

nursing for wellness in older adults

Nursing for Wellness in Older Adults: A Holistic Approach to Healthy Aging

Introduction:

Are you a nurse passionate about improving the quality of life for older adults? Or perhaps you're an aging adult yourself, keen to learn more about maintaining wellness in your later years? This comprehensive guide delves into the crucial role of nursing in promoting wellness among older adults. We'll explore various aspects of geriatric nursing, from preventing common health issues to fostering emotional well-being, providing you with actionable insights and valuable knowledge. We'll cover everything from effective care strategies to the importance of holistic approaches and how to navigate the unique challenges of aging gracefully.

1. Understanding the Unique Needs of Older Adults:

Aging brings about physiological changes that significantly impact health and wellness. Understanding these changes is the cornerstone of effective nursing care. This includes acknowledging decreased muscle mass and bone density (leading to increased risk of falls and fractures), weakened immune systems (making older adults more susceptible to infections), and changes in organ function affecting metabolism and medication absorption. Furthermore, chronic conditions like heart disease, diabetes, and arthritis become more prevalent, requiring specialized nursing interventions. It's crucial for nurses to assess these individual needs and tailor their care plans accordingly, promoting a personalized approach to wellness.

1. Preventing Falls and Promoting Mobility:

Falls are a major concern for older adults, often leading to serious injuries and decreased independence. Nursing interventions focus on fall prevention strategies, including regular assessments of mobility and balance, medication reviews (certain medications can increase fall risk), home safety modifications (removing tripping hazards, installing grab bars), and implementing exercise programs that improve strength and balance. Encouraging regular physical activity, even gentle exercises like walking or chair yoga, can significantly improve mobility and reduce the risk of falls. This proactive approach not only protects physical health but also boosts self-confidence and independence.

1. Nutrition and Hydration for Healthy Aging:

Adequate nutrition and hydration are essential for maintaining overall health and wellness in older adults. Many older adults experience decreased appetite, difficulty chewing or swallowing, and reduced thirst sensation, leading to malnutrition and dehydration. Nurses play a vital role in assessing nutritional status, encouraging healthy eating habits, and providing nutritional counseling. This includes promoting a balanced diet rich in fruits, vegetables, and lean protein, and recommending appropriate supplements when necessary. Regular monitoring of fluid intake is crucial, especially during hot weather or illness. Creative strategies, like offering smaller, more frequent meals or incorporating favorite foods into meals, can improve dietary adherence.

1. Managing Chronic Conditions:

Many older adults live with multiple chronic conditions that require ongoing management. Nurses play a central role in assisting patients in managing these conditions effectively. This involves educating patients about their conditions, medication management, symptom monitoring, and lifestyle modifications. Collaborating with other healthcare professionals, such as physicians and physical therapists, is essential for providing comprehensive care. Empowering patients to actively participate in their own care enhances adherence to treatment plans and improves overall outcomes.

1. Cognitive Stimulation and Mental Wellness:

Maintaining cognitive function and preventing cognitive decline are vital aspects of wellness in older adults. Nurses can support cognitive health through various interventions, including engaging patients in stimulating activities such as puzzles, reading, and social interaction. Encouraging participation in social activities and providing opportunities for meaningful engagement reduces social isolation and improves mental well-being. Early detection and management of cognitive impairment, such as dementia, is crucial, and nurses play a key role in providing support and guidance to patients and their families.

1. Promoting Social Engagement and Reducing Isolation:

Social isolation and loneliness are significant problems among older adults, negatively impacting both physical and mental health. Nurses can actively promote social engagement through various strategies, such as facilitating access to social groups, connecting patients

with family and friends, and organizing social events within care facilities. Encouraging participation in community activities and fostering a sense of belonging combats isolation and improves overall quality of life. Recognizing the emotional needs of older adults and providing empathetic support is crucial in maintaining their emotional well-being.

1. Pain Management and Comfort Care:

Pain is a common experience among older adults, and effective pain management is essential for improving quality of life. Nurses assess pain levels regularly, administer pain medications as prescribed, and educate patients about non-pharmacological pain management techniques such as relaxation exercises, heat or cold therapy, and massage. Providing comfortable and supportive environments, including appropriate positioning and bedding, is crucial for enhancing comfort and reducing pain.

1. End-of-Life Care and Palliative Care:

As older adults approach the end of life, palliative care and end-of-life nursing becomes increasingly important. Nurses play a crucial role in providing comfort, managing symptoms, and supporting patients and their families through this challenging time. This includes addressing physical and emotional needs, ensuring dignity and respect, and facilitating communication between patients, families, and healthcare professionals. Palliative care aims to improve quality of life for patients and their families facing serious illness, regardless of the prognosis.

Conclusion:

Nursing for wellness in older adults requires a holistic approach that addresses the diverse physical, emotional, and social needs of this population. By understanding the unique challenges of aging, implementing proactive preventive measures, and providing compassionate and individualized care, nurses play a vital role in promoting healthy aging and improving the quality of life for older adults. The focus should always be on empowering older adults to maintain their independence and live fulfilling lives for as long as possible.

FAQs:

1. What are some common signs of malnutrition in older adults? Common signs include unintentional weight loss, decreased appetite, fatigue, weakness, and skin problems.

1. How can I help prevent falls in an elderly family member? Remove tripping hazards, install grab bars, ensure adequate lighting, and encourage regular exercise to improve balance and strength.
1. What role does social interaction play in the health of older adults? Social interaction combats loneliness and depression, improves cognitive function, and boosts overall well-being.
1. How can nurses contribute to pain management in older adults? Nurses assess pain levels regularly, administer medications, and teach non-pharmacological techniques like relaxation and heat/cold therapy.
1. What is the difference between palliative care and hospice care? Palliative care focuses on improving quality of life for those with serious illness, regardless of prognosis. Hospice care is provided when a patient is nearing the end of life and has a life expectancy of six months or less.

nursing for wellness in older adults: Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition, this text provides a comprehensive and wellness-oriented approach to the theory and practice of gerontologic nursing. Organized around the author's unique functional consequences theory of gerontologic nursing, the book explores normal age-related changes and risk factors that often interfere with optimal health and functioning, to effectively identify and teach health-promotion interventions. The author provides research-based background information and a variety of practical assessment and intervention strategies for use in every clinical setting. Highlights of this edition include expanded coverage of evidence-based practice, more first-person stories, new chapters, and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing.

nursing for wellness in older adults: Nursing for Wellness in Older Adults Carol A. Miller, 2021-11-24 Grounded in the author's Functional Consequences Theory for Promoting Wellness in Older Adults, Nursing for Wellness in Older Adults, 9th Edition, instills a functional understanding of both the physiologic and psychosocial aspects of aging, as well as common risk factors, to prepare students for effective, wellness-oriented gerontological practice in today's changing healthcare environment. This extensively updated edition reflects the latest issues in the care of older adults and ensures an actionable understanding of culturally appropriate care, legal matters, ethical concerns, and more.

nursing for wellness in older adults: Nursing for Wellness in Older Adults Carol A. Miller, 2018-01-10 Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This text covers the theory and practice of wellness-oriented gerontological nursing, addressing

both physiologic and psychosocial aspects of aging. Organized around the author's unique Functional Consequences Theory, the book explores age-related changes as well as the risk factors that often interfere with optimal health and functioning. Key features include: NEW! Technology to Promote Wellness in Older Adults boxes describe examples of technology-based interventions that can be effective for promoting wellness for older adults. NEW! Interprofessional Collaboration (IPC) material, which is found in boxes or is highlighted with orange bars in the margins, indicates the responsibilities of nurses to collaborate with other professionals and paraprofessionals in health care and community-based settings when caring for older adults. NEW! Global Perspective boxes provide examples of the various ways in which health care professionals in other countries provide care for older adults. NEW! Unfolding Patient Stories, written by the National League for Nursing, are an engaging way to begin meaningful conversations in the classroom. These vignettes, which open each unit, feature patients from Wolters Kluwer's vSim for Nursing | Gerontology (co-developed with Laerdal Medical) and DocuCare products; however, each Unfolding Patient Story in the book stands alone, not requiring purchase of these products. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. NEW! Transitional Care Unfolding Case Studies, which unfold across Chapters 27 through 29, to illustrate ways in which nurses can provide effective transitional care to an older adult whose progressively worsening condition requires that her needs be met in several settings. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. Updated unfolding case studies illustrate common experiences of older adults as they progress from young-old to old-old and are affected by combinations of age-related changes and risk factors. Evidence-based information is threaded through the content and summarized in boxes in clinically oriented chapters. Assessment and intervention guidelines help nurses identify and address factors that affect the functioning and quality of life of older adults. Nursing interventions focus on teaching older adults and their caregivers about actions they can take to promote wellness. Case studies include content on transitional care, interprofessional collaboration, and QSEN!

nursing for wellness in older adults: *Miller's Nursing for Wellness in Older Adults* Sandra Hirst, Annette Lane, Carol A. Miller, 2015

nursing for wellness in older adults: **Miller's Nursing for Wellness in Older Adults** Carol A. Miller, Sharyn Hunter, 2012 A holistic view of the health care needs of older adults Nursing for Wellness in Older Adults uses a well-being approach to the theory and practice of gerontological nursing that deals with both physiological and psychosocial aspects of aging. The text includes progressive case studies in a variety of care settings to help students link theory to practice. Australia and New Zealand cultural, social and legislative considerations are included throughout.

nursing for wellness in older adults: **Nursing Care of Older Adults** Carol A. Miller, 1995

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nursing for wellness in older adults: **Nursing Care of Older Adults** Carol A. Miller, 1999 Fully revised and updated, Nursing Care of Older Adults, Third Edition delivers the information today's nurses need to improve the functioning and quality of life for older adults. Focused on wellness, the text highlights that older adulthood need not be a time of illness or infirmity.

nursing for wellness in older adults: **Caring for Older Adults Holistically** Tamara R Dahlkemper, 2019-11-12 Be prepared to meet the growing demand for licensed practical/vocational nurses with the knowledge and skills to provide quality care to older adults. Easy-to-understand writing and a positive outlook enliven every page of this popular resource. Step by step, you'll master the knowledge and skills you need, while also honing the leadership, management, and delegation abilities essential to your professional success. Feel confident in an important area as this text considers common myths about aging and includes applicable case studies to prepare you for a future career working with older adults.

nursing for wellness in older adults: **Essentials of Gerontological Nursing** Meredith

Wallace Kazer, PhD, APRN, A/GNP-BC, 2007-10-22 *Essentials of Gerontological Nursing* presents the best practices needed to care for older adults. Its brief, yet comprehensive, grasp of issues in elder care is a refreshing addition to the current literature, which is more commonly focused on theory than on clinical practice. Designed primarily for students in gerontological nursing courses in BSN and graduate programs, the book provides: Essential clinical information and best practices needed to care for older adults Current research and new patient approaches in gerontological nursing Overviews of rarely discussed issues, such as elder abuse, cultural considerations, and restraint alternatives Clinical specifications and practical applications Content designed to fit into a one-semester course *Essentials of Gerontological Nursing* is everything the nursing student needs to know when caring for older adults.

nursing for wellness in older adults: *Nursing Care of the Older Adult* Mildred O. Hogstel, 1988

nursing for wellness in older adults: *Nursing for Wellness in Older Adults* Carol A. Miller, 2004 With this comprehensive, wellness-oriented gerontology text, your students will learn that advanced age is not synonymous with infirmity. Organized around the functional consequences theory of gerontological nursing, the book examines age-related changes rather than diseases and conditions. The emphasis of this clear, reader-friendly text is on helping patients, residents, and clients remain healthy and functional to maintain the best possible quality of life. - Back cover.

nursing for wellness in older adults: *Families Caring for an Aging America* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

nursing for wellness in older adults: *Gerontology* Mildred O. Hogstel, 2001 Other adults are the fastest growing segment of our population and will require nurses and other health practitioners who are trained in their special needs. Here in this full color and highly illustrated text the reader will find a holistic approach to nursing care for the older population that addresses the physical, psychological, social and economic influences on the older adults health. A strong foundation on the normal aging process leads to sections on promoting health and wellness among the elderly. Specialist practitioners discuss the most common health care problems of the elderly and their related nursing care. The reader will also learn the latest thinking on current topics such as the financial, legal, and ethical issues that older patients and their families face, the importance of becoming an advocate for excellent elderly care, and meeting the special needs of diverse ethnic and cultural groups. (KEYWORDS: gerontology, nursing, holistic approach, alternative therapy)

nursing for wellness in older adults: *Gerontological Nursing* Mickey Stanley, Patricia Gauntlett Beare, 1999 The new edition of this text has been streamlined to fit more easily into crowded nursing curricula, while maintaining the breadth of coverage that made the 1st edition such a popular book. Leading experts in the field contributed to the book.

nursing for wellness in older adults: *Social Isolation and Loneliness in Older Adults* National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are

serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. *Social Isolation and Loneliness in Older Adults* summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. *Social Isolation and Loneliness in Older Adults* considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

nursing for wellness in older adults: The Feeling Great! Wellness Program for Older Adults Jules C Weiss, 2014-06-17 The "Feeling Great!" Wellness Program is an inspirational book describing a successful health care program for older adults. Created for people who desire a richer life, "Feeling Great!" is a program of everyday miracles--the regaining of body strength and movement and the expanding of physical abilities. Participants learn to improve their physical, emotional, and psychological health through a comprehensive wellness program. A training manual and self-help guide, this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options, practice a daily exercise program suited to their abilities, develop supportive new friendships, increase their self-esteem, and overcome barriers of ill health, poor diet, sedentary lifestyles, and physical and emotional difficulties. The "Feeling Great!" Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor. The text can be used for personal interest as well as a training manual for professionals who work with older adults. Features Offered in The "Feeling Great!" Wellness Program for Older Adults: Over 40 photographs The interaction of medication, nutrition, and exercise Attitude and exercise guidelines Liability concerns Step-by-step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

nursing for wellness in older adults: The Mental Health and Substance Use Workforce for Older Adults Institute of Medicine, Board on Health Care Services, Committee on the Mental Health Workforce for Geriatric Populations, 2012-10-26 At least 5.6 million to 8 million-nearly one in five-older adults in America have one or more mental health and substance use conditions, which present unique challenges for their care. With the number of adults age 65 and older projected to soar from 40.3 million in 2010 to 72.1 million by 2030, the aging of America holds profound consequences for the nation. For decades, policymakers have been warned that the nation's health care workforce is ill-equipped to care for a rapidly growing and increasingly diverse population. In the specific disciplines of mental health and substance use, there have been similar warnings about serious workforce shortages, insufficient workforce diversity, and lack of basic competence and core

knowledge in key areas. Following its 2008 report highlighting the urgency of expanding and strengthening the geriatric health care workforce, the IOM was asked by the Department of Health and Human Services to undertake a complementary study on the geriatric mental health and substance use workforce. The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands? assesses the needs of this population and the workforce that serves it. The breadth and magnitude of inadequate workforce training and personnel shortages have grown to such proportions, says the committee, that no single approach, nor a few isolated changes in disparate federal agencies or programs, can adequately address the issue. Overcoming these challenges will require focused and coordinated action by all.

nursing for wellness in older adults: Interdisciplinary Nutritional Management and Care for Older Adults Ólöf G. Geirsdóttir, 2021 Intro -- Foreword -- Acknowledgements -- Contents -- Part I: Nutritional Care in Geriatrics -- 1: Overview of Nutrition Care in Geriatrics and Orthogeriatrics -- 1.1 Defining Malnutrition -- 1.2 Nutrition Care in Older Adults: A Complex and Necessary Challenge -- 1.3 Malnutrition: A Truly Wicked Problem -- 1.4 Building the Rationale for Integrated Nutrition Care -- 1.5 Managing the Wicked Nutrition Problems with a SIMPLE Approach (or Other Tailored Models) -- 1.5.1 Keep It SIMPLE When Appropriate -- 1.5.2 A SIMPLE Case Example -- 1.5.2.1 S-Screen for Malnutrition -- 1.5.2.2 I-Interdisciplinary Assessment -- 1.5.2.3 M-Make the Diagnosis (es) -- 1.5.2.4 P-Plan with the Older Adult -- 1.5.2.5 L-Implement Interventions -- 1.5.2.6 E-Evaluate Ongoing Care Requirements -- 1.6 Bringing It All Together: Integrated Nutrition Care Across the Four Pillars of (Ortho) Geriatric Care -- 1.7 Summary: Finishing Off with a List of New Questions -- References -- Recommended Reading -- 2: Nutritional Requirements in Geriatrics -- 2.1 Nutritional Recommendations for Older Adults, Geriatric and Orthogeriatric Patients -- 2.2 Nutritional Recommendations for Older Adults -- 2.2.1 Energy Requirement and Recommended Intake -- 2.2.2 Protein Requirement and Recommended Intake -- 2.2.3 Micronutrients and Dietary Fibers -- 2.3 Nutritional Risk Factors in Older Adults -- 2.4 Estimating Intake in Older Adults -- 2.5 Nutritional Status of Older Adults, Geriatric and Orthogeriatric Patients -- 2.6 Summary -- References -- Recommended Reading -- 3: Nutritional Assessment, Diagnosis, and Treatment in Geriatrics -- 3.1 The Nutrition Care Process -- 3.2 Nutritional Screening/Risk Detection -- 3.3 Nutritional Assessment and Diagnosis -- 3.3.1 Nutrition Impact Symptoms -- 3.3.2 Nutritional Diagnosis -- 3.3.3 Etiologic Criteria.

nursing for wellness in older adults: Health Promotion and Aging David Haber, 2013-03-26 Print+CourseSmart

nursing for wellness in older adults: Functional Performance in Older Adults Bette R Bonder, Vanina Dal Bello-Haas, 2008-10-31 The ideal resource for rehabilitation professionals who are working with or preparing to work with older adults! It describes the normal aging process, illustrates how health and social factors can impede an aging person's abilities, and demonstrates how to develop mechanisms for maximizing the well-being of older adults.

nursing for wellness in older adults: Gerontologic Nursing Annette Giesler Lueckenotte, 2000 GERONTOLOGIC NURSING provides comprehensive coverage of health promotion, gerontologic concepts and issues, and medical-surgical problems associated with the older adult. Divided into seven parts, each chapter follows a consistent organization including learning objectives, emergency boxes, client and family teaching boxes, research boxes, key points, special insights, and new health promotion and nutrition boxes. The second edition also includes a new chapter on health promotion, expanded chapters on nutrition and functional assessment, and a dedicated MERLIN which provides the student and instructor with additional up-to-date tools and resources to enhance and expand their content knowledge. (Includes a FREE MERLIN website at: www.harcourthealth.com/MERLIN/Lueckenotte/)

nursing for wellness in older adults: Primary Care for Older Adults Michael Wasserman, James Riopelle, 2017-10-03 This book provides a comprehensive and systematic state-of-the science review of major primary care delivery models, how they address specific needs of older adults, and available evidence for their efficacy. Written by experts in the field, this book explores the

patient-centered medical home model (PCMH) in depth and dives into the complexities of the “medical neighborhood”. It describes and analyzes primary care specifically directed toward special, complex populations, such as the Health Home for safety net patients with mental health needs, and intensive primary care for older adults. It reviews an array of primary care models related to dual eligible patients including the GRACE primary care consultation model and PACE models. It describes primary care with Advanced Practice Nurses and Physician Assistants and explores in-depth the massive effort within the VA to develop the Patient Activated Care Team (PACT), a VA form of the PCMH that also has several offshoots that address complex older veterans and veterans with severe mental illness. Finally, it illuminates rarely discussed primary care that occurs within the home and within long-term care. Throughout the entire book, experts navigate the workforce, care quality, and financing challenges of primary care for older adults. Primary Care for Older Adults is a valuable resource for clinicians, researchers, patients, caregivers and their advocates, and policy makers who have an interest in designing, promoting, and implementing high quality primary care for older adults.

nursing for wellness in older adults: Role Development in Professional Nursing Practice

Kathleen Masters, 2014 Role Development in Professional Nursing Practice, Third Edition examines the progression of the professional nursing role and provides students with a solid foundation for a successful career. This essential resource includes recommendations from current research and utilizes a comprehensive competency model as its framework. Key Features: * Incorporates the Nurse of the Future (NOF): Nursing Core Competencies, based on the AACN's Essentials of Baccalaureate Education, the IOM's Future of Nursing Report, and QSEN competencies, throughout the text * Competency Boxes highlight knowledge, skills, and abilities (KSA) required of the professional nurse * Includes new case studies and content congruent with recommendations from the Carnegie Foundation and the Institute of Medicine * Provides updated information on evidence-based research, informatics, legal issues, the healthcare delivery system, and future directions Accompanied by Instructor Resources: * Save time with a Test Bank and sample syllabi * Encourage critical thinking using sample professional development assignments * Plan classroom lectures using PowerPoint Presentations created for each chapter Navigate eFolio: Role Development in Professional Nursing Practice, a fully supported and hosted online learning solution featuring an ebook and course management tools is also available for this text. Navigate eFolio transforms how students learn and instructors teach by bringing together authoritative and interactive content aligned to course objectives, with student practice activities and assessments, an ebook, and reporting tools For more information visit go.jblearning.com/Mastersefolio.

nursing for wellness in older adults: Ebersole and Hess' Gerontological Nursing & Healthy Aging Theris A. Touhy, DNP, CNS, DPNAP, Kathleen F Jett, PhD, GNP-BC, 2013-03-11 Ebersole & Hess' Gerontological Nursing and Healthy Aging is the only gerontological nursing text that follows a wellness-based, holistic approach to older adult care. Designed to facilitate healthy aging regardless of the situation or disease process, this text goes beyond simply tracking recommended treatments to address complications, alleviate discomfort, and help older adults lead healthy lives. Featuring evidence-based practice boxes, safety alerts, expanded tables, and careful attention to age, gender, and cultural differences, Ebersole & Hess' Gerontological Nursing and Healthy Aging is the most complete text on the market. Focus on health and wellness helps you gain an understanding of the patient's experience. AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout. Consistent chapter organization and pedagogy, including Learning Objectives, Glossary, and Research and Study Questions/Activities. Evidence-Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown, ineffective, or harmful effects. Careful attention to age, cultural, and gender differences helps you understand these important considerations in caring for older adults Expanded tables, boxes, and forms, including the latest scales and guidelines for proper health assessment make information easy to find and use. Activities and discussion questions at the end of every chapter equip you with the information you need to assess the patient. UPDATED! Healthy People

2020 boxes integrate information about healthy aging. NEW! Safety Alerts highlight safe practices and quality of care QSEN competencies. NEW! Chapter on Neurologic Compromise expands content on stroke and Parkinson's disease.

nursing for wellness in older adults: *Handbook of Rehabilitation in Older Adults* Robert J. Gatchel, Izabela Z. Schultz, Christopher T. Ray, 2019-02-27 This book discusses the state of the research and cutting-edge practice with regard to chronic illnesses and rehabilitation in older adults. It emphasizes biopsychosocial and culturally appropriate rehabilitation approaches to reduce the degree of disability and maximize independence in the activities of daily living among the burgeoning aging population. Organized in four sections—Introduction and Overview, Major Illnesses and Problems in Aging Populations, Evaluation of Functional Rehabilitation Approaches for Aging Populations, and Future Clinical Research Needs—the book includes chapters on the “graying” of the West with implications for increased chronic illnesses and disabilities; a review of biopsychosocial rehabilitation approaches; important “aging” issues such as slips-and-falls, musculoskeletal pain, chronic disabling conditions such as cancer and cardiovascular disease, and work-related factors to maintain work engagement in older workers. The US Census Bureau projects that by the year 2030, about 20% of the U.S. population will be 65 or older, contributing to the increased concern about healthcare and rehabilitation issues among older adults. /div This work will be of interest to healthcare, rehabilitation, vocational, human resource and disability management professionals, policy makers as well as researchers in areas of aging, gerontology, chronic illness, disability, rehabilitation, social work, medicine and psychology.

nursing for wellness in older adults: *Retooling for an Aging America* Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. *Retooling for an Aging America* calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use *Retooling for an Aging America* to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

nursing for wellness in older adults: *ACSM's Exercise for Older Adults* Wojtek J. Chodzko-Zajko, 2014 ACSM's Exercise for Older Adults is a new book designed to help health and fitness professionals guide their older clients to appropriate exercise programs--Provided by publisher.

nursing for wellness in older adults: *Promoting Exercise and Behavior Change in Older Adults* Patricia M. Burbank, DNSc, RN, Deborah Riebe, PhD, 2001-11-26 Exercise in later life is important for health and well-being, yet motivating older adults to exercise can be difficult. This book addresses that need by tailoring The Transtheoretical Model of behavior change to the client's level of readiness for change. The contributors show how TTM can be used to help older adults with varying needs and abilities to change their exercise behaviors. This book is essential for health care professionals including nurses, exercise specialists, occupational therapists, social workers, and others interested in helping older adults incorporate exercise into their daily lives.

nursing for wellness in older adults: *Exercise for Aging Adults* Gail M. Sullivan, Alice K. Pomidor, 2015-08-10 This book translates the new findings in exercise research for the elderly for busy practitioners, trainees, students and administrators. This book provides practical strategies that can be implemented immediately in the common settings in which practitioners care for adults. The format includes key points and case examples which showcase the strong evidence supporting exercise by older adults as a key tool to enhance health, prevent serious outcomes, such as

hospitalization and functional loss, and as part of the treatment plan for diseases that are common in older adults. Written by experts in the field of exercise in older persons, this book is a guide to maintaining quality of life and functional independence from frail to healthy aging adults. Strategies and exercises are discussed for specific care settings and illustrated via links to video examples, to ensure readers can immediately apply described techniques. Exercise for Aging Adults: A Guide for Practitioners is a useful tool for physicians, residents in training, medical students, physical therapists, gerontology advance practice nurse practitioners, assisted living facility administrators, directors of recreation, and long-term care directors.

nursing for wellness in older adults: Promoting the Health of Older Adults Irving Rootman, Peggy Edwards, Mélanie Levasseur, Frances Grunberg, 2021-07-28 Taking a unique look at health promotion and aging in Canada, this edited collection uses the action framework in the Ottawa Charter for Health Promotion to explore the factors and issues related to the health of older adults. The book is organized around the five action areas for health promotion: building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, and reorienting health and social services. Adhering to the holistic approach that health in older age involves physical, mental, emotional, and social well-being, this comprehensive collection covers a wide range of interventions that are designed to benefit and protect the aging population's health, quality of life, rights, and dignity, while building intergenerational solidarity and collaboration. Readers will learn about aging from a health promotion perspective; the context, environment, and issues related to older adults in Canada; as well as best practices in health promotion, public health, and the care of older adults. Promoting the Health of Older Adults is an invaluable resource for both graduate and undergraduate students in gerontology, health promotion, nursing, social work, and related fields. FEATURES - Considers the implications of the COVID-19 pandemic for health promotion and aging - Provides an up-to-date profile of older adults in Canada and current/future trends in aging and health, including the use of new technologies and policies and practices in health promotion, public health, and other disciplines - Includes a wealth of pedagogical features, such as learning objectives, critical thinking questions, a glossary, and online supplementary materials

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nursing for wellness in older adults: Age-Friendly Health Systems Terry Fulmer, Leslie Pelton, Jinghan Zhang, 2022-02 According to the US Census Bureau, the US population aged 65+ years is expected to nearly double over the next 30 years, from 43.1 million in 2012 to an estimated 83.7 million in 2050. These demographic advances, however extraordinary, have left our health systems behind as they struggle to reliably provide evidence-based practice to every older adult at every care interaction. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), designed Age-Friendly Health Systems to meet this challenge head on. Age-Friendly Health Systems aim to: Follow an essential set of evidence-based practices; Cause no harm; and Align with What Matters to the older adult and their family caregivers.

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factors and improving the research and data systems necessary to address the health and safety needs of older workers may significantly impact both their ability to remain in the workforce and their well being in retirement. Health and Safety Needs of Older Workers provides an image of what is currently known about the health and safety needs of older workers and the research needed to encourage social policies that guarantee older workers a meaningful share of the nation's work opportunities.

nursing for wellness in older adults: Evidence-Based Geriatric Nursing Protocols for Best Practice Marie Boltz, PhD, RN, GNP-BC, FGSA, FAAN, Elizabeth Capezuti, PhD, RN, FAAN, Terry T. Fulmer, PhD, RN, FAAN, DeAnne Zwicker, DrNP, APRN, BC, 2016-03-28 This new edition of one of the premier references for geriatric nurses in hospital, long-term, and community settings delivers current guidelines, real-life case studies, and evidence-based protocols developed by master educators and practitioners. With a focus on improving quality of care, cost-effectiveness, and outcome, the fifth edition is updated to provide the most current information about care of common clinical conditions and issues in older patients. Several new expert contributors present current guidelines about hip fractures, frailty, perioperative and postoperative care, palliative care, and senior-friendly emergency departments. Additionally, chapters have been reorganized to enhance logical flow of content and easy information retrieval. Protocols, systematically tested by more than 300 participating NICHE (Nurses Improving Care for Health system Elders) hospitals, are organized in a consistent format and include an overview, evidence-based assessment and intervention strategies, and an illustrative case study with discussion. Additionally, protocols are embedded within chapter text, providing the context and detailed evidence for each. Chapter objectives, annotated references, and evidence ratings for each protocol are provided along with resources for additional study. New to the Fifth Edition: Reorganized to enhance logical flow of information and ease of use Updated and revised Includes new contributions from expert educators and practitioners Provides new chapters on perioperative and postoperative care, general surgical care, care of hip fracture, palliative care, and the senior-friendly emergency department Key Features: Includes PowerPoints and a test bank for instructors Delivers evidence-based, current guidelines and protocols for care of common clinical conditions in the older person Illustrates the application of clinical protocols to real-life practice through case studies and discussion Edited by nationally known geriatric leaders who are endorsed by the Hartford Institute for Geriatric Nursing and NICHE Written for nursing students, nurse leaders, and practitioners at all levels, including those in specialty roles

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