PNUR 132: HEALING 2 (54 hrs)

COURSE DESCRIPTION

This course introduces the learner to the concept of healing as it applies to the aging individual. The pathophysiology of common physical health challenges seen in the aging population will be discussed along with the clinical manifestations and appropriate nursing interventions. Common psychogeriatric health challenges will also be examined. Exploration of healing modalities will encourage a holistic view of each client and an emphasis on the promotion of autonomy and independence in older clients.

LEARNING OUTCOMES

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

1.   Assess and plan care for older adults suffering from a variety of age-related health challenges in a manner that recognizes the holistic nature of healing.
2.   Assess and plan care for individuals suffering from a variety of common psychogeriatric conditions.
3.   Assess and plan care for individuals with terminal illness
4.   Recognize and function within the various systems, services and programs provided for aging adults in the healthcare system.
5.   Recognize and apply legal and ethical principles to the care of the aging client/family

CONTENT

Experiences with Health and Wellness
⇒ discussing family/friends/colleagues/clients, perceptions, meanings, experiences of health and healing
⇒ discussing how everyone's experience is unique yet no less meaningful
⇒ exploring the impact of these varied experiences and meanings when considering the health and healing of the individual
⇒ exploring the role of the family in the development of perceptions about health and healing.

Planning for Care of the Older Adult
⇒ examining personal attitudes and values towards the older adult and the impact of these on provision of care
⇒ defining relevant terms such as gerontology, gerontological nursing, geriatrics, ageism, senescence, functional impairment etc.
⇒ reviewing diverse care settings for the older adult in this community
⇒ exploring additional resources available in the community that contribute to the health and well-being of the older adult
⇒ discussing the process of assessment and placement in geriatric programs such

as home care, adult day care, long term care, intermediate care etc.
⇒ understanding the impact of the transition from home to institution on older adults and their families
⇒ discussing gerontological nursing strategies

Promoting Healing in the Older Adult
⇒ describing challenges associated with aging
⇒ discussing disease processes commonly seen in the aging population
⇒ using knowledge of common disease processes to plan care for older adults
⇒ exploring ways to promote autonomy and independence in older clients who are experiencing health challenges
⇒ exploring techniques to facilitate effective communication with the older adult experiencing sensory deficits

The Challenge of Changes in Mental Function in the Older Adult
⇒ defining terms and concepts associated with changes in mental function e.g. psychogeriatrics, cognition, dementia etc.
⇒ discussing memory and sensory changes as a challenge to health in the older adult
⇒ discussing affective changes that may occur with aging
⇒ exploring common affective changes which may be seen along with changes in mental function
⇒ discussing cognitive impairment in elderly people
⇒ comparing the behavioral changes associated with the aging process and those associated with changes in mental function
⇒ examining additional strategies to help meet basic needs of elderly people with changes in mental function

Care of the Dying Client
⇒ exploring the meaning of death and dying to self and others
⇒ examining current research and theories on death and dying
⇒ discussing the effects of death and dying on the individual and family
⇒ understanding the hospice movement and end of life care
⇒ exploring ways to maintain client comfort (physical, emotional and spiritual) during the dying process
⇒ using knowledge to assess and plan care for a dying client

Issues and Concerns in Gerontological Nursing
⇒ discussing legal and ethical concerns associated with care of elderly clients
⇒ examining the issue of abuse of elderly individuals
⇒ exploring substance abuse in elderly individuals

<u>**OVERVIEW: EVALUATION STRATEGIES**</u>

<u>**Evaluation Criteria**</u>

1.   Mid-term Exam   40%

2.   Final Exam   40%

3.   Questions Game   20%

The Healing II course must be passed with a minimum 65% grade. Successful completion of Healing II is a prerequisite for progression into Practicum II, and Healing III.

<u>EVALUATION CRITERIA</u>

1.   Mid-Term Exam   (40%)

This will be a multiple choice, short answer, matching etc. exam that will cover the course content from Class 1 through Class 7. You will have three hours to complete the exam.

2.   Final Exam   (40%)

The exam is three hours long and contains a variety of question formats.

3.   Questions   (20%)

Following each learning activity, you will write down two questions with answers that you feel would be good study material. Keep accumulating questions and answers totalling approximately 28 questions. You will hand in questions by the end of Week 8.

Questions may be short answer, matching, fill-in-the-blank, multiple choice or true and false. Questions must be clear, concise and reflect critical thinking. Multiple choice questions must have four possible answers to choose from and "false" answers must have a statement attached that indicates the student does know the correct answer.

The student submitted questions may be used for the exam review and there may also be a section of student submitted questions on the exam.

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<u>COURSE OUTLINE</u>

Class 1   Introduction to the Course, Role of the Gerontological Nurse

Class 2   Transition to a Geriatric Setting

Class 3   Legal & Ethical Considerations

Class 4   Restraint, Confinement and Invasion of Privacy

Class 5   Psychogeriatric Conditions

Class 6   Cardiovascular & Peripheral Vascular Conditions

Class 7   Neurological Conditions

Class 8   Mid-Term Exam

Class 9   Gastrointestinal Conditions

Class 10   Respiratory Conditions

Class 11   Sensory & Integumentary Conditions

Class 12   Diabetes and the Older Adult

Class 13   Genitourinary Conditions

Class 14   Musculoskeletal Conditions

Class 15   Cancer in the Older Adult

Class 16   Palliative Care, Hospice and Death

Class 17   Exam Review

Class 18   Final Exam