**N30040 Nursing of Adults with Gerontologic and/or Rehabilitation Needs**

**Lecture Topics**

Unit I: Health Perception/Health Management; Role-Relationshop Pattern

**A. Definition of Gerontological Nursing**

* Standards of Gerontologic Care

**B. Demographics/Characteristics of Older Adults**

* Impact of baby boomers
* Diversity issues
* Ageism

**C. Health issues with older adults**

* Chronic illness
* Impact on healthcare system
* Health & wellness programs/preventive care
* Healthy People 2010

**D. Resources**

* Independent living/assisted living
* Home care
* Nursing home
* Adult day care
* Senior nutrition programs

**E. Legislation/Organization**

* Older Americans Act
* Area Agency on Aging
* Veterans Affairs
* AARP
* Hartford Institute for Geriatric Nursing

**F. Health Insurance**

* Medicare/Medicaid
* Prospective Payment System
* Supplemental insurance
* Long term care insurance
* VA

**G. Nursing Process r/t Gerontological Care**

* Comprehensive Assessment
  + Age-related changes
  + Atypical disease presentation
  + Lab value alterations with age
  + Psycho-social-spiritual issues
  + Functional assessment: ADL, IADL, screens, MDS
* Nursing diagnoses
* Planning
* Interventions
  + Direct care measures
  + Teaching
  + Health promotion activities
  + Advocacy
  + Evaluation

**H. Medication issues for older adults**

* Polypharmacy
* Altered pharmacokinetics
* Financial issues

**I. Disability/Rehabilitation**

* Definitions
* Legislation
  + Americans with Disabilities Act

**Unit II: Cognitive-Perceptual Pattern & Neurological Dysfunction**

**A. Overview**

1 The neuro system

2 The neuro assessment

**B. Cognition in the elderly**

1 Normal

2 Acute vs. chronic confusion

3 Alzheimer’s

4 Other Dementias

**C. Nursing care of the neuro**

**patient with altered**

**consciousness**

* increased ICP,
* seizures,
* coma

**D. Nursing care of patients with:**

* cerebral vascular accidents,
* brain hemorrhage,
* brain tumors.

**E. Nursing care of patients with:**

* spinal cord injury and related

disorders.

**F. Nursing care of patients with:**

* degenerative neurological

disorders

1. Multiple sclerosis

2. Parkinson’s

3.Myasthenia gravis

4.Amyotropic lateral sclerosis

5.Guillain-Barre syndrome

**G. Nursing care of patients with peripheral nervous system disorders**

**Unit III: Self-Perception--Self-Concept Pattern; Coping-Stress Tolerance Pattern**

**A. Definitions of chronic illness, stress, coping, anxiety, and self-esteem.**

**B. Secondary conditions related to chronic illness (pain, depression, etc).**

**C. Theories on stress related to aging, chronic illness and caregiver stress/burden.**

**D. Coping Strategies - Emotion vs. Problem focused**

**E. Nursing care of persons with chronic illness, mood disorders, and abnormal mental status changes related to aging (depression, anxiety, sleep disturbances)**

**F. Issues of Elder Abuse**

**G. Caregiver stress/burden**

**Unit IV: Activity-Exercise Pattern and Orthopedic Disorders**

**A. Activity and exercise in aging adults**

* Activity intolerance
* Impaired mobility
* Cardiopulmonary dysfunction
* Deconditioning

**B. Nursing care of patients with Impairments due to trauma, aging, disability, and chronic illness**

* Fractures
* Joint replacements
* Amputations
  + a.Traumatic
  + b. Planned
* Degenerative bone disorders
  + Osteoarthritis
  + Gout
  + Osteoporosis
  + Paget’s disease
  + Rheumatoid arthritis

**C. Management of chronic pain, pain in dementia**

**Unit V: Nutritional-Metabolic Pattern & Gastrointestinal Dysfunction, & Elimination Patterns**

**A. Overview of the Digestive System**

**B. Diagnostic tests**

**C. Normal changes in nutritional status with aging**

**D. Impaired swallowing in clients who are aging or who have chronic illness/disability.**

* Dehydration
* Malnutrition
* Tube feedings and TPN

**E. Disorders of the upper digestive tract.**

* Mouth
* Esophagus
  + GERD
  + Esophageal varices
  + Diverticulum
  + Hiatal hernia
  + Stomach
    - Gastritis
    - Ulcers
    - Cancer

**F. Disorders of the bowel**

* Crohn’s
* Ulcerative colitis
* Diverticulitis & Irritable bowel
* Cancer of the bowel
  + Ileostomy
  + Colostomy
* C. difficile
* Impactions
* Constipation, diarrhea and/or fecal incontinence

**G. Disorders of the hepatobiliary system**

* Hepatitis
* Cirrhosis
* Cholecystitis

**H. Nursing care to promote a healthy nutritional and metabolic state**

**I. Nursing care to promote bowel function**

**Unit VI: Sexuality Patterns**

**A. Physiology of sexual functioning**

**B. Intimacy, sexuality, and aging**

* Touch
* Sexuality

**C. Conditions resulting in**

**alterations in sexual function**

* Spinal cord injury
* Brain injury & tumors
* MS
* Diabetes mellitus
* Others

**D. Nursing care to promote healthy sexuality**

**Unit VII: Value-Belief Pattern and End-of-Life**

**A. End-of-life care**

* Hospice
* Palliative care
* Active dying
* Cultural considerations
* Developmental considerations

**B. Nursing implications of end of**

**life care**

* Pain control
* End of life symptoms

**C. Legal and ethical issues at end of life**

* Living wills
* Durable medical power of attorney
* Do Not Resuscitate
* Assisted suicide vs. euthanasia
* Ethical issues
  + Autonomy
  + Beneficence/non-maleficence