

Macao Polytechnic University
Faculty of Health Sciences and Sports
Bachelor of Science in Nursing

Module Outline

Academic Year 2022 / 2023 Semester 1

Learning Module	Geriatric Nursing			Class Code	NGER3101
Pre-requisite(s)	NFUN1101, NFUN1102				
Medium of Instruction	Cantonese and English			Credit	3
Lecture Hours	45 hrs	Lab/Practice Hours	0 hrs	Total Hours	45 hrs
Instructor	Dr. LEONG Sin U Cindy Dr. HSU Mei Hua Kerry		E-mail	suleong@mpu.edu.mo kerryhsu@mpu.edu.mo	
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Description

Geriatric nursing is an introduction to basic principles of gerontology and geriatric nursing. Gerontology is a multidisciplinary study covering 5 major components: chronological, biological, physiological, sociological and economic aspects of human aging. This subject is a guided on a health-oriented practice with emphasis on health promotion and disease prevention. Common aging-related illnesses, their treatments and nursing management will also be introduced. Issues about sociological and economic consequence of an aging society will be discussed.

Learning Outcomes

After completing the learning module, students will be able to:

1. Consolidate their knowledge about bio-psycho-social changes in older adults;
2. Discuss the sociological and economic consequence of an aging society by examining current societal values and resources for the care of older adults in Macao;
3. Describe the roles of gerontological nursing;
4. Describe the strategies of promoting health and preventing diseases for older adults;
5. Describe nursing actions which promote quality of life in older adults, especially about assisting the older adults in daily living and coping with health problem;
6. Describe the common diseases, chronic health problems and their management in older adults;

7. Apply knowledge and skills to assess and care older adults in hospital, long-term care, and community;
8. Explain the principles of nursing care for a dying older adult.

Content

1. Introduction and characteristics of older people (4-hour class)
 - 1.1 Discuss aging from different perspectives
 - 1.2 Describe the effects of ageism and attitudes related to aging
 - 1.3 Discuss the demographic data, health, socioeconomic and living arrangements of older adults
(UNDERSTAND: the older population trend in our societies and its consequences)
2. Theories of aging (3-hour class)
 - 2.1 Discuss concepts of biologic, sociologic, psychological theories of aging.
(UNDERSTAND: basic theories and their consequences to older adults' life span)
3. Roles of gerontological nursing (2-hour class)
 - 3.1 Discuss the terms of gerontology and geriatric
 - 3.11 Define development of gerontological nursing
(COMPREHEND: familiar the responsibilities of a gerontological nurse)
4. Health promotion for older adults (2-hour class)
 - 4.1 Resources for improving competence in care of older adults
 - 4.11 Describe the benefits of health promotion programs and interventions for older adults
(COMPREHEND: familiar with the health promotion programs and their objectives)
5. Communication with older population (2-hour class)
 - 5.1 Describe techniques facilitating communication with older adults
 - 5.2 Identify communication Dos and Don'ts when caring
 - 5.2.1 (MASTER: summarize the techniques facilitating with older adults caring)
6. Medication with older adults (2-hour class)
 - 6.1 Assess the interaction between age-related changes and risk factors with medications
 - 6.1.1 Examine the therapeutic effectiveness of medications, and minimize the risks for adverse effects of medications
(COMPREHEND: apply knowledge and assessment skills in practicum)
7. Vision (2-hour class)
 - 7.1 Describe age-related changes affecting vision.

- 7.2 Discuss the functional consequences affecting visual wellness.
- 7.3 Identify nursing interventions to facilitate visual wellness in older adults.

- 8. Hearing (2-hour class)
 - 8.1 Discuss age-related changes affecting hearing.
 - 8.2 Identify risk factors affecting hearing wellness.
 - 8.3 Identify nursing interventions to promote hearing wellness for older adults

- 9. Aging and skin integumentary system (2-hour class)
 - 9.1 Discuss age-related changes that affect skin integrity
 - 9.1.1 Examine the risk factors causing pathologic skin changes
(COMPREHEND: apply knowledge and assessment skills in practicum)

- 10. Digestive and nutritional wellness in older adult (2-hour class)
 - 10.1 Discuss age-related changes that affect digestive system
 - 10.1.1 Identify the risk of malnutrition related to digestive changes
 - 10.2 Exam age-related changes that affect oral, dental function
 - 10.2.1 Assess the risk factors and the consequences to health
 - 10.2.2 Assess swallowing problem commonly occur to older adults
 - 10.3 Describe the cause of age-related changes that affect bowel movement
(MASTER: familiar with knowledge and apply to clinical practice)

- 11. Cardiovascular and respiratory function of older adults (2-hour class)
 - 11.1 Identify the age-related changes that affect cardiovascular function
 - 11.1.1 Describe the risk factors that correlate to cardiovascular system
 - 11.2 Identify the age-related changes that affect respiratory function
 - 11.2.1 Describe the risk factors correlate to respiratory system
(MASTER: familiar the age-related changes and the risk factors)

- 12. Thermoregulation, sleep and rest patterns (1-hour class)
 - 12.1 Discuss the age-related changes that affect thermoregulation
 - 12.1.1 Identify the consequences of the biological changes

- 13. Mobility safety (1-hour class)
 - 13.1 Describe the age-related changes that affect mobility
 - 13.1.1 Identify the risk factors that affect the mobility and safety
 - 13.1.2 Discuss the consequences of psychosocial and biological after a fall
(MASTER: familiar and apply knowledge to educate older adults risk of fall)
 - 11.2 Experiential learning- simulation sets applied
 - 11.2.1 Experience the change of mobility of being an older adult

(COMPEREND: understand and describe the change of mobility of older adults)

14. Describe the age-related changes that affect sleep and rest patterns of older adults (1-hour class)
 - 14.1.1 Identify older adults sleep and rest patterns
 - 14.1.1.1 Discuss the health promotion for optimal sleep and rest
(MASTER: apply knowledge to assess risk of inadequate sleep)

15. Psychosocial Function (3-hour class)
 - 15.1 Discuss age-related changes that affect psychosocial function such as delirium, dementia and depression
 - 15.1.1 Identify the consequences related to psychosocial changes
 - 15.1.2 Describe the interventions that support the daily activities of the dementia progressing status

 - 15.2 Describe the methods to manage Parkinson's disease and depressed syndrome (2-hour class)
 - 15.2.1 Identify the interventions to care the older adults with Parkinson's disease
 - 15.2.2 Identify the behaviours indicating older adults have depressed mood
 - 15.2.3 List the interventions assisting older adults to express their thinking and worry
(MASTER: familiar the theories and apply the knowledge to older care)

16. Caring older adults with pain and discomfort (2-hour class)
 - 16.1 Discuss age-related changes that affect pain and discomfort perception
 - 16.1.1 Understand and apply the pain assessment for older adults
 - 16.1.2 Discuss pain management for older adults
 - 16.1.3 Identify nursing interventions for reducing older adults' pain and discomfort
(MASTER: understand and apply knowledge and skill to older adults with pain)

17. Promoting urinary wellness in older adults (2-hour class).
 - 17.1 List age-related changes affecting the complex process involved in urinary elimination.
 - 17.2 Describe the functional consequences of age-related changes.
 - 17.3 Identify nursing interventions for managing incontinence.

18. Elder abuse and neglect (1-hour class)
 - 18.1 Identify types of elder abuse
 - 18.1.1 Discuss the risk factors that correlate to elder abuse
 - 18.1.2 Identify techniques of nursing assessment to elder abuse
 - 18.1.3 Discuss services to support older adults whom are abused
(COMPREHEND: apply knowledge to various practice settings)

18.2 Discuss and apply comprehensive assessment for older adults (skills)

18.2.1 Apply and identify physical and psycho-social problem among older adults

(COMPREHEND: understand and apply knowledge and skill for the comprehensive assessment among older adults)

19. Intimacy and sexual function (2-hour class)

19.1 Describe age-related changes that affect sexual function

19.1.1 Discuss the barriers that influence older adults' sexual activities

19.1.2 Assess nurse attitudes towards older adults sexual function

19.1.3 Identify health education to promote sexual wellness

(COMPREHEND: understand the physical and biological need of intimacy)

20. Caring for older adults at the end stage of life (2-hour class)

20.1 Discuss various factors like culture, society and personal experience towards death

20.2 Identify physical, psychological, social and spiritual needs at the end stage

20.3 Describe the nurse's role in end-of-life care

20.3.1 Describe palliative and hospice nursing

(COMPREHEND: understand the various needs at the end stage of life).

21. Debate on ethical issues related to older adults (2-hour class)

21.1 Group presentation on topics related to older adults

22. Revision of the above related content (1-hour class)

22.1 Emphasized the important topics that are common to older adults' development in physical and psychosocial and spiritual.

23. Final examination (2-hour class)

Teaching Method

Lectures, videos, case studies, experiential learning, skills

Attendance

Attendance requirements are governed by the "Academic Regulations Governing Bachelor's Degree Programmes" of Macao Polytechnic University. Students who do not meet the attendance requirements for the module will not be permitted to sit the final / re-sit examination and shall be awarded an 'F' grade.

Assessment

Any students scoring less than 35% of the total mark in the final examination will be given an “F” grade for the module even if the overall grade is 50% or higher.

Item	Description	Percentage
1. Individual assignment	Care plan with one topic	10%
2. Aged simulation	Reflection report after wearing aged simulation set	19%
3. Group Work	Debate the ethical issue related to older adult matter	11%
4. Examination	MCQ and Question	60%

Assignment

The submission date for an **individual assignment** will be discussed with students (Sept 30 for Class A & Nov11 for Class B). The older adult (at least 65-year-old) in the case study should not be admitted in hospital ward or nursing home. The student has to write a nursing care plan of 1,000 words (excluding the cover page, references and appendices) on any **1** of the following topics (mention a few):

- Management the difficulty in fall asleep;
- Management in constipation;
- Management in pain or rheumatoid arthritis;
- Chronic illness management;
- Teaching for older adults with Parkinsonism, Dementia and their care-givers;
- Management in psychosocial and physical health problem;
- Other issues (should discuss with the subject teacher, Cindy).

Assessment for the nursing care plan (1,000 words)

<i>Written criteria</i>	<i>Marking Criteria</i>
Select an older adult (> 65 years old) living in his/her home, and introduce his/her health problem. (The older adult may be with ONE health problem).	10% Briefly describe the health history problems of the older adult.
Reasons to choose this older adult for nursing care. (The older adult should NOT be in hospital NOR in the elderly home).	10% Brief description of rationales for teaching your older adult and/or caregiver.
Literature review on the <u>one</u> health problem related to your older adult who is aged 65 or over (350 words).	30% Constipation, (for example) should mention the <u>normal-aged changes</u> including the <u>physical, psychological and socioenvironmental issues</u> related to this health problem 便秘（例如）應該描述正常老年人有關的身體、心理和社會環境問題，容易誘發此健康問題。

Nursing diagnosis and nursing interventions. One nursing diagnosis is required and as well as related to nursing interventions .	30% Nursing diagnosis is related to the health problem. <u>Details of nursing interventions</u> are necessary (350 words at least).
Proper acknowledgment of used references	10% Proper choosing sources. APA format of citations, quotations and acknowledgment of references.
Adherence to the APA referencing style	10% Following the Faculty of Health Sciences and Sports written guidelines. Logical organization Free from spelling and grammar mistakes

Group work

Divide into groups of not more than 3.

Each group organizes a debate on an ethical issue related to elderly care.

All group presentations are required to complete within 2 hours.

The group work is mostly done after some selected topics have been lectured. Details will be mentioned during lecture.

Marks will be given according to the validity and expression of ideas on both pro and con of the ethical issue being debated. Current statistic information would be a merit. Grades are marked to the presentation content that should include issues like physical, psychosocial, environmental and history cultures for the older adults. All students need to present and participate in the group presentation (Sept 29 for Class A & Nov 16 for Class B).

Guideline for the Aged Simulation in 2022

Purpose:

The aged simulation set is a teaching material intended to deliver the feeling of being older adults due to the musculoskeletal, visual and auditory changes that occur with age. Under the team-based, you are expected to wear the whole set in experiencing the daily life of older adults. After this practice, students are expected not only to have the feelings of older adults but also to apply into their future nursing practice.

Procedure:

1. Five to six students form a team.
2. Each team borrows one aged simulation set and visual reality (VR) simulator from the nursing lab.
3. Each team member has to help each other when aged simulation practice applied including putting up, taking off, and being a safety guard.
4. Each student has to put the simulation set and visual reality (VR) simulator for walking at least 100 meters and to go up and down stairs, as well as to use the walker and two crutches for walking (COMPULSORY).
5. Each team has to shoot a micro-file with theme or scenario related to daily life of older adults, such as eating, dressing, moving, walking, and toileting at home, community, institution, or hospital.
6. After aged simulation practice, each team has to submit reflection report (500 words with each student's feelings), video, and photos (at least one photo for each student) for both hardcopy and softcopy (CANVAS) before 16 October 2022 for Class A and 20 November 2022 for Class B.

Assessment Criteria

Class: 3A/ 3B

Group:

Students:

Assessment Criteria	Weighting	Score and comments
1. Video/Photos <ul style="list-style-type: none">• Include each member for the daily life of older people such as up-down stairs• Supported by two teammates	50%	
1. Reflection (Group written assignment) <ul style="list-style-type: none">• Clear and specific description• Reasonable explanation• Well justified according to current situation• Critical information included	40%	
3. Quality of writing <ul style="list-style-type: none">• Updated information• The relevant literature• Systematic organization• Communicative• Good team work	10%	
Total Score		/100

Comments:

Signature of Teacher:

Date:

- **Examination** This examination is graded according to the percentage, with 100 being the full score and 50 the passing score.

Teaching Material(s):

Textbook(s)

Miller, C. A. (2019). *Nursing for wellness in older adults*. (8th ed.). Wolters Kluwer/Lippincott Williams & Wilkins: Philadelphia.

Reference:

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Website(s)

World Health Organization:

http://search.who.int/search?q=old+people&ie=utf8&site=who&client=en&proxystylesheet=en&output=xml_no_dtd&oe=utf8&getfields=doctype

Social Welfare Institute, Macao, <http://www.ias.gov.mo/web2/big5/index.htm>

United Nations: Regional expert consultation on long-term care of older adults –

<http://www.unescap.org/events/regional-expert-consultation-long-term-care-older-persons-0>

WHO Aging and Life course - <http://www.who.int/ageing/global-strategy/en/>

Geriatric Nursing (NGER3101): Class A

Session	Date	Time	Topic	Teacher
1	19/08/2022	09:00 – 11:00	Course introduction Roles of gerontological nursing	Cindy
2	24/08/2022	11:00 – 13:00	Vision	Kerry
3	26/08/2022	09:00 – 11:00	Hearing	Kerry
4	31/08/2022	11:00 – 13:00	Aging and integumentary system	Kerry
5	01/09/2022	14:30 – 16:30	Cardiovascular & thermoregulation changes	Kerry
6	02/09/2022	09:00 – 11:00	Respiratory function & sleep and rest pattern	Kerry
7	07/09/2022	11:00 – 13:00	Digestive and nutritional wellness in older adults	Kerry
8	07/09/2022	14:30 – 16:30	Promoting urinary wellness in older adult	Kerry
9	08/09/2022	09:00 – 11:00	Mobility safety & abuse issues	Kerry
10	08/09/2022	11:00 – 13:00	Care for older adult pain and at the end stage of life	Kerry
11	13/09/2022	09:00 – 11:00	Characteristics of older adults	Cindy
12	15/09/2022*	14:30 – 17:30	Characteristics of older adults (cont'd) Health promotion for older adults	Cindy
13	16/09/2022	14:30 – 16:30	Health promotion for older adults (cont'd)	Cindy
14	20/09/2022	09:00 – 11:00	Theories of aging	Cindy
15	21/09/2022	11:00 – 13:00	Communication with older adults	Cindy
16	22/09/2022	09:00 – 11:00	Medications and older adults	Cindy
17	22/09/2022	14:30 – 16:30	Impaired cognitive function: delirium & dementia	Cindy
18	26/09/2022	09:00 – 11:00	Impaired cognitive function: delirium & dementia (cont'd)	Cindy
19	29/09/2022	14:30 – 16:30	Depression in older adults Management of Parkinson's Disease	Cindy
20	30/09/2022	11:00 – 13:00	Intimacy and sexual function	Cindy
21	07/10/2022	09:00 – 11:00	Debate on ethical issues related to older adults	Cindy
22	07/12/2022	14:30 – 16:30	Exam	Cindy

Geriatric Nursing (NGER3101): Class B

Session	Date	Time	Topic	Teacher
1	19/08/2022	14:30 – 16:30	Course introduction Roles of gerontological nursing	Cindy
2	22/08/2022	11:00 – 13:00	Characteristics of older adults	Cindy
3	23/08/2022	14:30 – 16:30	Characteristics of older adults (cont'd)	Cindy
4	25/08/2022	14:30 – 16:30	Health promotion for older adults	Cindy
5	26/08/2022	11:00 – 13:00	Vision	Kerry
6	31/08/2022	14:30 – 16:30	Hearing	Kerry
7	02/09/2022	11:00 – 13:00	Aging and integumentary system	Kerry
8	24/10/2022	09:00 – 11:00	Theories of aging	Cindy
9	24/10/2022	11:00 – 13:00	Cardiovascular & thermoregulation change	Kerry
10	24/10/2022	14:30 – 16:30	Respiratory function & sleep and rest pattern	Kerry
11	25/10/2022	14:30 – 16:30	Communicating with older adults	Cindy
12	26/10/2022*	11:00 – 13:00	Digestive and nutritional wellness in older adults	Kerry
13	28/10/2022	11:00 – 13:00	Medications and older adult	Cindy
14	31/10/2022	09:00 – 11:00	Impaired cognitive function: delirium & dementia	Cindy
15	31/10/2022	14:30 – 16:30	Promoting urinary wellness in older adult	Kerry
16	01/11/2022*	14:30 – 17:30	Impaired cognitive function: delirium & dementia (cont'd)	Cindy
17	04/11/2022	11:00 – 13:00	Depression in older adults Management of Parkinson's Disease	Cindy
18	07/11/2022	09:00 – 11:00	Intimacy and sexual function	Cindy
19	07/11/2022	11:00 – 13:00	Mobility safety & abuse issues	Kerry
20	07/11/2022	14:30 – 16:30	Care for older adult pain and at the end stage of life	Kerry
21	08/11/2022	14:30 – 16:30	Debate on ethical issues related to older adults	Cindy
22	07/12/2022	14:30 – 16:30	Exam	Cindy