

N 84 Reading/Prep List

→ Readings/prep need to be completed prior to that week's class session!

Required texts:

Touhy, T & Jett, K. (2011). Ebersole and Hess' *Toward Healthy Aging* (8th ed.). Mosby: St. Louis.

Lewis, et al. (2011). *Medical-Surgical Nursing* (7th ed.). Mosby: St. Louis.

Note: some readings are “review as needed” only – read it if you need it!

Articles (required reading): Can be found in the N84 binder in Resource Room.

Recommended text: Any pathophysiology text

Videos (required viewing): available in Resource Room

AJN Web Videos: Are optional but HIGHLY recommended, and are provided for students who learn best by auditory and/or visual experiences, and/or by less formally written articles. Each video has a companion article that can be read to enhance the material. Videos and accompanying articles are used with permission from AJN. The site for all videos and articles is:

www.nursingcenter.com/AJNolderadults

Click “How to Try This” and scroll down for the list of videos and articles

If you are asked for your “email ID,” enter your email address. If you are sent to a survey page, go back a page to proceed.

To access a written article, ignore the CE prices, etc. and click “Printer Friendly Version” or “PDF Version.” These are FREE!

MedlinePlus Web Tutorials: Are optional and are provided for students who learn best by auditory and/or kinesthetic experiences. These tutorials are used with permission from the Patient Education Institute. The URL for all MedlinePlus Tutorials is:

<http://www.nlm.nih.gov/medlineplus/tutorials/>

Some good nursing newsletters (for reference only, not required):

- * Medscape Nursing: medscape.com
- * Nursing Insider from the ANA: nursingworld.org
- * NursingWorld: nursingworld.com
- * Nursing 2011 eNews: nursing2011.com
- * RNeNews: RNWeb.com

Some other good sites (for reference only, not required):

- *ConsultGeriRN.org
- *Geriatricnursing.org
- *Harfordign.org/
- *nurseweb.ucsf.edu/www/hcgne.htm

WEEK-BY-WEEK READING/PREPARATION:

KEY:

T = Touhy, et al. (Toward Healthy Aging, 8th ed)

L = Lewis, et al. (Med-Surg text, 8th ed)

Week 1 Framework, factors related to aging, age-related changes

T Ch. 1, pages 1-17

T Ch. 4, pages 44-60

T Ch. 2, pages 21-30

T Ch. 21, pages 409-423

Video: New Images of Aging (Resource Room)

Week 2 Assessment, culture, theories of aging

T Ch. 3, pages 33-40

T Ch. 5, pages 62-78

T Ch. 6, pages 82-83 (ageism)

T Ch. 7, pages 107-115

T Ch. 8, 118-130

L Ch. 5, pages 62-68

Video: Assessment of the Frail Elder (Resource Room)

AJN videos: SPICES, mini-cog, Lawton Daily Living Scale, Katz Index of Independence, Hospital Admission Risk Profile, Assessing Family Preference for Participation in Care, Short Michigan Alcohol Screening Instrument, Brief Evaluation of Executive Dysfunction, Communication Difficulties

Week 3 Pharmacology, legal/ethical challenges in the care of the elderly

T Ch. 9, pages 132-145

T Ch. 13, pages 225-237

T Ch. 10, pages 148-159

T Ch. 20, pages 391-407

Articles: RN, Aug. 1998: *Look for signs of abuse (48-51) & Elder abuse: what the law requires (52-53)* (in skills lab/Resource Room)

Videos: A Silent Cry; Medication Use By the Elderly. (Resource Room)

AJN videos: Elder Mistreatment Assessment, Horowitz Impact of Even Scale, Beers Criteria for Potentially Inappropriate Med Use

Week 4 Age-related changes and health deviations related to AIR and FOOD

T Ch. 15, pages 288-282 (COPD) AND pages 286-288 (GI)

T Ch. 14, pages 240-262

T Ch.4, pages 50-52 (Resp.) AND pages 53-54 (GI) (review)

L Ch. 29, pages 610-631

L Ch. 26 (review as needed)

L Ch. 42, pages 971-977

L Ch. 39 (review as needed)

Article: Mays, D. *Turn ABG's into child's play.* RN, 1/95 (Resource Rm).

MedlinePlus: COPD, Bronchoscopy, GERD, Upper GI Endoscopy, Weight Managment, Asthma, Colonoscopy, Barium Enema, Smoking

AJN videos: Assessing Nutrition, Preventing Aspiration

Week 5 Age-related changes and health deviations related to WATER and abnormal cell: Lymphoma

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|---|-------------------------------|---|--------------------------------------|
| L | Ch. 34, pages 760-777 | T | Ch. 4, pages 49-50 (review) |
| L | Ch. 35, pages 797-815 | T | Ch. 15, pages 268-276 |
| T | Ch. 8, pages 126-129 (review) | T | Ch. 12, pages 286-288 (GI disorders) |
| L | Ch. 31, pages 699-703 | L | Ch. 32 (review as needed) |

MedlinePlus: CHF, Atrial Fibrillation, Arrhythmias, Echocardiogram, CABG, Angina, Heart Attack, Pacemakers, Hypertension, Managing Cholesterol, Warfarin Heart Valve Replacement

Week 6 Age-related changes and health deviations related to abnormal cell: Breast Cancer

- L Ch. 52, pages 1306-1324

MedlinePlus: Breast Cancer, Breast Biopsy, Mammogram

Week 7 Age-related changes and health deviations related to ELIMINATION

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|---|------------------------------------|---|---------------------------|
| L | Ch. 55, pages 1377-1393 | T | Ch. 4, page 52 (review) |
| T | Ch. 8, pages 125, 127-128 (review) | T | Ch. 11, pages 164-179 |
| T | Ch. 15, 298 (Urol Disorders) | L | Ch. 45 (review as needed) |

MedlinePlus: Prostate Cancer, TURP, Cystoscopy, Low Testosterone

AJN videos: Transient Urinary Incontinence

Week 8 Age-related changes and health deviations related to ACTIVITY & REST

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| T | Ch. 12, pages 200-207 | T | Ch. 4, pages 48-49 (review) |
| T | Ch. 15, pages 279-281, 292-298 | T | Ch. 17, pages 323-336 |
| T | Ch. 11 page 179-183 (sleep), 193-195 (feet) | | |
| L | Ch. 63, pages 1590-1608 | L | Ch. 9, pages 112-120, 122-123 |
| L | Ch. 62 (review as needed) | L | Ch. 59, pages 1506-1510 |

MedlinePlus: Fractures & Sprains, Hip replacement, Bone Densitometry, Arthritis, Osteoarthritis, Rheumatoid Arthritis, Osteoporosis, Muscles, Parkinson's Disease, Pallidotomy, Exercising for a Healthy Life, Sleep Disorders

AJN videos: Pittsburg Sleep Quality Index

Week 9 Age-related changes and health deviations related to SOLITUDE AND SOCIAL INTEGRATION and PREVENTION OF HAZARDS

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|---|--------------------------------|---|-----------------------------|
| T | Ch. 6, pages 83-98 | T | Ch. 4, pages 54-58 (review) |
| T | Ch. 12, pages 207-219, 223 | L | Ch. 21 (review as needed) |
| L | Ch. 22, pages 412-415, 416-422 | | |

MedlinePlus: Cataracts, Glaucoma, Macular Degeneration, Retinal Tear/Detachment, Flashes and Floaters, Hearing Loss, Tinnitus

(Wk 9 cont. on next pg)

Week 9, cont.

AJN videos: Hendrich II Fall Risk, Avoiding Restraints, Pain Assessment in Older Adults, Communication Difficulties

Week 10 Age-related changes and health deviations related to PREVENTION OF HAZARDS

T	Ch. 19, pages 365-386	T	Ch. 18, pages 338-360
T	Ch. 4, pages 44-47, 184-193 (review)	T	Ch. 6, 96-101
T	Ch. 7, pages 111-114 (review)	L	Ch 13, pages 199-203
L	Ch. 23 (review as needed)	L	Ch. 60, pages 1518-1535

MedlinePlus: PTSD, Psoriasis, Skin Cancer, Shingles

AJN videos: Braden Scale, Delirium, Dementia, GDS (geriatric depression scale), Mini-Cog, Communication Difficulties in Dementia, Pain Assessment in Dementia, Eating & Feeding in Dementia, Wandering, Short Michigan Alcohol Screening Instrument, Brief Evaluation of Executive Dysfunction, Working with Families of Hospitalized Older Adults with Dementia

Week 11 Age-related changes and health deviations related to NORMALCY

T	Ch. 23, pages 444-461	T	Ch. 24, pages 463-479
T	Ch. 22, pages 425-441	T	Ch. 13, pages 231-236
T	Ch. 16, pages 305-320	T	Ch. 20, pages 391-398 (review)
L	Ch. 11, pages 153-165		

AJN videos: Modified Caregiver Strain Index, Assessing Family Preferences for Participation in Care, Older Adult Sexuality