

**TUSKEGEE UNIVERSITY  
COLLEGE OF VETERINARY MEDICINE, NURSING, & ALLIED HEALTH  
SCHOOL OF NURSING AND ALLIED HEALTH**

**DEPARTMENT OF NURSING**

**COURSE SYLLABUS**

**COURSE TITLE:** HOLISTIC APPROACH TO PROMOTION OF  
SUCCESSFUL AGING AND RISK REDUCTION

**COURSE NUMBER:** N315

**COURSE CREDIT:** 3-Semester Hours

**PLACEMENT:** Junior/Senior Year

**FACULTY:** Martha R. Crowther, PhD. MPH  
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**COURSE DESCRIPTION:** This overview of aging course will focus on identifying patterns of successful aging, maintenance of productive, functional lifestyle and risk reduction strategies.

## **COURSE OBJECTIVES:**

Upon completion of N315, the student will be able to:

1. Synthesize and relate concepts and theories from the social and natural sciences, and the humanities which support successful aging.
2. Delineate cultural differences that may affect aging and the health status of the at risk elderly.
3. Relate published health information in lay and professional literature to the basic health problems of the at risk elder.
4. Identify biases, myths, and attitudes that affect older adults.
5. Identify local, regional and national and utilizes resources to assist the at risk elder.
6. Demonstrate commitment to personal and professional growth through accountability for one's own learning.
7. Discuss the role and contributions of multiple disciplines in meeting the health needs of the at risk elder.
8. Describe the biological and psychosocial theories of aging.
9. Discuss common health related factors and issues affecting the at risk elder.

## **METHOD OF EVALUATION:**

Grading criteria for N315 is as follows: -- **(Pass/Fall)**

Successful performance on specified quizzes and activities as well as class attendance and participation will constitute passing. An evaluation addendum is a part of this evaluation. (To be provided by responsible faculty at the beginning of course).

## **TOPICAL OUTLINE**

- I. Overview of aging, theories, myths and demographics of aging
- II. Multicultural aspects of aging
- III. Physiological consideration and implications for the at risk elderly
- IV. Psychological considerations and implications for the at risk elderly
- V. Sociological considerations and implications for the at risk elderly
- VI. Developmental tasks and spiritual components of aging
- VII. Support Systems and their impact on at risk elderly
- VIII. Medical, Financial, and Legal implications for the at risk elderly
- IX. Social aspects of aging and social policies affecting the elderly
- X. Successful aging

| <b><i>Date</i></b>        | <b><i>Lecture Topic</i></b>   | <b><i>Assignment</i></b>  |
|---------------------------|---|---|
| <b>September 23, 2004</b> | <b>Unit I: Overview of aging theories, myths and demographics of aging<br/><br/>Unit II: Multicultural aspects of aging</b> |   |
| <b>October 7, 2004</b>    |   | <b>Answer discussion questions for Case of Mrs. H or Mrs. W</b>   |
| <b>October 14, 2004</b>   |   | <b>Interview an older adult to determine how culture influences his or her practices, spirituality and developmental tasks and life experiences.</b>  |
| <b>October 21, 2004</b>   |   | <b>Write a 5 page paper (double spaced)<br/>Select at least one fact from the interview and relate it to your own development and aging.</b>  |
| <b>October 28, 2004</b>   |   | <b>1. Answer discussion questions in Appendix B: Dementia In An Oklahoma Choctaw Woman (note: Appendix B is the 3<sup>rd</sup> to the last page in the Native American section)<br/><br/>2. Answer the following question:<br/>Name 3 methods for discussing end of life issues with Hispanic/Latino elderly.</b> |

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|---------------------------------|--|--|
| <p><b>November 4, 2004</b></p>  | <p><b>Unit III: Physiological consideration and implications for the at risk elderly</b></p> <p><b>Unit IV: Psychological consideration and implications for the at risk elderly</b></p> <p><b>Unit V: Considerations and implications for the at risk elderly</b></p> |  |
| <p><b>November 11, 2004</b></p> |  | <p><b>Compare and contrast two issues related to aging for current baby boomers and your generation.</b></p>                           |
| <p><b>November 18, 2004</b></p> | <p><b>Unit VI: Developmental tasks and spiritual components of aging</b></p> <p><b>Unit VII: Support Systems and their impact on at risk elderly</b></p> <p><b>Unit VIII: Medical, Financial, and Legal implications for the at risk elderly</b></p>                   |  |
| <p><b>November 25, 2004</b></p> | <p><i>Holiday</i></p>  |  |
| <p><b>December 2, 2004</b></p>  | <p><b>Unit IX: Societal aspects of aging and social policies affecting the elderly</b></p> <p><b>Unit X: Successful aging</b></p>  |  |
| <p><b>December 9, 2004</b></p>  | <p><i>Final Exam</i></p>   | <p><b>Write a 2 page paper about benefit options to consider on first job and relationship to your preparation for retirement.</b></p> |

