



Elderly Care (Nursing Elective) Module

Bachelor of Science (Honours) in Nursing Degree
Department of Nursing and Midwifery
Faculty of Allied Health Sciences
University of Sri Jayewardenepura

Elderly Care Module

Nursing Elective

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Module Development Committee

1. Dr. S.M.K.S. Seneviratne
2. Dr. M.K.D.L. Meegoda
3. Ms. L.C. Damayanthi
4. Dr. I.M.P.S. Ilankoon
5. Dr. R.M.T.B. Abeyratne
6. Ms. T. L. C .Lasanthika
7. Ms. T.H. K. P. Dharmasena

External resource person

Mrs. Lena Larsson, RN, MSc,
School of Health & Society, Kristianstad University,
Sweden (Visiting Academic, Linnaeus - Palme Student-Teacher Exchange program, CIDA).

Elderly Care Module

Nursing Elective

Introduction

This subject is offered as a clinical elective in the final year of the BSc. (Hons) Nursing curriculum. The aim of this module is to develop necessary knowledge, skills and attitudes among BSc. (Hons) Nursing graduates to render nursing care for the elderly in collaboration with other health care professionals and community agencies.

The module will focus on the role of the nurse as a health care professional providing care to an elderly person. It will provide a framework to care for an elderly person in a home and community settings to develop knowledge and skills including preventive and palliative care aspects and dementia care. Gerontology and Geriatric Nursing components are introduced in this module.

Students will incorporate biological, physical, psycho-social and spiritual aspects of ageing and health in their nursing assessment of the patient using several tools. They will be able to utilize their prior learning on communication skills, psycho-social aspect of health, community health nursing fundamentals of nursing and adult nursing including care for older adults in relation to medical and surgical treatment following discharge. Further more, they will incorporate problem solving approach which was learnt in nursing process by assessing, analysing planning implementing and evaluating their care. In addition, the students will support dedicated family caregiver/family members who look after elderly in their home setting.

The students during their practice will have the opportunity to develop their own care plans for selected elderly persons with multiple health problems. This will be carried out with the approval of the subject coordinator. They have to present a case seminar at the 4th week of their practice in an elderly care setting and it will be formatively evaluated for the purpose of their understanding of what areas they need to improve in their learning of the module and to take necessary actions to achieve those competencies before their final examination.

A log book will be provided for the students to obtain further information on the practical experiences to be gained, reflective writing, developing case study reports and case seminars.

Elderly Care Module

Nursing Elective

Credits: 06

Placement: Term 12 (4th year)

Prerequisites: None

Teaching Unit: Department of Nursing and Midwifery

Subject	Lecture/ Tutorial	Lec. credits	Lab Hrs.	Lab cred its	Practice Hrs.	Prac. credits	Total Hrs.	Total credits
Elderly care Elective	15	1	-	-	300 (8 weeks)	5	315	6

Course learning outcomes:

At the end of this course, students will be able to:

- participate actively as a member of the health team in preventive, promotive, curative and rehabilitative health care for the elderly.
- appreciate the special needs to be considered in rendering care for the elderly
- develop a plan of nursing care for a family with a elderly person
- provide home care for families with chronic health problems and evaluate the nursing outcome.
- facilitate the family care givers to maintain their own health
- identify the services available for elderly care in Sri Lanka .
- encourage family care givers and elderly persons to utilize available special resources in the community/country.

Course contents

Unit 1 – Gerontology

Unit 2 – Geriatric Nursing

Main content areas:

	Main content areas	Lecture/Discussion/Tutorial/Practical (Hours)
1.	Health care needs of elderly	02
2.	Ageing process and theories	01
3	special needs of the elderly	03
4	Acute and chronic health problems of elderly	05
5	Care of the elderly	02
6	Care of the family care givers	02
	Total	15

Elderly Care Module

Unit 1 –Gerontology

Intermediate objectives	Broad Content Areas	Activity	Duration (hrs)
At the completion of the Unit 1 students will be able to :			
Describe the health care needs of the aging population	Demographics on elderly population in Sri Lanka compared to other countries The differences and developments in the care of the elderly in other countries	Lecture /Discussion	02
Describe the process of aging Outline theories of aging	Normal aging process (biological, psychological, social aging) - Modern living space - Theories of aging	Lecture /discussion	01
Recognize the special needs of the elderly	Elderly care needs with co morbid and surgical conditions Reflections on students' own life experiences and their beliefs regarding elderly/old age	Lecture discussion with Geriatrician /Small Group Discussion(SGD)	03

Unit 2 - Geriatric Nursing

Intermediate objectives	Broad Content Areas	Activity	Duration (hrs)
At the completion of the Unit 1 students will be able to :			
Demonstrate skills in caring for elderly persons with acute and chronic health problems Apply the principles of person – centered care	The health problems (Acute and long term) of the elderly/revise previous learning in adult nursing - Heart diseases, injuries, cancer, respiratory diseases, GI problems, Arthritis with special reference to elderly. - Care of the elderly with Neurological problems : Parkinsonism, dementia, stroke - Assessment tools - Social and psychological problems of elderly - Pharmacology in elderly care	Lecture /discussion	03
		Tutorial /SGD	02
		Lecture/Discussion Case analysis	02
Demonstrate skills in caring for family members who look after elderly persons. Recognize the importance of family- focused care	- Problems faced by family members caring for the elderly/ burden to the family - Educating families on special needs of elderly - Facilities available for elderly care in Sri Lanka	Case analysis SGD/Tutorial	02
		Total	15 hours

Teaching / Learning Activities:

The theoretical components of the subject will delivered during the first two weeks in the classroom setting.

Practice/Field work:

Eight weeks practice will include experiences in an elderly home, Geriatric Clinic in the Colombo South Teaching Hospital and study visits under the supervision of a university lecturer. The care includes assessment of elderly persons with different health problems, develop a plan of care, implement and evaluate the care provided.

Learning outcomes for practice/field work:

At the end of practice in elderly care settings the student will be able to

- Develop an understanding of the needs of elderly persons living in an elderly home
- Explain the strategies a nurse that can be used to help the elderly to fulfill their psychosocial, physical and spiritual needs
- Reflect on what students could do if they want to improve the quality of life in the elderly
- Appreciate the techniques to be used in communicating with the elderly

The supervisor will be meeting the student (a) before the commencement of practice (b) after one week to review progress in a group session to share individual experiences (c) at the end of four weeks to find out the objectives are met.

There will be a tutorial / clinical teaching session once a week, where practical aspects of giving nursing care for an elderly with specific problems are discussed. Further, the students will present case seminars and write case reports on selected topics approved by the subject coordinator.

Study visits: The Lanka Alzheimer's Foundation, Helpage Sri Lanka and Sarvodaya Elders home.

Assessment:

BSc (Honours) in Nursing Part IV examination

Clinical case (20 minutes)	- 40%
Viva (15 minutes)	- 20%
Case study report	- 40%

Recommended text books:

1. Redfern, S., Ross, F., (Latest edition) *Nursing Older People*, Churchill Livingstone, London.
2. Kitwoods, Tom (Latest Edition) *Dementia Reconsidered: The person comes first*, Open University Press, Buckingham, Philadelphia.
3. Barker, S. (Ed.). (2013). *Caring for older people in nursing*. Learning Matters.

Elderly care Module

Case seminar/Case Analysis

What often separates younger and older people's health apart is that elderly people often have several diseases and disorder sat the same time, it is often referred to as multi-morbidity. This means that they often have several different medications and their health care needs are complex. Often they also have age-related changes such as impaired hearing, impaired vision, and impaired balance. Further, older people often are treated by different healthcare providers to get their health care needs met, for example in hospitals, primary care and public health.

The purpose of the task for you is to reflect on the care, given to older person with multiple health problems from a holistic perspective. At a seminar you should present and discuss the provided care to the older person with multiple health problems from a holistic perspective on the basis of science and proven experience. Use the instructions to the task and assessment criteria as a basis for discussion at the seminar.

Both the presentation and discussion will be guided by the subject coordinator. It will be evaluated formatively using the given criteria.

Task:

- With his/her consent, ask the older person to tell their life story from a lifecycle perspective. The conversation should have the structure of past, present and future that is about childhood, youth, life as an adult and older person
- Ask the older person to tell you about their health problems and how those affect this/her everyday life
- Reflect from the basis of the older person's description about the biological, psychological social and gerontological perspectives
- Reflect on what assessments/observations including the assessment tools used to get an idea of the older person's needs and resources
- Reflect on the older person's overall care needs and activities and given medical and pharmacological treatment
- Reflect on and make suggestions on any nursing intervention that could potentially lead to an improved situation for the older person
- Reflect on the professional approach and ethical aspects of importance for your proposed nursing actions

Evaluation criteria for Case Seminar/Case Analysis (Formative evaluation)

	Unsatisfactory Inadequate in the ability to e.g. not understood	Satisfactory Has ability to describe what and how
Presentation of the elderly person's life story from a lifecycle perspective		
Presentation of the elderly person's health/health problems and its impact on his everyday		
Reflections on biological, psychological and social gerontological perspective		
Reflections on the elderly person's needs and resources based on assessments/observation and assessment tools		
Reflection on the person's care needs and actions, medical and pharmacological treatment		
Reflections of a nursing intervention to improve the situation of the person		
Reflection on the professional approach and ethical aspects		
Active participation in the seminar group		

Date:

Student Number:

Grade:

Examiner: