



**POSTER PRESENTATION PROPOSAL FORM**

Please complete this form and submit electronically to Glenda Rogers at [grogers@capcog.org](mailto:grogers@capcog.org) indicating "2010 TCoA Poster Presentation Proposal" in the subject line. Should you have questions about the proposal process, please contact Glenda at 512.916.6053.

**Proposals are due by Friday, October 30, 2009 and may only be submitted via email.**

SESSION INFORMATION	
<b>POSTER PRESENTATION TITLE:</b> <i>(The presentation title should simply be a one-line heading for your poster session.)</i>	<b>The Essence of the Experience of Polypharmacy in the Life-World of the Community Dwelling Elders</b>
<b>PRIMARY PRESENTER NAME:</b> <i>(Individual who develops poster session, creates poster and associated materials, and attends the session.)</i>	<b>Dr. Eugenia Blomstrom, PhD., R. N., CNS-Psych/MH</b>
<b>TITLE:</b>	<b>Assistant Professor</b>
<b>ORGANIZATION:</b>	<b>University of Houston-Victoria</b>
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<i>(Attach a brief, maximum one-page, biography or vita for this presenter.)</i>	<p><b>VITA</b></p> <p>Dr. Blomstrom is currently an Assistant Professor at the University of Houston-Victoria, a certified School of Nursing with an MSN, RN to BSN, and a 2<sup>nd</sup> degree Program. She continues to work as a consultant with the elderly-psychiatric population utilizing therapeutic techniques and a specific focus on medication management.</p> <p style="text-align: center;"><b>Education</b></p> <p>Ph.D., 2009, University of Texas Medical Branch-Galveston, Galveston, Texas</p> <p>MSN- CNS-Psych/MH, 1995, University of Texas Health Science Center, Houston, Texas</p> <p>BSN, 1987, University of Texas Medical Branch Galveston, Galveston, Texas</p> <p>Diploma, 1971, Hermann Hospital, Houston, Texas</p> <p>Recent presentation in Jerusalem on Elderly Stories About The Meaning of Multiple Medication Usage.”</p> <p>Pending publication; Aging Matters, What the Use of multiple Medication Means to the Community Dwelling Elders</p>

**POSTER PRESENTATION DESCRIPTION:**

(Please write a concise, action oriented description that provides important facts and generates excitement about the poster session. Focus on your primary session objective and let potential participants know what you expect will happen as a result of the session. **Please limit your description to 150 words.** Include in the description, what you want participants to learn and the relevance of the poster session to the field of aging. This description will be the basis of text used in promotional materials.)

The purpose of this presentation is to describe the meaning of living polypharmacy in the life-world of the community dwelling elders through their voices, their stories such as, "He put me on Xanax and something else for my anxiety. It helps but it kind of knocks you out. Your body relaxes a little bit but up here doesn't [pointing to head]. You are tired, have weird dreams and headaches. All those medications tore my stomach up and now I'm on something else for that." The medications that are suppose to help sometimes betray the body.

The expectation is that the participants' awareness is heightened and that they will start to understand the importance of current prescribing patterns and the need to collaborate with the individual receiving the medications. The presentation allows for new consideration of everyday taken for granted medication management practices and the need to address the dilemma of polypharmacy.



The need for Special Accommodations will be respected. Please note what considerations you will require:

**THANK YOU FOR YOUR POSTER PRESENTATION PROPOSAL**