

Trends, Issues and Practice in Geriatric Nursing Care

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Abstract

Geriatric nursing is a field of medicine and hospice care that deal with elderly people. Geriatric nurses are some of the most important professional in the field of nursing, as they provide different cares for different illness in elderly patients with unique needs. Because of their fragile health issue they need special health care. Working as a geriatric nurse is often very grafting, remarkable and rewarding personally. However, it takes a special type of nurse to work in this field, and the work can also be more frustrating, complication or disheartening at times as well. As a nurse, we should always remember that all the elderly people were different from each other, while some elderly patients are somewhat content or even happy or other might be having pain, sadness, scared or even angriness that their health is failing day by day this is happen due to lack of independence and isolation from their families loved ones. Handling them with care and also with love and affection is nurse responsibilities to make sure, they are in right place which will help their mentally and reduce their negativity feeling. Geriatric nursing is committed to providing timely health information on new and innovative programs and practices in clinical, community as well as home care and administration. It also reported clinical findings that are applicable to practice.

Keywords: Administration, aging, clinical finding, frustrating, geriatric nursing, hospice care, mentally

INTRODUCTION

All human being have right to get their dignity, whomever we are young or old. From the birth till death, we need physiological needs and also at same time we need self belonging, love and affection. Geriatric nurses should know what great valuable life of being human then should follow up the care. As a geriatric nurse, it is very important to learn to know the needs of the elderly patients. According to their needs of health, we will arrange into priority wise and started providing all the necessary care because, due to degenerate of organ their body mechanism is already breaks down. As Aging started immune system will becoming low and hence they will not able to balance their body due physiological change. An extra ordinary caring is very important. The

meaning of caring for nurses through the initiative deliberation from sincerity and honesty. The core concept and idea of caring were deliberation, initiative, sincerity, tolerance, empathy, confidence and dedication. Geriatric nurses are not only responsible for the physical well-being of their patients, but also for their mental and emotional well being as well, so that it will help to promote their life.

Meaning

Geriatric nursing is the one of important role of nurse which is concerned with the care of the elderly people, including promotion of healthy aging as well as prevention of disease, assessment and management of physiological pathological, psychological and sociological problems.

Gerontological Nursing

Aging is the normal process of human circle. It is a human nature to promote their life and their values. Human life begins with birth and continues throughout life. Gerontologic nursing is the care of older adults based on the specialty body of knowledge of gerontology. Care of older adults is challenges nurses require a good skilled and creativity planning to benefits the outcomes.

Demographic of Aging

Between 2015 and 2050 the proportion of the world's population over 60 years will nearly double 12to 22%. The standards and scope of gerontological nursing practice is to provide a specialist or generalist offering comprehensive nursing care to elderly people by combining the basic needs and providing of nursing process systematically such as assessment, diagnosis, planning implementation and evaluation.

Theories of Aging

Theories of aging will support the framework of treatment and management of elderly people with different disease and with different symptoms.

Biologic Theories

Decades of ages the body system also becoming defective and can no longer recognize and attack foreign invaders. There is totally change in the body system because degenerative of tissue and sell make slow down the immune system so it easy to tear and break down the body.

Development Theories

In this theory, it indicates that the elderly people find difficulty in adjusting or adapting to new social roles.

Erikson and Havighurst, it is possible to identify the following developmental tasks for older adults:

- Maintenance of self worth
- Conflict resolution

- Adjustment to the loss of dominant roles.
- Adjustment to the deaths of significant others.
- Environmental adaptation
- Maintenance of optimal levels of wellness

Sociologic Theories

Sociologic theories of aging will help to predict and explain the social interaction and their role into the society. The theory emphasizes the importance of environmental psychological factors in the development and current functioning of the patient.

Nursing Theories

Miller has suggests that the nurse has to provide the care depend upon to the age wise and their problem. The nurse should understand the problematic condition so the nurses are ready to alter the outcomes for patient through nursing interventions. Appropriate nursing innervations that have a positive impact on patient outcomes for the elderly

LEGAL AND ETHICAL ISSUES

Legal assistance is a concern for many older adults. Legal Multipurpose Senior Center service was supported by funds authorized through Title III of the Older American Act. The Patient Self Determination Act of 1991 mandates advance directives on admission to a heath care facility.

The nurse who works with the elderly patients should identify areas of ethical concern that influence practice. Geriatric nurses identifies that these issues include the following

- Medical treatment or surgical treatment.
- Taking consent form while dong any procedure.
- To evaluate the patient ability to make decisions.

- Other ethical concern related to resuscitation.
- Issues of nutrition or hydration.
- Transfer to intensive units.

The nurse can assist the patient, family and friends and also other health care workers by acknowledging when an ethical dilemma is present. The nurses should educate regarding the legal and ethics of the organization.

1. Keeping current on the ethical implications of new biotechnology.
2. Advocating for an institutional ethics committee to help in the decision making process so that it can prevent from any kind of conflict.

IMPACT OF GERIATRIC NURSING

Geriatric nursing is the specialty of nursing promoting the life of the elderly people. They work in collaboration with aging, their families and communities to support healthy aging, maximum functioning, and quality of life. These elderly people are at risk of injuries and diseases like Alzheimer's, Parkinson diseases or osteoporosis. Geriatric nursing work in variety of settings, including hospital, community, home care and also in Rehabilitation setting, so that geriatric nurses can delivery care according to their needs. The impact is that the elderly people will be self satisfied regarding their treatment which is transfer into well being and healthier life.

GERIATIC PEOPLE CAN BE CARE IN MANY SETTING

Hospital Setting

A hospital is a health care organization providing health care to all the ages. An elderly treatment with specialized medical and nursing staff and medical equipment and also with health team members. According to their illness, the elderly patient allocated in their respected ward. Example if the patients are having cardiac disease than patient is specialized in cardiac ward.

Any kind of chronic disease or life thartething illness can be cure by providing quality care in hospital because all the necessary equipment and also health team members are available 24x7 hrs at hospital to promote the life of the patients and to prevent them from further complications. The life will secure and safety. Exposure to the new environment may create sometimes anxiety, the nurses are there, to help them and to provide them psychological support as diversional therapy and make them to feel safe and secure by interacting them and also by motivating them.

COMMUNITY SETTING

The main focus of community based nursing is illness oriented care special for geriatric and families throughout the life span care. Community oriented, population focused nursing practice involves the engagement of nursing in promoting and protecting the health of populations. Elderly focused practice is followed as:

- Assessment the health needs of specific groups or aggregates within populations.
- Seeks to identify different patterns or trends related to the health needs of the particular group.
- Identifies the disease, implements the nursing care and evaluates strategies aimed at improving the health of the group as a whole.

HOME SETTING

Home care refers to health care delivered in home setting. The aims of the home health care for elderly people it include health maintenance, educating them with proper information, prevention of illness, diagnosis and treatment of disease, palliative care and rehabilitation. Care may be delivered by registered nurse and other health team no other skilled professionals are available for patients care needs. Patient receiving home health care may require for 24x7 hours day assistance.

Hospital setting and home setting is totally different because in hospital setting environment is controlled by health team but in case of home setting the environment is controlled by patient and their family member's culture and their beliefs.

The nurses are going to provide the health services depends upon their culture and beliefs. The nurses should coordinate of patient care, being accountable both for supervision of personal care services by home care. Nursing in home involves a very different set of dynamics than that of care provided in the hospital.

GERIATRIC REHABILITATION

Geriatric rehabilitation interventions mainly aim on adapting to or recovering from disability. The nurse needs to understand physical disability in the older adult. The nurse is the care giver

encouragement, support, and acceptance can assist the older adult in remaining motivated for the hard work of rehabilitation.

The nurse takes an important role in geriatric care and it is one of the challenging practice. The priority goal for the elderly patient includes gaining a sense of control, feeling safe and reducing stress. At same time the nurses can be train them to do self activity, so that they can involved actively in many activities too.

HOW TO PROMOTE THE LIFE OF GERIATIC PATIENTS

There are ways to promote the health of then elderly people.

Here are the some cares which can promote physical as well mentally in older people.

Promote mental health and emotional well being.

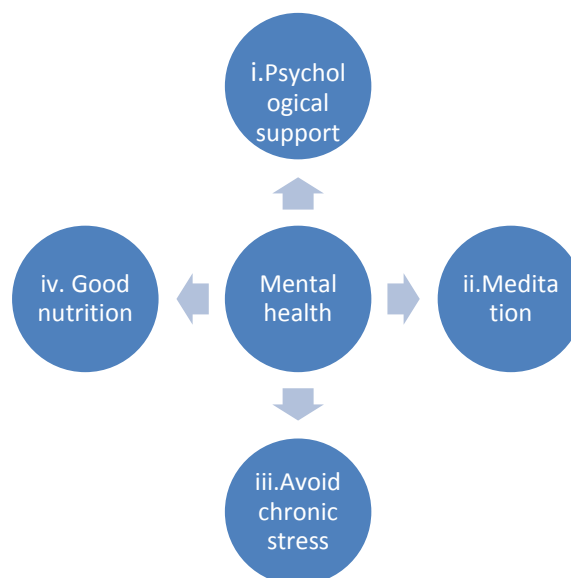


Figure 1: Diagrammatic presentation of promote mental and emotional well being.

Psychological

Psychological support is one of the initiative supports to divert the mind. It helps individuals to heal the psychological wounds and rebuild social structures after critical event in their life. It can heal wound by changing their life into active survivors rather than passive victims.

Meditation

Meditation will help to prevent from stress, emotion, fear. Managing stress is important for overall health. Many study has proved that the people with generalized anxiety disorder who took a course in mindfulness based stress reduction, where they learned several

different rules to manage stress, had lower stress related hormonal and inflammatory levels than people who did not practice meditation

Avoid chronic stress

Avoid chronic stress is a biological response to demanding any unwanted situations. It causes the body to release hormones, such as cortisol and adrenaline. These hormones help to prepare the body to taken abnormal body function, such as heart rate and respiratory rate increase. Even many factors can also trigger a stress response, including dangerous situations and psychological pressures.

Signs and symptoms of chronic stress can include:

- Irritability
- Fatigue.
- Loss of appetite
- Vomiting
- Headache
- Difficulty sleeping
- Digestive problems.
- Nervousness.
- Frequent or illness.
- Low self esteem.

The nurses should understand the sign and symptoms of the elderly patient and managing the stress include understanding the signs and symptoms, interaction and motivation them, identifying the triggers, exercising regularly, trying mindfulness and improving sleep quality.

Sleep is basic human need. Sleep helps keep our mind and body healthy. Most adult needs 7-8 hours of good quality of sleep on a regular schedule each night.

Good nutrition and healthy diet

Protein rich foods help to make new cells and keep your muscle healthy. Rich in protein diet will be more in meat, poultry, fish and egg, fresh tuna and kippers are packed with heart healthy omega fats. Eating beans and nuts is a simple way of boosting in diet.

Instead of having packed food it is better to have seasonal fresh vegetables and fruits. In order to keep their bone strong calcium contain low dairy foods such as milk, yoghurt and curd etc. Dairy food with added calcium and vitamin D are better supplement for health.

Fiber rich food helps bowel move regularly and prevent from risk of constipation. Some of the good source are pulse vegetables Banana, (dried nuts such as almond, walnut and chew nut etc.) and other cereals such as brown rice, brown pasta.

PROMOTE PHYSICAL HEALTH OF GERIATIC PATIENTS

When carried out plan of action, the nurse may need to modify the approach and techniques used on the basis of the physical and mental status of the elderly patient. Health promotion and prevention of health problems and also restoration of health in elderly people are focused on three areas that is reduction in disease and problems, increased participation in health promotion and activities and also increased targeted services that reduce health hazards. The nurse plays a high value on health promotion and positive health behaviors.

Programs have been successfully developed for screening for chronic health conditions, smoking cessation, tobacco chewing, drinking alcohol geriatric foot care, vision and hearing screening, stress reduction, exercise programs drug usage, crime prevention, elder mistreatment, and home hazards. The nurse can use health promotion activities Awareness programme to strengthen self care, increase personal responsibility for health and increase personal responsibility for health, and increase independent functioning that will enhance the well being of the older adults.

CHECK FOR AND ADDRESS COMMON SENIOR HEALTH PROBLEMS

Geriatric nurse differentiate between disease and the effects of normal aging. Geriatric nurses aim to treat diseases that are present and achieve healthy aging. And also as a nurse we are focusing on achieving the patient's highest priorities in the context of multiple chronic conditions, and on preserving function.

Functional abilities, independence and quality of life issues are of great concern to geriatric nurses and their patients. Elderly people generally wants to live independently as possible, which requires them to be able to engage in self care and other activities of daily living. A geriatric nurses may able to engage in self care and other activities of daily living.

A geriatric nurses may able to provide information about elder care Health promotion and refers people to home care services, skilled nursing facilities, assisted living facilities and hospice as appropriate. Subspecialties and related services are provided for geriatric patients for example: Geriatric nursing, geriatric physical therapy, geriatric psychology and nephrology etc.

The most common chronic diseases of elderly people are:

- Depression
- Alzheimer's disease
- Adult onset diabetes
- Arthritis
- Kidney and bladder problems
- Dementia
- Parkinson disease
- Glaucoma
- Lung disease
- Cataracts
- Enlarged prostate
- Muscular degeneration
- Cardiovascular disease

According to Centers for disease control a lot of disease, disability and death associated with chronic disease can be avoided through preventive measures are as followed

a. Practicing a healthy lifestyle that includes healthy eating of nutritional diet, regular exercise and avoid tobacco use.

Regular use of early detection and testing such as blood testing, breast, prostate and cervical screening, diabetes and cholesterol screenings, bone density scans, etc. which help the elderly people to promote their life without any diseases and also it will make a healthy life Learn to optimize the management of any chronic health issues. Get recommended preventive health care services for elderly people.

Preventive services are important for everyone especially for older elder because as increase the age and also the risk of health problems increase. By preventing problems or identifying those at an early stage would help them to live a longer, healthier and more satisfying life. The following preventive services are especially important for older adults such as Influenza vaccine, Pneumococcal vaccines, breast cancer, diabetes screening, colorectal cancer screening, Cholesterol screening osteoporosis screening, bone screening and also mental health assessment. Get recommended preventive health service's for older adults.

ADDRESS MEDICAL, LEGAL AND FINANCIAL ADVANCE CARE PLANNING

Many older adults and families don't aspect on next day what can be happen, that this situation is fairly common, but it is the, sudden loss of mental abilities it can be due to an event such as a bad fall, a head injury or a stroke or paralysis can be happen. Sometimes causes of delirium, a state of worse memory impairment than

any other mental illness and effects about 30% of the older adults during hospitalization. Advance planning can help to face the situation. An elder person's family or other trusted associates to step in and assist, if there is any sudden illness or other unexpected mental abilities occurs into the family.

Legal arrangement is one of the most important and necessary in order to protect from any crisis or issues and also protective actions by family may be necessary to shield loved ones from abuse. Making legal decisions about property, finances, power of attorney and last rights are important task to complete in planning for short term or long term care. Having legal arrangements, assists and who will be designated have great ideal role to be

responsible for the welfare of the aging people loved ones can avoided family disrupt, a physical abuse or mental abuse and finances, negligence and also preservation of assists.

In much study has shows that financial abuse in elderly people is extremely common. But it also often involves questionable or frankly illegal activities committed by family members, friends or others in the care circle. So it makes sense that's elderly have to plan before any crisis or any problem arise plan ahead to minimize their financial vulnerability as they age and also to enable a family member or other trusted person spot financial problems and intervene if necessary at some point.

NURSING PROCESS OF GERIATIC PATIENTS



Figure 2: Diagrammatic presentation of nursing process.

Nursing Assessment

As soon as patients arrive to hospital and try to communicate with a sense of concern is very important. Then the collection of present and past history of illness and surgery is collected. The focus geriatric assessment is to determine appropriate interventions to maintain and enhance the. Physical assessment and

mental assessment is very important of geriatric patient.

Nursing Diagnosis

Nursing diagnosis is depending according to the priority of the patient problem. The identification and management of using diagnoses results in improved elderly patient function and quality patient care for the older adult.

Planning

According to the patient needs everything's need to plan and keep went ever it is necessary we have to treat them. Planning is setting a goal for better life of the patient health. Geriatric care is the standard practice as well unique skill is needed. Geriatric nurses should have proper planning so that they can cure the patient by giving quality care.

Nursing Implementation

When carried out the plan into action, the nurses will approach the aware to prevent from disease and to give quality life. Health promotion as well as prevention can be included in nursing intervention, so that the nurses will have more interest to save the life of the patient. Nurses have to carry out each and every responsibilities very carefully because it will help independently functioning.

Evaluation

Evaluation is a last phase of nursing process. At here the nurses are going to find out the result of her quality care whether the patient is improved or not. If not than what are the alternatives care can be given are plan as soon as possible.

Hospice Care

Increasingly, people are choosing hospice care at end of life. Hospice care can be defined as around care. Hospice care is provided for patients whose live is runs for 6months only but in this case we can given even in elderly patient a hospice care. Care can be provide in any setting hospital, home or community setting or rehabilitation The nurses along with the health team member and provide the medical, emotional and spiritual support needed.

Prevent Further Abuse

Seniors are happy with their life if it is not happy it indicates something is wrong. Depression can be sign of elderly abuse.

Elderly abuse are most likely to be socially withdraw

- Torn or bloody clothes
- Frequent UTIs
- Having mentally or physical health issues.

The nurses can provide nursing process and implement the best nursing care so that at some extend they can feel safe and security.

As a nurse we should know the sudden changes of behaviors of individuals

Most elderly abuse can come from different o sources inclusive the older person himself friend or relative. It can also come from member staff. Abuse can be physical, mental financial sexual abuse etc. A nurse can play a role in alerting their employer about protecting vulnerable patient. The nurses can explain regarding the ward of court. Ward of court which changes to improve and speed up the war and apply. In other side Law Reform Commission have recommended changes to improve and speed up the ward of court process. The ward of court will help the abuse patient to prevent further abuse. As a nurse we have to give psychological support make them more strength and powerfully to fight against their right.

CONCLUSION

Geriatric nursing is one of the critical as well as interesting roles of the nurses. As a nurse we need to look at the positive aspects of aging. It is never too late to change behaviors and to improve health status and quality of life. We can look after them as our own parents at the same we will respect their culture and beliefs that why as a nurse we play a dynamics role to promote life of the elderly patients. We can provide care in different setting so that we can delivery care in different way reach with the people from different culture. A holistic caring is necessary to meet unique needs of the elderly patient.

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