

REGISTERED NURSING PROGRAM
NURSING 84
MEDICAL SURGICAL/CARE OF THE OLDER ADULT

SYLLABUS

UNITS

4 (4 hours of theory)

PREREQUISITES:

Nursing 83 & 83L, Nursing 83A & 84AL, Nursing 83P & 83PL
Co-requisites: Nursing 84L and Nursing 84C

FOREWORD:

Medical/Surgical: Care of the Older Adult is designed to utilize the nursing process within the framework of Orem's model of self-care in relation to the gerontological client and the client with chronic self-care deficits. Emphasis is on the study of the older adult who is experiencing the normal process of aging as well as the older adult experiencing a health deviation.

The students will integrate basic conceptual principles in the natural and behavioral sciences. In addition, the student will be responsible for a high level of synthesis and analysis related to the client with fluctuating acuities. Critical thinking and problem solving will be employed and developed, considering Registered and Vocational Nurse scopes of practice.

COURSE OBJECTIVES:

1. Analyze the effects of demographic and social changes and scientific advances related to aging on nursing practice.

Theory Objectives

- 1.1 Relate statistics concerning the older population to trends in nursing practice.
- 1.2 Trace the development of gerontological nursing as a specialty.
- 1.3 Discuss the stereotypes of aging as reflected in the health professions and lay public.
- 1.4 Discuss the validity of the major theories of aging
- 1.5 Analyze the effect of the health care setting on nursing care of the older adult
- 1.6 Compare and contrast different attitudes toward aging with local ethnic and cultural groups.

2. Examine self-care deficits that occur as a normal part of aging.

Theory Objectives

- 2.1 Recognize physical and psychological changes in structure and function that occur as a result of normal aging and the differences that occur between cultures.
- 2.2 Analyze how role changes in the older person may affect self-concept and the differences that exist between genders and cultures.
- 2.3 Contrast the developmental tasks of selected age groups over age 65, using culture, socioeconomic status, religion, and gender as reference points.
- 2.4 Discuss sexuality of the older adult.

3. Examine physical, social and psychological issues in the promotion of self-care requisites among older adults.

Theory Objectives

- 3.1 Describe the effect of environment on the safety of the older adult.
- 3.2 Explain how chronic illness and rehabilitation each affect the self-care of older adults.
- 3.3 Examine the theory of remotivation and its use in nursing practice.
- 3.4 Compare health promotion strategies for care of the older adult, considering differences in cultural health care beliefs.

4. Design a care plan to promote self-care for an older adult experiencing a self-care deficit.

Theory Objectives

- 4.1 Discuss assessment data relative to selected health deviation.
- 4.2 Discuss the nursing care related to clients with self-care deficits.
- 4.3 Discuss the need for referral to community agencies to enhance self-care in the older adult.
- 4.4 Discuss evaluation criteria to determine effectiveness of nursing care plans.

5. Utilize the nursing process to provide care for older adult clients with selected health deviations.

Theory Objectives

- 5.1 Examine standard care plans applied to older adults utilizing the steps of the nursing process.

- 5.2 Formulate a care plan, using the nursing process for an older adult, taking into consideration the variables of:
 - 5.21 Physical status
 - 5.22 Psychosocial status
 - 5.23 Cultural beliefs
 - 5.23 Care settings
- 5.3 Discuss the role of the nurse in planning care for an older client undergoing diagnostic testing for chronic health deviations.

6. Employ nursing interventions designed to compensate for health deficits in foods, fluids, and mobility.

Theory Objectives

- 6.1 Discuss assessment problems and intervention for self-care deficits related to nutrition and fluid in older adults with emphasis on the supportive-educative system.
- 6.2 Relate important adaptations to meet nutrition and fluid self-care requisites of the older client living in the community with emphasis on supportive-educative role of the nurse, including cultural aspects and preferences of nutrition.
- 6.3 Describe community agencies that assist in meeting nutritional self-care requisites for the older adult.
- 6.4 Discuss the promotion of self-care in relation to the pharmacologic treatment of selected health deviations of elders.
- 6.5 Describe the nutritional self-care needs of the client experiencing a chronic self-care deficit.
- 6.6. Describe the nursing intervention appropriate for the older client with mobility self-care deficits with emphases on safety.

7. Expand communication skills and interaction with clients experiencing visual, auditory, and perceptual deficits.

Theory Objectives

- 7.1 Discuss problems, assessment, and communication interventions for clients with:
 - 7.11 Visual self-care deficits
 - 7.12 Auditory self-care deficits
 - 7.13 Perceptual self-care deficits.
- 7.2 Examine nursing care plans for the older adult with a visual, auditory, and/or perceptual self-care deficit.

8. Evaluate self-care deficits related to medication therapy in older adults.

Theory Objectives

- 8.1 Discuss alterations in medication therapy as it relates to the older adult.
- 8.2 Discuss drug abuse as it affects the older adult.

9. Examine the role of the nurse in relation to legal and ethical issues of the older adult.

Theory Objectives

- 9.1 Analyze legal issues related to the older adult.

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- 9.2 Debate ethical issues related to the older adult, including differences among cultural mores, socioeconomic constraints, gender issues, and religious beliefs.

10. Formulate teaching plans with the older adult.

Theory Objectives

- 10.1 Analyze learning patterns and short term memory issues of the older adult.
 - 10.2 Discuss strategies for implementation of the teaching plan focusing on level of comprehension, cultural reference group, language used, ability to read, mental status, and medical condition.
 - 10.3 Discuss evaluation criteria to determine effectiveness of teaching in keeping with level of comprehension, cultural reference group, language used, ability to read, mental status, and medical condition.
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THEORY TOPICAL OUTLINE:

WEEK 1

Theory/discussion:

1. Orem's self-care model related to gerontological nursing
 - 1.1 Universal self-care requisites related to age-related changes (overview) (T2.1, 4.2)
 - 1.11 Air
 - 1.12 Water
 - 1.13 Food
 - 1.14 Elimination
 - 1.15 Activity and rest
 - 1.16 Solitude and social integration
 - 1.17 Prevention of hazards
 - 1.18 Normalcy
 - 1.2 Developmental self-care requisites related to aging (T2.3)
 - 1.21 Developmental tasks
 - 1.22 Role changes (T2.2)
 - 1.23 Losses
 - 1.24 Changes in living environment
 - 1.25 Chronic health deviations/disability (T3.2)
 - 1.26 Environmental hazards (T3.1)
 - 1.27 Sexuality (T2.4)
2. Statistical information related to aging (T1.1)
 - 2.1 Demographics of aging
 - 2.2 Patterns of health and disease
 - 2.3 Impact of chronic disease
3. Comparison of gerontological nursing in acute, subacute, and long-term care settings
 - 3.1 Profile of elder in varying settings
 - 3.2 Interdisciplinary concepts in care of the elderly (T9.1)
 - 3.3 Discharge planning and continuity of care

WEEK 2

Theory/discussion:

1. Factors related to aging which have an impact upon nursing practice
 - 1.1 Assessment review with emphasis on alterations necessary for the older adult
 - 1.11 Assessment of the frail elderly
 - 1.12 Atypical presentation of disease
 - 1.13 Assessment tools
 - 1.14 Alterations in laboratory values with aging

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- 1.2 Societal and cultural influences
 - 1.21 Values
 - 1.22 Technology
- 1.3 Gerontological nursing (T1.2)
 - 1.31 Development as a specialty
 - 1.32 Changes in the health care system
 - 1.33 Role of the nurse
 - 1.34 Competencies
 - 1.35 Health care setting
- 1.4 Stereotype of aging (T1.3)
 - 1.41 Society
 - 1.42 Health professions
- 1.5 Major theories of aging (T1.4)
 - 1.51 Biological Theories
 - 1.52 Psychosocial Theories
 - 1.53 Contribution to nursing care
- 1.6 Cultural attitudes toward aging (T1.6)
 - 1.61 Asian culture
 - 1.62 Hispanic culture
 - 1.63 African-American culture
 - 1.64 Native American culture
 - 1.65 Jewish American culture

WEEK 3

Theory/discussion:

- 1. Legal/ethical challenges in the care of the elder (T7.1)
 - 1.1 Ethical principles (T7.2)
 - 1.2 Physical and psychological abuse
 - 1.21 Assessment for elder abuse
 - 1.22 Role of the nurse
 - 1.23 Legal guidelines for reporting (T7.1)
 - 1.231 In LTC facility
 - 1.232 Elsewhere
 - 1.3 Euthanasia
 - 1.31 Active
 - 1.32 Passive
 - 1.33 Arguments for and against
 - 1.4 Institutionalized clients
 - 1.41 Infringements on right to self-determination
 - 1.42 Patient's Bill of Rights
 - 1.43 Nursing Home Patient's Bill of Rights

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- 1.5 "No Code" (do not resuscitate)
 - 1.51 Ordinary means
 - 1.52 Extraordinary means
- 1.6 Drug abuse and misuse
 - 1.61 Forms of misuse
 - 1.62 Contributing factors
 - 1.63 Drug abuse(T6.2)
- 2. Factors related to aging which have an impact upon nursing practice
 - 2.1 Drugs therapy related to the elderly (T6.1)
 - 2.2 Alteration necessitated by aging
 - 2.3 Polypharmacy

WEEK 4

Theory/discussion:

- 1. Universal self-care requisites related to age-related changes: AIR
 - 1.1 Age-related changes of the lung
 - 1.2 Discussion of health deviation: COPD
 - 1.3 Nursing process with aging considerations
 - 1.31 Assessment variations with aging (T4.2)
 - 1.311 Atypical disease presentation
 - 1.32 Nursing diagnoses
 - 1.33 Care planning for elders with oxygenation health deviations (T4.1, T8.1)
 - 1.34 Implementation (T4.3)
 - 1.341 Supportive-educative role of the nurse (T8.2)
 - 1.342 Health promotion (T3.4)
 - 1.343 Pharmacologic self-care considerations (T6.3)
 - 1.344 Community resources (T4.5)
 - 1.345 Referral
 - 1.35 Evaluation (T4.6, T8.3)
 - 1.36 Modification (T4.7)

2. EXAMINATION

WEEK 5

Theory/discussion:

- 1. Universal self-care requisites related to age-related changes: WATER
 - 1.1 Age-related changes of the heart and circulatory system

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- 1.2 Discussion of health deviations: CHF, Hodgkin's disease, Non-Hodgkin's disease
- 1.3 Nursing process with aging considerations
 - 1.31 Assessment variations with aging (T4.2)
 - 1.311 Atypical disease presentation
 - 1.32 Nursing diagnoses
 - 1.33 Care planning for elders with cardiovascular health deviations(T4.1, T8.1)
 - 1.34 Implementation (T4.3)
 - 1.341 Supportive-educative role of the nurse (T8.2)
 - 1.342 Health promotion (T3.4)
 - 1.343 Pharmacologic self-care considerations (T6.3)
 - 1.344 Community resources (T4.5)
 - 1.345 Referral
 - 1.35 Evaluation (T4.6, T8.3)
 - 1.36 Modification (T4.7)

WEEK 6

Theory/discussion:

- 1. Universal self-care requisites related to age-related changes: FOOD
 - 1.1 Age-related changes of the gastrointestinal tract
 - 1.2 Nutritional self-care requisites with aging (T3.5, T4.4)
 - 1.3 Discussion of health deviations: hiatal hernia, gastroesophageal reflex disease
 - 1.4 Nursing process with aging considerations
 - 1.41 Assessment variations with aging (T4.2)
 - 1.411 Atypical disease presentation
 - 1.42 Nursing diagnoses
 - 1.43 Care planning for elders with nutritional health deviations (T4.1, T8.1)
 - 1.44 Implementation (T4.3)
 - 1.441 Supportive-educative role of the nurse (T8.2)
 - 1.442 Health promotion (T3.4)
 - 1.443 Pharmacologic self-care considerations (T6.3)
 - 1.444 Community resources (T4.5)
 - 1.445 Referral
 - 1.45 Evaluation (T4.6, T8.3)
 - 1.46 Modification (T4.7)
- 2. Universal self-care requisites related to abnormal cell growth
 - 2.1 Discussion of health deviations: breast cancer, Hodgkins/Nonhodgkins disease
 - 2.4 Nursing process with aging considerations
 - 2.41 Assessment variations with aging (T4.2)
 - 2.411 Atypical disease presentation
 - 2.42 Nursing diagnoses
 - 2.43 Care planning for elders with cancerous health deviations (T4.1, T8.1)
 - 2.44 Implementation (T4.3)
 - 2.441 Supportive-educative role of the nurse (T8.2)
 - 2.442 Health promotion (T3.4)
 - 2.443 Pharmacologic self-care considerations (T6.3)
 - 2.444 Community resources (T4.5)
 - 2.445 Referral

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- 2.45 Evaluation (T4.6, T8.3)
- 2.46 Modification (T4.7)

WEEK 7

Theory/discussion:

- 1. Universal self-care requisites related to age-related changes: ELIMINATION
 - 1.1 Age-related changes of the gastrointestinal and genitourinary tracts
 - 1.2 Discussion of health deviations: BPH, prostate cancer
 - 1.3 Nursing process with aging considerations
 - 1.31 Assessment variations with aging (T4.2)
 - 1.311 Atypical disease presentation
 - 1.32 Nursing diagnoses
 - 1.33 Care planning for elders with elimination health deviations (T4.1, T8.1)
 - 1.34 Implementation (T4.3)
 - 1.341 Supportive-educative role of the nurse (T8.2)
 - 1.342 Health promotion (T3.4)
 - 1.343 Pharmacologic self-care considerations (T6.3)
 - 1.344 Community resources (T4.5)
 - 1.345 Referral
 - 1.35 Evaluation (T4.6, T8.3)
 - 1.36 Modification (T4.7)

WEEK 8

Theory/discussion:

- 1. Universal self-care requisites related to age-related changes: ACTIVITY AND REST
 - 1.1 Age-related changes of the muscles and bones
 - 1.2 Sleep self-care requisites with aging
 - 1.3 Discussion of health deviations: fractures, Parkinson's disease
 - 1.4 Nursing process with aging considerations
 - 1.41 Assessment variations with aging (T4.2)
 - 1.42 Nursing diagnoses
 - 1.43 Care planning for elders with activity and rest health deviations (T4.1, T8.1)
 - 1.44 Implementation (T4.3)
 - 1.441 Supportive-educative role of the nurse (T8.2)
 - 1.442 Health promotion (T3.4)
 - 1.443 Pharmacologic self-care considerations (T6.3)
 - 1.444 Community resources (T4.5)
 - 1.445 Referral
 - 1.45 Evaluation (T4.6, T8.3)
 - 1.46 Modification (T4.7)

2. EXAMINATION

WEEK 9

Theory/discussion:

1. Universal self-care requisites related to age-related changes: SOLITUDE AND SOCIAL INTEGRATION
 - 1.1 Age-related changes of the special senses
 - 1.2 Discussion of visual and auditory health deviations: presbycusis, cataracts, glaucoma, macular degeneration, retinal detachment
 - 1.3 Nursing process with aging considerations
 - 1.31 Assessment variations with aging (T4.2)
 - 1.311 Atypical disease presentation
 - 1.32 Nursing diagnoses
 - 1.33 Care planning for elders with visual and auditory health deviations (T4.1, T8.1)
 - 1.34 Implementation (T4.3)
 - 1.341 Supportive-educative role of the nurse (T8.2)
 - 1.342 Health promotion (T3.4)
 - 1.343 Pharmacologic self-care considerations (T6.3)
 - 1.344 Community resources (T4.5)
 - 1.345 Referral
 - 1.35 Evaluation (T4.6, T8.3)
 - 1.36 Modification (T4.7, T5.2)

WEEK 10

Theory/discussion:

1. Universal self-care requisites related to age-related changes: PREVENTION OF HAZARDS
 - 1.1 Age-related changes of the brain
 - 1.2 Age-related alterations in thermoregulation
 - 1.3 Age-related changes of the skin
 - 1.4 Discussion of health deviations: Alzheimer's disease, dementia, pressure ulcers
 - 1.5 Nursing process with aging considerations
 - 1.51 Assessment variations with aging (T4.2)
 - 1.52 Nursing diagnoses
 - 1.53 Care planning for elders with safety health deviations (T4.1, T8.1)
 - 1.54 Implementation (T4.3)
 - 1.541 Supportive-educative role of the nurse (T8.2)

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- 1.542 Health promotion (T3.4)
- 1.543 Pharmacologic self-care considerations (T6.3)
- 1.544 Community resources (T4.5)
- 1.545 Referral
- 1.55 Evaluation (T4.6, T8.3)
- 1.56 Modification (T4.7)

WEEK 11

Theory/discussion:

1. Universal self-care requisites related to age-related changes: NORMALCY
 - 1.1 Environmental influences on health of the elderly (T1.5)
 - 1.11 Social interaction
 - 1.12 Interpersonal interaction
 - 1.13 Environmental change
 - 1.2 Psychological status
 - 1.21 Remotivation therapy (T3.3)
 - 1.22 Safety
 - 1.3 Social issues
 - 1.31 Isolation
 - 1.32 Interaction
 - 1.4 Environment (T1.5)
 - 1.41 Independent living
 - 1.42 Extended facility care
 - 1.43 Residential-home care
 - 1.5 Referral to community resources (T2.5, T4.5)
 - 1.51 Nutritional services
 - 1.52 Social services
 - 1.53 Health care services

WEEK 12

FINAL EXAMINATION

REFERENCES:

- A. Ebersole and Hess, Toward Healthy Aging: Human Needs and Nursing Response, 6th (or current) edition, Mosby, 2004
- B. Lewis, Heitkemper, Dirksen, Medical Surgical Nursing Assessment and Management of Clinical Problems, 6th (or current) edition, Mosby, 2004
- C. Potter and Perry, Basic Nursing, A Critical Thinking Approach, 4th (or current) edition, Mosby, 1999
- D. Morris, D., Calculate with Confidence, 3rd (or current) edition, St. Louis, Mosby.
- E. Ackley and Ladwig, Nursing Diagnosis Handbook, A Guide to Planning Care, 6th (or current) edition, Mosby, 2004
- F. Lipson, Dibble, & Minarik, Culture and Nursing Care, 3rd (or current) edition, University of California Nurse Press, San Francisco, 1998
- G. A current drug reference handbook or a packet of drug cards (purchase before medication experience)
- H. A medical or medical/nursing dictionary
- I. Course syllabus
- J. De Anza College, Department of Nursing, Student Handbook, current online edition

TESTS/GRADING AND OTHER COURSE REQUIREMENTS:

UNANNOUNCED ('POP") THEORY QUIZZES
TWO, 50 POINT INTERIM EXAMINATIONS
ONE, 100 POINT FINAL EXAMINATION (COMPREHENSIVE)
AVERAGE OF 70% MUST BE ATTAINED ON EXAMINATIONS AND QUIZZES TO PASS
THE COURSE
ONE THREE-PAGE WRITTEN PAPER ON ETHICAL DECISION MAKING