

**FLORIDA INTERNATIONAL UNIVERSITY
SCHOOL OF NURSING**

Course Number/Name: NUR 4990 Nursing Care of Older Adults

Credit/Clock Hours: 3 credits; 2 hours, 40 minutes

Placement: Senior Year

Faculty: Kathleen Blais Ed.D., RN
Associate Professor

Course Description:

Discussion of issues and trends in care of older adults. The nursing process is applied in assisting older adults with adaptation to physiological, psychosocial, and developmental stressors. Pre-requisites: NUR 3259, NUR 3259L, NUR 3535, NUR 3535L.

Course Objectives:

Upon completion of the course, the learner will be able to:

1. Analyze demographic trends related to older adults and their impact on health care.
2. Discuss common attitudes and stereotypes about aging.
3. Analyze theories of aging as they influence the health of older adults.
4. Discuss physiologic changes associated with the aging process.
5. Assess the physiological, psychosocial, developmental, cultural, and spiritual dimensions of the older adult.
6. Apply the nursing process in the care of the older adult with actual or potential physiological and/or psychosocial stressors.
7. Discuss the impact of care of the older adult on family functioning.
8. Use research findings to formulate nursing approaches to and decisions about potential and actual physiological and psychosocial stressors that affect the older adult.
9. Collaborate with clients and other health professionals in the care of older adults.
10. Discuss political, legislative, and policy issues affecting the health of older adults.
11. Identify community and national resources that provide services for older adults.

Course Outline:

- I. Issues and Trends in Care of Older Adults
 - a. demographic trends
 - b. attitudes and stereotypes
- II. Theories of Aging
- III. Assessing Psychosocial Dimensions of the Older Adult
 - a. Cultural assessment
 - b. Spiritual assessment
 - c. Environmental assessment
 - d. Assessment of familial/care networks
- IV. Physiologic Changes of Aging

- V. Assessing Physiologic Function of Older Adults
 - a. physical assessment
 - b. functional assessment
 - c. nutritional assessment
 - d. sleep/rest/pain assessment
- VI. Cognitive/ Mental Health Assessment
 - a. memory impairment
- VII. Assessment of Medicinal Substance Use
 - a. assessment for substance abuse
- VIII. Care of Older Adults with Common Health Alterations
 - a. integumentary alterations
 - b. cardiovascular alterations
 - c. respiratory alterations
 - d. gastrointestinal alterations
 - e. urinary and reproductive alterations
 - f. hematological alterations
 - g. musculoskeletal alterations
 - h. metabolic and endocrine alterations
 - i. immunological alterations
 - j. neurological alterations
- IX. Political, Legislative, and Policy Issues Affecting the Health of Older Adults
 - a. health care delivery systems
 - b. federal regulations
 - c. reimbursement mechanisms
 - d. resource allocation
 - e. advocacy and ethics
- X. Resources for Care of Older Adults

Teaching Strategies:

Lecture, discussion, media, case studies, written assignments, guest lecturers, field trips.

Evaluation Methods:

Exams, written papers, presentations, participation

Required Texts:

ANA. (2001). *Scope and standards of gerontological nursing practice, 2nd ed.* Washington, DC: American Nurses Association.

Ebersole, P. Hess, P., and Luggen, A. (2004) *Toward healthy aging, 6th ed.* St. Louis, MO: Elsevier.

Luggen, A.S. & Meiner, S.E. (2001). *NGNA: Core curriculum for gerontological nursing.* St. Louis: Mosby.