History	3	James Longhurst	GL 04	--	--	MTH 251 - Precalculus	4	Karl Kottmeier	--	--	x	
Rock 100 - Race, Gender, Sexuality	1	Shuma Sark	GL 03	--	--	PSY 100 - First Year Seminar	3	Jennifer Taylor	CE 00	--	--	
	15					[The Happiness Project]	16					

Sophomore												
Semester 1						Semester 2						
Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	
BIO 307 - Genetics	4	Serra Covalto	--	x	x	HPR 105 - Healthy Active Lifestyle	3					
MIC 310 - Immunology	3	Peter Wilber/Tritz	--	x	x	CHM 300/302 - Organic Chemistry	5					
MIC 230 - Fundamentals of Microbiology	4	Xinhui Li	--	x	x	NUT 300 - Lifecycle nutrition	3					
ENG 204 - British Lit. After 1800	3	Kimberly DeFazio	GE 07	--	--	BIO 312 - Anatomy & Physiology I	4					
	14						15					

Junior												
Semester 1						Semester 2						
Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	Course	Credits	Professor	GE	Major/Minor	PA Pre-Rec	
BIO 313 - Anatomy & Physiology II	4					CHM 325 - Biochemistry	4					
BIO 424 - Human Endocrinology	3					BIO 306 - Ecology	3					
NUT 350 - Functional Foods, Herbs, and	3					BIO 428 - Adv. Nutrition for Health Prof.	3					
NUT 400 - Food Science & Safety	3					SPC 315 - Cell Biology	4					
BIO 491 - Capstone	1											
	14						14					

Nutrition Minor		
NUT	Course	Status
NUT 200	Human Nutrition	
NUT 300	Lifecycle Nutrition	
NUT 400	Food Science and Safety	
NUT 350	Functional Foods, Herbs, and Supplements	
BIO 428	Advanced Nutrition for the Health Professions	
CHM 325	Biochemistry	

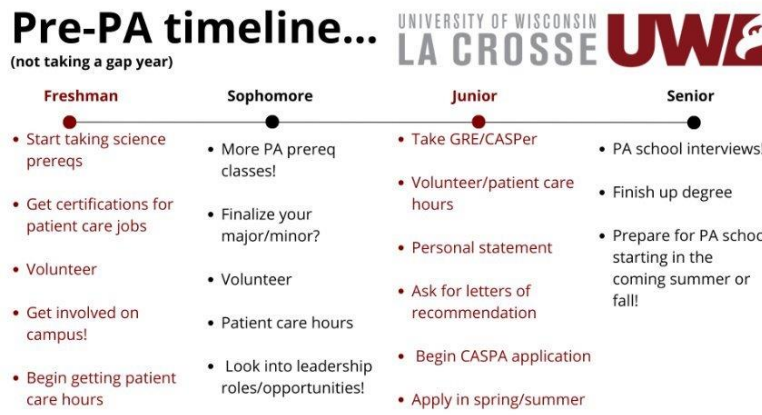
Transfer Courses		
Course	Transfer Status	Notes
ART 100	Art Appreciation	
BIO 312	Human Anat. & Phys. I (removed)	
CST 110	Communicating Effectively	
EXS 120	Global Macroeconomics	
FNG 110	College Writing	
GEL 090Q	Gen Transfer Course (GE 06)	
MUS 120	Music Appreciation	
NUT 200	Human Nutrition	
PSY 100	General Psychology	
PSY 212	Lifespan Development	
STAT 145	Elem Statistics	

- PA Program Template

School	Location	Tuition/Cost	Class Size	Application Due	Program Length	Min. GPA	Patient Care Hrs	Shadowing	Exams	Pre Reqs				
										Biology	Chemistry	Math	Psychology	Med. Term
DMU	Des Moines, IA	\$141,303	65	Dec. 1	26 months	2.8	750	no hour amount, just required	none	16 Semester Hrs. Human Anatomy & Phys Microbiology Genetics General Bio [105]	15 Semester Hrs. Inorganic Chem Organic Chem Biochemistry	One course Statistics	9 Semester Hrs. Abnormal Psych.	One course
UWL	La Crosse, WI	\$84,777.95	28	Aug. 1	24 months	3.0	non required, average of 1000	none	CASPer	Anatomy & Phys I & II Fund. of Microbiology One advanced bio course	General Chem Organic Chem Biochemistry	Precalc Statistics	General/Intro/ Dev/Ab	
U of I	Iowa City, IA	\$47,427.50	25	Oct. 1 (rolling)	28 months	3.2	1,000 (accepts volunteer)	none	none	U of I prereqs General Bio I & II Physiology 3 upper level bio courses	General Chem I & II 1 sem Organic Chem Intro/gen bio chem	Statistics		
University of Dubuque	Dubuque, IA	\$88,020	30 (25 4-yr; accepted)	Oct. 1	27 months	3.0	500 (paid or volunteer)	8 (in primary care)	none	Anat & Phys General Bio Microbio	Gen Chem I & II O chem Biochem	Statistics	General	one course

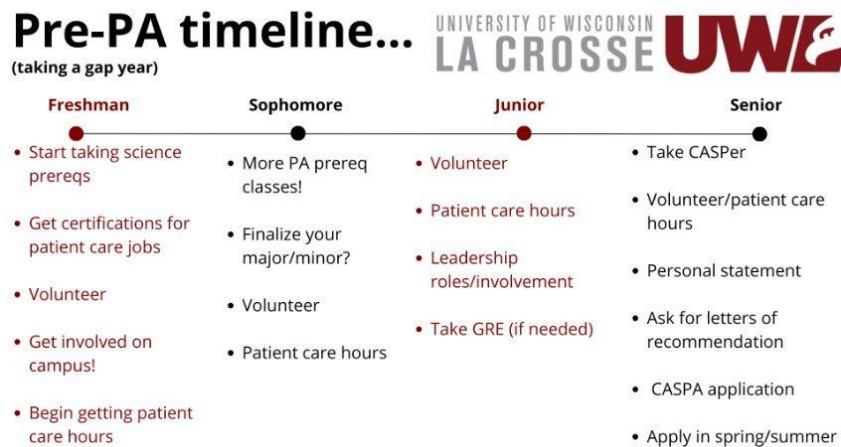
## Undergraduate Timelines

- No Gap Year



- Gap Year

- People take gap year(s) on purpose, or because they don't get in the first try
  - This can be positive because you can travel, get a mental break, save money, take more time to do prereqs, and more
  - It can be difficult to take a break and go back to school and you will become a PA later



## Common Prerequisite Courses

- Commonly Required Courses
  - 2 Semesters of Anatomy and Physiology (BIO 312 & 313)
  - 1 Semester of Microbiology (MIC 230)
  - 1 Semester of Genetics (BIO 306)
  - 1-2 Semesters of General Chemistry (CHM 103 & 104)
  - 1 Semester of Organic Chemistry (CHM 300)
  - 1 Semester of Biochemistry (CHM 325)
  - 1 Semester of Statistics (STAT 145)
  - 1 Semester of Psychology (PSY 100)
- Other Recommended Courses
  - Medical Terminology
  - Immunology
  - Infectious Disease
  - Lifespan Development
  - UWL requires precalculus

## Application Factors

- Building Your Resume
  - Patient Care Hours
    - Many programs require 1000 hours minimum (or recommend to be competitive)
    - Difference between healthcare experience and direct patient contact hours
      - Healthcare experience
        - Does not count toward patient contact hours because you do not have any degree of responsibility for the patient
        - Includes jobs such as scribe, volunteer in hospital, research, pharmacy technician, etc.
      - Direct patient contact hours
        - Have some level of responsibility for the patient and these hours count toward patient care hours
        - Includes jobs such as EMT, CNA, Phlebotomy (varies for acceptance), medical assistant, home health aide, and ER technician
  - Shadowing
    - Most programs do not require, but they want to know that you know what a PA does. It is also very helpful to see what PAs actually do day-to-day
  - Volunteering

- May not be required, but looks wonderful on an application and gives you great experiences to talk about
- What To Look for in a PA Program
  - Class Size
  - Cost
  - Location
  - Start date
  - Entrance Exams
    - Require GRE? CASPer? PA-CAT?
  - PANCE Pass Rate
    - Physician Assistant National Certifying Exam
    - Standard for determining quality of program. Should be high 90% if it is a good program
    - Passing allows them to practice as a PA-C
  - Length of Program
    - Average is 27 months but can range from 24-36 months

### **PA Specialties**

- Receive generalist training so PAs can go into any specialty (over 60 specialties)
  - Learn for a specific specialty on the job in onboarding
  - Do not need additional training for individual specialties
    - Can change specialties throughout career
  - Can do fellowships – common one is Emergency Medicine
- Top 3 PA specialties
  - Surgical subspecialties
  - Family medicine/ general practice
  - Emergency medicine