



GERIATRIC NURSING CARE



Learning agenda

- Introduction
- Definition
- Distribution of the older adult population
- Factors influencing the aging process
- Health status of older adults
- Physical changes and care in aging



- Health promotion activities
- Core elements of gerontological nursing practice
- Legal issues associated with aging
- Nurse's role
- Conclusion



Introduction

A specialty that concerns for the provision of nursing services to aged individuals.



Definition

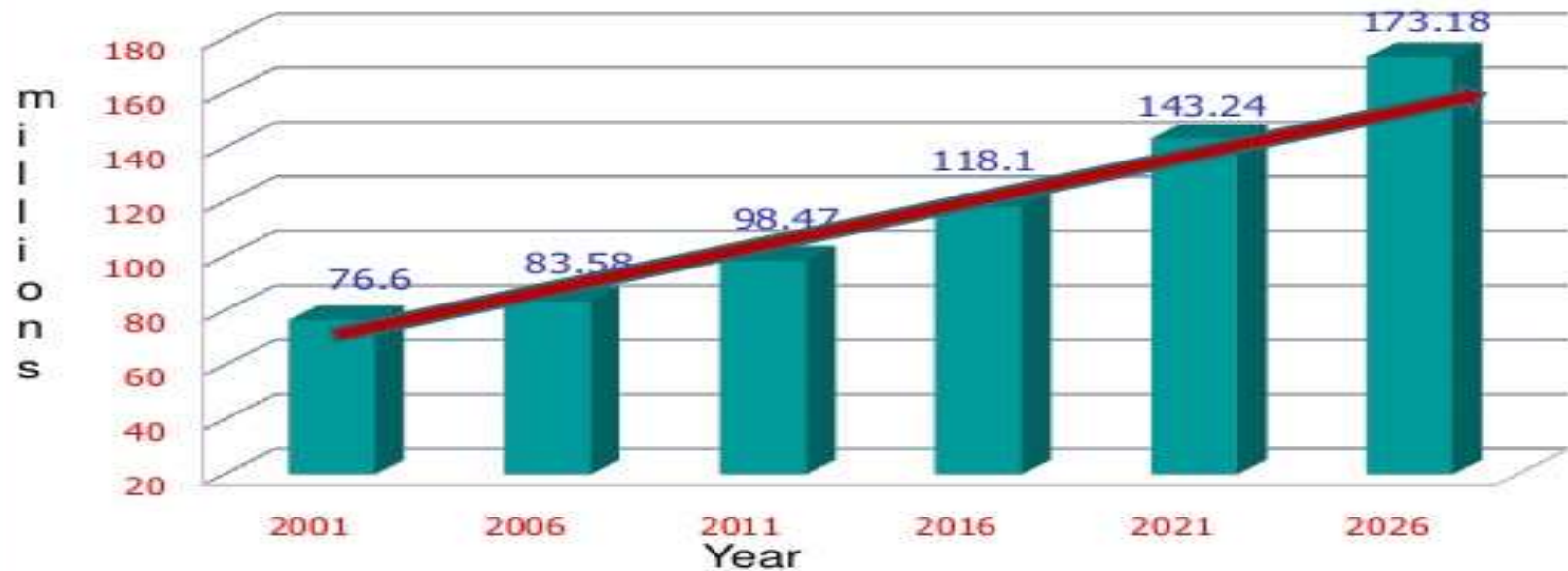
Gerontology is the study of the aging processes and individuals as they grow from middle age to later life.



Distribution of the older adult population

Elderly population and future projection in India

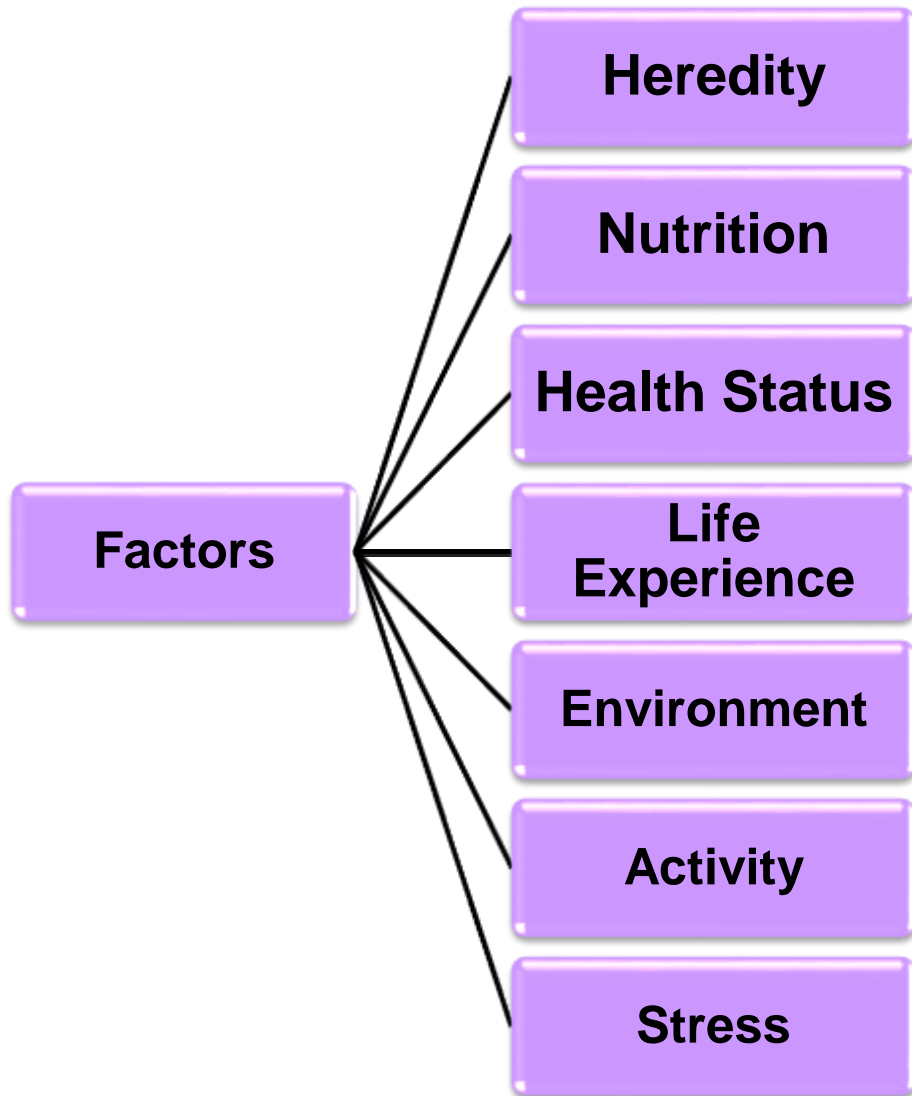
Source: United Nations Population Division 2008 (<http://esa.un.org/unpp>)



7 Aug 2012

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Factors influencing the aging process



Health status of older adults

Leading Chronic Conditions

- Arthritis
- Hypertension
- Heart conditions
- Visual impairments
- Diabetes



Cont..

- Excessive stress
- Underlying disease(s)
- Nutritional deficits
- Drug induced effects
- Falls and trauma



Leading Causes of Death

- Heart disease 33%
- Cancer 21.8%
- Stroke 8.2%



Physical changes of aging



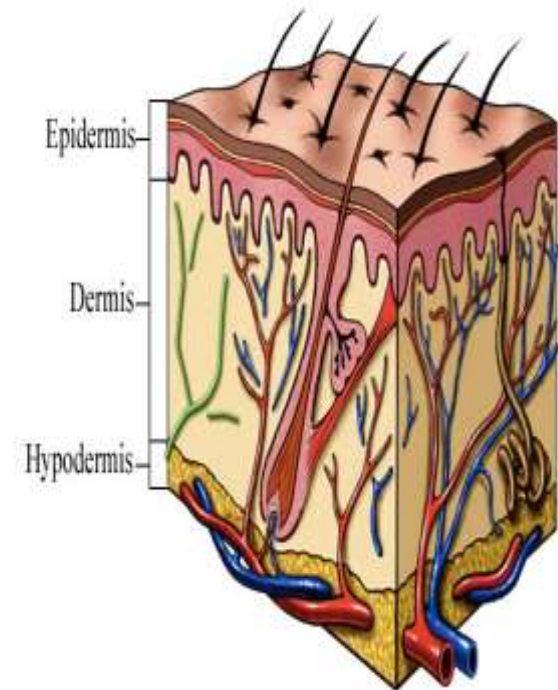
Most physical changes that occur with aging are gradual and take place over a long period of time.

Lifestyle, nutrition, economic status, and social environment can also have effects.

Integumentary system changes

- Production of new skin cells decreases.
- Oil and Sweat glands become less active.
- Circulation decreases.
- Hair loses color and hair loss occurs.
- Skin becomes less elastic & dry.

THE INTEGUMENTARY SYSTEM



Care of skin



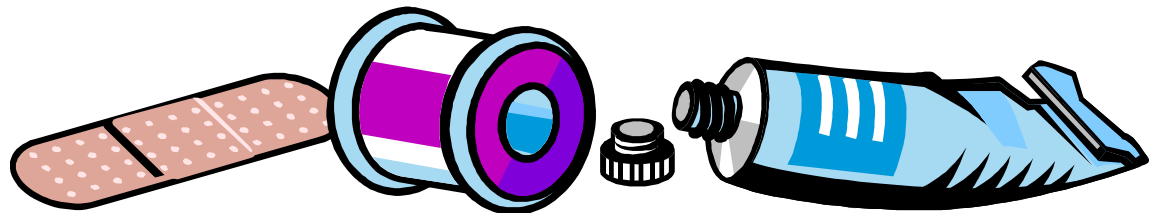
Use mild soap and bath oils or lanolin lotion

Bath or Shower once or twice a week

Brush Hair daily and shampoo as often as needed

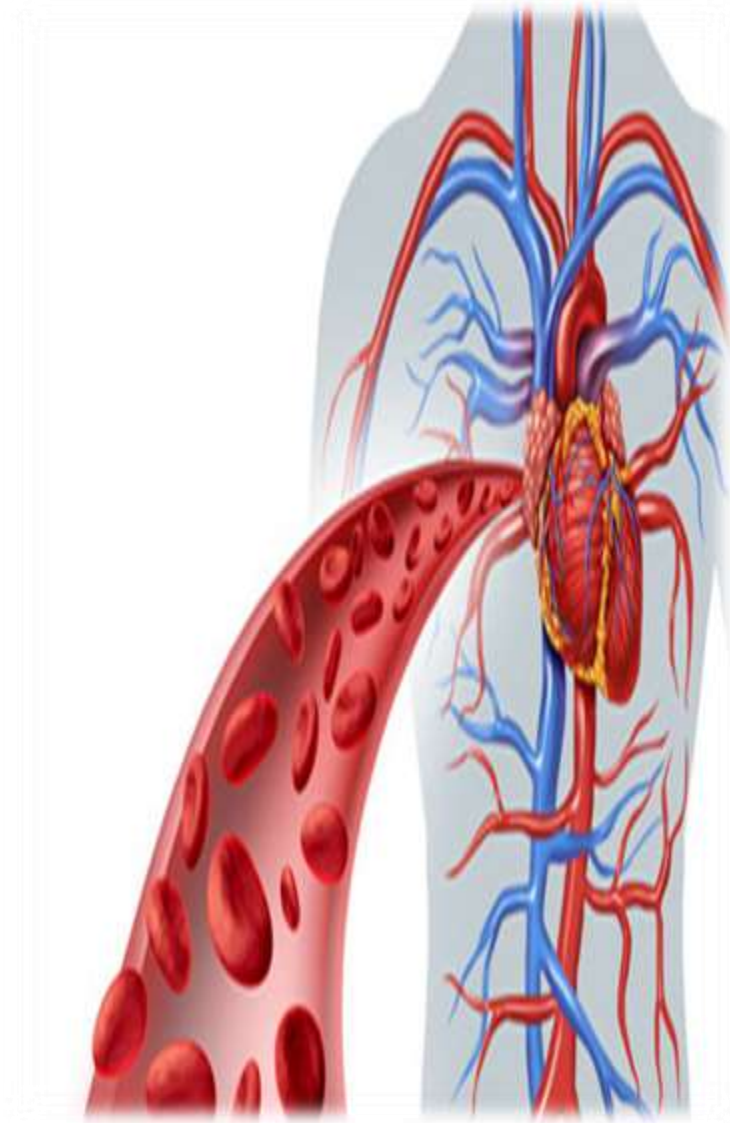
Care for sore or injuries immediately

Socks, sweaters, lap blankets and layers of clothing will help alleviate the feeling of coldness



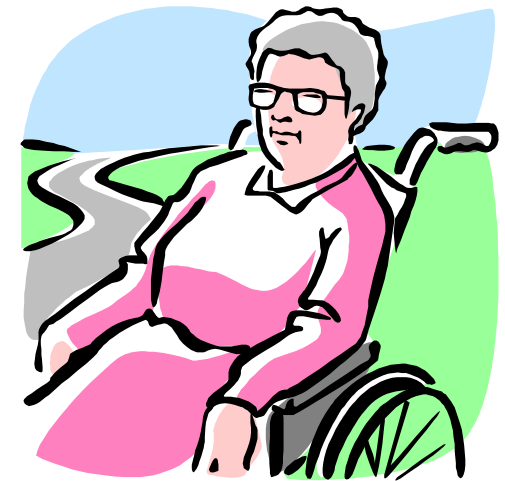
Circulatory system changes

- Progressive degeneration of the cardiac structure.
- The pumping capacity of the heart is reduced.
- Increase in heart mass.
- Maximum reduction in cardiac output and aerobic capacity.
- Cholesterol may accumulate on the walls of the arteries.



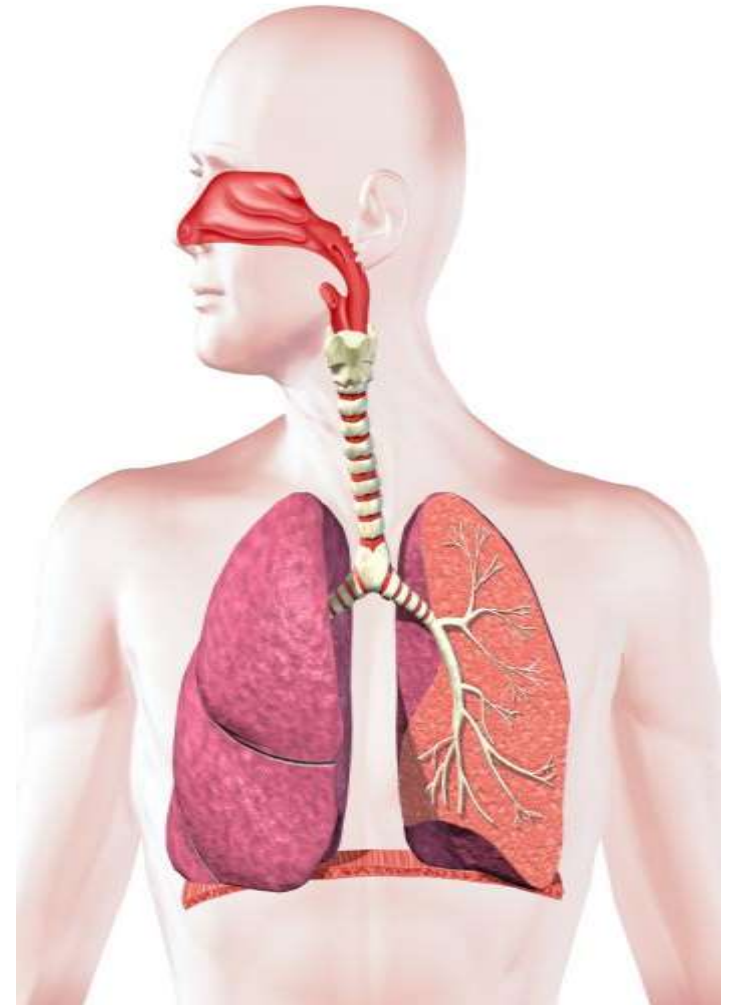
Care of Circulatory System

- Avoid strenuous exercise or over exertion.
- Increase periods of rest.
- Moderate exercise, according to individual's tolerance.
- Diet low in salt.
- Decrease fat intake.



Respiratory Changes

- Respiratory muscles become weaker
- Rib cage more rigid
- Alveoli thinner & less elastic
- Bronchioles lose elasticity
- Changes in larynx lead to higher pitched & weaker voice



Respiratory Care

Alternate activity with periods of rest

Proper body alignment & positioning

Sleep in semi-fowlers position

Avoid polluted air

Breathe deeply & cough frequently

May need continuous oxygen therapy



Nervous system changes

- Blood flow to brain decreases & progressive loss of brain cells.
- Senses of taste, smell, vision, & hearing are diminished.
- Nerve endings less sensitive



Nervous System Care

The aetiology of the disorder

The nature and severity of the disabilities

The age of the patient

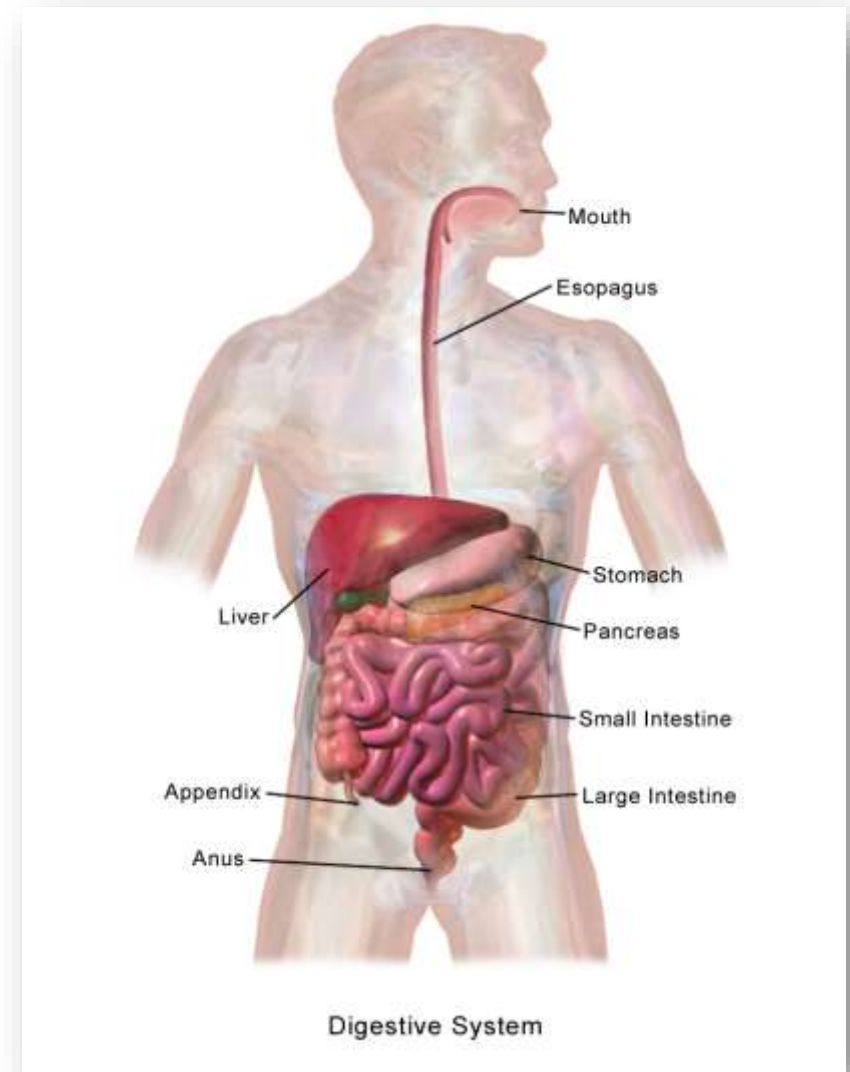
The availability of domiciliary support

Financial resources



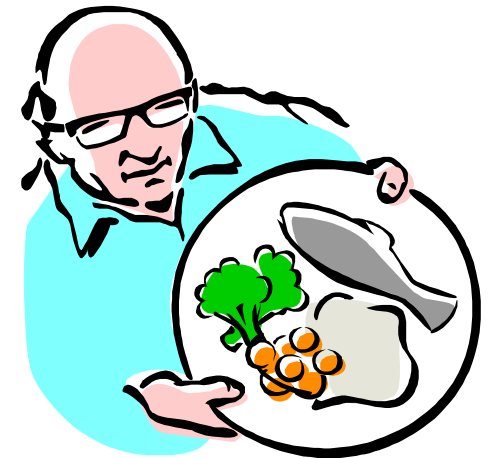
Digestive Changes

- Less production of digestive juices and enzymes
- Muscle action becomes slower & peristalsis decreases
- Teeth are lost
- Liver function decreases
- Poor appetite



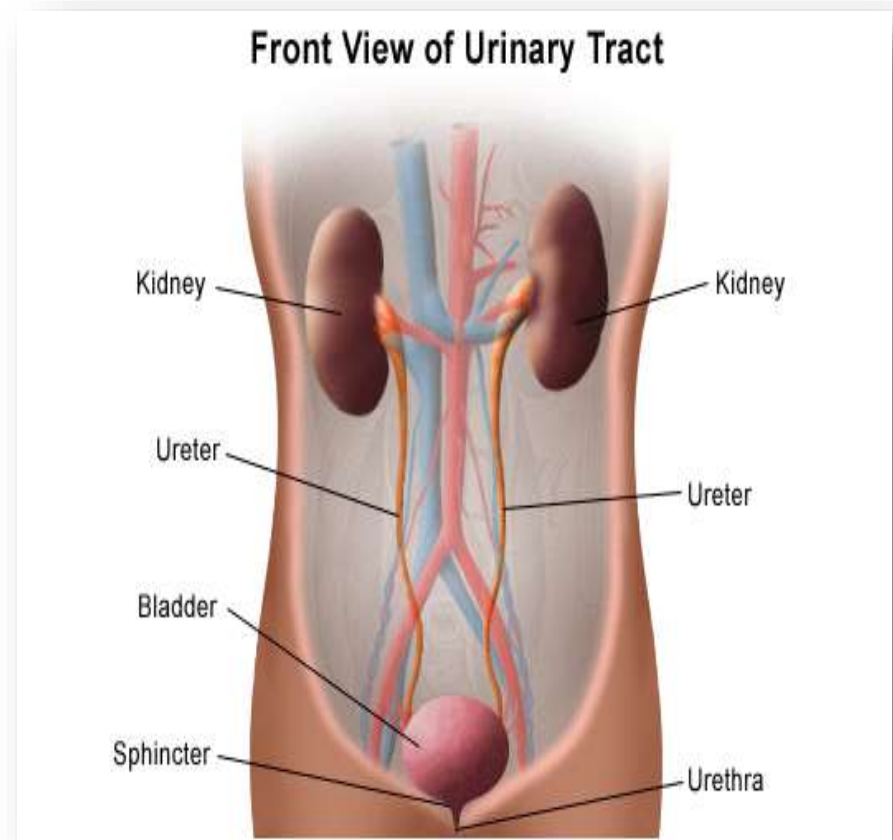
Digestive Care

- Good oral hygiene
- Repair or replace damaged teeth
- Relaxed eating atmosphere
- High-fiber high-protein foods with different tastes and textures
- Seasoning to improve taste
- Increased fluid intake



Urinary Changes

- Kidneys decrease in size & become less efficient
- Bladder becomes less efficient
 - May not hold as much
 - May not empty completely
 - incontinence



Urinary Care

- Increase fluid intake
Decrease before bedtime
- keeping the genital area clean by wiping front to back after going to the bathroom
- Urinating as soon as the urge hits
- Avoid use of products deodorants, power
- Taking shower instead of bath



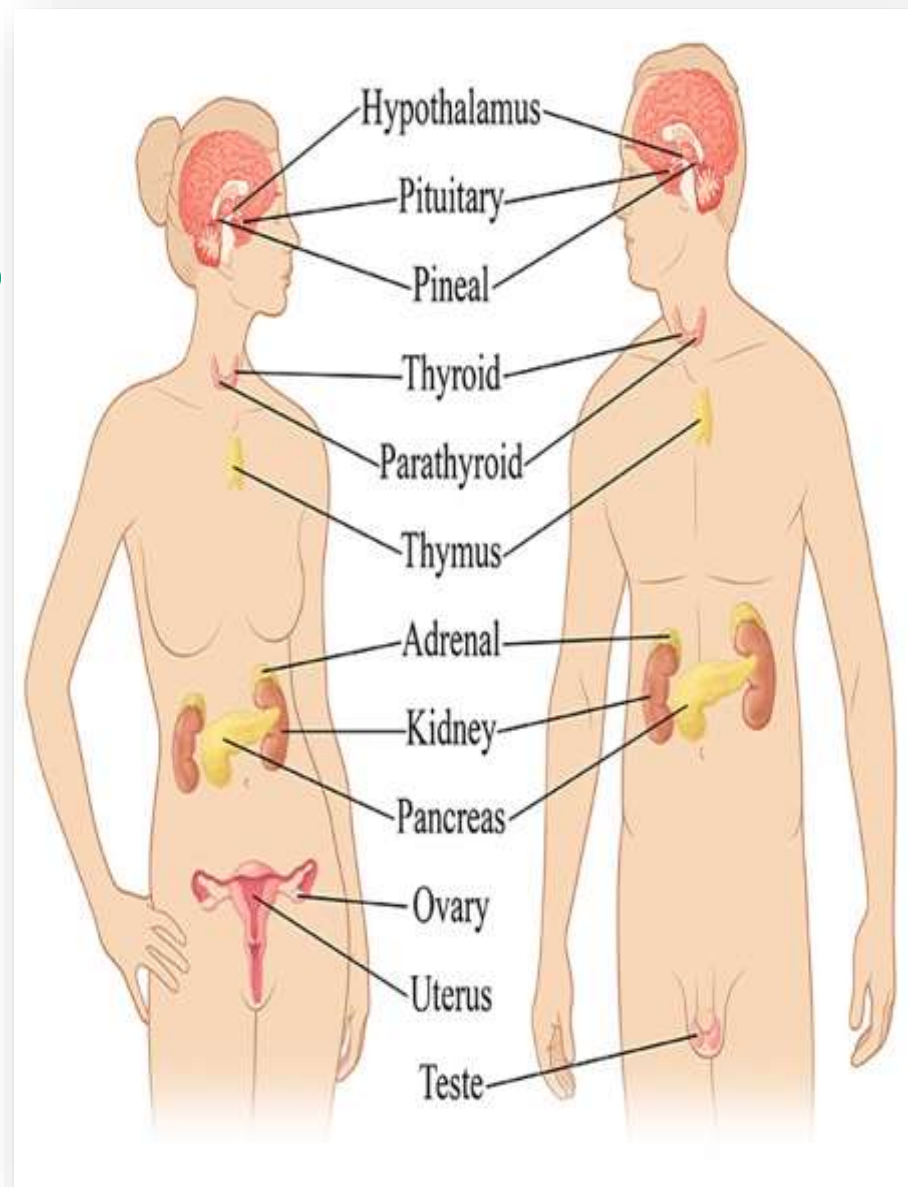
Endocrine Changes

Increased production of some hormones and decreased of others

Immune system less effective

BMR decreases

Intolerance to glucose



Endocrine Care

- Proper exercise
- Adequate rest
- Medical care for illness
- Balanced diet
- Healthy lifestyle



Reproductive System Changes

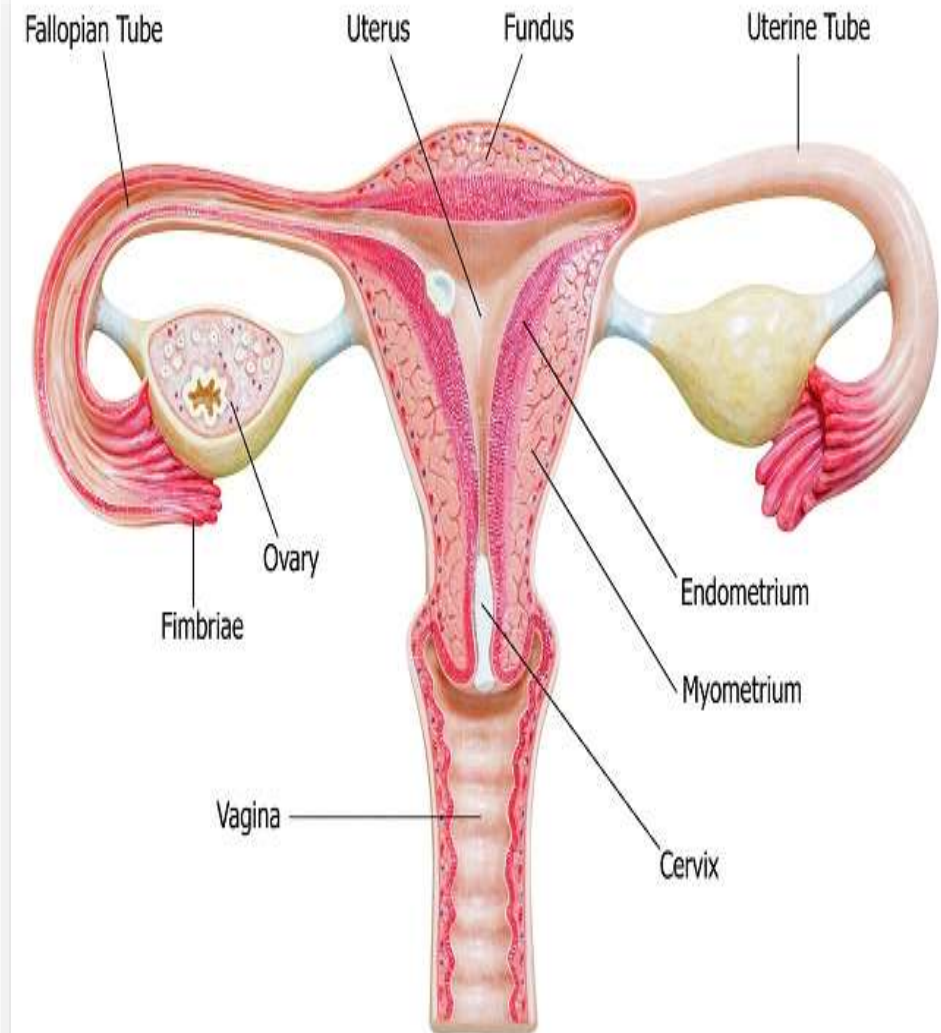
- **Decrease of estrogen / progesterone in female**

Thinning of vaginal wall

Decrease vaginal secretions

Breasts sag

Weakness in supporting tissue



Cont..

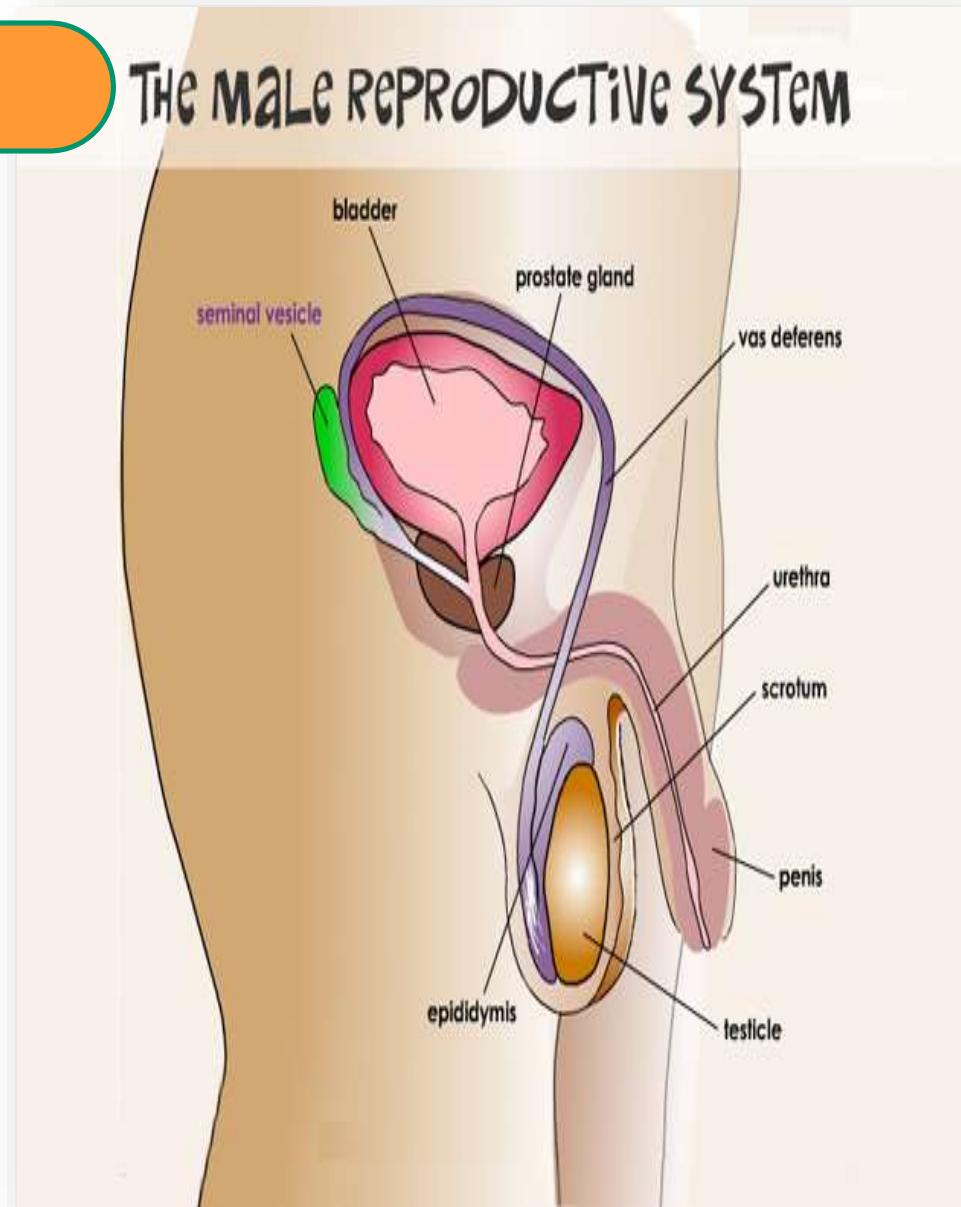
Decrease in testosterone in males

Slow production of sperm

Response to sexual stimuli slower

Testes smaller less firm

motion of vagina common



Reproductive Care

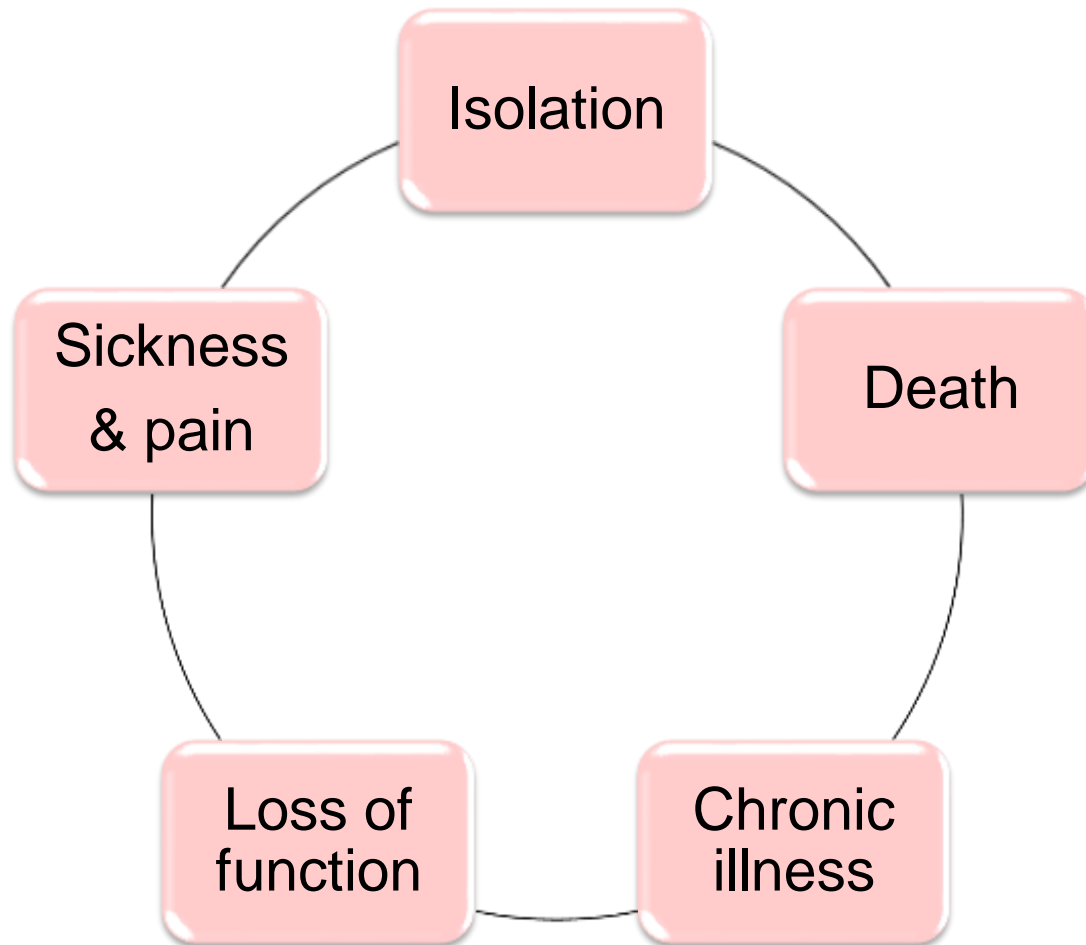
Understand physical and psychological sexual needs of the elderly

- Allow married couples to be in the same room
- Give privacy to consenting elderly



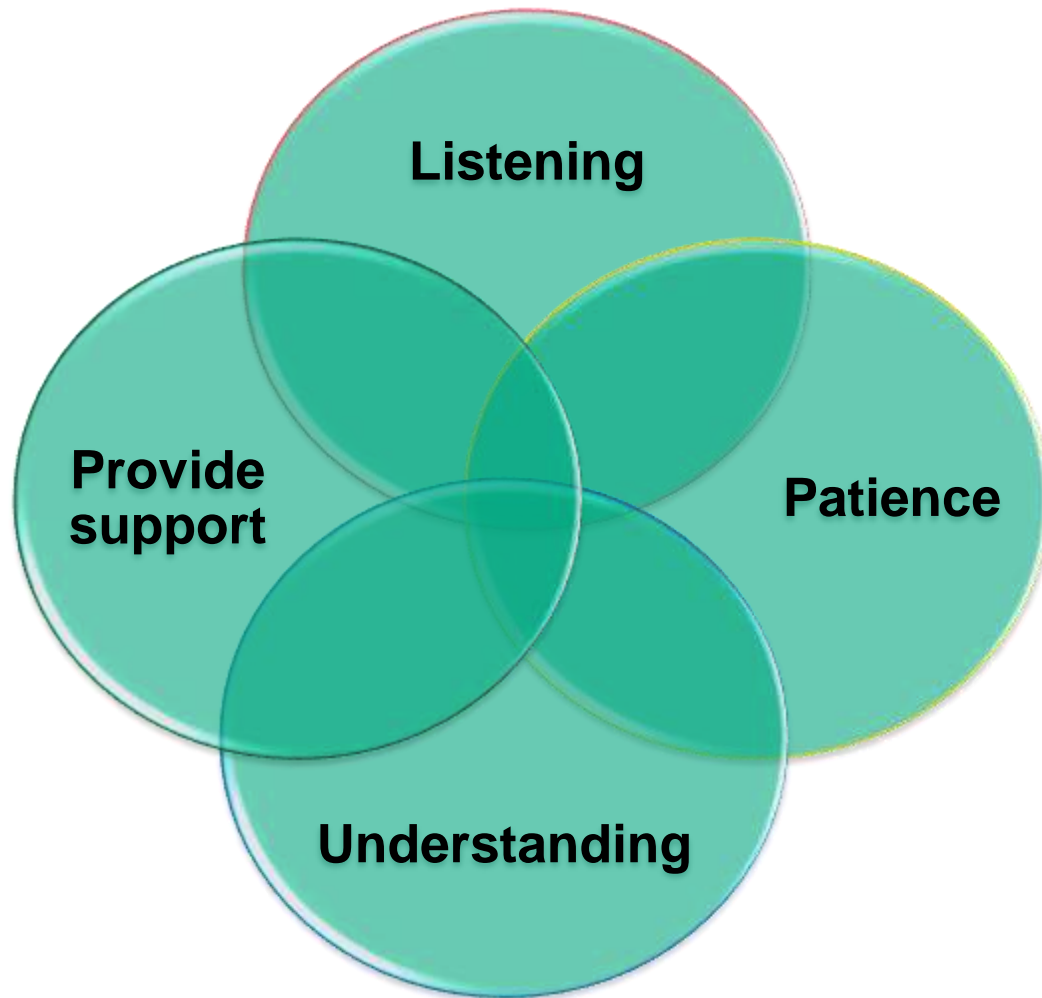
Psychosocial Changes

Fear of



Care for Psychosocial Changes

Dealing with fears created by an illness:



Confusion and Disorientation

Talking incoherently

Not knowing their name

Not recognizing others

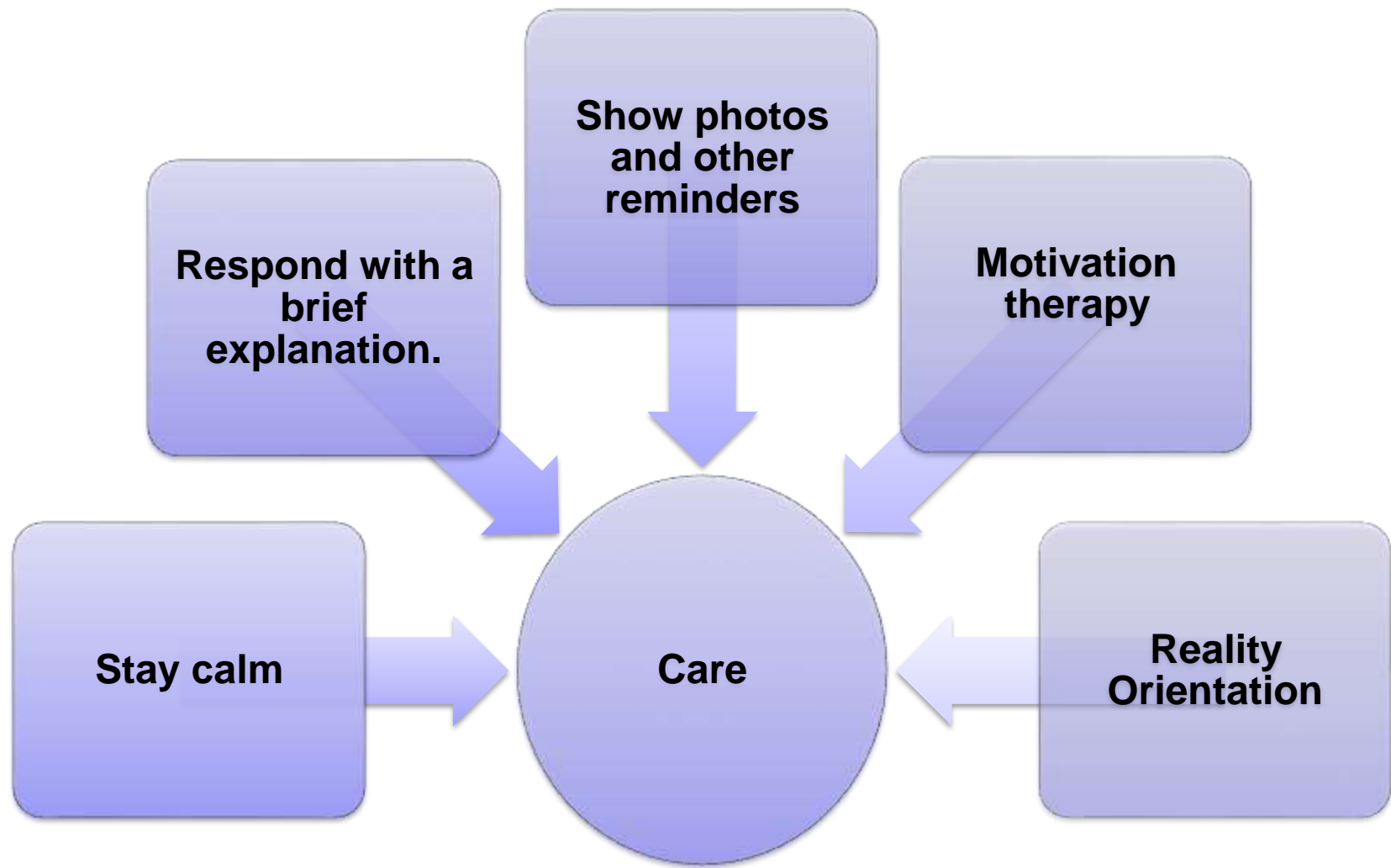
Wandering aimlessly

Lacking awareness of time or place

Displaying hostile and combative behavior



Care for Confusion and Disorientation



Health Promotion



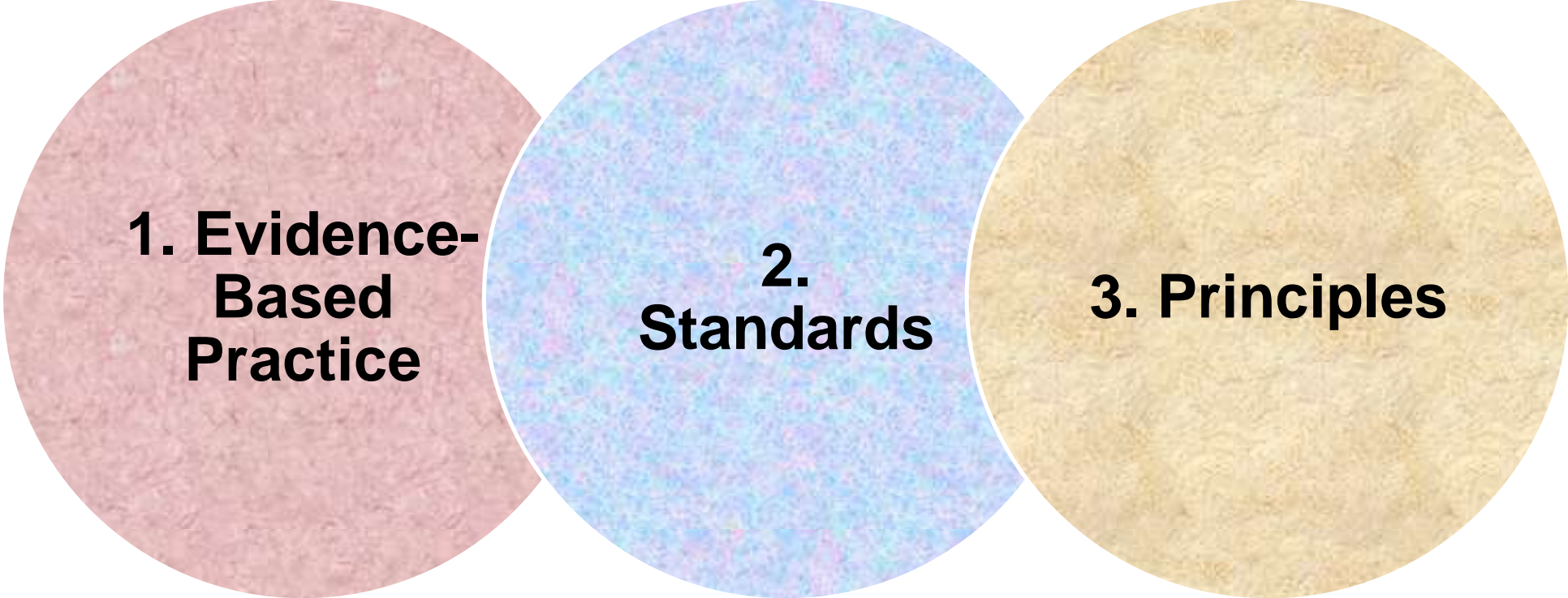
- "... A multidimensional pattern of self-initiated actions and perceptions that serve to maintain or enhance the level of wellness."

Pender

Health Promotion Activities



Core elements of gerontological nursing practice



**1. Evidence-
Based
Practice**

**2.
Standards**

3. Principles

Legal issues associated with aging



- Consent for treatment
- Establishing competence
- Use of restraints
- Injuries
- Consent for participation in research
- Maintenance of patient rights
- Advanced directives
- Do not resuscitate orders

PRINCIPLES OF GERONTOLOGICAL NURSING PRACTICE

- ✦ Aging is a natural process common to all living organisms.
- ✦ Various factors influence the aging process.
- ✦ Unique data and knowledge are used in applying the nursing process to the older populations.
- ✦ The elderly share similar self-care and human needs with all other human beings.



Gerontological Nursing Roles:



Educator

Caregiver

Advocate

Healer

**Gerontological
Nursing**

Innovator



Video

- <https://youtu.be/QWGU5iK5c8Q>

Conclusion

Older adults are more likely than younger adults to have one or more chronic health conditions. Gerontological nurses work in a variety of settings, including acute care hospitals, rehabilitation, nursing homes, assisted living facilities, retirement homes, community health agencies, and the patient's home.



References

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- Cress, Cathy Jo. *Handbook of Geriatric Care Management*. Jones & Bartlett Publishers, 2010.
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Objective type questions

1. The term geriatric refers to what type of adult patient?
 - A. Those in nursing homes
 - B. Nursing home patients over 65
 - C. Any adult patient 65 or older
 - D. Adult patients 85 or older

Answer: B. Any adult patient 65 or older

2. Which group has the highest rate of depression, and suicide?

A. Men 65 and older

B. Women 65 and older

C. Men 65 and older who are widowers

D. Women 65 and older who are widows

Answer: A. Men 65 and older

3. The lack of _____ can lead nurses, who care for older adult patients, to preconceptions, or bias, or prejudice in their attitudes toward their patients.

A. Patient History

B. Medical Knowledge

C. Psychiatric Competence

D. Cultural Competence

Answer: D. Cultural Competence

4. The five major components of a comprehensive nursing assessment of the older adult patient include which of these (choose the best answer)?

- A. Functional, spiritual, financial, physical, cognitive aspects
- B. Physical, cognitive, social, spiritual, and family aspects
- C. Spiritual, psychological, social, functional, and physical aspects
- D. Spiritual, psychological, social, functional, and financials aspects

Answer: C. Spiritual, psychological, social, functional, and physical aspects