



PEKING UNIVERSITY HEALTH SCIENCE CENTER
-MACAO POLYTECHNIC UNIVERSITY NURSING ACADEMY(AE)
BACHELOR OF SCIENCE IN NURSING
LEARNING MODULE OUTLINE

Academic Year	2025/2026	Semester	1
Module Code	NGER3101-311/312/313		
Learning Module	Geriatric nursing		
Pre-requisite(s)	NFUN1101, NFUN1102		
Medium of Instruction	Chinese and English		
Credits	3	Contact Hours	45
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MODULE DESCRIPTION 學科單元/科目概述

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.

MODULE INTENDED LEARNING OUTCOMES (ILOS) 學科單元/科目預期學習成效

On completion of this learning module, students will be able to:

M1.	To consolidate the knowledge about bio-psycho-social changes among older adults.
M2.	To 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.
M3.	To describe the strategies of promoting health, preventing common diseases, and managing their chronic health problems among older adults.
M4.	To describe nursing actions which promote quality of life in older adults, especially about assisting the older adults in daily living and coping with health problems.

These ILOs aims to enable students to attain the following Programme Intended Learning Outcomes (PILOs):

The PILOs are aligned with the Dublin descriptors, including knowledge and understanding, acquisition, application, critical judgment, communication skills, and learning skills/ability.



PILOs 課程預期學習成效	M1	M2	M3	M4
P1. Demonstrate an understanding of the holistic nature of the clients' health status involving individual, family, and community aspects.	✓	✓	✓	✓
P2. Demonstrate effective communication skills and the ability to establish and maintain a therapeutic relationship with clients.	✓	✓	✓	✓
P3. Demonstrate acquisition , mastery, and application of knowledge and skills for nursing practice, including biological sciences, social sciences and humanities, by making appropriate clinical reasoning and performing safe and therapeutic practice.	✓	✓	✓	✓
P4. Demonstrate the ability to maintain legal and ethical standards of nursing practice.	✓	✓	✓	✓
P5. Demonstrate the ability to carry out relevant research and contribute to the community's health.				
P6. Work effectively and efficiently alone or in teams.	✓	✓	✓	✓
P7. Demonstrate the ability to identify and evaluate health care issues.	✓	✓	✓	
P8. Demonstrate a critical judgment and apply the principles of evidence-based practice to deliver nursing care.	✓	✓	✓	

MODULE SCHEDULE, COVERAGE AND STUDY LOAD 教與學日程、內容及學習量

Week 週	Content Coverage 涵蓋內容	Contact Hours 面授學時
14	Theoretical teaching and discussion, assignment and presentation	43
15	Exam	2

Week	Content Coverage	Contact Hours
1	Introduction the characteristics of older adults Roles of gerontological nursing The effects of ageism and attitudes related to aging Demographic data, health, socioeconomic and living arrangements of older adults	8
2	Communication skills with older adults Theories of aging related to biologic, sociologic, and psychological issues. Benefit and interventions of health promotion among older adults Resources for competence improving among older adults	6
3	Medication with older adults and the risk factors with medications	6



	Age-related changes affecting hearing and the risk factors Age-related changes affecting vision and the functional consequences affecting visual wellness	
4	Age-related changes affecting skin integrity and the risk factors Digestive and nutritional wellness in older adult and the risk of malnutrition Swallowing problem commonly affecting bowel movement Cardiovascular and respiratory function of older adults and the risk factors	6
5	Thermoregulation, sleep and rest patterns among older adults Age-related changes affecting mobility safety Caring pain and discomfort and pain management for older adults Promoting urinary wellness in older adults with management incontinence	5
6	Psychosocial Function such as delirium, and dementia with daily activities support Parkinson's disease and depressed syndrome Intimacy and sexual function Health education to promote sexual wellness	7
7	Promoting urinary wellness in older adult with interventions for managing incontinence Types of elderly abuse and neglect Services to support older adults whom are abused Caring for older adults at the end stage of life, various factors like culture, society and personal experience towards death Physical, psychological, social and spiritual needs at the end stage Palliative and hospice nursing	4
8	Revision and exam	3



TEACHING AND LEARNING ACTIVITIES

In this learning module, students will work towards attaining the ILOs through the following teaching and learning activities: 修讀本學科單元/科目，學生將透過以下教與學活動取得預期學習成效

Teaching and Learning Activities	M1	M2	M3	M4	M5	M6
T1. Describe the health problems, physical, psychosocial, and related issues for elderly in lectures.	✓	✓	✓	✓		
T2. Describe the related cases of older adults with the theories.	✓	✓	✓	✓		
T3. Demonstrate in PPT, videos, and cases.	✓	✓	✓	✓		
T4. Demonstrate knowledge and caring techniques in assignment					✓	

ATTENDANCE

Attendance requirements are governed by the Academic Regulations Governing Bachelor's Degree Programmes of the Macao Polytechnic University. Students who do not meet the attendance requirements for the learning module shall be awarded an 'F' grade.

ASSESSMENT

In this learning module, students are required to complete the following assessment activities:

Assessment Activities	Weighting (%)	ILOs to be Assessed (M1,M2,M3,M4,M5,M6....)
A1. Attendance (70% at least)	0	M1 to M4
A2. Assignment according the learning module outline below.	40	M1 to M4
A3. Examination	60	M1 to M4

The assessment will be conducted following the University's Assessment Strategy (see www.mpu.edu.mo/teaching_learning/en/assessment_strategy.php). Passing this learning module indicates that students will have attained the ILOs of this learning module and thus acquired its credits.

This learning module is graded on a 100-point scale, with 100 being the highest possible score and 50 being the passing score.



MARKING SCHEME

Guideline for the Aged Simulation with Visual Reality in 2025

Purpose:

The aged simulation set with visual reality (VR) 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 with visual reality in experiencing the daily life of older adults. After this practice, students are expected not only to have the feelings and experiences of being 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 on 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 for each student's feelings and reflections), video, and photos (at least one photo for each student) for both hardcopy and softcopy (CANVAS) before 25 November 2024 for Class A & B, 18 October 2024 for Class C.



Assessment Criteria

Class: 3A/ 3B/3C

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%	
2. Reflection (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:



MARKING SCHEME

Group work (Dr. Mingming Yu, 26%):

Purpose:

There are many ethical issues related to elderly care. Students are expected to choose one ethical issue to think comprehensively, discuss deeply, and present clearly. Critical thinking is needed during the discussion. It is expected that students can make their own contributions in geriatric nursing practice, policy making, social development through these debates in the future.

Instructions

Divide into groups of not more than 4. Each group organizes a debate on an ethical issue related to care of older adults. The group presentation should be within 10 minutes. The group work is mostly done after some selected topics have been lectured. Details will be mentioned during lecture.

Assessment Criteria

Class: 3A/ 3B/3C

Group:

Students:

Assessment Criteria	Weighting	Score and comments
The topic is worth of debate instead of the established practice.	10%	
Both pro and con of the ethical issue are debated. The presentation contents should include issues like physical, psychosocial, environmental or history cultures for the older adults.	50%	
Statistic information or other related supporting evidence is included.	30%	
All students need to present and participate in the group presentation	10%	
Total Score		/100

Comments:

Signature of Teacher:

Date:



REQUIRED READINGS 書單

Miller, C. A. (2022). *Nursing for wellness in older adults*. (9th ed. & International version). Wolters Kluver/Lippincott Williams & Wilkins: Philadelphia.

REFERENCES 參考文獻

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- Hsu, A. K., McKee, M., Williams, S., Roscigno, C., Crandell, J., Lewis, A., Jenerette, C. (2019). Associations among hearing loss, hospitalization, readmission and mortality in older adults: A systematic review. *Geriatric Nursing*, 40(4), 367-379. doi:<https://doi.org/10.1016/j.gerinurse.2018.12.013>
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hearing-aid fitting. *Disability and Health Journal*, 12(2), 209-213.
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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/>



STUDENT FEEDBACK

At the end of every semester, students are invited to provide feedback on the learning module and the teaching arrangement through questionnaires. Your feedback is valuable for instructors to enhance the module and its delivery for future students. The instructor and programme coordinators will consider all feedback and respond with actions formally in the annual programme review.

ACADEMIC INTEGRITY

The Macao Polytechnic University requires students to have full commitment to academic integrity when engaging in research and academic activities. Violations of academic integrity, which include but are not limited to plagiarism, collusion, fabrication or falsification, repeated use of assignments and cheating in examinations, are considered as serious academic offenses and may lead to disciplinary actions. Students should read the relevant regulations and guidelines in the Student Handbook which is distributed upon the admission into the University, a copy of which can also be found at www.mpu.edu.mo/student_handbook/.



Y3 Geriatric Nursing (Academic Year 2025-2026 , Semester 1)

Timetable: 2025-2026 Geriatric Nursing (Class 3A) -Semester 1

Session	Topic	Teacher
1	Course introduction Roles of gerontological nursing	Cindy1
2	Characteristics of older adults	吴超 1
3	Characteristics of older adults (cont'd)	吴超 2
4	Health promotion for older adults	吴超 3
5	Theories of aging (3H)	吴超 4
6	Promoting urinary wellness in older adult	吴超 5
7	Mobility safety & abuse issues	吴超 6
8	Care for older adult pain and at the end stage of life	吴超 7
9	Communication with older adults	Cindy2
10	Medications and older adults	Cindy3
11	Impaired cognitive function: delirium & dementia	Cindy4
12	Impaired cognitive function: delirium & dementia (cont'd)	Cindy5
13	Depression in older adults, Management of Parkinson's Disease	Cindy6
14	Intimacy and sexual function	Cindy7
15	Vision	Kerry1
16	Ethical issues related to older adults	Cindy8
17	Hearing	Kerry2
18	Aging and integumentary system	Kerry3
19	Cardiovascular & thermoregulation changes	Kerry4
20	Respiratory function & sleep and rest pattern	Kerry5
21	Digestive and nutritional wellness in older adults	Kerry6
22	Exam	LangBin



Timetable: 2025-2026 Geriatric Nursing (Class 3B) -Semester 1

Session	Topic	Teacher
1	Course introduction Roles of gerontological nursing	Cindy1
2	Characteristics of older adults	吴超 1
3	Characteristics of older adults (cont'd)	吴超 2
4	Health promotion for older adults	吴超 3
5	Promoting urinary wellness in older adult	吴超 4
6	Theories of aging (3H)	吴超 5
7	Mobility safety & abuse issues	吴超 6
8	Care for older adult pain and at the end stage of life	吴超 7
9	Communication with older adults	Cindy2
10	Medications and older adults	Cindy3
11	Impaired cognitive function: delirium & dementia	Cindy4
12	Impaired cognitive function: delirium & dementia (cont'd)	Cindy5
13	Depression in older adults, Management of Parkinson's Disease	Cindy6
14	Intimacy and sexual function	Cindy7
15	Ethical issues related to older adults	Cindy8
16	Vision	Kerry1
17	Hearing	Kerry2
18	Aging and integumentary system	Kerry3
19	Cardiovascular & thermoregulation changes	Kerry4
20	Respiratory function & sleep and rest pattern	Kerry5
21	Digestive and nutritional wellness in older adults	Kerry6
22	Exam	Kerry7



Timetable: 2024-2025 Geriatric Nursing (Class 3C) -Semester 1

Session	Topic	Teacher
1	Course introduction Roles of gerontological nursing	Cindy1
2	Characteristics of older adults	吴超 1
3	Characteristics of older adults (cont'd)	吴超 2
4	Health promotion for older adults	吴超 3
5	Promoting urinary wellness in older adult	吴超 4
6	Mobility safety & abuse issues	吴超 5
7	Communication with older adults	Cindy2
8	Theories of aging (3H)	吴超 6
9	Care for older adult pain and at the end stage of life	吴超 7
10	Medications and older adults	Cindy3
11	Vision	Kerry1
12	Impaired cognitive function: delirium & dementia	Cindy4
13	Hearing	Kerry2
14	Aging and integumentary system	Kerry3
15	Cardiovascular & thermoregulation changes	Kerry4
16	Respiratory function & sleep and rest pattern	Kerry5
17	Digestive and nutritional wellness in older adults	Kerry6
18	Impaired cognitive function: delirium & dementia (cont'd)	Cindy5
19	Depression in older adults, Management of Parkinson's Disease	Cindy6
20	Intimacy and sexual function	Cindy7
21	Ethical issues related to older adults	Cindy8
22	Exam	Cindy9