

**KS Council of PN Educators - PN
PN Program**

KSPN Care of Aging Adults Course Syllabus

Course Information:

Course Number and Title: KSPN 004 - KSPN Care of Aging Adults

Total Credit/Contact Hours: 2.00

Theory Credit/Contact Hours: 2.00

Course Description:

Course Description: This course is designed to explore issues related to the aging adults. Course content addresses the impact of ageism, alterations in physiological and psychosocial functioning, and the role of the practical nurse in caring for older adult clients across a continuum of care.

Course Objectives:

1. Examine the impact of ageism on client demographics, economic status, family dynamics, and health care needs.
2. Identify psycho-social, spiritual and cultural considerations related to the care of aging adults.
3. Identify anticipated alterations of physiological functioning in aging adults.
4. Discuss focused nursing assessment unique to aging adults including functional, environmental, risk, and setting specific assessments.
5. Explore health promotion and disease prevention for aging adults.
6. Differentiate between restorative and rehabilitative care.
7. Differentiate among varying types of end-of-life and palliative care and the nurse's role in their provision.
8. Explore the role of the practical nurse in caring for aging adults in a variety of care settings.
9. Explore legal and ethical considerations in caring for aging adults.

Content Units:

Ageism

Unit Objectives:

1. Define ageism.
2. Identify personal and social attitudes regarding aging.
3. Describe major economic concerns of aging
4. Describe changes in family dynamics
5. Discuss elder abuse.
6. Identify current trends and demographics

Alterations in physiological functioning associated with the aging process.

Unit Objectives:

1. Describe expected, acute and chronic changes in an older adult's body systems.
2. Relate these changes to the aging process.

Psycho-social, spiritual and cultural considerations

Unit Objectives:

1. Identify Cognitive-perceptual issues related to the aging adult.
2. Explore concepts related to self-perception and self-concept
3. Examine changing roles and relationships.



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4. Discuss stress reduction and coping mechanisms.
5. Consider common values and beliefs.
6. Explore effective communication techniques and resources for the aging adult.
7. Discuss loss and grief associated with aging and increased vulnerability.
8. Discuss sexuality in aging adults.
9. Explore factors affecting the aging family.
10. Identify the impact of spirituality and cultural rituals and beliefs.

End-of-Life and Palliative Care

Unit Objectives:

1. Explore the range of care options related to end of life care.
2. Differentiate between palliative, hospice, and comfort care.
3. Explore nursing interventions that support end of life care
4. Identify strategies to promote pain management, pain, and rest.

Restorative and Rehabilitative Care

Unit Objectives:

1. Discuss Interdisciplinary collaboration.
2. Examine strategies to promote mobility.
3. Outline planning, documentation and client teaching relative to restorative and rehabilitative care.

Role of the practical nurse across the continuum of care for aging adults.

Unit Objectives:

1. Describe factors which increase vulnerability in the aging adult.
2. Discuss options for care of the aging adult in the community.
3. Discuss options for care for the aging adult in a variety of healthcare facilities.
4. Explore the continuum of care for aging adults.
5. Examine expectations related to professionalism across the continuum of care.
6. Discuss the nurse's role as an advocate for the aging adult.

Health Promotion and Disease Prevention

Unit Objectives:

1. Introduction to health promotion and disease prevention for aging adults.
2. Discuss polypharmacy.
3. Examine client teaching for safe administration of medication.
4. Identify immunization needs of aging adults.
5. Identify evidence based practice related to skin care.
6. Explore client education techniques for the aging adult
7. Outline nutrition and hydration needs of aging adults.
8. Discuss measures to promote safety, modify the environment and mitigate fall risk.

Legal and Ethical Issues

Unit Objectives:

1. Discuss advanced directives.
2. Outline Client rights in healthcare settings.
3. Identify reporting requirements for elder abuse.
4. Differentiate among sources of funding for care.
5. Describe how HIPAA is applied across the continuum of care.



Health assessment

Unit Objectives:

1. Review considerations for performing health assessments and the aging adult client.
2. Describe the components of a functional assessment.
3. Outline considerations for completing an environmental assessment.
4. Describe techniques for physical assessment of the aging adult client
5. Outline components of a psychosocial assessment.
6. Describe federal, state, and facility specific assessment requirements.

