

Chapter 31

Older Adult

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Mental Health Issues Related to Aging

- Depression is not-
- Depression and suicide risk-
- Anxiety disorders
- Delirium -
- Dementia
- Alcohol abuse

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Question 1

An 80-year-old who has difficulty walking because of shortness of breath secondary to COPD says, "Every day is a struggle when you get old. No one cares about old people." Select the nurse's best response.

A. "Rest periods are important. Don't try to overexert yourself."

B. "It sounds like you're having a difficult time. Tell me about it."

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Question 1 (Cont.)

C. "Let's not focus on the negative. Tell me something good."
D. "You are still able to get around, and your mind is alert."

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Pain

- Barriers to accurate pain assessment
- Assessment tools
 - Wong-Baker FACES Pain Rating Scale
 - Pain Assessment in Advanced Dementia (PAINAD) scale
- Pain Management
 - Pharmacological pain treatments
 - Nonpharmacological pain treatments

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Health Care Concerns of Older Adults

- Financial burden
- Caregiver burden
- Ageism
 - Ageism and public policy
 - Ageism and research

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Health Care Decision Making

- Advance directives
 - Patient Self-Determination Act
 - Psychiatric advance directives
- Living will
- Directive to physician
- Durable power of attorney for health care
- Guardianship

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Nursing Care of Older Adults

- Theories of aging
- Facts and myths about aging
- Assessment strategies
- Geriatric Depression Scale
- Helpful techniques for interviewing older adults

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Case Study

- A nurse is going to interview an elderly patient.
- What are some techniques the nurse could use to help the patient feel more comfortable?

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Intervention Strategies

- Environmental intervention
- Psychosocial interventions
- Pharmacological interventions
- Promotion of self-care activities
- Teamwork and safety

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Care Settings

- Skilled nursing facilities
- Assisted living facilities
- Partial hospitalization
- Day treatment/care programs
- Community-based programs

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Question 2

A community mental health nurse plans an educational program for the staff of a home health agency specializing in care of the elderly. A topic of high priority should be

- A. identifying clinical depression in older adults.
- B. identifying nutritional deficiencies in the elderly.
- C. providing cost-effective foot care for the elderly.
- D. psychosocial stimulation for those who live alone.

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Audience Response Questions

1. Which component of Medicare assists seniors to pay for prescription drugs?

- A. Part A
- B. Part B
- C. Part C
- D. Part D

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Audience Response Questions

2. A family member of a patient with advanced dementia says to the nurse, "I will sign the consent for my mother's surgery." What is the nurse's best response?

- A. "This should be a family decision. When will your siblings arrive?"
- B. "Please show me the court order designating you as guardian."
- C. "Thank you. Please use a black ballpoint pen to sign."
- D. "The patient is able to sign her own consent."

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