

Academic Year/course: 2021/22

25434 - Geriatric Nursing

Syllabus Information

Academic Year: 2021/22

Subject: 25434 - Geriatric Nursing

Faculty / School: 127 - Facultad de Ciencias de la Salud

275 - Escuela Universitaria de Enfermería de Huesca

375 - Escuela Universitaria de Enfermería de Teruel

Degree: 559 - Degree in Nursing

560 - Degree in Nursing

561 - Degree in Nursing

ECTS: 6.0

Year: 2

Semester: Annual

Subject Type: Compulsory

Module:

1. General information

1.1. Aims of the course

The subject and its expected outcomes respond to the following approaches and objectives:

It is a palpable fact that, as the years go by, human beings are reaching higher and higher life expectancies. This implies the appearance of problems that had not arisen, at least not so markedly, in the past, and it is necessary to know about and find solutions to them, as well as to study the situation in order to prepare the future of society.

At the individual level, the ageing of human beings involves all kinds of changes (physical, mental and social) which are inescapably interrelated. These inherent changes in the longitudinal process of the human being will produce different ways of understanding health, quality of life, illness and death.

Knowing and understanding these changes and the interaction between them through the study of the human being as a unique being is essential to conceive the life of the elderly and to act accordingly. For this knowledge it is necessary to understand our elders and ourselves and our ageing process. This fact enables us to differentiate the pathological situations that may occur in ageing and to act when necessary and in the most appropriate way.

In recent decades, demographic, social, cultural and environmental changes have led to the emergence of a different model of ageing than in the past. Not only this, but also this situation has led to different concepts of quality of life for different age groups.

This subject provides theoretical and practical tools and instruments for the detection of problems in the health-illness continuum, through scientific methods, but also through human methods by means of conversation, research and observation. All of this is aimed at providing real help to the elderly and their families and carers.

The contents included in this subject have been consulted with members of the Spanish Society of Geriatric and Gerontological Nursing (SEEGG). This way of organising the contents should not be understood as something static and immovable, but as something subject to future transformations as a result of changes in the objectives and/or contents, or due to the evolution of society itself.

1.2. Context and importance of this course in the degree

In general terms, the degree is intended to train generalist nurses with scientific and human preparation and sufficient training to assess, identify, act and evaluate the health and care needs of healthy or ill people, families and the community.

1.3. Recommendations to take this course

Given the nature of this subject in which the ageing process is studied, it is understandable that in order to achieve the objectives set, it is essential that the student has a clear prior knowledge of the morphofunctional anatomy of the human body; it is also necessary to have knowledge and understanding of the human mind (General and Evolutionary Psychology and Behavioural Sciences); as well as the knowledge and skills necessary to carry out nursing diagnoses and the process to follow in various situations.

It is necessary for them to know the role of the nurse in the community, as well as the basic knowledge of legislation in relation to the nursing profession, and to maintain clarity in the concepts and ethical practices as professionals.

As a general rule, the use of mobile phones is forbidden except for teaching purposes.

2. Learning goals

2.1. Competences

1. Work in a professional context of ethics and regulatory and legal codes, recognising and responding to ethical or moral dilemmas and issues in daily practice.
2. work in a holistic, tolerant, non-judgemental, caring and sensitive manner, ensuring that the rights, beliefs and wishes of different individuals or groups are not compromised.
3. To educate, facilitate, support and encourage the health, well-being and comfort of populations, communities, groups and individuals whose lives are affected by ill health, suffering, illness, disability or death.
4. Identify the various roles, responsibilities and functions of nursing professionals.
5. Adjust their role in order to respond effectively to the needs of the population or patients. Where necessary and appropriate, be able to challenge existing systems to meet the needs of the population and individuals.
6. Conduct comprehensive and systematic assessments using appropriate tools and frameworks for the patient, taking into account relevant physical, social, cultural, psychological, spiritual and environmental factors.
7. Recognise and interpret normal or changing signs of health/ill health, suffering, disability of the person (holistic assessment and nursing diagnoses).
8. Respond to the patient's needs by planning, providing services and evaluating the most appropriate individualised programmes of care together with the patient, their carers and families and other health or social workers.
9. Critically question, evaluate, interpret and synthesise a range of information and sources to facilitate patient decision-making.
10. Maintain patient dignity, privacy and confidentiality (using the skills).
11. Practise health and safety principles, including patient mobilisation and handling, infection control, basic first aid and emergency procedures (using the skills).
12. Safely administer drugs and other therapies (using the skills).
13. Consider emotional, physical and personal care, including meeting needs for comfort, nutrition and personal hygiene and enabling maintenance of activities of daily living.

2.2. Learning goals

1. Know and understand the changes inherent in old age, at the biological, mental-psycho, social and economic levels, as well as the interaction of these changes in health and in the different situations of lack of health, whatever the state of illness.
2. Know the most important geriatric syndromes, understanding their repercussions on the quality of life of the elderly and that of their families; they must also acquire the ability to act in such situations.

2.3. Importance of learning goals

These results are necessary to achieve the general objective of the degree, which is to provide comprehensive direct and coordinated care, within the health team, to the person at all stages of life and to the community, according to social demand, through the promotion of health, prevention, care and rehabilitation of the disease.

3. Assessment (1st and 2nd call)

3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

Students must demonstrate that they have achieved the expected learning outcomes through the following assessment activities.

1- Theoretical assessment exams. 80% of the final mark

Description: The theoretical assessment of this subject will be carried out throughout the academic year by means of two written partial tests or exams (P1,P2), the dates of which will be determined at the beginning of the academic year depending on the official calendar of the Centre.

Levels of requirement: the maximum mark for the test will be 10 points, with a minimum of 5 points being required to pass.

Criteria: The tests will consist of 30 multiple-choice questions, with five possible answers, only one of which is valid. Negative points are not considered and the cut-off point is set at 20 correct answers to obtain a 5 out of 10.

Timing. There will be two tests or mid-term exams; the first will take place at the end of the first module for both groups; the second at the end of the second module.

In the event of failing or failing a midterm, the student will have the opportunity to make it up in the June and September exams.

Weighting of the final grade of theoretical exams:

The average of the two mid-term exams will be taken, both of which must be passed in order to be able to take the average.

The weighting of the exams on the final grade of the course will be 80%.

2- Continuous assessment papers. COMPULSORY. 20% final mark.

Individual work done in class, on the moodle platform and seminars (IT):

They will be assessed individually to form part of the student's continuous assessment, accounting for 10% of the mark. Their completion with a minimum of quality will give the total of the percentage.

Final course work (TG) tutored in groups of between four and six people:

Description: In the second semester (second module of each group) a project must be carried out based on a topic of special relevance for geriatric nursing and which will be decided in each academic year. In order to prepare it, they must use the information previously provided, the knowledge acquired in class, as well as the recommended bibliography. The completion and presentation of this work will be a prerequisite for passing the course.

Levels of demand: The work will be assessed with a maximum score of points, having to achieve a minimum of 1 point to pass this activity.

Criteria: In this work the structure, the originality of the proposals, the proposed nursing methodology will be assessed.

Weighting of the final mark: 20% of the total mark.

Formula for individual assessment: $[(\text{grade P1} + \text{grade P2})/2 \times 0.8] + [(\text{grade TI} + \text{grade TG}) \times 0.2] + [(\text{grade TI} + \text{grade TG}) \times 0.2]$.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives.

The learning process that has been designed for this subject is based on the following:

The subject has a mixed-orientation, both theoretical and applied, so the planned activities are focused on the acquisition of knowledge and skills. Everything is related to the aspects of integral changes in the aging process, as well as the most relevant clinical aspects due to their frequency and/or their clinical importance with old age, being the nursing care before the mentioned situations, the main element to a comprehensive care development both in primary and specialized private and public sanitary resources.

4.2. Learning tasks

The program offered to the student to help him achieve the expected results includes the following activities.

Theoretical Lectures (40 h): Expository and explanatory sessions of contents, presenting the most relevant aspects of the biological, psychic and social changes in the elderly, and their repercussions on daily life. Also the most important and representative characteristics of some of the geriatric syndromes; focusing on the prevalence, clinical, diagnostic criteria, therapeutic possibilities and of course, in nursing care.

Study and Autonomous Work: The study of contents related to the theoretical classes, data analysis, search for information and complementary readings.

Group work: Accomplishment of work in groups of six people, based on a comprehensive geriatric assessment that includes and expresses the knowledge acquired with the theoretical classes.

Theoretical-practical lectures and seminars (15 h): Different practical application seminars will be launched on Comprehensive Geriatric Assessment and others related to issues of Care for the Elderly.

Tutoring: Direct and personalized attention to the student, identifying their learning problems. Orientation in the subject in both theoretical and practical knowledge. Orientation in the accomplishment of works. In case of continue to detect problems, complementary activities will be provided.

It is considered the possibility of proposing additional activities to be carried out in groups or individually, which maybe have an impact on the evaluation, which will not suppose more than 10% of the final qualification of the subject and whose characteristics, requirements and evaluation criteria will be specified in the Moodle platform.

4.3. Syllabus

This program may have variations or adjustments in relation to the evolution of the course. The topic will address the following topics:

DIDACTIC UNIT I

Gerontological aspects

Topic 1: General concepts

Topic 2: Historical evolution of the social concept of aging

Topic 3: Aging

Topic 4: Theories of aging

Topic 5: Demographic evolution

DIDACTIC UNIT II

Morphofunctional modifications are inherent in the aging process. The healthy old man.

Topic 6: Biological changes and a new expression of needs

6.1 Modifications at the cellular level

6.2 Modifications of the integumentary system

6.3 Modifications of the musculoskeletal system

6.4 Modifications of the cardiovascular system

6.5 Modifications of the respiratory system

6.6 Modifications in the blood and immune system

6.7 Modifications of the gastrointestinal system

6.8 Modifications of the renal and urinary system

6.9 Modifications of the endocrine and reproductive system

6.10 Modifications of the nervous system and sense organs

Topic 7: Psychological changes and new expression of needs

7.1 Modification of cognitive functions

7.2 Modification of affectivity

Topic 8: Social changes and new expression of needs

8.1 Change of individual role

8.2 Change of role in the community

DIDACTIC UNIT III

The sickness in the older person

Topic 9: Comprehensive geriatric assessment

Topic 10: Organization of gerontological care

Topic 11: Illness in the elderly

Topic 12: Characteristics of the geriatric patient

Topic 13: Pharmacological therapy in the elderly

Topic 14: Rehabilitation in the elderly

DIDACTIC UNIT IV

Main manifestations of dependence in the elderly / Geriatric syndromes

Topic 15: Immobility. LPP

Topic 16: Urinary incontinence syndrome

Topic 17: Constipation syndrome

Topic 18: Fecal incontinence syndrome

Topic 19: Pain

Topic 20: Isolation or social uprooting

Topic 21: Dementia

Topic 22: Acute confusional syndrome

Topic 23: Mood disorders

Topic 24: Sleep disorders

DIDACTIC UNIT V

Most prevalent pathologies in old age

(The gastrointestinal and genitourinary problems will be seen in the teaching unit IV in the incontinence section and constipation)

Topic 25: Cardiovascular problems

Topic 26: Respiratory problems

Topic 27: Osteoarticular problems

Topic 29: Skin problems

DIDACTIC UNIT VI

The advanced and / or terminal disease

Topic 30: Palliative care

Topic 31: Accompaniment in death

Topic 32: Post-mortem care

4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Health Sciences Faculty website: <https://fcs.unizar.es/grado-en-enfermeria-0>

The theoretical sessions are developed during the course with a total of 40 hours per student.

The seminars have a duration of 15 hours per student and will be taught in the first and second semesters.

The theoretical examination of the subject is carried out as follows: the first partial at the end of the first semester and the second at the end of the first semester, according to the official announcement of June.

The presentation of the group works of the subject will be made at the end of the second semester.

The tutorial work of the subject is also carried out throughout the academic year.

4.5. Bibliography and recommended resources

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- Salgado Alba, Alberto: Manual de geriatría. 3ª ed. reimp. Barcelona, Masson, 2003
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