



Course:	Geriatric Nursing Fundamentals - A Comprehensive and Practical Guide in Caring for the Elderly
Contact Hours:	48
Pre-requisite:	N/A

Abstract

This course in Geriatric Nursing Fundamentals - A Comprehensive and Practical Guide in Caring for the Elderly equips participants with a range of skills and knowledge necessary for providing basic healthcare to elderly individuals. It focuses on health and wellness, in addition to illness.

Overall, the program aims to prepare participants to provide compassionate and effective care to elderly individuals while ensuring their safety, dignity, and well-being. It covers a comprehensive range of topics to equip participants with the necessary skills and knowledge to provide quality care to elderly individuals.

Geriatric Nursing is important to meet the health needs of an aging population. Due to longer life expectancy and declining fertility rates, the proportion of the population that is considered old is increasing. The older population tend to have more comorbidities such as high blood pressure, diabetes, heart conditions, etc. This field requires complex care to fulfill their needs.

Target Audience

- Student pursuing education or careers in Geriatric Nursing
- Persons charged with caring for their elderly
- Person interested in working in nursing home

Learning outcomes

On completion of this course, learners will be able to:

- Understand the role of a basic healthcare provider in relation to the elderly population.
- Identify and address the specific healthcare needs of different types of elderly individuals, such as ambulatory conscious and non-ambulatory/ bed-ridden frail elderly.
- Build a comprehensive understanding of basic issues in geriatric care.
- Enhance skills in counseling and managing older persons both at home and in healthcare institutions.
- Improve knowledge in resource management, advocacy, and networking related to elder care.
- Demonstrate techniques for maintaining the personal hygiene needs of elderly patients and practicing infection control measures.
- Acquire clinical skills essential for providing basic healthcare services to older individuals.
- Promote safety and understanding the proper usage of protective devices and equipment.
- Exhibit professional behavior and personal qualities characteristic of a Geriatric Care Assistant.
- Learn methods for bio-medical waste management and assisting older persons in their activities of daily living.
- Being proficient in Basic Life Support, Cardiopulmonary Resuscitation, and handling medical and facility emergencies.
- Communicate effectively and accurately in the role of a Geriatric Care Assistant.
- Make sound decisions regarding hospitalization and referrals when necessary.
- Collaborate and cooperate with caregivers and family members involved in the care of older persons.
- Report signs of severe illness or deterioration to higher authorities within specified timelines.

Course Content

1. Introduction to Geriatric Care Assistant Role

- Understand the multifaceted role of a Geriatric Care Assistant, including caregiver, advocate, and coordinator.
- Identify the specific responsibilities and tasks associated with the role, such as providing personal care, emotional support, and assistance with daily activities.
- Recognize the importance of ethical considerations and cultural sensitivity when caring for elderly individuals from diverse backgrounds.
- Learn how to access supportive services and resources available for elderly patients and their families.
- Develop skills in care planning, goal setting, and maintaining accurate patient care documentation to ensure continuity of care and effective communication among healthcare team members.

2. Emergency Care and Life Support Skills

- Demonstrate proficiency in performing CPR (Cardiopulmonary Resuscitation) and basic first aid techniques in emergency situations.
- Understand the principles of emergency care, including assessing the scene, prioritizing interventions, and providing appropriate treatment until professional help arrives.
- Identify common medical emergencies that may occur in elderly patients and respond effectively to stabilize the patient's condition and prevent further harm.

3. Communication and Interpersonal Skills

- Communicate effectively with elderly patients, their families, and other healthcare professionals using verbal and non-verbal communication techniques.
- Build therapeutic relationships based on trust, empathy, and respect to promote patient-centered care and enhance the overall patient experience.
- Maintain confidentiality and respect the privacy of elderly patients while ensuring open communication and transparency in caregiving interactions.

4. Cognition, Mental Health, and Behavioral Issues

- Recognize common cognitive impairments, mental health disorders, and behavioral issues prevalent in the elderly population.
- Implement strategies for managing behavioral symptoms, such as agitation, aggression, and wandering, with a focus on promoting safety and maintaining dignity.
- Engage elderly patients in cognitive stimulation activities to enhance mental acuity and quality of life.
- Support the emotional wellbeing of elderly patients by providing empathetic listening, emotional support, and validation of their feelings and experiences.
- Develop self-care strategies to prevent caregiver burnout and compassion fatigue when caring for elderly patients with complex emotional and behavioral needs.

5. Basic Medical Knowledge

- Understand the anatomical and physiological changes associated with aging and their impact on the health and wellbeing of elderly individuals.
- Learn medical terminology commonly used in geriatric care settings to effectively communicate with other healthcare professionals and document patient care.
- Identify common health issues and age-related conditions affecting the geriatric population, such as hypertension, diabetes, arthritis, and dementia.
- Master the measurement and interpretation of vital signs, including blood pressure, pulse rate, respiratory rate, temperature, and oxygen saturation, to assess and monitor the health status of elderly patients.

6. Patient Mobility and Safety

- Demonstrate proper techniques for positioning and transferring elderly patients to ensure their comfort, safety, and independence.
- Select appropriate assistive devices, such as walkers, canes, and wheelchairs, based on the individual needs and abilities of elderly patients.
- Implement fall prevention strategies, including environmental modifications, exercise programs, and monitoring of high-risk patients, to reduce the risk of falls and injuries.
- Design personalized exercise prescriptions tailored to the special needs and limitations of elderly patients to improve mobility, strength, and overall functional status.
- Create a safe and supportive environment by identifying potential hazards, implementing safety measures, and educating elderly patients and their caregivers about accident prevention and home safety practices.

7. Personal Care and Hygiene

- Follow principles of proper bed making and dressing/undressing techniques to promote comfort, hygiene, and skin integrity in elderly patients.
- Perform various types of baths, such as bed baths, partial baths, and tub baths, while maintaining patient privacy, dignity, and safety.
- Adhere to strict cleaning, disinfection, and infection control protocols to prevent the spread of infectious diseases and maintain a clean and sanitary environment for elderly patients.
- Provide comprehensive oral care, hair care, eye and ear care, and skin, nail, and foot care to promote hygiene, comfort, and overall wellbeing in elderly patients.
- Identify risk factors for pressure ulcers and implement preventive measures, such as repositioning, skin inspections, and the use of pressure-relieving devices, to minimize the development of pressure sores in elderly patients.
- Assist elderly patients with feeding, hydration, and medication administration while promoting independence, autonomy, and nutritional adequacy in their daily routines.

8. Assessment and Treatment of pressure sores and minor wounds

- Classification of pressure sores and minor wounds.
- Factors affecting healing.
- Treatment for pressure sores and minor wounds
- Preparation of space.
- Preparation of materials.
- Patient preparation.
- Precautions
- Records of the procedure.