

**WILKES-BARRE AREA CAREER & TECHNICAL SCHOOL  
PRACTICAL NURSING PROGRAM**

**GERONTOLOGICAL NURSING**

**Revised 3/09**

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**WILKES-BARRE AREA CAREER & TECHNICAL SCHOOL  
PRACTICAL NURSING PROGRAM**

**GERONTOLOGICAL NURSING**

**Course Objectives:**

**Upon completion of this course, the student will:**

1. Understand the varied cultures that make up the population of the towns in which we live.
2. Demonstrate ability of conducting assessment of the older adult.
3. Recognize age-related changes in each body system.
4. Understand ethical principles to follow when caring for the older adult.
5. Identify decisions made to ease end-of-life burdens.
6. Understand the practical guide to providing basic nursing care to the most rapidly growing segment of our population.

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**GERONTOLOGICAL NURSING**

<b>Course Title:</b>	Gerontological Nursing
<b>Time Allotment:</b>	30 Hours
<b>Placement:</b>	Level I
<b>Course Overview:</b>	This subject discusses the individual's health-related needs that result from the normal aging process. Focus is on the older adult in their struggle to maintain, promote, and restore health. It also discusses assistance for the challenges of abnormal disorders such as dementia and related conditions. This unit deals with the psychosocial and physiological changes that occur normally with the older adult.
<b>Teach Methods:</b>	Lecture and discussion Written assignments Projects Audio-Visual aids
<b>Evaluation Methods:</b>	Unit Examination Average    80% Gerontology projects        20%
<b>Grading:</b>	The student must obtain a grade of 80% or higher to pass this course.
<b>Unit Examination Average:</b>	100% of final grade
<b>Gerontology Projects:</b>	20%

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PRACTICAL NURSING PROGRAM**

**Gerontology**

**BIBLIOGRAPHY**

1. Anderson, M. (2003). *Caring for Older Adults Holistically*. Philadelphia: F.A. Davis.
2. Eliopoulos, C. (2005). *Gerontological Nursing* (7<sup>th</sup> Edition). Philadelphia: Lippincott
3. O'Neill, P. (2002). *Caring For the Older Adult, a Health Promotion Perspective*. Philadelphia: W.B. Saunders
4. Roach, Sally. *Introductory Gerontology Nursing*. Philadelphia: Lippincott
5. Williams, L. & Hopper, P. (2007). *Understanding Medical-Surgical Nursing*. (3<sup>rd</sup> edition). Philadelphia: Lippincott
6. Wold, G. (2004). *Basic Geriatric Nursing* (3<sup>rd</sup> edition). Philadelphia: Mosby.

**AUDIO-VISUAL AIDS**

1. *Tucked In Tight*. (2001). College of DuPage. .
2. Natural Process of Aging. (1993). MedCom Trainex M120
3. Functional Assessment. (1992). Concept Media. 381-2042.
4. The Aging Game. (2003). Aquarius.

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**COURSE OUTLINE**

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
1	<p>At the end of the unit the student will:</p> <p>Explain the different ways in which elderly have been viewed throughout history</p> <p>Describe characteristics of today's elderly population in regard to                      -life expectancy                      -gender and race differences                      -education                      -acute and c chronic illness</p> <p>Describe the significance of the baby boomer cohort</p>	<p><b>Unit 1</b> Understanding the Aging Experience</p> <p>A. The Aging Population</p> <ol style="list-style-type: none"> <li>1. The Aged Through History</li> <li>2. Growth of the Older Population</li> <li>3. Race and Gender Differences</li> <li>4. Income and Employment</li> <li>5. Education</li> <li>6. Health Status</li> <li>7. Use of Resources</li> <li>8. Impact of the Baby Boomers</li> </ol>	<p>Key Terms:                      Write and learn the definition to key terms                      Eliopoulos text- Chapter 1</p> <p>Attend lecture                      Participate in class                      Discussion</p>
2	<p>List the major biological and psychological theories of aging</p> <p>Describe views of health and healing among major ethnic groups</p> <p>Identify ways nursing care may need to be modified to accommodate persons of diverse ethnic backgrounds.</p>	<p>B. Theories of Aging</p> <ol style="list-style-type: none"> <li>1. Biological Theories</li> <li>2. Psychosocial Theories</li> </ol> <p>C. Diversity</p> <ol style="list-style-type: none"> <li>1. Black Americans</li> <li>2. Native Americans</li> <li>3. Jewish Americans</li> <li>4. Asian Americans</li> <li>5. Hispanic Americans                             <ol style="list-style-type: none"> <li>a. Nursing considerations</li> </ol> </li> </ol>	<p>View video:                      The Natural Process of Aging.                      Eliopoulos text – Chapter 2</p> <p>Lecture/discussion                      Eliopoulos text – Chapter 3</p>
3	<p>Discuss the impact of age-related changes on roles</p> <p>List measures to adjust to the challenges of aging</p>	<p>D. Life Transitions</p> <ol style="list-style-type: none"> <li>1. Role changes</li> <li>2. Ageism</li> <li>3. Awareness of Mortality</li> <li>4. Increasing Health Risks</li> <li>5. Reduced Income</li> </ol>	<p>Lecture/Discussion                      Eliopoulos – Chapter 4</p>

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HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
4	List Common Age related changes	E. Common Aging Changes <ol style="list-style-type: none"> <li>1. Changes to Body</li> <li>2. Change to Mind               <ol style="list-style-type: none"> <li>a. age-related</li> <li>b. psychological</li> </ol> </li> </ol> F. Unit I Exam	Eliopoulos – Chapter 5           Obtain 80% of greater in Unit I exam
5	Discuss major roles in Gerontological nursing  Identify standards used in Gerontological nursing practice  Describe needs of elders pertaining to the promotion of health and the management of health challenges.	Unit II Foundations of Gerontological Nursing  A. Specialty of Gerontological Nursing <ol style="list-style-type: none"> <li>1. Nursing Roles</li> <li>2. Standards</li> <li>3. Guiding Principles</li> </ol>  B. Holistic Model for Gerontological Care <ol style="list-style-type: none"> <li>1. Health Promotion-Related Needs</li> <li>2. Health Challenges</li> </ol>	Eliopoulos – Chapter 6           Eliopoulos – Chapter 7

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<b>6</b>	<p>List legal risks in Gerontological nursing practice and ways to minimize them</p> <p>Discuss ways to protect the legal rights of older adults</p> <p>Describe ethical principles guiding nursing practice</p>	<p><b>C. Legal Aspects of Gerontological Nursing</b></p> <ol style="list-style-type: none"> <li>1. Malpractice</li> <li>2. Negligence</li> <li>3. Informed Consent</li> <li>4. Restraints</li> <li>5. Advance directives</li> <li>6. Elder Abuse</li> </ol> <p><b>D. Ethical Aspects of Gerontological Nursing</b></p> <ol style="list-style-type: none"> <li>1. Code of Ethics for Nurses</li> <li>2. Ethical Dilemmas</li> </ol>	<p>Eliopoulos – Chapter 8</p> <p>Eliopoulos – Chapter 9</p>
<b>7</b>	<p>List major functions of Gerontological nurses</p> <p>Describe practice settings for Gerontological nurses</p> <p>Describe the continuum of services available to older adults</p>	<p><b>E. Continuum of Care</b></p> <ol style="list-style-type: none"> <li>1. Role of the Gerontological Nurse</li> <li>2. Practice Settings</li> <li>3. Supportive Services</li> <li>4. Partial &amp; Intermittent Care Services</li> <li>5. Complete / Continuous Care</li> <li>6. Alternative Services</li> </ol>	<p>Eliopoulos – Chapter 10</p>
<b>8</b>	<p>Identify strategies that can be used for self-care and nurturing</p>	<p><b>F. Self-Care for the Gerontological Nurse</b></p>	<p>Eliopoulos – Chapter 11</p>

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL  
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**COURSE OUTLINE**

<b>HOURS</b>	<b>OBJECTIVES</b>	<b>MAJOR TOPICS</b>	<b>MAJOR LEARNING ACTIVITIES</b>
<b>9</b>	Discuss strategies to empower older adults  Differentiate sexuality from sexual function	Unit III Fostering Connection and Gratification A. Sexuality and Intimacy 1. Attitudes toward sex and older adults 2. Sexuality a. menopause 3. Intimacy 4. Barriers to sexual activity	Lecture / Discussion  Eliopoulos – Chapter 12
<b>10</b>	Describe basic spiritual needs	B. Spirituality 1. Assessing Spiritual Needs 2. Religious Beliefs	Eliopoulos – Chapter 13
<b>11</b>		C. Unit II & III Exam	Obtain 80% or greater on Unit II and Unit III exam

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<b>HOURS</b>	<b>OBJECTIVES</b>	<b>MAJOR TOPICS</b>	<b>MAJOR LEARNING ACTIVITIES</b>
<b>12</b>	Identify age-related changes that affect dietary requirements	Unit IV General Care Concerns  A. Nutrition and Hydration 1. age-related changes 2. diseases associated with age-related changes a. malnutrition b. dehydration c. dysphagia d. constipation	Eliopoulos text Lecture / Discussion  Eliopoulos Chapter 14
<b>13</b>	Discuss differences in sleep stages between younger and older adults	B. Rest & Sleep 1. age-related changes 2. sleep-apnea 3. pain management	Eliopoulos Chapter 15
<b>14</b>	Describe the characteristics and scope of pain Describe the components of a comprehensive pain assessment	C. Comfort & Pain Management 1. pain management 2. comforting strategies	Eliopoulos Chapter 16
<b>14</b>	Describe the effects of aging on safety  List the impact of age-related changes on the function and safety of the environment  List factors that contribute to falls in the elderly	D. Safety 1. Impact of aging on environmental safety and function a. aging and risks to safety b. impact of environment c. temperature d. colors e. sensory stimulation f. reducing risks g. falls h. use of restraints 2. Interventions to reduce risks to safety	Eliopoulos Chapter 17

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<b>HOURS</b>	<b>OBJECTIVES</b>	<b>MAJOR TOPICS</b>	<b>MAJOR LEARNING ACTIVITIES</b>
<b>15</b>	List measures to promote safe drug use Discuss methods to teach older adults how to monitor medications	E. Safe medication use 1. Affects of aging on medication use 2. Promoting safe use of drugs	The student will read Eliopoulos text: Chapter 18
<b>16</b>	Discuss age-related changes in the respiratory system	F. Unit IV Exam  Unit V – Facilitating Physiological Balance  A. Respiratory 1. age-related changes 2. respiratory diseases associated with age-related changes	Obtain 80% or greater in Unit IV Exam  Eliopoulos Chapter 19
<b>17</b>	Identify age-related changes that occur within the cardiovascular system	B. Circulation 1. age-related changes 2. diseases associated with age-related changes a. hypertension b. congestive heart failure c. peripheral vascular disease	Eliopoulos Chapter 20
	Describe age-related changes that affect digestion and bowel elimination	C. Digestion and Bowel Elimination 1. age-related changes 2. diseases associated with age-related changes	Eliopoulos Chapter 21
	List measures that promote urinary health in the older adult	D. Urinary Elimination 1. age-related changes 2. diseases that affect the older adult a. urinary incontinence	Eliopoulos Chapter 22

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<b>HOURS</b>	<b>OBJECTIVES</b>	<b>MAJOR TOPICS</b>	<b>MAJOR LEARNING ACTIVITIES</b>
<b>18</b>	<p>List changes to the reproductive system that occur with age</p> <p>List the benefits of activity Discuss the challenges elders face in maintaining an active state</p> <p>List measures that promote good musculoskeletal function</p>	<p>b. renal calculi c. bladder cancer</p> <p>E. Reproductive System 3. Age related changes 4. Selected conditions associated with changes</p> <p>F. Movement 1. age-related changes 2. selected conditions a. osteoporosis 3. nursing considerations</p>	<p>Read Eliopoulos text: Lecture / Discussion</p> <p>Eliopoulos Chapter 23</p> <p>Eliopoulos Chapter 24</p>
<b>19</b>	<p>Discuss age-related changes in the nervous system</p>	<p>G. Neurologic Function 1. age-related changes 2. common age-related disorders a. Parkinson's Disease b. TIA c. CVA</p>	<p>Eliopoulos Chapter 25</p>
<b>20</b>	<p>Describe the importance of good sensory function and the impact of sensory deficits</p>	<p>H. Sensation 1. age-related changes a. eye b. ear c. sensory organs 2. diseases associated with age-related changes a. cataracts b. macular degeneration c. glaucoma</p>	<p>Eliopoulos Chapter 26</p>

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21	<p>Discuss age-related changes in the endocrine system</p> <p>List practices that promote good skin health in the older adult</p>	<p>I. Endocrine Conditions</p> <ol style="list-style-type: none"> <li>1. age-related</li> <li>2. common age-related disorders               <ol style="list-style-type: none"> <li>a. diabetes</li> <li>b. hypothyroidism</li> </ol> </li> </ol> <p>J. Integumentary Function</p> <ol style="list-style-type: none"> <li>1. age-related changes</li> <li>2. diseases associated with age-related changes               <ol style="list-style-type: none"> <li>a. pruritis</li> </ol> </li> </ol>	<p>Eliopoulos Chapter 27</p> <p>Eliopoulos Chapter 28</p>
22	<p>List major changes in immunologic function as the result of aging</p>	<p>K. Immunity</p> <ol style="list-style-type: none"> <li>1. age-related changes</li> <li>2. immunization criteria</li> </ol> <p>L. Unit V Exam</p>	<p>Eliopoulos Chapter 29</p> <p>Obtain 80% or greater on Unit V Exam</p>
23	<p>Describe unique features of common infections in the older adult</p> <p>Discuss the prevalence and risks of cancer in the elderly</p>	<p>Unit VI –Multi-systemic Disorders</p> <p>A. Infections</p> <ol style="list-style-type: none"> <li>1. Urinary tract infections</li> <li>2. MRSA</li> <li>3. VRE</li> <li>4. Influenza</li> </ol> <p>B. Cancer</p>	<p>Eliopoulos Chapter 30</p> <p>Eliopoulos Chapter 31</p>
24-26	<p>Describe the realities of mental health and illness in the older adult</p>	<p>C. Mental Health Disorders</p> <ol style="list-style-type: none"> <li>1. age-related changes</li> <li>2. selected conditions</li> </ol> <p>D. Delirium and Dementia</p> <ol style="list-style-type: none"> <li>1. Alzheimer’s Disease</li> <li>2. Caring for Patients with Dementia</li> </ol>	<p>Eliopoulos Chapter 32</p> <p>Eliopoulos Chapter 33</p>

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<b>HOURS</b>	<b>OBJECTIVES</b>	<b>MAJOR TOPICS</b>	<b>MAJOR LEARNING ACTIVITIES</b>
<b>27</b>	Define functional assessment	Unit VII – Gerontological Care Issues  A. Chronic Condition 1. Maximizing Function	Eliopoulos Chapter 34
<b>28</b>	Describe the importance of a functional assessment	B. Rehabilitative Care 1. Performing a functional assessment a. definition b. components	Eliopoulos Chapter 35 View video “Functional Assessment”.
<b>29</b>		C. Acute Care  D. Long Term Care  E. Family Care giving  F. End of Life Care	Eliopoulos Chapter 36  Eliopoulos Chapter 37  Eliopoulos Chapter 38  Eliopoulos Chapter 39
<b>30</b>		G. Unit VI and VII Examination	Obtain 80% or greater on Unit VI and VII Examination

