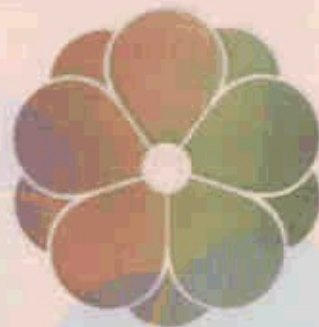
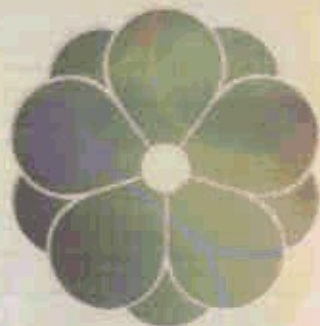


4
FOURTH EDITION

BASIC GERIATRIC NURSING

Wold



Contents

UNIT ONE OVERVIEW OF AGING

1 Trends and Issues, 1

- Introduction to Geriatric Nursing, 1
 - Historical Perspective on the Study of Aging, 1
 - What's in a Name: Geriatrics, Gerontology, and Gerontics, 2
- Attitudes Toward Aging, 3
 - Gerontophobia, 5
- Demographics, 6
 - The Baby Boomers, 7
 - Minority Populations, 8
 - Geographic Distribution of the Elderly Population, 8
 - Gender and Marital Status, 8
 - Educational Status, 9
- Economics of Aging, 9
- Housing Arrangements, 12
- Health Care Provisions, 16
 - Advance Directives, 17
- Impact of Aging Members in the Family, 18
 - Personal Reflection, 19
 - The Nurse and Family Interactions, 20
 - Self-Neglect, 20
 - Abuse or Neglect by the Family, 21
 - Abuse by Unrelated Caregivers, 23
 - Support Groups, 25
 - Respite Care, 25

2 Theories of Aging, 26

- Biologic Theories, 26
- Psychosocial Theories, 28
- Implications for Nursing, 28

3 Physiologic Changes, 30

- THE INTEGUMENTARY SYSTEM, 31
 - Expected Age-Related Changes, 31
 - Common Disorders Seen With Aging, 33
 - Basal Cell Carcinoma, 33
 - Pressure Ulcers, 33
 - Inflammation and Infection, 33
 - Hypothermia, 34
- THE MUSCULOSKELETAL SYSTEM, 34
 - Bones, 34
 - Vertebrae, 35
 - Joints, 35
 - Tendons and Ligaments, 35
 - Muscles, 35
- Expected Age-Related Changes, 36
- Common Disorders seen With Aging, 37
 - Osteoporosis, 37
 - Degenerative Joint Disease, 37
- THE RESPIRATORY SYSTEM, 39
 - Upper Respiratory Tract, 39

- Lower Respiratory Tract, 39
 - Air Exchange (Respiration), 39
- Expected Age-Related Changes, 39
- Common Disorders Seen With Aging, 40
 - Chronic Obstructive Pulmonary Disease, 40
 - Influenza, 40
 - Pneumonia, 41
 - Tuberculosis, 41
 - Lung Cancer, 42

THE CARDIOVASCULAR SYSTEM, 42

- Heart, 42
- Blood Vessels, 42
- Conduction System, 43
- Expected Age-Related Changes, 43
- Common Disorders Seen With Aging, 44
 - Coronary Artery Disease, 44
 - Coronary Valve Disease, 44
 - Cardiac Arrhythmias, 44
 - Congestive Heart Failure, 44
 - Cardiomegaly, 45
 - Peripheral Vascular Disease, 45
 - Occlusive Peripheral Vascular Problems, 45
 - Varicose Veins, 46
 - Aneurysm, 46
 - Hypertensive Disease, 46

THE HEMATOPOIETIC AND LYMPHATIC SYSTEMS 46

- Blood, 46
- Lymph System, 47
- Expected Age-Related Changes, 48
- Common Disorders Seen With Aging, 48
 - Anemia, 48
 - Leukemia, 48

GASTROINTESTINAL SYSTEM, 48

- Oral Cavity, 49
- Tongue, 49
- Salivary Glands, 49
- Esophagus, 49
- Stomach, 49
- Small Intestine, 49
- Large Intestine, 50
- Expected Age-Related Changes, 50
- Common Disorders Seen With Aging, 51
 - Hiatal Hernia, 51
 - Gastritis and Ulcers, 51
 - Diverticulosis and Diverticulitis, 52
 - Cancer, 52
 - Hemorrhoids, 52
 - Rectal Prolapse, 52
 - The Urinary System, 52
 - Kidneys, 52
 - Ureters and Bladder, 53
 - Characteristics of Urine, 53
- Expected Age-Related Changes, 53
- Common Disorders Seen With Aging, 54
 - Urinary Incontinence, 54

- Urinary Tract Infection, 54
- Chronic Renal Failure, 54
- The Nervous System, 55
 - Central Nervous System, 55
 - Peripheral Nervous System, 56
- Expected Age-Related Changes, 56
- Common Disorders Seen With Aging, 56
 - Parkinson's Disease, 56
 - Dementia, 57
 - Alzheimer's Disease, 57
 - Transient Ischemic Attack, 59
 - Cerebrovascular Accident, 59
- THE SPECIAL SENSES, 60
 - The Eyes, 60
 - Refraction, 61
- Expected Age-Related Changes, 61
- Common Disorders Seen With Aging, 62
 - Blepharitis, 62
 - Diplopia, 63
 - Cataracts, 63
 - Glaucoma, 63
 - Age-Related Macular Degeneration and Retinal Detachment, 63
 - The Ears, 63
- Expected Age-Related Changes, 64
- Common Disorders Seen With Aging, 64
 - Otosclerosis, 64
 - Tinnitus, 64
 - Deafness, 64
 - Ménière's Disease, 65
 - Taste and Smell, 65
- Expected Age-Related Changes, 65
- THE ENDOCRINE SYSTEM, 66
 - Pituitary Gland, 66
 - Thyroid Gland, 66
 - Parathyroid Glands, 66
 - Pancreas, 66
 - Adrenal Glands, 66
 - Ovaries and Testes, 66
- Expected Age-Related Changes, 67
- Common Disorders Seen With Aging, 67
 - Diabetes Mellitus, 67
 - Hypoglycemia, 69
 - Hypothyroidism, 69
- THE REPRODUCTIVE AND GENITOURINARY SYSTEMS, 69
 - Female Reproductive Organs, 69
 - Male Reproductive Organs, 70
- Expected Age-Related Changes, 70
 - Changes in Women, 70
 - Changes in Men, 70
- Common Disorders Seen With Aging, 71
 - Uterine Prolapse, 71
 - Vaginal Infection, 71
 - Breast Cancer, 71
 - Prostate Cancer, 71

UNIT TWO BASIC SKILLS FOR GERONTOLOGIC NURSING

- ### 4 Health Promotion, Health Maintenance, and Home Health Considerations, 72
- Recommended Health Practices for Older Adults, 73
 - Diet, 73
 - Exercise, 73
 - Tobacco and Alcohol, 73
 - Physical Examinations and Preventive Overall Care, 74
 - Dental Examinations and Preventive Oral Care, 75
 - Maintaining Healthy Attitudes, 76
 - Factors That Affect Health Promotion and Maintenance, 76
 - Religious Beliefs, 76
 - Cultural Beliefs, 77
 - Knowledge and Motivation, 77
 - Mobility, 77
 - Perceptions of Aging, 78
 - Impact of Cognitive and Sensory Changes, 78
 - Impact of Changes Related to Accessibility, 78
 - Home Health, 79
 - Unpaid Caregivers, 79
 - Paid Caregivers, 80
 - Types of Home Services, 80
 - Nursing Process for Ineffective Health Maintenance, 81*
 - Nursing Process for Noncompliance, 83*
- ### 5 Communicating With Older Adults, 86
- Information Sharing (Framing the Message), 86
 - Formal or Therapeutic Communication, 87
 - Informal or Social Communication, 87
 - Nonverbal Communication, 88
 - Symbols, 88
 - Tone of Voice, 88
 - Body Language, 89
 - Space, Distance, and Position, 89
 - Gestures, 89
 - Facial Expressions, 90
 - Eye Contact, 90
 - Pace or Speed of Communication, 90
 - Time and Timing, 90
 - Touch, 91
 - Silence, 91
 - Acceptance, Dignity, and Respect in Communication, 91
 - Barriers to Communication, 92
 - Hearing Impairment, 93
 - Aphasia, 93
 - Dementia, 93
 - Cultural Differences, 94
 - Skills and Techniques, 95
 - Informing, 95

- Direct Questioning, 95
- Open-Ended Techniques, 95
- Confronting, 95
- Communication With Visitors and Families, 96
- Delivering Bad News, 96
- Difficult Conversations, 96
- Communication With Physicians, 97
- Patient Teaching, 97

6 Nutrition and Fluid Balance, 100

- Nutrition and Aging, 100
 - Caloric Intake, 100
 - Nutrients, 101
 - Water, 107
- Malnutrition and the Elderly, 108
 - Factors Affecting Nutrition in the Elderly, 108
 - Social and Cultural Aspects of Nutrition, 110

7 Medications and Older Adults, 115

- Risks Related to Drug-Testing Methods, 115
- Risks Related to the Physiologic Changes of Aging, 116
 - Pharmacokinetics, 116
 - Pharmacodynamics, 117
- Risks Related to Cognitive or Sensory Changes, 118
- Risks Related to Inadequate Knowledge, 118
- Risks Related to Financial Factors, 119
- Medication Administration in an Institutional Setting, 120
- Nursing Assessment and Medication, 120
- Medications and the Nursing Care Plan, 120
 - Nursing Interventions Related to Medication Administration, 120
- Patient Rights and Medication, 126
- Self-Medication and Older Adults, 126
 - In an Institutional Setting, 126
 - In the Home, 126
- Teaching Older Adults About Medications, 126
- Safety and Noncompliance (Nonadherence) Issues, 128

8 Health Assessment of Older Adults, 130

- Health Screening, 130
- Health Assessments, 130
- Interviewing Older Adults, 131
 - Preparing the Physical Setting, 131
 - Establishing Rapport, 132
 - Structuring the Interview, 132
- Obtaining the Health History, 133
- Physical Assessment of Older Adults, 133
 - Inspection, 134
 - Palpation, 135
 - Auscultation, 135
 - Percussion, 135
- Assessing Vital Signs in Older Adults, 135
 - Temperature, 135
 - Pulse, 136
 - Respiration, 137
 - Blood Pressure, 137
- Sensory Assessment of Older Adults, 138
- Psychosocial Assessments of Older Adults, 138
 - Special Assessments, 138

9 Meeting Safety Needs of Older Adults, 152

- Internal Risk Factors, 152
 - Falls, 153
- External Risk Factors, 154
 - Fire Hazards, 155
 - Home Security, 156
 - Vehicular Accidents, 156
 - Thermal Hazards, 157
 - Summary, 159
- Nursing Process for Risk for Injury, 160*
- Nursing Process for Hypothermia/Hyperthermia, 163*

UNIT THREE PSYCHOSOCIAL CARE OF THE ELDERLY

10 Cognition and Perception, 165

- Normal Cognitive-Perceptual Functioning, 165
 - Cognition and Intelligence, 166
 - Cognition and Language, 166
- Nursing Process for Disturbed Sensory Perception, 167*
- Nursing Process for Disturbed Thought Process, 171*
- Nursing Process for Impaired Communication, 177*
- Nursing Process for Pain, 181*

11 Self-Perception and Self-Concept, 185

- Normal Self-Perception and Self-Concept, 185
- Self-Perception/Self-Concept and Aging, 187
 - Depression and Aging, 188
 - Substance Abuse and Aging, 188
 - Suicide and Aging, 189
- Nursing Process for Disturbed Self-Perception and Self-Concept, 189*
- Nursing Process for Disturbed Body Image, 190*
- Nursing Process for Risk for Situational Low Self-Esteem, 191*
- Nursing Process for Fear, 193*
- Nursing Process for Anxiety, 194*
- Nursing Process for Hopelessness, 194*
- Nursing Process for Powerlessness, 195*

12 Roles and Relationships, 199

- Normal Roles and Relationships, 199
- Roles, Relationships, and Aging, 200
- Nursing Process for Dysfunctional Grieving, 202*
- Nursing Process for Social Isolation and Impaired Social Interaction, 204*
- Nursing Process for Interrupted Family Process, 205*

13 Coping and Stress, 208

- Normal Stress and Coping, 208
 - Physical Signs of Stress, 209
 - Stress and Illness, 210
 - Stress and Life Events, 211
 - Stress-Reduction and Coping Strategies, 211
- Nursing Process for Ineffective Coping, 212*

14 Values and Beliefs, 218

Common Values and Beliefs of Older Adults, 220
Economic Values, 221
Intrapersonal Values, 221
Cultural Values, 221
Spiritual or Religious Values, 222
Nursing Process for Spiritual Distress, 223

15 End-of-Life Care, 227

The American Way of Dying, 227
Attitudes Toward Death and End-of-Life Planning, 228
Advance Directives, 228
Caregiver Attitudes Toward End-of-Life Care, 229
Values Clarification Related to Death and End-of-Life Care, 229
What is a "Good" Death? 230
Where People Die, 230
Palliative Care, 230
Collaborative Assessment and Interventions for End-of-Life Care, 231
Communication at the End of Life, 231
Psychosocial Perspectives, Assessments, and Interventions, 233
Cultural Perspectives, 233
Communication About Death, 233
Decision-Making Process, 233
Spiritual Considerations, 234
Depression, Anxiety, and Fear, 234
Physiologic Changes, Assessments, and Interventions, 235
Pain, 235
Fatigue and Sleepiness, 237
Cardiovascular Changes, 237
Respiratory Changes, 237
Gastrointestinal Changes, 237
Urinary Changes, 239
Integumentary Changes, 239
Sensory Changes, 239
Changes in Cognition, 239
Death, 239
Funeral Arrangements, 240
Bereavement, 241

16 Sexuality and Aging, 243

Factors That Affect Sexuality of Older Adults, 243
Normal Changes in Women, 243
Erectile Dysfunction in Men, 244
Illness and Decreased Sexual Function, 244
Alcohol and Medications, 245
Loss of a Sex Partner, 245
Marriage and Older Adults, 245
Caregivers and the Sexuality of Older Adults, 245
Sexual Health and Sexual Orientation, 246
Privacy and Personal Rights of Older Adults, 246
Nursing Process for Sexual Dysfunction, 247

UNIT FOUR PHYSICAL CARE OF THE ELDERLY

17 Meeting Nutritional and Fluid Needs, 249

Nutrition and Aging, 249
Nursing Process for Risk for Imbalanced Nutrition, 251
Nursing Process for Risk for Imbalanced Fluid Volume, 256
Nursing Process for Impaired Swallowing, 260
Nursing Process for Risk for Aspiration, 262

18 Care of Aging Skin and Mucous Membranes, 266

Nursing Process for Impaired Skin Integrity, 266
Nursing Process for Impaired Oral Mucous Membranes, 279

19 Elimination, 285

Normal Elimination Patterns, 285
Elimination and Aging, 285
Constipation, 286
Fecal Impaction, 287
Nursing Process for Constipation, 287
Diarrhea, 291
Nursing Process for Diarrhea, 291
Bowel Incontinence, 292
Nursing Process for Bowel Incontinence, 292
Nursing Process for Impaired Urinary Elimination, 293

20 Activity and Exercise, 301

Normal Activity Patterns, 301
Activity and Aging, 302
Exercise Recommendations for Older Adults, 302
Effects of Disease Processes on Activity, 304
Nursing Process for Impaired Physical Mobility, 305
Nursing Process for Activity Intolerance, 312
Nursing Process for Problems of Oxygenation, 314
Nursing Process for Self-Care Deficits, 317
Nursing Process for Deficient Diversional Activity, 321
Rehabilitation, 324
Negative Attitudes: The Controlling or Custodial Focus, 324
Positive Attitudes: The Rehabilitative Focus, 325

21 Sleep and Rest, 327

Sleep-Rest Health Pattern, 327
Normal Sleep and Rest, 327
Sleep and Aging, 328
Sleep Disorders, 329
Nursing Process for Disturbed Sleep Pattern, 331

Appendix A, Laboratory Values for Older Adults, 336

Appendix B, Resources, 340

Appendix C, The Geriatric Depression Scale (GDS), 345

Appendix D, MyPyramid, 347

**Appendix E, Dietary Reference Intakes for
Older Adults, 349**

Bibliography and Reader References, 352

Glossary, 367

Illustration Credits, 372

Index, 374

Student Activities, 389