

Chapter13

Spirituality

Spiritually

- Differs from Religion
- Religion is a significant expression of spirituality, but highly spiritual people may not identify with a specific religion
- All humans have spiritual needs
- These needs become more relevant in later life

Spiritual Needs

- Love
- Meaning and Purpose
- Hope
- Dignity
- Forgiveness
- Gratitude
- Transcendence
- Expression of Faith

Signs of Spiritual Distress

- Anger
- Anxiety
- Complaints
- Crying
- Cynicism
- Depression
- Guilt
- Hopelessness
- Isolation
- Poor self-esteem
- Powerlessness
- Refusal to make plans
- Sarcasm
- Suicidal thoughts
- Fatigue
- Sleep disturbances
- Poor appetite

Spiritual Interventions

- Identify factors
- Support religious practices
- Pray with OA
- Provide OA with privacy and time for practices
- Refer to clergy
- Respect OA desire not to be visited by clergy
- Do Not challenge religious beliefs or try to change them

- Assessing Spiritual Needs
 - Ongoing assessment nurse has to gather information
- Addressing Spiritual Needs
 - Being available, honoring beliefs and practices, providing opportunities for solitude, promoting hope and assisting the OA to discover the meaning in challenging situations
- Facilitating Religious Practices
- Praying With and For

Chapter 14

Nutrition and Hydration

- Nutritional needs of OA
 - Still need Basic Nutrients
 - Reduced need for calories
 - OA has less body mass and increased adipose tissue
 - BMR declines
 - Activity level may be less

- Diet
 - CHO in the form of soluble fibers to decrease cholesterol and improve glucose tolerance
 - Insoluble fibers to promote bowel activity
 - Limit dietary fat
 - Calcium supplements may be required
 - Drink 8 glasses of water/day

- Nutritional Supplements
 - Need for nursing assessment

Nutrition related conditions

- Women
 - Heart disease
 - Reduce fat intake to 30% of kilocalories or less
 - Cancer
 - Low fat intake
 - Decreased alcohol consumption
 - Osteoporosis
 - Risk increased by estrogen reduction, obesity, inactivity, smoking, caffeine and alcohol consumption

- Hydration
 - Factors that cause them to consume less
 - Age related reductions in thirst sensation
 - Fear of incontinence
 - Inability to obtain drinks
 - Lack of motivation
 - Altered mood
 - N& V, and G.I. distress

- Oral Health

- Aging alone does not necessitate the loss of teeth

- Dentures

- Periodontal disease is the first becomes the first cause of tooth loss

- s/s bleeding gums, red swollen painful gums, pus at the gum line, chronic bad breath, loosening of teeth at the gum line

- Indigestion and Food Intolerance are common:
 - Due to decreased stomach motility, less gastric acid secretion, and a slower gastric emptying time
 - Interventions
 - Utilize antacids
 - Several small meals
 - Avoid fried foods
 - High fowler position
 - Adequate fluid intake

- Anorexia

- Related to

- Medication side effects
 - Inactivity
 - Physical illness
 - Decreased smell and taste sensations
 - Anxiety, worry and depression

- Dysphagia
 - Definition- inability or difficulty swallowing
 - Increases with age
- Constipation
 - Common due to:
 - Slower peristalsis, inactivity, side effects of medication and less bulk in diet
 - May use laxatives but only as a last resort

Malnutrition

- Clinical Signs
 - wt/. Loss >5% in past month or 10% in 6 months
 - Weight 10% below or 20% above ideal range
 - Hemoglobin below 12
 - Hematocrit below 35

Variables affecting Nutrition

Food stamps

Meals on Wheels

Transportation

Congregate Eating Programs

Cultural Beliefs

Chapter 15

Rest and Sleep

- Sleep

- Quantity of sleep does not change in the OA
- Hours in which it occurs may
- OA sleep less soundly
- OA have a decline in Stage IV sleep
- OA may become disoriented when they awaken in a dark room. This combined with visual disturbances and postural disturbances may predispose them to falls

- Cont.
 - Difficulty falling asleep
 - Temperature of environment

- Restless Leg
 - 1/3 of OA experience this
 - Associated with alterations in dopamine and iron metabolism
 - Characterized by five knee jerks or movements per hour

Sleep Apnea

- Five episodes of cessation of breathing occur per hour of sleep
- Characterized by snoring and sudden awakening and gasping for air.
- 2X greater in men than women
- Causes
 - Defect in CNS affects diaphragm
 - Blockage in the upper airway
 - Combination of both

- Medical Conditions that Affect Sleep
 - Nocturia
 - Incontinence
 - Pain
 - Muscle cramps
 - Orthopnea – labored breathing
 - Restlessness and confusion- adverse reaction to a sedative
 - Nocturnal frequency

- Drugs that Affect Sleep
 - Nicoderm
 - Benadryl
 - Xanax
 - Caffeine
 - Alcohol
 - Prozac

- Rest

- Regular activity promotes rest and relaxation
- OA requires more rest interspersed with activity
- Need to pace their activity

Promoting Rest and Sleep

- Caution with Pharmacological preparations
- Nonpharmacologic Methods
 - Alternate rest and activity throughout the day
 - Exposure to sunlight
 - Bath
 - Quiet environment
 - Flannel sheets- caution with electric blankets
 - Protein and CHO snack
 - Valerian Root

- Stress Management p. 179
- Pain Control p. 180
 - Highlights from Chapter 16

Chapter 16

Comfort and Pain Management

- Pain is the greatest threat to comfort
- Causative factors in the OA
 - Arthritis
 - Shingles
 - Cancer
 - depression
 - Ineffective analgesic
- PAIN ASSESSMENT

Types of Pain

- Nociceptive- pain that arises from a mechanical, thermal or chemical stimuli
 - Common forms –
 - Somatic – pain in bone and soft tissues; described as throbbing or aching
 - Visceral – assoc. with disorders that cause generalized or referred pain; described as deep and aching
 - Neuropathic pain- sharp, stabbing, tingling or burning with a sudden onset of high intensity. It can last a few seconds or a long time

- Pain Control
 - Comprehensive assessment is crucial
 - Utilize non-pharmacologic measures when possible
 - Narcotics should be used discriminately because of the high risk for delirium, falls

Nursing Interventions

- Accurate pain assessment
- Education on pain scale
- Fifth Vital Sign
- Alternative methods
- Control environmental stimuli
- Pain Management Referral

Complementary therapies

- P. 186-187
- Drugs-
 - Acetaminophen most commonly used
 - Propoxyphene is contraindicated
- Dietary changes – certain foods can help to reduce inflammation
 - Arachidonic acid
 - B complex vitamins

- Effects of Unrelieved Pain
 - Limit mobility
 - Develop pressure ulcers
 - Pneumonia
 - Constipation
 - Poor appetite
 - Malnutrition and dehydration
 - depression

- Cultural Factors with regard to pain assessment.
 - Some people socialized to tolerate pain
 - Dramatic expression of pain may be the norm
 - “real men don’t admit to pain”

Chapter 17

Safety

Importance of the Environment

- Microenvironment
 - Immediate environment
- Macroenvironment
 - Larger world
 - Weather, pollution, traffic, natural resources

 - Nurses more involved with immediate environment

Factors Affecting Environment

- Lighting
- Temperature
- Colors
- Scents
- Floor Coverings
- Furniture
- Sensory Stimulation

- Bathroom hazards
 - Lighting
 - Floor surface
 - Faucets
 - Tubs and shower stalls
 - Toilets and electric appliances

Safety Aids

- Eliminate clutter
- Handrails
- Shower chairs
- Walkers
- Environmental checklist

GOAL: Prevention of injury related to falls

- Lighting

- Use a variety of light sources
- Do not use fluorescent lighting
- Control bright lights and direct sunlight
- Use nightlights
- Use natural light to maintain body rhythms

Temperature

- Body temperature affects performance
- The OA is sensitive to lower temperatures
 - Environmental temperatures should not be lower than 75 degrees F

- Color
 - Red, yellow and white
 - Can increase pulse, BP and appetite
 - Blue, brown and earth tones
 - Can be relaxing
 - Orange
 - Can stimulate appetite

- Color (cont.)
 - Violet
 - Can decrease appetite
 - Green
 - Can give a sense of well being
 - Black and Gray
 - Can be depressing

- Scents
 - Can be used for aromatherapy
 - Avoid offensive odors

- Floor coverings
 - Carpeting creates problems for the OA
 - Static electricity
 - Difficult wheelchair mobility
 - Cleaning
 - Odors
 - Pets

- Furniture
 - Appealing
 - Comfortable
 - Functional

- Sensory stimulation
 - Suggestions
 - Textured wall surfaces
 - Soft blankets and spreads
 - Different shaped and textured objects to hold
 - Plants and freshly cut flowers
 - Birds, animals, pets
 - Soft music

- Bathroom Hazards
 - Lighting
 - Floor surface
 - Faucets
 - Tub and shower stalls
 - Toilets
 - Electric appliances

- Nursing Interventions
 - Siderails
 - Night light
 - Remove clutter
 - Utilize bedpan or urinal
 - Radio or music
 - Utilize alternative methods for sleeping pills

- Risks and prevention p.201
 - Age-related changes
 - Improper use of mobility aids
 - Medications
 - Unsafe Clothing
 - Disease related symptoms
 - Environmental hazards
 - Caregiver related factors

- Falls

- A program to prevent falls is essential to settings that provide services to older adults
- Some falls will occur despite all the preventative measures implemented

Restraints

- Chemical
- Physical

- Interventions to reduce risks to safety:
 - Reducing hydration and nutrition risks
 - Addressing sensory deficits
 - Addressing mobility deficits
 - Monitoring body temperature
 - Preventing infection
 - Use medication cautiously
 - Avoiding crime
 - Promote safe driving

Chapter 18

Safe Medication Use

- Effects of Aging on Medication Use
- P. 209-231

Chapter 19

Respiration

- Smoking is the most important factor contributing to respiratory disease
- Immobility is another factor that threatens pulmonary health
- Environmental Factors
 - OA more susceptible to drafts, fibrosis is common in OA and can be aggravated by chills and drafts.
 - Indoor pollutants can also affect the OA

- Reference changes stated in Chapter 5
- Diseases associated with age-related changes
 - Respiratory Infections
 - Ineffective Breathing
 - Tissue Perfusion
 - COPD

- Asthma -
- Bronchitis
- Emphysema- occurs with increasing incidence in the OA
- Lung Cancer- mostly occurs in OA >65