Journal Article Review

- Locate a nursing journal article:
  - Cuesta Library
  - Ebscohost Data Base from Cuesta Library:
    - Health Source - Nursing Academic Edition
    - CINAHL (Cumulative Index of Nursing and Allied Health Literature)
  - What is a peer-reviewed nursing journal?
    - Editorial board of nursing peers review all articles (board will be listed in first pages)
    - May actually state is a peer-reviewed journal

Adult Development and Safety

1A Week 2 August 26, 2002

Ageism

- Stereotyping & discrimination re:
  - Number of US elderly
  - Cost of entitlement programs
  - Media: old is negative
- Healthcare
  - May cause assessment errors
  - Geriatrics specialty seldom chosen by MDs/RNs
  - Depressed elderly usually get drugs, not therapy
- Myths related to aging
Developmental Changes
Young Adult (21-40)
- Transition from adolescence to adult
- Becoming a grownup
- Peak years
- Physical and reproductive prime

Developmental Changes
Middle Adult (40-60)
- Physical signs of aging
- Decreased function
- Role changes
- “Change of life”
- No decrease in ability to learn

Developmental Changes
Older Adult (60+)
- Continued physiologic decline
- Retirement!
- No intellectual decline
- Remain sexually active
Young Adult Health Promotion

- Concerns:
  - Substance abuse
  - Accidents
  - HIV/AIDS
  - STD
  - Stress-related illnesses
- Illness stressful; motivated to get well

Middle Adult Health Promotion

- Concerns:
  - Substance abuse
  - Injury
  - Obesity
  - Chronic illnesses: liver cirrhosis, hypertension, diabetes, cancer, cardiac disease etc
- Requires longer recovery period, may force career change, depression

Older Adult Health Promotion

- Concerns:
  - Chronic & degenerative diseases: heart, lungs, joint, kidneys, brain
  - Self care deficits
  - Nutritional deficits
- Hospitalization and/or medications may cause disorientation
Gerontologic Age-Related Changes

- **Sensory**
  - Slowed reaction time
  - Decreased sensation of pain & touch
  - Less/interrupted sleep
  - Balance decline
  - Presbyopia
  - Hearing loss
  - Decreased taste & smell

Gerontologic Age-Related Changes

- **Respiratory**
  - Fewer cilia
  - Less efficient cough

- **Cardiovascular**
  - Decreased blood flow
  - Drop in core temperature
  - Slowed healing

Gerontologic Age-Related Changes

- **Gastrointestinal**
  - Slowed peristalsis
  - Anal sphincter relaxation
  - Drop in metabolic rate
  - Loss of teeth & shrinking bony structure of mouth

- **Genitourinary**
  - Loss of bladder tone
  - Urinary retention
  - UTIs
  - Incontinence
Gerontologic Age-Related Changes

- Musculoskeletal
  - Loss of stamina/strength
  - Arthritis/osteoporosis
  - Decrease in height
- Integumentary
  - Wrinkling, subcutaneous fat loss
  - Graying hair
  - Skin less elastic, dry & fragile
  - brown pigmented areas
  - Nails thick, easily split

Dementia

- Progressive, irreversible decline in mental function
  - Deterioration: memory, judgment, abstract thought, comprehension, learning & language use
  - Advanced stages: total dependence
- Onset insidious
- Causative factors:
  - Alzheimer’s disease
  - AIDS
  - Chronic alcoholism
  - Vascular disease
  - Brain injury
- Treatment: none

Delirium

- Acute, reversible state of agitated confusion
  - Disorientation & difficulty focusing attention
  - Hallucinations, illusions
  - Inability to rest or sleep
- Onset rapid
- Causative factors:
  - Drug/alcohol withdrawal
  - Medication side effects
  - Infections
  - Pain
  - Surgery or trauma
  - Sensory deprivation or overload
- Treatment: determine cause and remove or resolve
Geriatric Nursing Care

• Orient to environment
• Prevent falls
  – Reduce clutter
  – Good lighting, reduce glare
  – Beds low to floor
  – Call bell available
  – Encourage slow walking; wide stance
• Encourage exercise, calcium and Vitamin D
• Anti-inflammatory meds, maintain joint flexibility

Geriatric Nursing Care

• Ensure that assistive devices available: dentures, glasses, hearing aids, walker, skin protection, large print
• Assess pain thoroughly and manage pain effectively
• Assess medication interactions
• Care in shifting to prevent skin tears
• Tepid water
• Less soap or oily soap
• Lotion to skin
• Positioning & padding

Geriatric Nursing Care

• Soak nails before shaping
• Regular foot care
• Facilitate sleep
• Optimal dental health
• Optimal nutrition; (consider spices, sugar, salt )
• Bright, diffuse lighting, large print
• Allow ample time to focus on near objects
• Simple, direct statements; face patient
• Consider eardrops or earwax removal
Geriatric Nursing Care

- Treat patients as if capable of comprehension
- Allow more time for reaction
- Use firmer touch
- Avoid use of chemical or physical restraints
- Recognize the stereotypes you hold about aging
- Acknowledge elderly patient as unique individual