

**UNIVERSITY OF MISSOURI-COLUMBIA  
SINCLAIR SCHOOL OF NURSING**

**N 3780 Gerontological Nursing Care  
Course Syllabus: Fall, 2005**

**COURSE NUMBER:** N 3780  
**COURSE TITLE:** Gerontological Nursing Care  
**CREDIT HOURS:** 3

**FACULTY:**

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**DESCRIPTION:**

Emphasis on normal aging processes, health promotion, disease prevention, and management of acute and chronic health problems in the older adult. Prerequisite: N155. 3 credit hours.

**RATIONALE:**

This 3 semester credit hours (2 didactic, 1 clinical) is designed to prepare future nurses with a solid knowledge base of geriatric nursing principles. Older adults constitute a growing proportion of people receiving nursing care in the United States. The student will utilize the nursing process to assist older adults with physical and psychosocial problems in meeting their self-care needs. Content on special needs of the older adult is included. Emphasis is placed on chronic health problems exacerbated by the normal changes of aging and the increased risk of

illness associated with old age. Interdisciplinary team exposure is an integral component of the course to assist older adults with complex health needs. Geriatric nursing threads begun in life-span, nutrition, pathophysiology, and pharmacology courses are reinforced and expanded. The clinical component will provide learning in community and institutional settings serving older adults: home care, assisted living, retirement communities, and long-term care settings.

**COURSE OBJECTIVES:** Upon completion of this course, the student will have demonstrated ability to:

1. Assess functional and cognitive status, noting specific assessment parameters common to older adults using standardized assessment instruments.
2. Assess, compare, and contrast the living environments of older adults to analyze the effectiveness of community resources available for older adults.
3. Design nursing systems based on standardized assessments to identify problem conditions and direct care for older adults.
4. Demonstrate appropriate communication skills with older adults.
5. Demonstrate appropriate nursing interventions when caring for the older adult.
6. Participate with interdisciplinary team members to assess and manage care for older adults.
7. Discuss ethical and legal principles that underpin the complex issues arising in care of older adults.
8. Discuss evidence-based examples of nursing interventions for older adults.
9. Analyze attitudes, cultural, social, physical, emotional, and economical factors impacting the care of older adults.

**TEACHING METHODS:**

Classroom lectures, videotapes, guest speakers, in-class participative exercises, clinical seminars and conferences, clinical practicum experiences. Special readings will be assigned for some classes at the discretion of guest speakers.

**CONTENT OF COURSE:** See the schedule of classes included in this syllabus

**REQUIRED TEXTBOOK:**

Ebersole, P., Hess, P., Touhy, T., & Jett, K. (2005) *Gerontological Nursing and Health Aging* (2<sup>nd</sup> ed). St. Louis: Mosby.

**GRADING SCALE:**

The scale for converting percentage grades to letter grades is in the Undergraduate Student Handbook. Access the handbook online at <http://www.muhealth.org/~nursing/docs/bsn.htm>.

## ASSIGNMENTS:

The final grade for this course will be based on the assignments listed in the following table.

For the clinical component of the course (30% of the final grade), students are required to attend all clinical experiences. However, if a student misses an assigned clinical experience (for any reason), the student will be assigned a written assignment related to the learning goals for that clinical experience.

To receive full points for the various clinical experiences, students must complete the assignments linked to those experiences to the satisfaction of the clinical instructor. The assignments are graded. Detailed information about the clinical experiences and the assignments will be provided at orientation.

Brief Description of Assignments		
Assignments	Percent of Final Grade	Comments
Orientation  <b>mandatory</b>	--	Orientation to the clinical experiences is scheduled for 0800-1500 on the first day of each 7 week clinical block. Detailed information on the clinical experiences and assignments will be provided at orientation.
Home Care Agency Assignment	10%	Two field experiences accompanying a Senior Care staff nurse on rounds (2 mornings, 0800-1200).
Institutional Long-Term Care Assignment	15%	3 clinical days (0800-1500) at a nursing home.
Approaches to the Care of Older Adults with Alzheimer's Disease	5%	A succession of field experiences exploring this progressive condition and its impact on older adults and families (approximately 8 hours)
Independent Retirement Living Assignment	5%	A field experience at a retirement community (approximately 3 hours)
Clinical Case/Clinical Issue Analyses	35%	Short written assignments (7) exploring clinical cases and issues. They are linked to classroom content. More information about the analyses follows this table.
Final Examination	30%	The take home/open book/open notes final examination will be distributed in class on December 9. It is due December 13 by 12:00 noon. More information about the final exam follows this table.

## **Home Care Agency Assignment**

The clinical site for the home health assignment is Senior Care (Sinclair School of Nursing's home health agency). The Senior Care offices are located on the second floor of Ellis Fischel Hospital (Suite 2014).

- Students will accompany Senior Care staff on home visits to their usual clients on 2 mornings (0800-1200).
- Wear street clothes and bring your student ID and paper for notes.
- Observe during the visits, interact with the clients, and assist the Senior Care nurse.
- Take notes related to each visit and use these notes to prepare a "process note" about each morning's home visits. Each student writes an independent process note detailing his/her own thoughts and impressions.
- Instructions and outline for process notes:
  - Type each morning's process note separately
  - Use the standard format (1 inch margins, 12 point font), but single-space.
  - Outline
    - Date of visit
    - General description of the Senior Care nurse's activities. (Example: This morning CJ visited 3 clients. One of the clients (RK) was a new admission. A fourth client visit was planned but not made because the client was not at home.)
    - Describe each client visited including ...
      - The client
      - The reason(s) the client receives Senior Care services
      - The type of services Senior Care provides
      - The client's support systems
      - The client's home environment
      - Tentative nursing diagnoses (minimum of 3 per client)

## **Institutional Long-Term Care Assignment**

The clinical sites for the institutional long-term care assignment are The Bluffs, a skilled nursing facility located in southeast Columbia on Bluff Creek Drive (near the intersection of Highway 63 and Route AC) and Lenoir Woods, retirement community with a skilled nursing facility located a short distance east of the intersection of Highway 63 and Route AC on New Haven Road.

Each student will be at one of the skilled nursing facilities for three days (0800-1500) and have an assigned resident to interview and assess. In addition to activities with the assigned residents, students will have opportunities to participate in care conferences and resident activities to the extent that these occur during the clinical days. Detailed information about assessments and other assignments at the skilled nursing facility will be provided at orientation.

## **Approaches to the Care of Older Adults with Alzheimer's Disease**

This assignment includes a succession of field experiences exploring Alzheimer's disease and other dementias and the impact on older adults and their families. The field experience sites

include two dementia special units, and a dementia-specific adult day care. Detailed information about the sites and assignments will be provided at orientation.

### **Independent Retirement Living Assignment**

This brief field experience will introduce the student to independent retirement living as a lifestyle choice for older adults. Detailed information about the sites and assignments will be provided at orientation.

### **Clinical Case/Clinical Issue Analyses**

These analyses are short, written assignments exploring clinical cases and issues. They are linked to classroom content. Each poses a case example to be analyzed, a clinical dilemma to be solved, an issue to be investigated, or an activity to be completed out of class. The analyses will be assigned and distributed at one class and due at the next class.

- Number of analyses: 7
- Format: approximately 2 pages long, 12 point font, 1 inch margins
- Each is worth 5% of the course grade.

### **Final Examination**

The final examination is a take home/open book/open notes examination.

- Content covered by the questions includes the full range of the course.
- The examination will be distributed at the last class (December 9) and **will be due on December 13 by 12 noon**. This due date and time corresponds to the usual date and time for a traditional in-class final examination (December 13, 10:00 am to 12 noon).
- Points will be deducted for examinations turned in late (For example, an A grade for a final examination turned in on time will be reduced to an A- if that same examination were turned in on December 14 and a B+ if turned in on December 15, etc). Examinations may be turned in early.

### **Important Information about the Final Examination:**

- Students are to work on the final examination in self-selected teams of 2 to 4 students. (However, students may also choose the option of working alone although working with a team is encouraged.)
- Only one copy of the completed exam is to be turned in and all students are to sign their names and student numbers to the cover page provided with the exam.
- Rationale: Working in teams is an essential part of nursing. All team members are accountable to each other for quality of the final product (whether that is patient care or this final examination) and for participating fully in the team's activities.
- Caution: Working together does not mean dividing the test into short segments, working alone, and then pooling your answers. Working together means just that ... sitting down together, discussing each question, and arriving at an answer that is agreeable to everyone. The end result of working together is a better product.

**ADA STATEMENT:** If you need accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please inform me immediately. Please see me privately after class, or at my office.

Office location: School of Nursing

Office hours: Dr. Aud = Mondays, 9:00 am to 12:00 noon (S 422)

Dr. Lee = Fridays, 9:00 am to 12:00 noon (S428)

To request academic accommodations (for example, a note taker), students must also register with Disability Services, AO38 Brady Commons, 882-4696. It is the campus office responsible for reviewing documentation provided by students requesting academic accommodations, and for accommodations planning in cooperation with students and instructors, as needed and consistent with course requirements. Another resource, MU's Adaptive Computing Technology Center, 884-2828, is available to provide computing assistance to students with disabilities. For more information about rights of people with disabilities, please see [ada.Missouri.edu](http://ada.Missouri.edu) or call 884-7278.

**ACADEMIC DISHONESTY STATEMENT:** Academic honesty is fundamental to the activities and principles of a university. All members of the academic community must be confident that each person's work has been responsibly and honorably acquired, developed, and presented. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. The academic community regards academic dishonesty as an extremely serious matter, with serious consequences that range from probation to expulsion. When in doubt about plagiarism, paraphrasing, quoting, or collaboration, consult the course instructor.

**SINCLAIR SCHOOL OF NURSING NONDISCRIMINATION STATEMENT:** Faculty and staff at the Sinclair School of Nursing are committed to cultural diversity and nondiscrimination toward all people with regards to race, color, religion, national origin, ancestry, gender, age, all veterans, and sexual orientation.

Approved unanimously at the Dean's Forum on February 15, 1999.

**GRIEVANCE POLICY**

Information concerning student grade appeal procedures and non-academic grievances and appeals may be found in the Student Handbook.

## Clinical Calendar

Although the classroom component of this course runs throughout the whole semester, the clinical component is blocked into two 7-week blocks.

Contact your instructor as soon as possible if you are unable to be at your clinical experience on the assigned day (for any reason), if you will be late, or if you must leave early. A makeup exercise will be assigned.

<b>Block 1</b>	<b>Clinical Field Experiences</b>	
August 30, 31, Sept 1	Orientation (0800-1500)	
Sept 6, 7, 8	Skilled Nursing Facility (0800-1500)	3 students visit the Adult Day Care Center from 08:30 to 11:30
Sept 13, 14, 15	Skilled Nursing Facility (0800-1500)	3 students visit the Adult Day Care Center from 08:30 to 11:30
Sept 20, 21, 22	Skilled Nursing Facility (0800-1500)	4 students visit the Adult Day Care Center from 08:30 to 11:30
Sept 27, 28 29	Home Care Agency (0800-1200)	Special Care Unit (1300-1500)
Oct 4, 5, 6	Home Care Agency (0800-1200)	Special Care Unit (1300-1500)
Oct 11, 12, 13	Retirement Community (0800-1200)	Post Conference (1300-1500)

<b>Block 2</b>	<b>Clinical Field Experiences</b>	
Oct 18, 19, 20	Orientation (0800-1500)	
Oct 25, 26, 27	Skilled Nursing Facility (0800-1500)	3 students visit the Adult Day Care Center from 08:30 to 11:30
Nov 1, 2, 3	Skilled Nursing Facility (0800-1500)	3 students visit the Adult Day Care Center from 08:30 to 11:30
Nov 8, 9, 10	Skilled Nursing Facility (0800-1500)	4 students visit the Adult Day Care Center from 08:30 to 11:30
Nov 15, 16, 17	Home Care Agency (0800-1200)	Special Care Unit (1300-1500)
Nov 29, 30, Dec 1	Home Care Agency (0800-1200)	Special Care Unit (1300-1500)
Dec 6, 7, 8	Retirement Community (0800-1200)	Post Conference (1300-1500)

## **Assessment Tools**

Assessment is an essential RN role in gerontological nursing. We will use this set of eleven assessment tools in the clinical experience. Think of the set as a toolkit.

Download and print these tools and their instructions from the Internet.  
Bring a copy of the tools to orientation to the clinical experience.

**<http://www.nicheprogram.org/publications/trythis/>**

### **Your Gerontological Nursing Toolkit**

Fulmer SPICES: An Overall Assessment Tool of Older Adults

Katz Index of Independence in Activities of Daily Living (ADL)

The Mini Mental State Examination (MMSE)

The Geriatric Depression Scale (GDS)

Predicting Pressure Ulcer Risk

The Pittsburgh Sleep Quality Index (PSQI)

Assessing Pain in Older Adults

Fall Assessment Risk

Urinary Incontinence Assessment

Elder Abuse and Neglect Assessment

Beers' Criteria for Potentially Inappropriate Medication Use in the Elderly

### Schedule of Classes with Reading Assignments from the Textbook

	<b>Date</b>	<b>Topic</b>	<b>Speaker</b>	<b>Reading Assignment</b>
1	August 26	Orientation Attitudes about aging	Dr. Aud	Chapters 1, 2
2	September 2	Communication, Cultural Considerations, and Life History	Dr. Aud	Chapters 3, 4, 5, 6, 14
3	September 9	Physiological Changes of Aging	Dr. Aud	Chapters 7, 9
4	September 16	Dementia and Delirium	Dr Aud	Chapters 8, 21
5	September 23	Psychological Changes of Aging	Dr. Lee	Chapters 8, 23, 25, 26
		Depression and Other Psychiatric Issues in the Elderly	Dr. Bostick	
6	September 30	Geropharmacology	Dr. Aud and Ms. Vogelsmeier	Chapter 15
7	October 7	Falls	Dr. Lee	Chapter 22
		Home Safety	Dr. Aud	
8	October 14	Managing Chronic Conditions: Part 1	Dr. Burks and Dr. Aud	Chapters 13, 16, 19
9	October 21	Managing Chronic Conditions: Part 2	Dr. Lee	Chapters 18, 20
10	October 28	Pain Assessment and Management	Dr. Lee	Chapters 17
11	November 4	Nutrition and Hydration	Dr. Lee	Chapters 10, 11
		Elimination & Incontinence	Dr. Aud	
12	November 11	Sleep and Activity	Dr. Aud	Chapters 12, 23
		Elder Abuse		
13	November 18	Advance Directives and End of Life Care	Ms. Cunningham, Ms. Traudes, & Ms. Kist	Chapter 26
<b>Thanksgiving Holiday Break</b>				
14	December 2	Pressure and Vascular Ulcers	Dr. Wipke-Tevis	Chapter 13
15	December 9	Health Care Policy Issues	Dr. Aud and Dr. Worsowicz	Chapters 25, 26
	Final Exam Take Home/Open Book/Open Notes Distributed December 9 Due December 13 by 12:00 noon		Instructions: See the syllabus. Contact Dr. Aud or Dr. Lee with questions at <a href="mailto:audm@missouri.edu">audm@missouri.edu</a> ; <a href="mailto:leejia@missouri.edu">leejia@missouri.edu</a>	