The University of the West Indies

Faculty of Medical Sciences

**The UWI School of Nursing, Mona**

**COURSE TITLE : NURSING CARE OF OLDER ADULTS**

**COURSE CODE : NURS 3015**

**DURATION : 75 Hours**

**CREDITS : 3 (2 Theory, 1 Lab)**

**PRE-REQUISITE : Nutrition, Health Promotion, The Nursing Process & Health Assessment, Concepts Applied to Nursing, Pharmacology & Therapeutics in Nursing, Diet Therapy**

**COURSE DESCRIPTION**

This course critiques and applies social and biological theories of ageing (65 years and over) and psychosocial models of growth and development to the study of older adults in a variety of acute and long-term care, and community facilities. It focuses on factors, which encourage healthy ageing. Epidemiological, demographic and socio-economic determinants are explored, as well as issues and implications of physiological, emotional and psychological changes and community initiatives and resources. International and national declarations and standards are applied to meet the needs of the older adult patient.

**LEARNING OUTCOMES**

At the end of the course, the student will be able to:

1. Recognize the demographics of ageing in the Caribbean;

2. Explain issues, concepts and theories of the ageing process;

3. Understand different dimensions of ageing in relation to current situations and future challenges;

4. Demonstrate awareness of Jamaica’s socio-economic policy on ageing;

5. Classify older adult using physical and mental characteristics;

6. Integrate basic principles of each body system, the age-associated changes, and the associated major health conditions in the older adult;

7. Apply knowledge of the standards of gerontological nursing in meeting the needs of older adult;

8. Utilize theories and concepts of ageing, mental health, grief, death, dying in the care management of the older adult and family;

9. Synthesize knowledge of pathophysiology, pharmacology, health promotion, nutrition and diet in the management of the older adult with common health conditions;

10. Demonstrate critical thinking skills to assess, plan, implement and evaluate therapeutic approaches to the care of the older adult in care settings;

11. Demonstrate psychomotor competence in implementing independent and collaborative nursing interventions to meet the needs of the older adult in care settings;

12. Formulate strategies to assist older adults in adjusting effectively to hospitalization or institutionalization;

13. Practice within the legal and ethical frameworks while caring for the older adult in a variety of health care systems;

14. Collaborate with other members of the health team in identifying and managing community resources to assist the older adult and family maintain an optimum level of wellness.

CONTENT OUTLINE

**UNIT 1 : ISSUES, CONCEPTS & THEORIES OF AGEING**

**Hours : 6 Theory**

**Specific Objectives**

At the end of the unit, the student will be able to:

1. Define terms used in this unit;

2. Identify the characteristics of ageing;

3. Discuss issues, concepts and theories of ageing;

4. Explain social, biological, and the psychosocial developmental theories of ageing;

5. Discuss the classification of the older adult.

**Content**

1. Definition of terms

Geriatric

Gerontology

Ageing

Ageism

Senescence

2. Characteristics of ageing

3. Issues & concepts of ageing

Attitudes & values concerning ageing

Socio-economic & cultural issues impacting the older adult & support systems

Legal/ethical & political frameworks of geriatric care

4. Social theories of ageing

Modernization theory

Disengagement theory

Activity theory

5. Biological theories of ageing

Wear & tear theory

Auto-immune theory

Ageing clock theory

Cross linkage theory

Free radical theory

Cellular theory

Pituitary gland theory

6. Psychosocial developmental models of ageing

Erickson

Piaget

Other

7. Classification of the older adult

Independent seniors

Dependent seniors

Seniors with disability

Seniors near end of life.

**UNIT 2 : DIMENSIONS OF AGEING**

**Hours : 6 Theory**

**15 Practical**

**Specific Objectives**

At the end of the unit, the student will be able to:

1. Define the term demographic transition;

2. Describe the dimensions of ageing;

3. Identify social, demographic and health status of the older adult population in Jamaica and selected countries;

4. Discuss the related developmental tasks of the older adult;

5. Identify issues relating to and influencing the ageing process.

**Content**

1. Definition

Demographic transition

2. Dimensions of ageing

Demographic

Epidemiologic

Socio-economic

3. Overview of current situation of the older population in Jamaica, the Caribbean & the Americas

4. Developmental tasks of the older adult

5. Issues relating to & influencing the ageing process

Geographical distribution of older population

Health services coverage & equity

Retirement & benefits

Socio-economic status

Poverty

Sexuality

Abuse: physical, psycho-social, sexual

Abandonment

Disabilities: mental & physical

Family & community support

Rights of the older adult

Spirituality & general wellbeing.

**UNIT 3 : CHRONICITY & CHRONIC DISEASES AFFECTING THE OLDER ADULT**

**Hours : 10 Theory**

**15 Practical**

**Specific Objectives**

At the end of the unit, the student will be able to:

1. Discuss the epidemiology of chronic diseases of the older adult;

2. Identify major chronic diseases and leading causes of death among the older adult;

3. Identify factors, which impact on ageing persons;

4. Discuss a comprehensive approach to the management of chronic diseases in the older adult;

5. Discuss a comprehensive approach to health ageing;

6. Discuss healthy ageing and health promotion strategies;

7. Identify components of Jamaica’s social and economic policy on ageing.

**Content**

1. Epidemiology of chronic health conditions of the older adult

2. Morbidity & mortality patterns of the older adult

3. Factors impacting the health of the older adult

Alcohol & other substances

Smoking

Inactivity

Nutrition: overweight/underweight

Lack of health screening

Health insurance

Physical & mental disability & related social services

4. Active ageing: Principles of a comprehensive system of support

Safety, security, & social support

Justice, fairness & solidarity

Dignity

Independence

Participation

5. Characteristics of a comprehensive system of support that promotes active ageing

Accessibility

Person centred

Coordinated

Equity & sustainability

Quality

6. Types of programmes & services in a comprehensive system of support

Education

Housing

Transportation

Labour

Social & Legal

Health

7. Jamaica’s socio-economic policy on ageing

8. Health promotion strategies

Active ageing

Quality of life.

**UNIT 4 : STANDARDS OF GERONTOLOGICAL NURSING**

**Hours : 8 Theory**

**15 Practical**

**Specific Objectives**

At the end of the unit, the student will be able to:

1. Identify age related changes based on physical, emotional, cultural, social, psychological, economic and spiritual functioning;

2. Discuss the standards of gerontological nursing;

3. Conduct biological, psychosocial, environmental and lifestyle assessments of the older adult;

4. Utilize the nursing process in the care of the older adult with common health conditions;

5. Recognize medications adversely affecting older adult and their effects;

6. Develop a health promotion plan for a group of older adults;

7. Describe the role of the nurse in providing care to the older adult and family.

**Content**

1. Physical & psychosocial age related changes

Cognitive

Spiritual

Functional

**Psychosocial**

 Disengagement

 Acceptance/Resolution

 Achievement

 Retirement

 Relocation

 Independence

**Physical**

 Neuromuscular

 Sensory/Perceptual

 Cardiac

 Respiratory

 Gastrointestinal

 Urinary

 Reproductive

 Comfort/Rest/Sexuality

2. Standards of gerontological nursing

3. Biological assessment of the older adult

Oxygen

Nutrition

Elimination

Activity, rest & comfort

Safety & protection

Sensory stimulation

Sexuality

4. Psychological assessment of the older adult

Relationships

Loss

Behavioural patterns

State of memory

Orientation

Learning ability

Body image

Self-concept

Role identity

5. Environmental assessment of the older adult

Type of residence

Home

Institution

Health hazards

Safety

Violence

6. Life style assessment of the older adult

Neglect & abuse

Economic support, health care costs & ageing

Living arrangements

Ageing with a disability

Ethical & legal issues affecting the older adult

Victimization

Advanced directive

Durable power of attorney

Nurse advocacy

Leisure time activities

Occupation

Religious activities

Spiritual needs

Habits

7. Application of the nursing process & standards of gerontological nursing in the care of the older adult with common health conditions in a variety of settings

8. Care of terminally ill older adult patients at home or in an institution

Palliative care

End of life care

Concepts of loss, death & dying

Self analysis of attitudes to death & dying

Utilization of the nursing process to care for a dying patient

Coping strategies of patient & family

9. Role of the nurse in geriatric care.

**Teaching/Learning Methodologies**

Lecture/Discussion

Library search/research

PowerPoint presentation

Role play

Work shops

Seminars

Projects/Case presentation

 Care plan for the older adult

 Health promotion plan for a group of older adults

**Areas used for Learning**

Classroom

Library

Clinical Learning Centre (Nursing Skills Laboratory)

Hospitals

Homes

Health centres/clinics

**Learning Experiences**

Period of attachment to homes, geriatric homes, day clinics, hospitals, and health centres/clinics to observe, assess and participate in the of care to the older adult

Visits to homes operated by government and non-governmental organizations to observe organization and management of facilities, resources and general care of older adults and develop care plan to meet their needs

**Related Skills**

1. Performance of skills from previous nursing and other courses

2. Communication

3. Physical and psychological assessments

4. Preparation of care plan and health promotion plan

5. Care of prosthesis

6. Occupational therapy

7. Recreational therapy

**Student Assessment**

Mid semester exam 40%

Final examination: essay & multiple-choice test 60%

**Required Reading**

Eliopoulos, Charlotte (2009). Gerontological nursing. Philadelphia: Lippincott Williams & Wilkins.

Ebersole, P., Hess, P., Touhy, T. & Jett, K. (2012). Toward healthy aging: Human needs and nursing response*.* St. Louis: Mosby.

**Recommended Reading**

Milison, K, Foreman, M & Fulmer. (2009). Critical care nursing of older adults: Best practices*.* New York*:* Springer Publishers.

Smeltzer, S.C., Bare, B.G., Hinkle, J.L., Cheever, K.H. (2010). Brunner & Suddarth’s textbook of medical-surgical nursing. Philadelphia: Lippincott Williams & Wilkins.

National Center for Chronic Disease Prevention and Health Promotion. Healthy aging: Preventing disease and improving quality of life among older Americans. Retrieved from <http://www.cdc.gov/nccdphp/aag/aag_aging.htm>

PAHO/WHO (1999). Plan of Action on Health and Aging: Older Adults in the Americas 1999-2002.Washington, DC: Author.

PAHO/WHO & Health Canada. A Guide for the development of a comprehensive system of support to promote active aging. http://www.phac-aspc.gc.ca/seniors-aines/alt-formats/pdf/publications/public/healthy-sante/paho/paa-pva-eng.pdf

Standards of gerontological nursing. Available at

http://www.gnaontario.org/Images/GNAStandards.pdf

http://nursesbooks.org/Main-Menu/Standards/A--G/Gerontological-Nursing-Practice.aspx

United Nations (1999). Population Aging Wall Chart. New York: Author.

United Nations (2001). World Population Prospects. New York: Author.

WHO (2002). Active Aging: A Policy Framework. Geneva: World Health Organization. Geneva: Author.