



Mini-Medical School on Healthy Aging

Seniors Rock!



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My Background – a mixture of personal and professional interest

- **Grandfather**
- **Parents**
- **Course on “You and Your Aging Parents”**
- **Research on influenza viruses in humans, lower mammals and birds = advising senior citizens on vaccination**
- **Athletics**
- **Caring for parent**
- **Personal health challenges**

Working with JABSOM, UH Mānoa, UH Foundation, community members and geriatrics experts, I wanted to create a program that would have a positive impact on our community, particularly our kūpuna.

“Train the Trainers in Geriatrics”

A Course to Guide Development of the Curriculum of the Mini-Medical School

- **Respect the knowledge that all of the speakers and participants have.**
- **Learn what geriatrics caregivers would like for their patients to know and what their patients were saying.**
- **Build a curriculum for a lay audience.**

Keys to Healthy Aging



Physically Active



Mentally Engaged



Socially Connected

Why UH Mānoa and JABSOM?

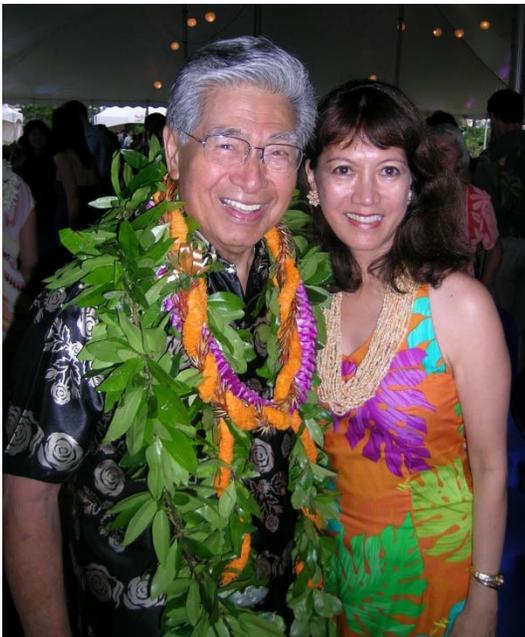


UHM Mission = Develop solutions to society's most pressing issues through research, education and public service.

JABSOM Mission = ALOHA - Attain Lasting Optimal Health for All

A Mini-Medical School on Healthy Aging for the public:

- fits the missions of UH Mānoa and JABSOM**
- is relevant to Hawai‘i**
- embraces the respect for kūpuna so central to Native Hawaiian culture.**



Reasons:

- **Hawai‘i will soon lead the nation in the percentage of people over 65 and our citizens live longer than in other states.**
- **Geriatrics program is a strength of the John A. Burns School of Medicine.**
- **Education about healthy living will benefit our citizens and potentially reduce health care costs.**
- **Lifelong learning enriches lives – Chinese Proverb: “Learning is a treasure that will follow its owner everywhere.”**
- **The participants will value the experience and support JABSOM and UH Mānoa with their voices and their resources.**

Goals

- **Enable our aging population to remain as healthy as possible and maintain their independence.**
- **Prepare seniors for the realities of aging and provide resources helping them deal with those realities.**
- **Encourage seniors to call on multidisciplinary teams to address their issues effectively.**

Attributes of Our Mini-Medical School

- **Timing:** Six week course on Saturday mornings for 2 hours in Spring, 2014.
- **Place:** John A. Burns School of Medicine Campus in Kaka'ako
- **Content:** 12 lectures with discussion on topics relevant to aging and based on relevant scientific information - similar to what our medical students learn, but tailored for public audiences.
- **Speakers:** Aging experts from across UH Mānoa and the community.

Format

- Lectures and panels
- Question and answer period
- Interactive exercises
- Homework!



Participants

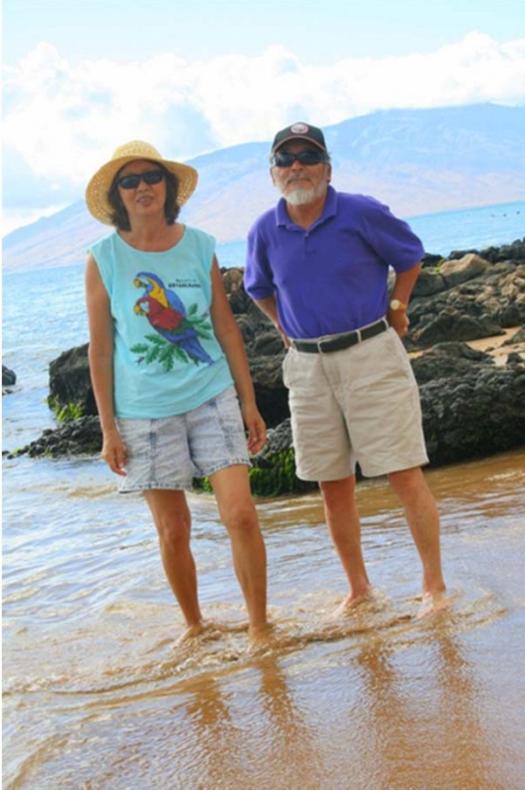
- **Inaugural program will focus on donors who will serve as evaluators and provide ideas for improvement.**
- **No tuition will be charged but we are requesting that people contribute to the “Mini-Medical School” through UH Foundation so the program can continue.**
- **Participants will receive a diploma and the whole class will enjoy a graduation reception.**

Curriculum Topics

- **Normal versus Abnormal Changes During Aging**
- **When Our Minds Work and When They Don't**
- **Vaccines We Should Get – and Why**
- **Knowing More about the Drugs We Take**
- **Caregiving and Palliative Care In Our Health Care System**
- **Health Promoting Interventions**
- **Exercise for Health and Balance**
- **Being Legally Prepared For Health-related Decisions**
- **Seeing Into The Future (Our Eyes)**
- **Healthy Hearts – A Clinical Approach To Complex Problems**
- **Eating and Living to be 100?**
- **Wisdom Sharing**
- **Graduation Celebration – The Happiest Man In America!**

Optional Opportunities Following the 9am-11am Sessions

- **Individual Brown Bag Medication Reviews**
- **Exercise Demonstration**
- **Health-related Legal Forms**
- **Meeting our future physicians – JABSOM
medical students will check our blood
pressure**



**Healthy Aging is a goal we
all share!
So let's learn together and
accomplish that goal!**

