



THE KOKUĀ  
PROJECT

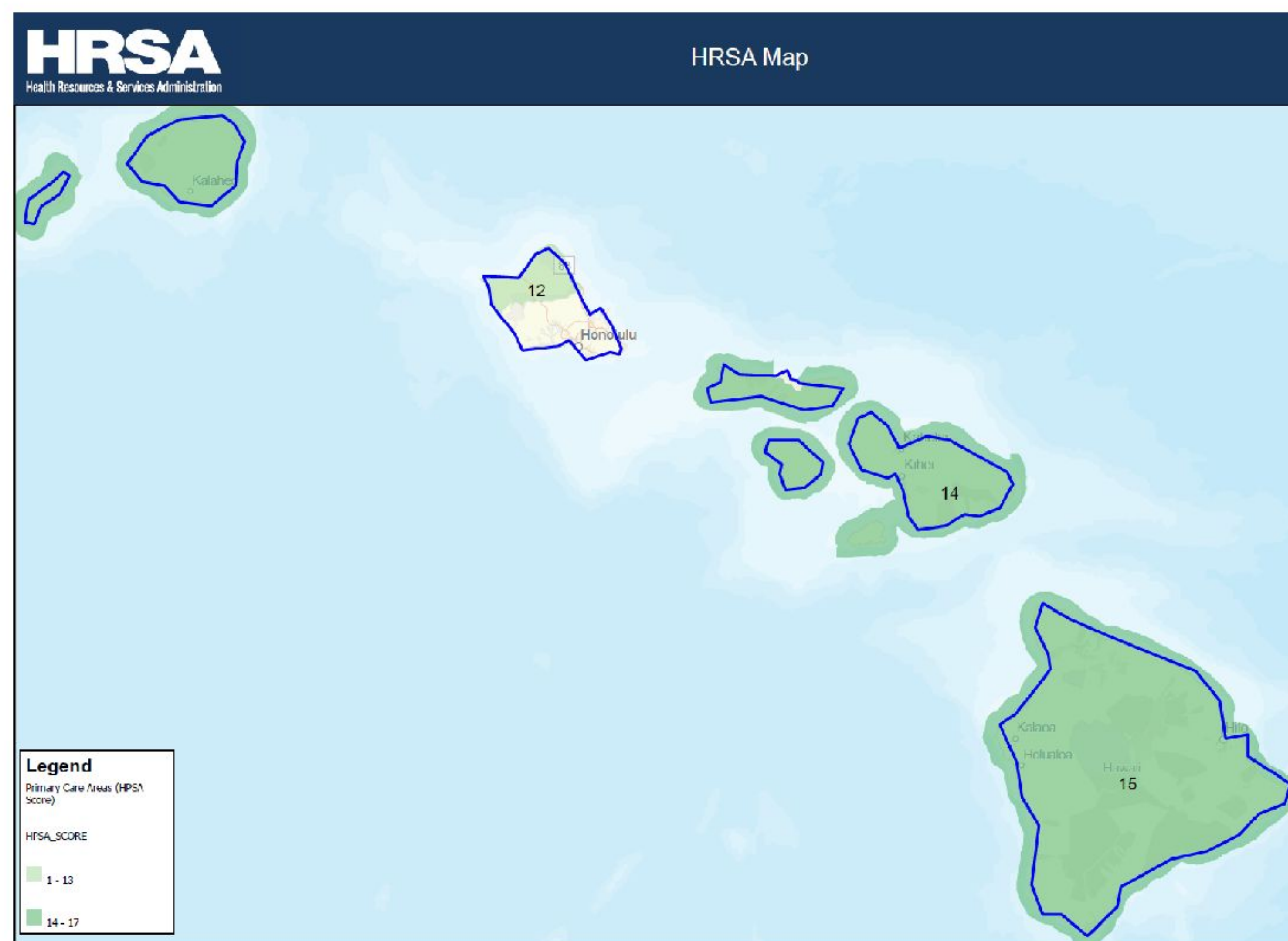
# The KōKUA Project: Interdisciplinary Training to Improve Geriatric Care to Rural Areas

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## BACKGROUND

- By 2040, it is projected that about a quarter of Hawai'i's population will be 65 years or older.
- The State of Hawai'i is ranked 8th in the nation for highest relative population of elderly
- The State of Hawai'i is not well equipped to care for our kūpuna (elderly).
- Our unique geography requires unique solutions to prepare our healthcare workforce to serve all state.



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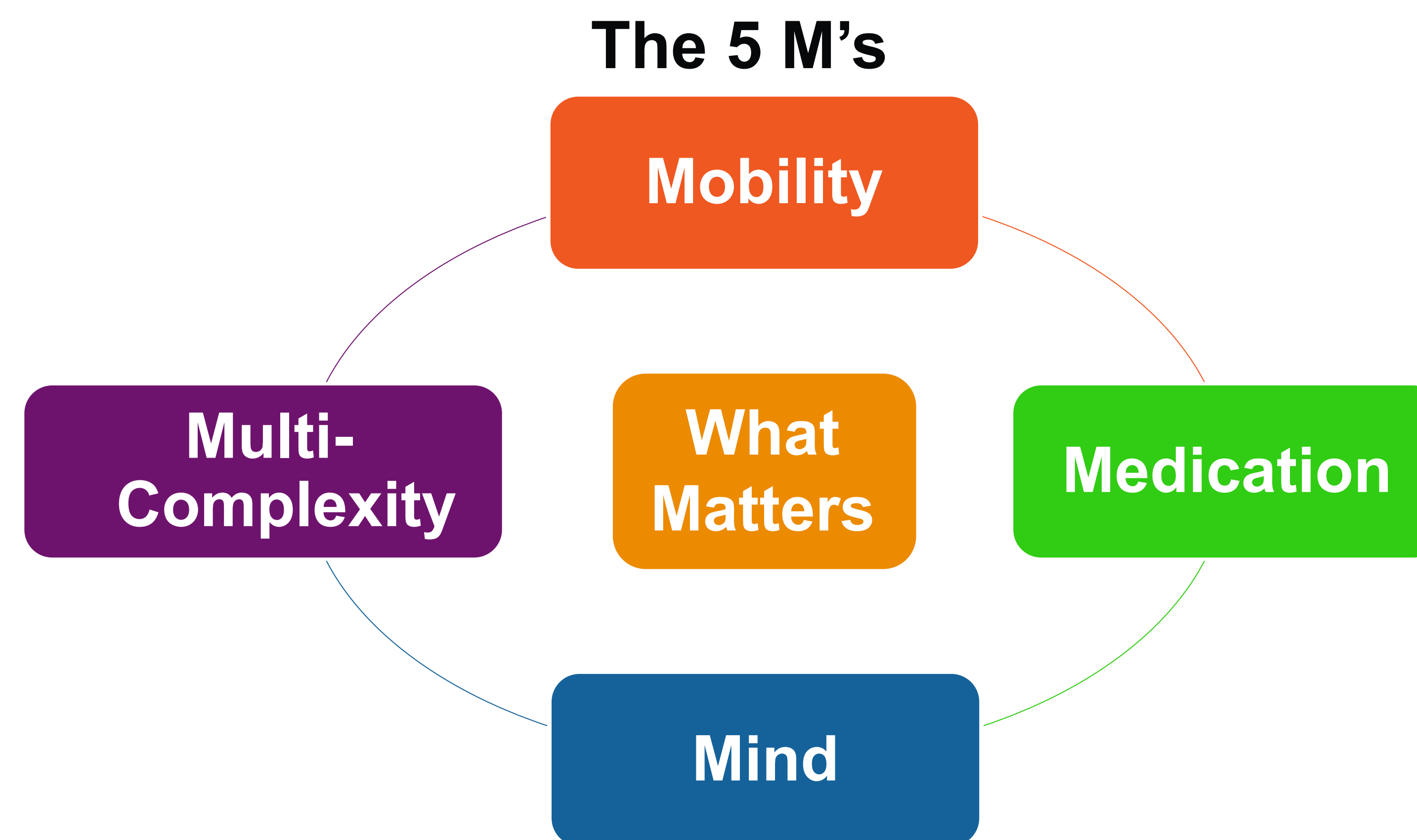
## AIMS

- Create an age-friendly clinic system to transform a rural primary care clinic into a center of health advocacy for the kūpuna.
- Strengthen the geriatric skillset of the primary care workforce throughout Neighboring Islands

## METHODS

- Develop 5M's Geriatric Training Framework using tele-education for Hawai'i Island Family Medicine Residency Program (HIFMRP).
- Deliver 2- year training to HIFMRP Residents
- Create KOKUA Project website to disseminate resources and develop cross island geriatric workforce network

## CURRICULUM



<b>What MATTERS Most to kupuna</b>	Each individual's own meaningful health outcome goals and care preferences.
<b>MIND Domain</b>	Mentation, dementia, delirium, depression
<b>MOBILITY Domain</b>	Impaired gait and balance
<b>MEDICATION Domain</b>	Polypharmacy, de-prescribing, optimal prescribing, adverse medication effects and medication burden
<b>MULTICOMPLEXITY Domain</b>	Multi-morbidity, complex bio-psycho-social situations

## DIDACTICS

- Pain management in the elderly and polypharmacy
- Delirium and dementia
- Navigating "What Matters"
- COVID-19 in elderly patients and advanced care planning in the time of COVID
- Introduction to Aquifer web-based clinical learning platform

## ACTIVITIES TO DATE

- Practice-Based Interdisciplinary Activities
- 16 Modules across 2-year curriculum
- Curbside consultation on real life cases
- Aquifer case-based learning
- Use of Decision-making tools
- Kūpuna Collaborative Care Plan development

## PROJECT FRAMEWORK

### Interdisciplinary Training

Pilot project to develop the 16-module curriculum and get direct feedback from learners

### Clinic Based Care

Introduction of the Kūpuna Collaborative Care Plan and Recognition as Level 1 IHI Age Friendly Health Care System

### State-Wide Dissemination

KōKUA Project website to disseminate resources and develop inter-island geriatric workforce network

## NEXT STEPS

- Recognition as Level 1 IHI Age Friendly Health Care System
- Expansion to other disciplines
- Development of KōKUA Project website to disseminate resources and develop inter-island geriatric workforce network

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