

Unit II. Role of the Nurse in Gerontological Nursing

- A. Process
 - Communication
 - Sender --- Message ---Receiver---Feedback

- Messages- become unclear when:
 - Pain
 - Fear
 - Anxiety
 - Low knowledge
 - Language
 - Culture
 - Environmental factors

Types of Communication

- Verbal
 - Words used to convey a message
 - Words express:
 - Thoughts
 - Attitudes
 - Feelings
 - Beliefs

- Words bring mental images:
 - Images are not the same for everyone
 - Images are influenced by:
 - Background
 - Cultures
 - Experiences
 - Age

- Non-verbal
 - Without use of words
 - Facial expressions
 - Eye contact
 - Gestures
 - Body language
 - Silence

- Listening is the most important element of communication.
- OA biggest cry is “NO ONE LISTENS TO ME”

Limitations to communication

- 1. Inappropriate reassurance
- 2. Making judgments
- 3. Giving advice
- 4. Challenging
- 5. Belittling or scolding
- 6. Changing the subject
- 7. Improper questions
- 8. Defending

- 9. Therapeutic communications –
Miscommunications are responsible for
frustration and stress for OA

- Anger is an emotion that limits communications. Stress causes anger.
 - New environment: unfamiliarity
 - Prolong waiting time
 - Decline in physical ability
 - Depending on others
 - Separated from family

4. Developing and maintaining communications

- Be Genuine
 - Sincere and honest. I don't know the answer I will find out for you
- Be Caring
 - Open many doors. Caring is difficult to define, but the patient knows.
 - NEVER USE: HONEY, SWEETIE, GRAMPS ETC.

- VERY UNPROFESSIONAL, ADDRESS AS MRS., MR., MISS UNTIL YOU ARE GIVEN PERMISSION TO USE OTHER NAMES, OR YOU MAY ASK PERMISSION TO USE FIRST NAMES

- Show empathy- to understand the patients anguish or pain and convey this to the patient. To understand or feel another's sorrow and pain.
- Show sympathy – used socially to share emotions. E.g., sorry for your loss
- Touch is empathy, holding a hand, pat on the back. SO SIMPLE TO CARE....

- 5. Nurse patient relationships-
 - Should be therapeutic for the benefit of the patient

 - 3 phases

- 1. Developing phases
- 2. Working Phase
- 3. Terminating Phase

- 6. The Nursing Process

- The nursing process is a systematic ongoing method of planning and managing patient care.

Nursing Process

- 5 Essential components:
 - Assessment
 - Diagnosis (analysis)
 - Planning
 - Implementation
 - Evaluation

Performing a functional assessment

- **Definition** – is a systematic method of evaluating the OA's ability to function within the environment.
- A functional assessment allows identification of particular qualities in each individual that affect the ability to function in the environment and perform activities of daily living.

Components

- 1. A physical health assessment
- 2. Health History – planned interview about health history.
- 3. Self-care assessment

- High Level
 - Bathing
 - Dressing
 - Toileting
 - Feeding – this is the most basic functional skill.
Learned as a child last skill to be lost.

Psychosocial Assessment

- Accurate assessment depends on trusting relationship between the nurse and the patient
- It takes longer and all members should be part of the input (multidisciplinary approach)

C. Psychosocial adjustments

- 3 Major areas
 - Role related adjustments
 - Social support adjustments
 - Psychosocial adjustments
 - Impact
 - Medications
 - Work role

Concluding assessment

- All data and ratings are collected then incorporated into the psychosocial aspects of the client's plan of care and continually evaluated as an on going part of the plan

Implementing Restorative Care

- Focus of all gerontological nursing
- Looking for ways to preserve OA, ability to function and improve quality of life.
- **DEFINITION**

Rehabilitation

- Definition
 - Process of assisting disabled to return to optimum health and independence e.g.,
 - Myocardial (Heart Attack), stroke (CVA's), replacement surgery,

Care Settings

- Acute Care Facility
 - Rehabilitation Centers
 - Restorative Care
 - Restorative Care Team

- THE MOST IMPORTANT MEMBER OF THE TEAM IS THE PATIENT AND THEIR FAMILIES.
- THE PATIENTS MUST HAVE MOTIVATION AND DESIRE

- Home Management

- Home inspection is necessary
- Unsafe areas must be corrected
- Teaching to make environment safe

Adult Day Care Centers

- Provide activities that enhance restorative care
- Activities and Goals of Adult Day Care
 - Maintaining orientation
 - Provide social support system
 - Exercise programs
 - Stimulating creativity through arts and crafts

Unit III

- A. Promoting Physiological Health:
 - Promoting Good Nutrition
 - Promoting Proper Exercise

A1 Dietary Guidelines

- a. Eat a variety of foods
- b. Maintain desirable weight
- c. Avoid foods high in fat
- d. Avoid ETOH beverages
- e. Diet high in veg., fruits, grains
- f. Use sugar/salt in moderation

- A2 Effects of Aging on Nutritional Status
 - Diminishes ability to ingest, absorb, digest and metabolize
 - Loss of teeth, decreased food choices
 - All systems affected
 - Lactose intolerance occurs
 - Economic and Social changes

- A3 Health Issues
 - Cancer
 - Goal – prevention and minimize risks CAUTION
 - Nurse – early detection and prevention
 - Breast cancer

- A4 Osteoporosis

- Reduction of total bone mass. Bones porous, brittle and fragile.
- Causes loss of function mobility
- Tx.: diet, exercise, and hormone replacement.

- B. Promoting psychosocial health
 - Transactional stress model
 - Adaptation
 - General adaptation syndrome (GAS)

- Stress can occur in any combination of 4 areas
 - Physical: acute or chronic disease
 - Psychological: fear, anger, anxiety
 - Social change : death, retirement
 - Environment: home, money, city

- Adaptation- process by which an organism adjusts to physical, emotional, and mental stressors
- Coping- methods used to adapt to stress.
There are 2 kinds of coping:
 - Emotionally focused
 - Problem focused

General Adaptation Syndrome

- 3 phases
 - Alarm stage- fight or flight
 - Resistance- person adapts to stress with increased and intensified use of coping
 - Exhaustion- if stress continues exhaustion occurs. Decrease immune system, increase infection

Coping strategies to decrease stress

- Problem solving
- Exercise
- Physical activity
- Relaxation techniques
- Social support

Promoting a Healthy Self-esteem

- Self – esteem is how a person views him/herself
- Positive or negative
- Feels unworthy, lack of confidence
 - Why do these occur
 - Physical disabilities, chronic illness
 - Loss of support system, death

- Use nursing process to promote self esteem:
- Assessment: I can't do this, I'm always..
- Nursing Diagnosis
- Planning and Implementation
- Evaluation and expected outcome

Promoting sexual health

- Important component for OA
- More than physical ability to perform sexual intercourse
- Feeling of attractiveness and desirability to and by the opposite sex

Effects of Chronic Illness On Sexual Activity

- Benign Prostatic Hypertrophy(BPH)
- Hypothyroidism
- Diabetes
- Arthritis
- Anti-hypertensives/ Antidepressants

Barriers to sexual activity in the nursing home

- Lack of privacy
- Negative attitudes –sexless after 65
- Interest in sex decreases but still desire companionship with opposite sex
- Lack of a partner; feelings of unattractiveness
- Chronic illnesses

Promoting spirituality in OA

- All individuals are spiritual beings and have spiritual needs
- Many seek needs through a relationship with GOD (higher power)
- Have a basic need to feel forgiveness for mistakes, love and acceptance and hope for the future

- Spirituality is found in the belief in a:
 - Higher power
 - Authority
 - Guiding spirit
 - Appreciation and love for creation
 - Valuing the qualities of love , honesty or wisdom