

**PNUR 122: HEALTH II (45 hours)**

**COURSE DESCRIPTION**

This course focuses on health promotion and wellness with aging individuals. Learners will be invited to examine some of the myths, stereotypes and prejudices related to aging in light of recent research and theories on healthy aging. Demographics of aging will be examined. Issues such as the aging family, personal adjustments required by the aging individual and community resources available for the older person will be explored. The learner will also be introduced to knowledge, skills and issues related to medication use by older adults. The important role of documentation within healthcare practice will be examined.

**LEARNING OUTCOMES**

At the completion of this course, the learner will be able to:

1. Recognize the normal demands, changes and challenges of the aging process as it relates to health promotion and self-care.
2. Assess older individuals and families and plan a variety of health promotion strategies to meet their needs.
3. Use, or advise others on the wise use of, appropriate community resources.
4. Recognize factors involved in the safe administration of medications with older adults.
5. Use a variety of documentation formats and styles to communicate the flow of client information in accordance with legal requirements.

**CONTENT**

***The Aging Process***

- ⇒ exploring recent research and theories on aging
- ⇒ examining the demographics of aging in Canada
- ⇒ discussing common stereotypes of aging
- ⇒ discussing normal aging in physical, psychological, cognitive and spiritual dimensions

***Aging and Health***

- ⇒ identifying biological changes that commonly occur in each body system with aging
- ⇒ describing elements of lifestyle that contribute to health in older people
- ⇒ assessing the older adult: physical, mental, emotional status
- ⇒ exploring ways to promote health with the older adult
- ⇒ discussing community resources for older adults and families

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### ***The Aging Family***

- ⇒ discussing the tasks and challenges faced by the aging family
- ⇒ examining ways the PN can work in partnership with clients and families
- ⇒ examining incidence and types of elder abuse, assessment and prevention

### ***Medications and the Older Adult***

- ⇒ describing age related changes that influence how drugs act on older adults
- ⇒ examining drug actions and interactions with older adults and the problems created by high volume of drugs consumed
- ⇒ discussing common drugs used by older adults
- ⇒ understanding common drug-drug and drug-food interactions
- ⇒ exploring the role of the PN in advocating safe drug use with older adults

### ***Documentation***

- ⇒ examining issues in reporting and recording relative to gerontological nursing

## **OVERVIEW: EVALUATION STRATEGIES**

A minimum grade of **65%** must be achieved in this course (unless specified otherwise) in order to progress into Practicum II and Term 3, Health III. The Geropharmacology exam must be passed with a minimum grade of **80%** to successfully complete the Health II course.

1.	Report & Presentation on Normal Aging	20%
2.	Exam #1	40%
3.	Geropharmacology Exam	40%

## **EVALUATION CRITERIA**

### **1. Normal Aging Report & Presentation 20%**

This is a group project. There will be 8 groups of 4 students, assigned randomly. The presentation is to be 20-30 minutes in length.

As part of the group assignment, you will be asked to evaluate your group members in the following areas:

- participation in the process of group work
- sharing the workload evenly
- attending group meetings and being on time
- whether you would want to work with these peers in a group again
- working together in a collaborative/cooperative spirit
- interacting with one another in a respectful manner

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In addition, you will be asked to give each group member a mark out of 10. Marks will be individual for group work (4%), with everyone receiving the same grade for the content and presentation (16%). Please see below for complete breakdown of grades.

Based on research findings, the report and presentations should include:

- Identification of the changes that occur to the system(s) as a result of normal aging
- Effects that these changes can cause to the individual (consider all the dimensions of health)
- Health promotion strategies (consider all dimensions of health) that could be implemented in response to the normal aging changes, which could slow, ease, modify or prevent the negative effects of these changes
- State why or how these health promotion strategies would achieve the above.

### **Criteria for Grades**

#### **WRITTEN REPORT**

**(10%)**

The written report is to be handed in to the instructor immediately following the class presentation. It should be typed, double-spaced on 4-7 pages, and have a title page with the group members' names and student numbers clearly identified.

- 1% Organization, clarity, conciseness, spelling, grammar
- 2% Introduction and identification of normal aging changes on the assigned system
- 3% Effects of normal aging changes on the individual (consider all dimensions)
- 3% Health promotion strategies to modify, slow or prevent negative effects of changes and the rationale for your strategies (consider all dimensions)
- 0.5% Conclusion
- 0.5% Reference List

**\*\* NOTE:** Consideration of all the health dimensions is an important part of the content of this assignment and will influence mark given.

#### **CLASS PRESENTATION**

**(10%)**

- 2% Completeness and clarity of content (must cover everything in written paper)
- 2% Creativity of presentation
- 4% Group work (see addendum for breakdown)
- 2% Learning Activity (developed by group and given to classmates & instructor a minimum of 3 days prior to presentation date) and handouts/material

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### 2. Exam #1 40%

The exam will cover all content from Classes 1 - 8. The exam may include multiple choice, matching, true/false and short answer case study questions. You will have 3 hours to complete the exam.

### 3. Geropharmacology Exam 40%

The Geropharmacology Exam will be divided into Part A and Part B. Part A will cover all the **Geropharmacology content** discussed in Health 2 (as well as concepts from Pharmacology in Healing 1). Part A will contain multiple choice, matching, true and false and short answer questions. Part B will cover the **pharmacology calculations**. You will have a total of 3 hours to complete both parts of the exam.

**Part A and B must be passed with a minimum grade of 80%** to successfully pass the Health 2 course. If you do not achieve 80% on each part of the exam, you may be eligible to write a supplemental exam (on whichever part you did not achieve 80% on). You must then achieve 90% on the supplemental exam to pass. Regardless of the mark you achieved on Part A or B and the mark on the supplemental, if you are successful, the overall Geropharmacology exam mark will be entered as 80%. If you are unsuccessful in achieving the 90% minimum passing grade on the supplemental you will be unable to pass Health 2 and will therefore not progress into Practicum.

**COURSE OUTLINE**

<b><u>CLASS</u></b>		<b><u>HOURS</u></b>
Class 1	Introduction to the Course Facts & Fallacies about Aging	3
Class 2	Theories of Aging	2
Class 3	Aging and Cultural Diversity	3
Class 4	Older Adult Abuse	2
Class 5	Normal Aging Presentations	3
Class 6	Normal Aging Presentations	2
Class 7	Family Caregiving	3
Class 8	Gordon's Functional Health Patterns	2
Class 9	Exam #1	3
Class 10	Aging and Medications	2
Class 11	Geriatric Considerations in Medication Administration	3
Class 12	High Volume Drug Use in the Elderly	2
Class 13	Education & Teaching re: Medications & the Older Adult	3
Class 14	PRN & Analgesic Medications	2
Class 15	Effects of Common Medications	3
Class 16	Effects of Common Medications continued	2
Class 17	Exam Review	2
Class 18	Exam #2	3