



**Zarqa University
Faculty of Nursing**

Department : Nursing

Course title : Gerontology Nursing

Course No:0801421

Prerequisite: :

Instructor: Mohammad Alhusban

Lecture's time: 10:40—11:55

Credit weight: 3 hours

Semester: Third 2019-2020

Office Hours:

Course description:

This course is designed to help nursing students to meet the challenges of providing care to elderly individuals with a variety of needs in a wide range of health care settings. It also provides a basic theory and practice essential to the nursing assessment and management strategies appropriate to the care of the elderly with a range of health problems. Emphasis is on the promotion of health and prevention of disease as proposed on the concept of health and illness during the life process. Additionally, it provides special attention to psychological and sociocultural issues and aspects of older adult care. This course consists of an introduction to Gerontological nursing; demographics of the aging population (worldwide, third world countries, Jordan, demographic transition, aging and poverty, retirement, and changing policies); aging theories and approaches to long-term health; common physical health changes and health problems related to the aging process (respiratory, cardiac, musculoskeletal, urinary, neurological and sensory, and reproductive) and their nursing care; psychosocial changes, related health problems, and nursing care; issues in healthcare delivery system (needs and implications of the aging population); and ethical issues and end of life care. Course Goal

The course content seeks to provide a sound knowledge base from which student can practice gerontological nursing and to cultivate within the student a respect and appreciation for the older adult.

Aims of the course:

Upon mastery of this course, students should be able to:

1. Identify the various concepts and theories of aging
2. Identify myths and stereotypes regarding aging.
3. Identify the changes that occur as part of the aging process.
4. Identify the health problems of the older adult and how to cope with them
5. Identify impact of chronic conditions such as stroke, diabetes, arthritis, Parkinson's disease upon elderly.
6. Identify four meaningful components of designing meaningful activities.
7. Identify key concepts when managing personal care and nutritional needs of old age and people with special needs.
8. Identify the community resources for elderly persons.

Intended Learning Outcomes (ILOs):

- 1) Knowledge and understanding
 - Demonstrate an understanding of the nursing process phases as related to care of elderly.
 - Recognize patient's biopsychosocial spiritual responses to actual and or potential health problems.
- 2) Cognitive skills (thinking and analysis).
 - Discuss assessment and nursing management of common elderly health problems.
 - Demonstrate an understanding of the necessary knowledge to provide nursing care for older adults.
 - Demonstrate an understanding of elderly information needs.
- 3) Communication skills (personal and academic).
 - a. Value the importance of utilizing communication skills in providing quality nursing care.
- Practical and subject specific skills (Transferable Skills).
 - Work effectively with other health care provider to provide effective care to geriatric clients.

Course structures:

Week	C. Hrs	ILOs	Topics	Teaching Procedure	Assessment methods
1 st week	3hs	<p>Define several important terms related to nursing and the aging process.</p> <p>Identify several subfields of gerontology.</p> <p>Recognize factors in the development of attitudes towards aging and the aged.</p> <p>Describe the roles of the gerontological nurse.</p> <p>Discuss the scope of practice in gerontological nursing. Describe core competencies in geriatric nursing.</p> <p>Compare various settings in which nurses care for older adults</p>	<p>Chapter 1 Introduction to Gerontological Nursing</p> <p>Chapter 2 The Aging Population</p>	Lecture discussion	<p>Ask question Answer question Give feed back quizzes</p>
2 week	3hr	<p>Review statistics related to aging .</p> <p>Describe social and economic issues related to aging ..</p> <p>Discuss aging across different cultures.</p> <p>Critically evaluate successful aging.</p> <p>Describe the aging process of each physiological system.</p> <p>Distinguish between intrinsic aging and age-related disease.</p> <p>Describe how the aging process of each physiological system correlates with the functional ability of the older adult.</p> <p>Explain how the aging process of one system interacts with and/or affects</p>	<p>Review of the psychological And Physiological change with aging.</p> <p>The Integument</p>	<p>Lecture discussion</p> <p>Lecture discussion</p>	<p>Ask question Answer question Give feed back quizzes</p> <p>Ask question Answer question Give feed back, quiz</p>

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3 week	<p>other physiological systems.</p> <p>Acknowledge that not every aspect of every physiological system changes with age.</p> <p>Recognize that aging changes are partially dependent upon an individual's health behaviors and preventive health measures</p> <p>Describe normal skin changes associated with aging.</p> <p>Identify risk factors related to common skin problems of older adults</p> <p>Delineate skin changes associated with benign and malignant skin types</p> <p>List nursing diagnoses related to common skin problems.</p> <p>Discuss the nursing responsibilities related to pharmacological and nonpharmacological treatment of common skin problems.</p> <p>Explain the nursing management principles related to the care of pressure ulcers.</p> <p>Discuss the importance of obtaining adequate sleep and the sleep cycle.</p> <p>Describe normal changes in sleep occurring with aging.</p> <p>Identify potential causes of sleep disruption in older persons.</p>	Sleep and the Older Adult		
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		<p>List the risks and benefits of pharmacological and nonpharmacological interventions for sleep disturbance.</p> <p>Formulate appropriate nursing interventions to improve or restore sleep.</p>			
		<p>Explain normal changes of aging in the mouth and oral cavity</p> <p>Identify common diseases of older persons in the mouth and oral cavity.</p> <p>List common nursing diagnoses of older persons related to oral problems.</p> <p>Recognize nursing interventions that can be implemented to assist the aging patient with oral problems.</p> <p>Identify medications that may cause or aggravate oral problems.</p>	<p>The Mouth and Oral Cavity</p>		
		<p>Describe age-related changes that affect gastrointestinal function.</p> <p>Describe the impact of age-related changes of gastrointestinal function.</p> <p>Identify risk factors to health for the older person with gastrointestinal problems.</p> <p>Describe unique presentations of gastrointestinal problems in the older person.</p> <p>Define appropriate nursing interventions directed toward assisting the older adult with gastrointestinal problems to</p>	<p>Normal change in Gastrointestinal system</p>		

		<p>develop self-care abilities.</p> <p>Identify and implement appropriate nursing interventions to care for the older person with gastrointestinal problems.</p>			
4 st week	3hs	<p>Explain normal changes in the musculoskeletal system associated with aging.</p> <p>Identify risk factors for the older person related to common musculoskeletal problems.</p> <p>Apply nursing diagnoses of older persons related to common musculoskeletal problems.</p> <p>Compare the pharmacological management and nursing responsibilities related to the older person with common musculoskeletal problems, including osteoporosis, osteomalacia, Paget's disease, osteoarthritis, rheumatoid arthritis, gout, pseudogout, and hip fractures.</p> <p>Discuss the non pharmacological management of the older person with common musculoskeletal problems, including osteoporosis, osteomalacia, Paget's disease, osteoarthritis, rheumatoid arthritis, gout, pseudogout, and hip fractures.</p> <p>Implement the nursing management principles related to the nursing care of older patients with arthritis.</p>	The Musculoskeletal System	Lecture discussion	<p>Ask question</p> <p>Answer question</p> <p>Give feed back</p> <p>quizzes</p>

			Management Falls in Elderly		
5, week	3hs	Describe appropriate health promotion and disease prevention guidelines relating to the respiratory system. Discuss the nurse's role in caring for older persons with respiratory problems. Describe common diseases of the respiratory system. Identify the nursing assessment process and formulation of nursing diagnoses relating to the respiratory system.	The Respiratory System		Ask question Answer question Give feed back quiz
6 st week	3hs	Describe changes in the cardiovascular system that occur with aging. List focus areas of assessment for cardiovascular patients. Relate physiological concepts to the diagnosis and management of common cardiovascular conditions, including hypertension, angina, heart failure, and peripheral vascular disease. List common nursing diagnoses for the cardiovascular patient. Describe specific nursing interventions used with cardiovascular patients. Outline an education plan for cardiovascular patients.	The Cardiovascular System	Lecture discussion	Ask question Answer question Give feed back quizzes

7 st week	3hs	<p>Identify the effects of Aging on Urinary Elimination</p> <p>List the main terms related to urinary system problem</p> <p>Discuss the main topic of health promotion</p> <p>List the main type of Urinary Incontinence and causes</p> <p>Identify patients factors to Assess for Urinary Incontinence</p> <p>List the main health problem in urinary system</p>	Urinary Elimination	Lecture discussion	<p>Ask question</p> <p>Answer question</p> <p>Give feed back</p> <p>quizzes</p>
8 st week	3hs	<p>Describe age-related changes that affect endocrine function.</p> <p>Recognize the impact of age-related changes on endocrine function</p> <p>3. Identify physiological and psychosocial barriers to communication among</p> <p>Identify risk factors to health for the older person with an endocrine problem.</p> <p>Understand unique presentations of diabetes and thyroid problems in the older person.</p> <p>Apply appropriate nursing interventions directed toward helping older adults with endocrine problems develop self-care abilities.</p> <p>Identify and implement appropriate nursing interventions to care for the older person with endocrine problems.</p> <p>Describe the components of the neurological system.</p> <p>Describe progressive dementias.</p> <p>Discuss the stages of Alzheimer's disease and implications for nursing care.</p> <p>Discuss Parkinson disease in</p>	The Endocrine System	Lecture discussion	<p>Ask question</p> <p>Answer question</p> <p>Give feed back</p> <p>quizzes</p>

		<p>terms of diagnosis, treatment strategies, and nursing interventions.</p> <p>Define brain attack/stroke.</p> <p>Discuss brain attack/stroke in terms of high-risk older persons, treatment, and nursing implications.</p> <p>Discuss nursing interventions for seizures.</p> <p>Discuss the difference between epilepsy and seizures and nursing implications.</p>	The Neurologic System		
9 st week	3hs	<p>1. Discuss demographics related to aging and medication use.</p> <p>2. Identify the effect of aging on drug metabolism.</p> <p>3. Describe common drug-related problems in the elderly.</p> <p>4. List medications that may be inappropriate for older adults.</p> <p>5. Review the nurse's role in the older adult's adherence to a medication regimen.</p> <p>6. List the main medications used for three common conditions in the elderly population.</p>	Pharmacology and older adult	Lecture discussion	<p>Ask question</p> <p>Answer question</p> <p>Give feed back</p> <p>Quiz</p>

References:

Gerontological nursing third edition patrecia A tobloski 2014

Assessment Methods:

Methods	Grade	Date
2 Quiz	20%	
Mid term exam	30%	
Final	50%	